

THE Frankfortarian

ROTARY CLUB OF FRANKFORT, KENTUCKY

DISTRICT 6710 • CLUB NO. 1295 • ORGANIZED DECEMBER 1922

Service Above Self

VOL. NO. XX ISSUE NO. 22

(USPA-384510)

ANNOUNCEMENTS

Don't Miss Rotary If You Can't Make Up

JUNE 7, 1995

RAFFLE: This week's raffle item was donated by Bob Bullock. It was a \$30 Gift Certificate from Gabriel's. The winner was Katie Brown.

RAFFLE ITEM FOR JUNE 14th will be donated by Russ Cave.

TOTAL RAFFLE COLLECTION: \$38.00

OPENING EXERCISES FOR JUNE 14th will be presented by Pat Badgett.

INSTALLATION BANQUET

The Installation Banquet will be held on Thursday, June 29th at the Frankfort Country Club. The guest speaker will be David Dick. This will take the place of our Wednesday, June 28th meeting.

POSTMASTER: Send address changes to the Frankfortarian, P. O. Box 93, Frankfort, KY 40602

THIS WEEK'S SPEAKER

Our speaker, Byron Crawford of the Courier-Journal, is a favorite of our club, having spoken many times before. One of Kentucky's outstanding journalists, he has won a "Muddy Shoes" award for his work in the field. Born and raised in Kentucky, he is also a published author of books about life in Kentucky. Byron told a fascinating true story about how a friend's mother was able, many years ago, to afford to leave home in eastern Kentucky to go away to high school and college, because an older brother sold his prized saddle horse. If we ourselves think back, probably all of us "owe somebody a horse". He also told of the man on his death bed reviewing all the problems of his life, including losing a business, the depression, a house burning down, and countless other trials, and how his wife had stayed with him through it all, and finally summed it up by saying, "Ethyl, you're just bad luck for me!". Then he gave a brief sketch of many of the characters who have lived in Kentucky, including the constable who didn't have a drivers license, so he hitch-hiked. One day he caught a ride to E-Town, and gave his driver a speeding ticket when his ride was over. Other times, people would see him by the side of the road with his thumb out, a prisoner hand-cuffed to his other wrist.

NEXT WEEK'S SPEAKER

Perry Ryan is in charge of June's programs and the speaker for next week will be announced at that time.

MAKE-UPS FOR MAY 31st

Ron Durham, Jr.	John Loyd
Alan Halligan	Edmond Thompson

ATTENDANCE PERCENTAGE: 85.15%

The following Rotarians need make-ups for **JUNE 7th**:

Bill Aitken	Amanda Hunt
Larry Arnett	Ed Janeway
Jose Bollar	Keith Key
Bob Bullock	Pat Layton
Russ Cave	John Loyd
Tom Colten	Bill May
Frank Dailey	Don Nunnely
Steve Dooley	Paul Rice
Ron Durham, Jr.	John Sower
Gregory Fuchs	Gary Straub
John Gillig	Jeanne O. Suchanek
Mike Greenwell	Edmond Thompson
Alan Hamilton	Linda Wireman
Ed Hatchett, Jr.	
Christopher Hill	

This attendance column is published for your information. If you see any errors call Paula Rarden, 223-3401.

VISITING ROTARIANS

Kevin Phipps	Owenton
Jeff Saurer	Lawrenceburg
Rick White	"
Kenneth Hoskins	"
Ralph Stevens	"
Bill Patrick	"

HAPPY BIRTHDAY to the following Rotarians who will celebrate their birthdays in **JUNE 1995**:

Carl Fudge, Jr.	Gary Scott
Alan Halligan	Ed Speer
Paul Rice	Asa Tipton

GUEST OF ROTARIANS

Bob Osborne	Dean Sorg
Gerard Fee	Barry Holder
Beth Paul	John Paul
Sarah Paul	"
Katie Brown	RB Brown
H.K. "Chug" Rogers	Polly Green

THANK YOU! !

The Frankfort Rotary Youth Fund received donations in memory and honor of Charter Member and 7th Club President, H.K. "Tabs" Rogers, from his sister Louise "Ecie" Rogers Johnson and his son, H.K. "Chug" Rogers.

