

YEARS OF PERFECT ATTENDANCE

Frank Sower.....	62 Years
Bill Yount.....	61 Years
Len Shirrell.....	55 Years
Charlie Hinds.....	48 Years
Barry K. Holder.....	36 Years
Duane Ellis.....	34 Years
Terry Shockley.....	28 Years
Bill Miller.....	28 Years
Sherrill Smith.....	27 Years
Dean Sorg.....	26 Years
Ed Dance.....	26 Years
Barry K. Holder, Jr.....	25 Years
Jim Graves.....	24 Years
Joe Russell Johnson.....	24 Years
Jim Richardson.....	23 Years
Gus Ridgel.....	23 Years
Lee Troutwine.....	23 Years
Bob Bullock.....	22 Years
John Palmore.....	20 Years
Steve Dooley.....	19 Years
Rene Siria.....	18 Years
John Chenault.....	16 Years
Clay Hulette.....	16 Years
David Weller.....	16 Years
Polly Green.....	15 Years
Nancy Edwards.....	15 Years
Pat Badgett.....	14 Years
Don Dykman.....	14 Years
John Loyd.....	13 Years
Ted Collins.....	12 Years
Wallace Kent.....	11 Years
Bob Johnston.....	11 Years
Dennis VanHorn.....	11 Years
RB Brown.....	10 Years
Ron Christopher.....	11 Years
Gregory Fuchs.....	10 Years
Richard Boyer.....	9 Years
Richard Taylor.....	8 Years
Tom Braun.....	8 Years
Richard Watkins.....	8 Years
John Sower.....	5 Years
Bobbye Brown.....	5 Years
Arthur Kelly.....	5 Years
Joyce Honaker.....	4 Years
Sallie Lanham.....	3 Years
Carol Palmore.....	3 Years
Orman Wright.....	3 Years
Ed Hatchett, Jr.....	2 Years
Michael Linn.....	2 Years
Sarah Gowins.....	1 Year
James Shepherd.....	1 Year
Jim Wolcott.....	1 Year
William Webb.....	1 Year

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THE *Frankfortarian*

**THE OFFICIAL BULLETIN OF THE
ROTARY CLUB OF FRANKFORT**

P.O. Box 93, Frankfort, KY 40602

The weekly meeting of the Frankfort Rotary Club
airs on Cable 10 at 7pm Monday and 9am Tuesday

OFFICERS AND BOARD OF DIRECTORS: 2009-10

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John Kenny, President
ROTARY INTERNATIONAL
Scotland
Chuck Cicchella, Shelbyville, KY
Governor of District 6710

**The Rotary Club of Frankfort Meets Every
Wednesday at the Capital Plaza Hotel
From 11:45 a.m. Until 1:00 p.m.**

**Frankfort Rotary Club website:
<http://www.frankfort-rotary.org>
The URL for the district website is
<http://www.rotarydistrict6710.org>
Rotary International Website is
<http://www.rotary.org/>**

NEIGHBORING CLUBS

Monday:	Eminence-Henry County Public Library	12:00 noon
	Owenton-Smith House	12:10 p.m.
Tuesday:	Lexington Sunshine-LaFayette Club	7:00 a.m.
	Georgetown-G'town College Ldshp Trn Cnt.	12:00 noon
	Shelbyville-Centenary United Meth.	12:00 noon
	Versailles-At the Hospital	12:00 noon
Thursday:	Lawrenceburg-Anderson Public Library	12:00 noon
	Lexington-Fasig Tipton.....	12:00 noon
	Louisville-Galt House	12:10 p.m.

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THE
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ROTARY CLUB
OF
FRANKFORT, KENTUCKY

DISTRICT 6710 • CLUB NO. 3717 • ORGANIZED DECEMBER 1922

Service Above Self

VOL. NO. XXXIV

ISSUE NO. 37

September 16, 2009

Next Week's Speaker...

Mike Bomford is one of the founders of WalkBike Frankfort, a citizen's group dedicated to connecting every park and neighborhood in town with reliable walking and bicycling routes. He will discuss the benefits of increased pedestrian activity, and will share some recent success stories along with some upcoming prospects.

