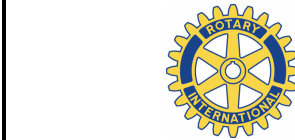


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THE OFFICIAL WEEKLY BULLETIN OF THE ROTARY CLUB OF LAFAYETTE

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PRESIDENT'S MESSAGE:



Our first meeting last week was bittersweet. We are underway with the 2002/2003 board and that is always an exciting event; replete with fresh faces, new ideas, and a rededicated spirit. Our theme for the year is "Sow the seeds of love". RI President Bhichai Rattakul (BeSHY Radical) is quoted

from the current issue of Rotary World, ... "We live and work in a world sometimes beset with fears, preoccupied with material goods, and entangled in competition. Therefore, we are indeed fortunate to belong to an organization that reminds us of what is really important, an organization that gives us comfort and direction. After all, it is the love we give, the love we share, and the tremendous love we receive in return that make our lives worthwhile."... President Rattakul is a husband, father, grandfather, and a world-renowned statesman from Thailand.

The love was not quite as sweet when we had to say goodbye to Alina. For a year we have heard her stories and shared in her travels as she embraced our community. Her parting words were "Thank you. I don't want to leave. I will be back". She departed



the U.S. last Friday for her Russian home in the Ural Mountains. Hurry back, Alina. (See photos)



District Governor Mark von Hoetendorff is our guest next week (July 25th). I have had the pleasure of company on occasions. Mark's wife Darlene and I are fun, big hearted, and They hail from Danville, play golf, travel, and are members of the San Ramon Rotary. Mark is an Army veteran. It will be his only official visit, so let's show him a loud, boisterous, Lafayette Rotary welcome.



Job Opportunities:

We need Rotarians to help with Sgt. Of Arms duties. Dan will be in K-9 dog training for a few weeks. Duties include setup/breakdown, etc. We

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Dear Diary...

For my 50th birthday this year, my husband (the dear) purchased a week of personal training at the Oakwood Athletic club for me. Although I am still in great shape since playing on the St. Mary's softball team, I decided it would be a good idea to go ahead and give it a try. I called the club and made my reservations with a personal trainer, I'll call Bruce, who identified himself as a 26 year old aerobics instructor and model for athletic clothing and swim wear. My husband seemed pleased with my enthusiasm to get started. Oakwood encouraged me to keep a diary to chart my progress.

Monday:

Started my day at 6:00 a.m. Tough to get out of bed, but found it was well worth it when I arrived at the athletic club to find Bruce waiting for me. He is something of a Greek god - with blond hair, dancing eyes and a dazzling white smile. Woo Hoo!! Bruce gave me a tour and showed me the machines. He took my pulse after five minutes on the treadmill. He was alarmed that my pulse was so fast, but I

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(PRESIDENT'S MESSAGE: Continued from page 1)

need a secretary to help the President, as the President is currently trying to cover both positions!!! We also need someone to snap a few pictures at our weekly meetings. I want to keep the bulletin more "graphic" and some members pictures each week will help insure we can continue with this format.

(DEAR DIARY: Continued from page 1)

attribute it to standing next to him in his Lycra aerobic outfit. I enjoyed watching the skillful way in which he conducted his aerobics class after my workout today. Very inspiring. Bruce was encouraging as I did my sit-ups, although my gut was already aching from holding it in the whole time he was around. This is going to be a FANTASTIC week!!

Tuesday:

I drank a whole pot of coffee, but I finally made it out the door. Bruce made me lie on my back and push a heavy iron bar into the air - then he put weights on it! My legs were a little wobbly on the treadmill, but I made the full mile. Bruce's rewarding smile made it all worthwhile. I feel GREAT!! It's a whole new life for me.

Wednesday:

The only way I can brush my teeth is by laying on the toothbrush on the counter and moving my mouth back and forth over it. I believe I have a hernia in both pectorals. Driving was OK as long as I didn't try to steer or stop. I believe I parked on top of a GEO in the club parking lot. Bruce was impatient with me, insisting that my screams bothered other club members. His voice is a little too perky for early in the morning and when he scolds, he gets this nasally whine that is VERY annoying. My chest hurt when I got on the treadmill, so Bruce put me on the stair monster. Why the hell would anyone invent a machine to simulate an activity rendered obsolete by elevators? Bruce told me it would help me get in shape and improve my quality of life. He said some other stupid crap also.

Thursday:

Bruce was waiting for me with his vampire-like teeth exposed as his thin, cruel lips were pulled back in a full snarl. I couldn't help being a half an hour late, it took me that long to tie my shoes. Bruce took me to work out with dumbbells. When he was not looking, I ran and hid in the men's room. He sent Lars to find me, then, as punishment, put me on the rowing machine—which I sank. On the way out I stumbled and fell over a sign that said "Rotary meets here today" and welcomed the bed-like comfort of the hard concrete.

Friday:

I hate that pukehead Bruce more than any human being has ever hated any other human being in the history of the world. Stupid, skinny, anemic little cheerleader wanna-be monster. If there was a part of my body I could move without unbearable pain, I would beat him with it. Bruce wanted me to work on my triceps. I don't have any triceps! And if you don't want dents in the floor, don't hand me to lift the *&#*\$~ barbells or anything that weighs more than a sandwich. (Which I am sure you learned in the sadist school you attended and graduated magna cum laude from, you Nazi hooligan). The treadmill flung me off and I landed on a health and nutrition teacher. Why couldn't it have been someone softer, like the choir director or a Rotarian?

Saturday:

Bruce left a message on my answering machine in his grating, shrill voice wondering why I did not show up today. Just hearing him made me want to smash the machine with my planner. However, I lacked the strength to even use the TV remote and ended up catching eleven straight hours of the *\$@#& Weather Channel.

Sunday:

I'm having the Church van pick me up for services today so I can go and thank GOD that this week is over. I will also pray that next year my husband (the SICKO) will choose a gift for me that is fun - like a root canal or a hysterectomy.

Birthdays

- Polly Bernson 3-July 
-  Timothy Ward 5-July
- Robert Aguilar 8-July 
-  Mike Robertson 10-July
- Steve Davis 19-July 



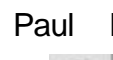
Laura O'Donaghue 3-July



Tom Courtright 4-July



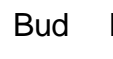
Warren Rupf 7-July



Paul Parkhurst 9-July



Timothy Ward 12-July



Bud Moulthrop 21-July

Rotary Club of Lafayette
P.O. Box 103
Lafayette, CA 94549

Quote of the week:

(Overheard at last board meeting in a conversation between McCabe and Moulthrop)... "These days, I spend a lot of time thinking about the hereafter. I go somewhere to get something and then wonder what I'm here after."

ROTARY

- 1.2 million members
- 30,150 clubs
- 530 districts
- 162 countries
- 1 Jerry Jensen

Anniversaries

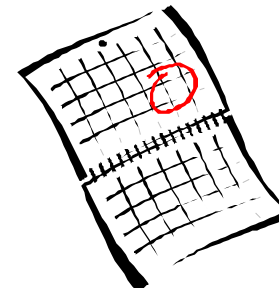
Wedding & Club

TODAYS SPEAKER :
Jennifer Shaw
E ditor of the Contra Costa Sun

SCHEDULED GREETERS:

JULY 18 POLLY BERNSON — REPROGRAPHICS 

JULY 25 T. RAY BLAND — INSURANCE LIFE 



Calendar of Upcoming Events!

July 15 -21. Rotary week at Eagle Lake with Bob Aguilar. Contact him at 283-7379 for reservations. He promised great fishing with a pro, and a wonderful time for all!!!