



ROTARY CLUB OF PIKEVILLE
 PO BOX 988
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ROTARY CLUB OF PIKEVILLE

ROTATOR

January 20, 2016 Issue 30



Be a gift to the world

Rotary Year 2015-2016

R I President: K.R. Ravindran

District Governor: Cindy Legg

Club President: Eva Stewart

www.rotary.org

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Inside this issue

- Program Summary
- Guests of Members
- Absentees
- Make Ups
- Leave of Absence
- Program Continued
- Guests of Rotarians
- Leave of Absence
- Rotary Programs
- Ray's Ribs

Officers

- President - Eva Stewart
- President Elect - Brent Lee
- President Nominee - Morgan Chapman
- Past President—Darrell Maynard
- Secretary - Brenda Maynard
- Treasurer - Roger Martin
- Sgt. at Arms -

Board Members

- David Baird
- Frank Dawahare
- Sharon Hall
- Terry Rogers
- Rick Newsom
- Kay Hammond

Rotator Editor/Publisher

Carrie Cinnamon Rose

Rotary Program: January 20, 2016

Program Chair: Sherry Riddle

Speaker: Jim Hatfield and Lindsay Tabor
 Pikeville Area YMCA



Be a gift to the world



Today we serve 798 different youth at eight area schools.

The Pikeville Area YMCA began the Youth Fitness Program at the Johns Creek Elementary School in September 2014. In the beginning the students were not very receptive to the program, but Jim Hatfield and Lindsay Tabor made the program enjoyable. The students were introduced to Presidential Fitness, with pushups and sit-ups being counted by how many they could do in a minute, instead of a set number. The shuttle run was incorporated as an individual test, instead of a Team Test. Stretching and yoga was also introduced to the program.



In 2015 The Y has eight schools that participated in the Rotary Youth Fitness Program. Well Care Health Plan then came on board with a generous grant. To date we served 798 different youth at eight area schools. We began as a after school program and have developed into a curriculum program for each school

We have added new instructors to our classes, plus two employees from the extensions office Valerie Robinette and Debbie Scaggs. Samantha Justice and Kristie Crum also assist Jim and Lindsay in the program. In the end

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 Five Avenues of Service - Vocational Service Club Service International Service Community Service New Generations

Guests

Lindsey Tabor & Jim Hatfield—Speakers
 Helen Brown—James Brown
 Greg Dempsey—Rotary
 Matt Day—Jennifer Day

Absent

Mike Alexander, Brigitte Anderson, Jared Arnett, Shirley Blackburn, Eddy Coleman, Regina Compton, Don Paul Corbin, Laura Damron, Tim Deskins, Debbie Freeman, Traci Hancock, Dick Jarvis, Rick Newsom, Brian Nierman, Michael Pacheco, Jennifer Reynolds, Lance Rose, Lisa Rose, Anna Spears, Dwain Stevens, Heath Wiley, and John Yogadich.

Make Ups Board Meeting

Board Meeting Makeups 01/20/16
 Brenda Maynard, Roger Martin, Brent Lee (01/13/16), David Baird (01/13/16), James Glass (02/03/16), Kay Hammond (01/27/16), Eva Stewart, and Jim Snyder.

Date	Rotarians Present	Guests & Speaker	Total
01/06/16	32	18	50
01/13/16	39	3	42
01/20/16	51	5	56

Leave of Absence

Morgan Chapman **01/01/16** **03/31/16**

Program Continued

403 inches was lost by 1340 students. Some of the students did the class twice. A total of 1922 pounds were lost during our time in the school.

The Y appreciates the generous grant to help implement this program. A special thank you goes to The Pikeville Rotary Club, David Lester and Reed Atkins Superintendent of Pike County Schools, and the Admissive staff at the participating schools, Dr. Seema Sachdeva, Gerri Clark, the UK Extensions office, and Dr. Green of the Pikeville Independent School system.