SPECIAL GUESTS

Scholarship recipients attending today were:

GED - Millie Giles
Outstanding - David Bacon, FHS
KY College - Eric True, FHS
Jennifer Curry, FCCHS
Lynn Down, WHHS

KSU - Elizabeth Webster
(It was announced that KSU has matched the clubs \$500)

Other guest were -

Larry Montgomery, Principal, FHS
Jim Shrock, Principal, FCCHS
Sharon Hadley, Counselor, FCCHS
Pat Evans, Counselor, WHHS
Lillian Nunnely, Dir. Adult Learning Center

THOUGHT FOR THE DAY

"Behold the turtle. He makes progress only when he sticks his neck out."

- James Bryant Conant

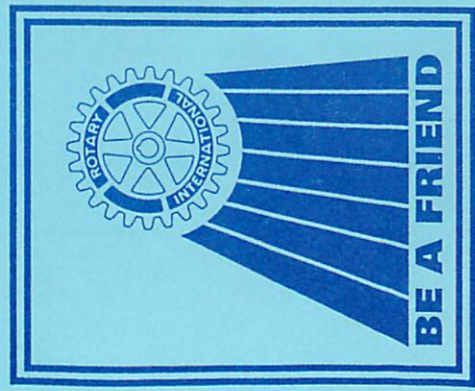
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FRANK SOWER	48 YEARS
BILL YOUNT	48 YEARS
ASA TIPTON	41 YEARS
LEN SHIRRELL	41 YEARS
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HAL LEATHERBY	1 YEAR

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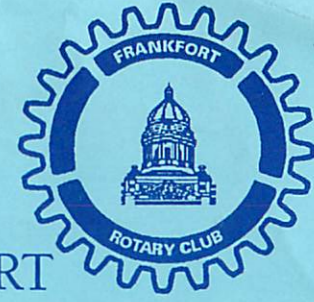


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Steven B. Shultz, Governor
District 6710
LaGrange, Kentucky

OFFICERS AND BOARD OF DIRECTORS: 1994-1995

	OFFICE	HOME
President.....	Barry K. Holder, Jr.	223-4640 695-4921
President-Elect	Jim Richardson	227-2403 875-3785
Secretary-Treasurer	Ethel McCray	573-2382 223-3549
Sergeant-at-Arms	Jack Owens	875-5050 227-4929
Director of Club Service.....	Joe Russell Johnson	573-8300 227-7935
Director of Community Service	Ed Dance	564-5230 223-2422
Director of Vocational Service.....	Laura Graham	564-7272 875-3323
Director of International Service.....	David Weller	875-3508 695-6039
Advisory Director	John Palmore	695-3779 695-3779
Executive Secretary	Paula Rarden	227-9573 223-3401

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Monday:	Versailles-Senior Citizen Center	6:15 p.m.
	Owenton-Smith House	12:10 p.m.
Tuesday:	Georgetown-Golden Corral Steak	12:15 p.m.
	Shelbyville-Centenary United Meth.	12:00 noon
Thursday:	Lawrenceburg-Anderson Co. Library	12:00 noon
	Eminence-421 Rest. Market at Pleasureville	7:00 p.m.
	Lexington-Continental Inn	12:00 noon
	Louisville-Galt House	12:10 p.m.
	Capital City-Bullfrogs Restaurant	6:30 p.m.

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Don't Miss Rotary If You Can't Make Up

JUNE 14, 1995

RAFFLE: This week's raffle item was donated by Russ Cave. It was a UK Team Telephone. The winner was Hub Perdew.

Jeanne Suchanek donated a Kentucky Historical Society Membership. The winner was David Cobb.

RAFFLE ITEM FOR JUNE 21st will be donated by John Chenault.

TOTAL RAFFLE COLLECTION: \$46.00

FRANKFORT ROTARY CLUB BOARD MEETING

There will be a Board meeting on June 19, 1995 at 5:30 p.m. at the Frankfort Electric and Water Plant Board.