Opening Exercise.....Steve Dooley



Speaker for the day Jake Schmitz, center, poses with program chair Sellus Wilder and President Dennis.

Make-ups for Sept. 9

John Avent	Chip Peal
Pat Badgett	Terry Shockley
Bob Bullock	Dennis Van Horn
William Elam	Tyler West
Charles Geveden	Jim Wolcott
Van Ingram	

Attendance Percentage: 72%

Make-ups Needed for Sept. 16

Larry Arnett	Bob Johnston
Pat Badgett	Wallace Kent
Michael Ball	Phyllis Liebman
Joshua Brand	Ann Maenza
Olivia Brittan	Tony Massey
Ron Bryant	Jason Middleton
Sara Callaway	John Norfleet
David Cobb	Josian Passalacoua
Randal Cornett	Tim Rose
Betty Creek	Bob Rush
Boyce Crocker	Phillip Shepherd
Charles Dickinson	Fred Snyder
Gregory Fuchs	John Sower
Sarah Gowins	Richard Taylor
Mark Hampton	Kyle Thompson
Marcie Jeffreys	David Weller

This Week's Speaker...

The speaker for the day was Jake Schmitz, who travels all over Kentucky to recruit, certify and inspect farms for Organic Valley, one of the largest producers of organic food in the country. He encouraged all of us to eat locally grown and organic foods. He started a Farmers Market in Bowling Green when he needed a market for the vegetables he grows. These farmers use no chemical fertilizers or hormones -- organic farmers let the cows do the work. Organic Valley began with a few cheese producers in Wisconsin and today has over 1,200 members in 32 states. The USDA helps organic farmers. There are basically three "buzz" words for foods. These are: (1) Local; (2) Natural; and (3) Organic. The local Farmers Market insures that the food

is local and local food is considered sustainable. Natural means that at the processing plant there are no artificial flavorings or colorings. Concerning the term organic, the USDA has regulations describing production methods. To be certified organic, there must be no commingling or contamination. Organic foods must be processed before the conventional foods so as not to contaminate the local organic foods. One can purchase sustainable food at the Farmers Market. The farmers eat their own food so you know it is wholesome. At the Farmers Market, one can go talk to the producer himself, and the producer of the organic foods must follow strict regulations. Their farms must be inspected to make sure they are in compliance, and it is important they not use chemicals like herbicides and pesticides. The term "natural" is often used by stores but this confuses consumers because there is no real set definition of what the term means. At the grocery store, one cannot ask what "all natural" means like you can at the Farmers Market. Fast foods are definitely not sustainable foods. Sustainable and organic farmers put minerals in their soil so that it is a nutrient-rich soil, and this is one way to combat obesity since you do not have to eat so much to get important minerals in your diet. Kelp from the oceans can be put into the soil. Bugs cannot eat plants very well that are organically grown because they are too rich. None of the 1200 farmers in the organization use pesticides or herbicides. The local Frankfort Farmers Market is open Tuesday, Thursday and Saturday. In honor of Jake's talk the book "Food to Live By" was donated to the library at Western Hills High School.

New Member Orientation

There will be a New Member Orientation for all new members that haven't attended one. The first meetings will be 10/14 and will be finished up on 10/23. This will take place at the same time the regular Wednesday meeting is going on at the hotel. If you have any question please contact Don Dykman (502-226-1948).

Board Of Directors Meet

The Frankfort Rotary Board of Directors meeting will be September 21, 2009 at 5:30 p.m. at the United Way conference room at 119½ W. Main St. Frankfort. (New location)

Attendance Pins Awarded

Congratulations to those Rotarians who received their Perfect Attendance Pins for September: Don Dykman, 14 years; and Richard Watkins, eight years.

Welcome New Member! ! !

Name: Steve Tobin
Address: 254 Cardinal Ln. Paris, KY 40361
Hm: 1-859-987-3701
Wk: 564-1502
E-mail: stevetobin@paris.com
Classification: Financial Advisor
Sponsor: Nancy Edwards

Rotary Picnic

The annual Rotary picnic is on Lee Troutwine's farm in downtown Peaks Mill on September 27. Please bring a covered dish.



Greeter Ed Dance welcomes Bob Bullock to Rotary.