(Jim Hatfield's story) In January 2015, I weighted 247 lbs., and my BMI was 37.7, my body fat was 38.4, and my waist size was 46inches. On Wednesday morning January 20, 2016 my weight was 201 lbs., my BMI was 30.6, my body fat was 32.3, and my waist size was 38 inches.

(Testimony of Nick Tackett- age 13)
 When I first started Youth Fitness I could barely run one eighth a mile in 76 seconds. Now I run it in 34.32 seconds. I'm stronger than ever. I could only do 165 lbs. on the leg press, now I do over 300 lbs., still getting better. I feel better and work better. Jim never gave up on me. Every day he worked harder and harder training me. Because of him I'm able to go hunting! I got my first 7 point! I could never have done this or many other things if it wasn't for the class. Beginning weight was 288 ending weight is 242.

Presented by Jim Hatfield, Fitness Director at the Pikeville Area Family YMCA. 433-9622.

New Member

Dale Sammons is being published for membership. He's a transfer from a Rotary Club in Medford, New Jersey.

He is a retired military person that has a position with the County as Program Coordinator for West-care.

If you object to him becoming a member of Rotary you must submit your objections in writing to the secretary within 10 days.

Our leadership

What does it take to be a leader with Rotary? Integrity, expertise, and a commitment to service—all the qualities that make Rotary members extraordinary. We look for these qualities in all our leadership positions, including our elected President and Board of Directors, who lead Rotary International, our appointed Trustee Chair and Board of Trustees, who run The Rotary Foundation, and our General Secretary and executive staff, who provide long-term oversight of the organization. Members of each Rotary club elect their own leadership.



Meet our president

K.R. Ravindran wants to spend his term as Rotary's president paying it forward. "One of the reasons I work so much for Rotary is that I have been helped by so many people, and often you never have a chance to reciprocate. The only way you can is by helping others." Ravindran

extends the ideals of Rotary into his packaging business. His employees benefit from company-matched grants for community projects with a focus on water and sanitation for area schools. "I can personally vouch for the ability of our organization to blend commerce with cause, friendship with service, and know firsthand that each of us is lifted even as we lift others." Ravindran, a member of the Rotary Club of Colombo, Sri Lanka, is Rotary president in 2015-16.



Meet our trustee chair

Ray Klingensmith's relationship with Rotary began more than a half century ago, when he spent a year in Africa as a Rotary Foundation Ambassadorial Scholar. When he returned home, his local Rotary club president, who was also his dentist, invited him to join. Klingensmith is a member of the Rotary Club of Kirksville, Missouri, USA, and

served as president of Rotary in 2010-11. He has been a trustee of The Rotary Foundation since 2012 and is trustee chair in 2015-16. He says he is a big believer in the power of Rotary clubs. "It's just amazing that in 200 countries and geographical areas, you can have 33,000 organizational units, all following the same rules. We are held together by the spirit of Rotary, and it is an amazing phenomenon."



Meet our general secretary

John Hewko has served as Rotary International's general secretary since 2011. For many people, managing a staff of 800 in eight offices worldwide would be enough in itself. But Hewko, a charter member of the Rotary Club of Kyiv, Ukraine, is so committed to Rotary's mission that he takes things a step further. He's immunized children

against polio in India, represented Rotary at the World Economic Forum, and bicycled 111 miles to raise money for polio eradication during both the 2012 and 2013 El Tour de Tucson in Arizona. Hewko and Rotarians raised \$730,000 for polio eradication during this year's ride, which was dedicated to Hewko. "It was an incredible honor to accept the 2013 Dedication Award on behalf of Rotary and friends."

Ray's Rib—Humorous Quotes On Life

"Opportunity—A good chance that always looks bigger going than coming."
 "If you want to know how many friends you have, just buy a cottage on a lake."
 "God must love the common man, he made so many of them."
 Abraham Lincoln

"Life would be infinitely happier if we could only be born at the age of eighty and gradually approach eighteen." Mark Twain
 "The only fool bigger than the person who knows it all is the person who argues with him."
 In spite of the cost of living, it's still popular." Kathleen Norris