NEXT WEEK'S SPEAKER

Next week's speaker will be Whitney Belken, Rotary Foundation Ambassadorial Scholar. She will talk about how she was selected and what she might encounter in Argentina.

THIS WEEK'S SPEAKER

Our guest speaker at Rotary on June 14, 1995 was Frankfort's own Mary June Parks, renown author and lecturer on Bible based healthful living. Mrs. Parks' information and witty delivery delighted all in attendance. Following her presentation, many members were inquiring about specific topics, including her six books. To become more knowledgeable in the benefits of healthful cooking, laughter and clean living, we need to read the books; practicing the principles, according to Mrs. Parks, would no doubt yield results.

Mrs. Parks discussed three factors that greatly affect our health: the environment, our water, and our food. We have little control over our environment, except avoidance of certain things or places. We would benefit from an air purifier. We should use non-chemical items such as white vinegar for cleaning; use cornstarch for perspiration; avoid cosmetics as they contain aluminum and wear natural fiber clothing. Also to be avoided are CRTs, microwaves, video games and lightbulbs. There are vitamin supplements that can be taken to combat ill effects of these things which are extremely hard to avoid in today's society. As the water quality in our country is less than desirable, we should filter all water coming into our homes and filter our drinking water twice.

We are reminded that medicine doesn't cure everything, encouraged to be responsible for our own health, and to give heed to proper exercise and diet. Mrs. Parks walks one mile and bicycles five miles a day. She does this to increase circulation and rid her body of toxins. The diet she supports is one of nuts, seeds, grains, fresh fruit and

Continued....

MAKE-UPS FOR JUNE 7th

Bill Aitken	Ed Hatchett, Jr.
Bob Bullock	John Loyd
Russ Cave	Don Nunnally
Steve Sooley	Edmond Thompson
Ron Durham, Jr.	Linda Wireman
Gregory Fuchs	

ATTENDANCE PERCENTAGE: 84.00%

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Jim Brockman	Henry Leadingham
Roger Coomes	Don Nunnally
Steve Dooley	Mike Oder
Nancy Edwards	Tom Potts
Chuck Ellestad	Paul Rice
Alan Halligan	Dick Richards
Ed Hatchett, Jr.	Frank Sower
Christopher Hill	Edmond Thompson
Ed Janeway	Ann Wingrove
Bob Johnston	

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Continued....

fresh vegetables. One must serve a combination of nuts, seeds, and grains in order to have a complete protein. An example is pinto beans and cornbread. Fresh fruit and fresh vegetables should not be served during the same meal.

Mrs. Parks advocates following the 11th Chapter of Leviticus regarding foods to eat and not to eat. She specifically mentioned abstention from pork, hardshell seafood and catfish. Other "no-nos" include white flour, sugar and salt.



IMPORTANT - DO NOT FORGET! !



The 1995-96 Rotary Installation Dinner will be held on Thursday, June 29th at the Frankfort Country Club (this will take the place of our meeting on June 28th). All reservations must be made and prepaid before the dinner. Costs are \$20 per person and you may give your reservation information/check to Paula Rarden. Look forward to seeing you there!

PAST PRESIDENTS ROUNDTABLE

All Past Presidents are encouraged to attend from any club. Also, all in-coming and out-going Directors are invited to attend. The club will pay for the Past Presidents meals and all other meals are \$10 a plate. It will be Thursday, June 22nd at the Holiday Inn (Glass Room) at 6:30 p.m.

ROTARIAN OF THE MONTH

Congratulations to John Loyd for being named May's Rotarian of the month.

NOTE! ! !

Next week's meeting will be Recognition Day for all the Rotarians of the Month.

THE BLUEGRASS THEATRE GUILD June 22, 23, 24, 30
July 1

"OKLAHOMA" - Cost \$8.00
Students and Senior Citizens
Cost \$5.00

All seats reserved (695-9452-Ann Crowell)

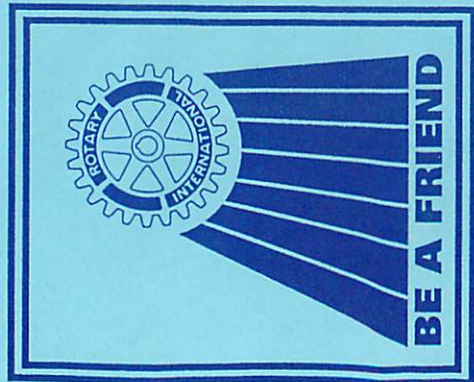
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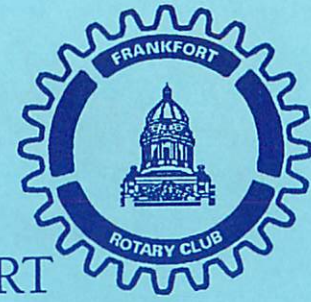


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ROTARIAN OF THE MONTH

Congratulation to Ed Dance for being named Rotarian of the month for June.

ROTARIAN OF THE YEAR

Congratulations to Laura Graham for being named Rotarian of the Year.

GUEST OF ROTARIANS

Mary Vaughn Chuck Willis
Sherry Holder Barry Holder, Jr.

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SCHOLARSHIP RECIPIENTS

At the clubs June 14th meeting we had as our guest the recipients of the Outstanding Student \$1000 Scholarships: WHHS - Travis York and FCHS - Matthew Coldiron. Also the GED \$500 Scholarship recipient: Donna Abel.

WELCOME TO ROTARY

We welcome the two newest members of our club, Darrell Gilliam and Karl McClanahan. Darrell was introduced by John Loyd. His classification will be Exec. Div. Capital Community - Econ. Dev. Auth.

Karl was introduced by Henry Leadingham. His classification will be Optometry - Optometrist.

We look forward to sharing Rotary fellowship and service with Darrell and Karl in the years to come.

VISITING ROTARIANS

Tony D'Elia Brick, N.J.
Joseph Keathley Lexington
Brain Ritchie Lawrenceburg

MAKE-UPS FOR JUNE 14th

Jim Brockman	Don Nunnelly
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Ted Collins	Gary Scott
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Mike Greenwell	Sherrill Smith
Alan Halligan	Jeanne O. Suchanek
Ed Hatchett, Jr.	Edmond Thompson
Christopher Hill	Ann Wingrove
Wallace Kent	Bill Wingfield
Pat Layton	
Bill May	

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MEMBERSHIP PROPOSAL

The following individual has been proposed for membership in the Frankfort Rotary Club:

Gerard "Jere" Fee
Classification: Financial Management
Proposer: Barry Holder

This application has been approved by the board and is now presented to the membership for your approval.

THIS WEEK'S SPEAKER

Whitney Lee Belker -- At this time last year your Rotary District 6710 Subcommittee for Rotary Foundation Ambassadorial Scholarships was conducting interviews of applicants for these very prestigious scholarships worth up to \$21,500 in tuition, fees, living expenses, and travel expenses for an Academic Year of study in a foreign country. The top rated applicant is our speaker today. It was unanimously agreed by the committee members that Whitney Lee Belker was among the most remarkable, the most impressive, and the most capable of all of the Ambassadorial Scholarship recipients.

Next week she will leave for Argentina as an Ambassador of Rotary, the Commonwealth of Kentucky, and the United States. As a Rotary Foundation Ambassadorial Scholar she will pursue studies in International Relations/International Development.

She grew up in Louisville, KY. Graduate of Ballard High School in 1990. She was an exchange student to Mexico at the age of 12.

Enrolled at Indiana Univ. in 1990 and while there studied a semester at American Univ. in Washington, D.C. during the Fall of 1992. She studied in a National Government Seminar and in a Politics and the Media Class. In her spare time she was a Press Intern at the Democratic National Committee.

When asked by our Rotary District committee to identify a major problem facing our country today, Whitney listed "Lack of Parental responsibility and control" She advocated welfare reform so that people would be encouraged to work and eliminated a welfare dependent culture.

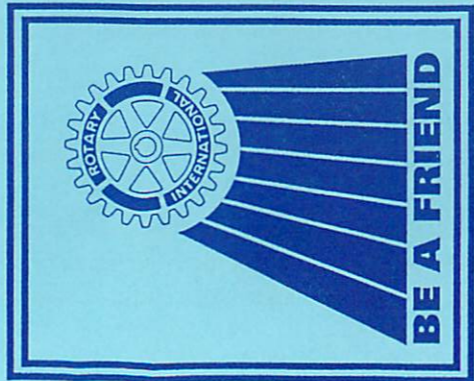
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JOE JOHNSON	2 YEARS
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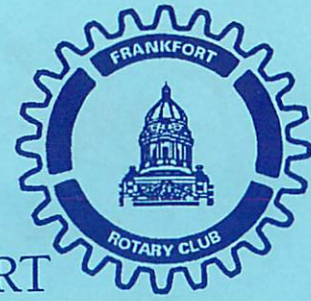


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THE *Frankfortarian*

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P.O. Box 93 • Frankfort, Kentucky 40602

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ROTARY INTERNATIONAL
Lincolnshire, England

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District 6710
LaGrange, Kentucky

OFFICERS AND BOARD OF DIRECTORS: 1994-1995

		OFFICE	HOME
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President-Elect	Jim Richardson	227-2403	875-3785
Secretary-Treasurer	Ethel McCray	573-2382	223-3549
Sergeant-at-Arms	Jack Owens	875-5050	227-4929
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	Shelbyville-Centenary United Meth.	12:00 noon
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OF
FRANKFORT, KENTUCKY

DISTRICT 6710 • CLUB NO. 1295 • ORGANIZED DECEMBER 1922

Service Above Self

XX 24

(USPA-384510) ISSUE NO. _____

ANNOUNCEMENTS

Don't Miss Rotary If You Can't Make Up

JUNE 28, 1995

RAFFLE ITEM FOR JULY 1st will be
donated by David Cobb.

MEMORIUM

ANDREW "ANDY" THOMPSON

07/18/1898
06/25/1995

MEMORIUM

JAMES EDMOND "ED" THOMPSON

12/29/16
06/29/95

THOUGHT FOR THE DAY

"Do not let what you cannot do interfere with what you can do."

-John Wooden

POSTMASTER: Send address changes to
the Frankfortarian, P. O. Box 93,
Frankfort, KY 40602.

NEW OFFICERS FOR 1995-96

President	Jim Richardson
President-Elect	Jack Owens
Secretary Treasurer	Ethel McCray
Sergeant at Arms	Larry Arnett
Director of Club Service	Dave Weller
Director of Community Service	Ed Dance
Director of Vocational Service	Ann Wingrove
Director of International Service	Greg Fuchs
Advisory Director	Barry K. Holder, Jr.
Executive Secretary	Paula Rarden

MAKE-UPS FOR JUNE 21st:

Jim Brockman
Paul Rice
Gus Ridgel
Rene Siria'
Sherrill Smith

ATTENDANCE PERCENTAGE: 78.35%



KEENELAND OUTING

KEENELAND - October 19, 1995. Cost
this year is \$30.50 each. Please,
see Ethel McCray or Denis King if you
would like to make reservations.

JULY 4TH



OUR HERITAGE
TO PRESERVE

Freedom is not a document nor a decree,
automatically accruing for all time, to
all people in a land of liberty.

Freedom is an ideal that must be trea-
sured from tarnish. An ideal that must
be polished and preserved by each new
generation. Again and yet again it
must be wrested from hostile hands. It
must be won and re-won, not only on
battlefields, but also in our fields
of grain; in our shops and stores. All
of us all of the time, must work with
faith and fervor lest our heritage be
lost in a world of alien ideologies.

Freedom - It is for each of us, the
loving, to keep it alive!

Mark Your Calendar Now...

**Franklin Countian
of the Year
Award Banquet
Saturday, Sept. 16**

NEXT WEEK'S SPEAKER

Next Week's speaker will be Natasha
Williams, a Russian immigrant. Her
topic will be a Russian's view of the
Cold War.

WHAT EVERY ROTARIAN CAN DO

Arrive early and get acquainted with
Rotarians you should know better. Take
time to thank the speaker and others on the
program. Pat the president on the back
once in a while. Be sure your attendance
is better than the average of your club.
Watch for new members and visiting
Rotarians. Introduce yourself. Make
visitors welcome. Invite them to sit with
you. Introduce them to others. Visit other
Rotary clubs. You'll meet some fine people
that way. If the club is being conducted in
a different manner, and you like it, tell the
president about it. Compliment the chair
of a committee if he/she is doing a good
job. Become involved.

When Does a Person Become a Rotarian?

Not necessarily on their induction into
the club. He/She becomes a Rotarian:

- (1) When attendance at club meetings
becomes a joy, not a burden,
- (2) When you realize that you were
selected for membership as a leader in your
business,
- (3) When your mind reaches that
perspective which encompasses men of all
creeds and colors.

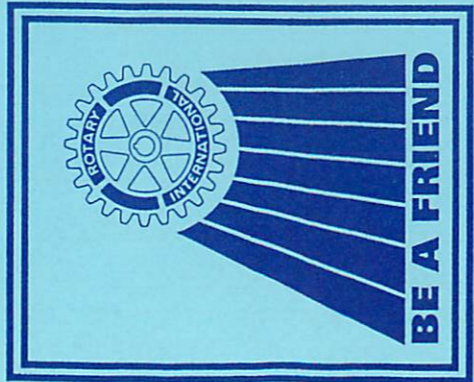
YEARS OF PERFECT ATTENDANCE

FRANK SOWER	48 YEARS
BILL YOUNT	48 YEARS
ASA TIPTON	41 YEARS
LEN SHIRRELL	41 YEARS
ED DAVIS	41 YEARS
HUB PERDEW	34 YEARS
ANDY THOMPSON	34 YEARS
CHARLIE HINDS	32 YEARS
BARRY K. HOLDER, SR.	21 YEARS
TOM ISAAC	20 YEARS
OLLIE LEATHERS	20 YEARS
JIM SMITH	20 YEARS
DUANE ELLIS	20 YEARS
LEROY SMITH	18 YEARS
TOM CROSSMAN	15 YEARS
BILL MILLER	13 YEARS
TERRY SHOCKLEY	13 YEARS
TED COLLINS	12 YEARS
EDMOND THOMPSON	12 YEARS
DEAN SORG	12 YEARS
SHERRILL SMITH	12 YEARS
ED DANCE	11 YEARS
JACK OWENS	11 YEARS
WALLACE KENT	11 YEARS
JIM GRAVES	10 YEARS
BARRY K. HOLDER, JR.	10 YEARS
JOHN CHENAULT	9 YEARS
RB BROWN	9 YEARS
JOHN LOYD	9 YEARS
JOE RUSSELL JOHNSON	9 YEARS
CHUCK WILLIS	9 YEARS
RON TYRER	8 YEARS
JIM BROCKMAN	8 YEARS
JIM RICHARDSON	8 YEARS
ED SPEER	8 YEARS
GUS RIDGEL	8 YEARS
CARL FUDGE, JR.	8 YEARS
LEE TROUTWINE	8 YEARS
DENIS KING	7 YEARS
BOB BULLOCK	7 YEARS
ROGER COOMES	7 YEARS
JOHN GILLIG	6 YEARS
ETHEL MCCRAY	6 YEARS
KURT VEZNER	6 YEARS
JOHN SOWER	5 YEARS
FRED SNYDER	5 YEARS
JOHN PALMORE	5 YEARS
BOB JOHNSTON	5 YEARS
GRANVILLE COBLIN	4 YEARS
BILL MAY	4 YEARS
DAVID SANDIDGE	4 YEARS
LAURA GRAHAM	4 YEARS
STEVE DOOLEY	4 YEARS
BILL AITKEN	3 YEARS
RENE SIRIA	3 YEARS
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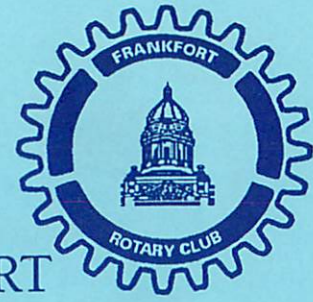


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