

THE

# Frankfortarian

ROTARY CLUB  
OF  
FRANKFORT, KENTUCKY

DISTRICT 6710 · CLUB NO. 1295 · ORGANIZED DECEMBER 1922

*Service Above Self*

VOL. NO. XXI      ISSUE NO. 1

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

**JANUARY 3, 1996**

**RAFFLE:** This week's raffle item was donated by Polly Green. It was a \$25.00 Gift Certificate from Yagel's Hardware. The winner was Ed Speer.

**RAFFLE ITEM FOR JANUARY 10th** will be donated by Barry K. Holder, Jr. It will be a \$25 Gift Certificate from Jubilee Dragon.

**TOTAL RAFFLE COLLECTION: \$44.00**

## NEXT WEEK'S SPEAKER

Next week's speaker will be Tom Bennett, Commissioner for the Department of Fish & Wildlife.

## ROTARY FOUNDATION REPORT

The monthly contribution report to District 6710 from the Rotary Foundation shows that total giving through October was \$10,678.

## THIS WEEK'S SPEAKER

The speaker for the day was former governor Brereton C. Jones. He called being governor a fabulous experience which was frustrating at the beginning. He enjoyed being governor more at the end of his term because he had learned how to do the job. He was not an insider in the Wilkinson administration so he was not really prepared to take over the job. After the helicopter crash, he realized he was worrying too much about what people thought of him instead of doing the right thing. For example, he believes that every Kentuckian has a right to health care although 400,000 Kentuckians are without health insurance. Although government does not really do a good job as the private sector concerning such matters, there is a role for government in being a referee. He refused to take a position based on what was popular but on what was right. He had a program called "Open Door after Four" when any citizen could come in and see the governor. Governor Jones listed several accomplishments of his administration (1) The state was \$370 million in debt when he took office but he left a \$300 million surplus when he left office. He downsized state government through attrition and decreased state employment by 2000. \$50 million a year was saved this way. (2) 2000,000 more private sector jobs were created (3) 50,000 fewer people are on welfare (4) Ethics legislation was passed (5) Campaign finance reform was passed (6) The Succession Amendment was approved (7) The way university trustees were appointed was improved (8) Natural Resources Cabinet was reorganized in a more efficient matter. He thanked Frankfort for the warm way he and his family were treated here during his term as governor and lieutenant governor.

## MAKE-UPS FOR DECEMBER 27th

Bob Bullock	Ed Hatchett, Jr.
John Chenault	Mike Lile
Roger Coomes	Rene' Siria
Ron Durham, Jr.	Ed Speer
Chuck Ellestad	Kurt Vezner
Laura Graham	David Weller
	Ann Wingrove

**ATTENDANCE PERCENTAGE: 75.53%**

The following Rotarians need make-ups for **JANUARY 3rd:**

Bill Aitken	Mike Oder
Jose Bollar	Dick Richards
Jim Brockman	Perry Ryan
Steven Gale	Sherrill Smith
Jim Graves	Ron Tyrer
Ed Hatchett, Jr.	Kurt Vezner
Christopher Hill	Linda Wireman
John Loyd	
Bill May	
Don Nunnelly	

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

## VISITING ROTARIANS

Walter Baker	Glasgow
Bob Kincer	Lawrenceburg
Bob Botkin	Lexington

## GUEST OF ROTARIANS

Katie Brown	RB Brown
Lowell Reese	John Paul
Mitzi Bender	David Cobb
Julian Carroll	John Paul
Davis Bates	Ann Wingrove
Louis Bates	"

## NOTE CORRECTIONS

Nancy Edwards has 2 Years of Perfect Attendance.

## WELCOME TO ROTARY

We welcome the newest member of our club, Steve Vincent. Steve was introduced by Asa Tipton. His Classification will be General Merchandise-Discout Marketing.

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

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

Jose Bollar  
Bob Bullock  
John Chenault  
Davie Cobb  
Laura Graham  
Barry Holder  
Barbara Howard  
Bob Johnston  
John Loyd  
Carol Palmore  
Tom Potts  
Amand Storment  
Lee Troutwine  
Bill Wingfield



## 1996 Float Theme Inspired by "Peanuts"

"Lending a Helping Hand" was the theme of Rotary's 1996 entry in the Rose Parade in Pasadena, California. It featured Charlie Brown on skates hanging onto one end of a blanket while Linus holds the other and spins in the air.

**YEARS OF PERFECT ATTENDANCE**

BILL YOUNT .....	49 YEARS
FRANK SOWER .....	49 YEARS
ASA TIPTON .....	42 YEARS
LEN SHIRRELL .....	42 YEARS
ED DAVIS .....	42 YEARS
HUB PERDEW .....	35 YEARS
CHARLIE HINDS .....	32 YEARS
BARRY K. HOLDER, SR. ....	22 YEARS
OLLIE LEATHERS .....	21 YEARS
JIM SMITH .....	21 YEARS
DUANE ELLIS .....	21 YEARS
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SHERRILL SMITH .....	13 YEARS
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ED DANCE .....	12 YEARS
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WALLACE KENT .....	11 YEARS
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JOHN CHENAULT .....	10 YEARS
RB BROWN .....	10 YEARS
JOHN LOYD .....	10 YEARS
JOE RUSSELL JOHNSON .....	9 YEARS
CHUCK WILLIS .....	9 YEARS
JIM BROCKMAN .....	9 YEARS
JIM RICHARDSON .....	9 YEARS
ED SPEER .....	9 YEARS
GUS RIDGEL .....	9 YEARS
CARL FUDGE, JR. ....	9 YEARS
LEE TROUTWINE .....	9 YEARS
RON TYRER .....	8 YEARS
BOB BULLOCK .....	8 YEARS
ROGER COOMES .....	8 YEARS
DENNIS KING .....	7 YEARS
ETHEL McCRAY .....	7 YEARS
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KURT VEZNER .....	6 YEARS
JOHN PALMORE .....	6 YEARS
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DON ARMSTRONG .....	1 YEAR
TOM COLTEN .....	1 YEAR
TOM COCKLEY .....	1 YEAR
NANCY EDWARDS .....	1 YEAR
BARBARA HOWARD .....	1 YEAR
HAL LEATHERBY .....	1 YEAR

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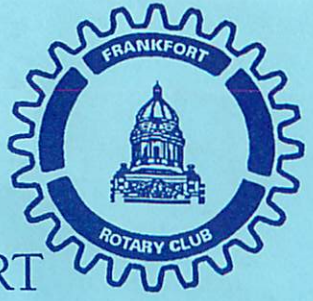


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- Of things we think, say or do
- 1) Is it the TRUTH?
  - 2) Is it FAIR to all concerned?
  - 3) Will it build GOOD WILL and BETTER FRIENDSHIP &
  - 4) Will it be BENEFICIAL to all concerned?

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ROTARY INTERNATIONAL  
Clearwater, Florida

Anne Robertson, Governor  
District 6710  
Fulton, Kentucky

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	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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ANNOUNCEMENTS  
Don't Miss Rotary If You Can't Make Up  
JANUARY 10, 1996

**RAFFLE:** This week's raffle item was donated by Barry Holder, Jr. It was a \$25 Gift Certificate from Jubilee Dragon.

**TOTAL RAFFLE COLLECTION: \$45.00**

## NEXT WEEK'S SPEAKER

Next week's speaker will be Doug Flynn. His topic is "Champions Against Drugs".

## GUEST OF ROTARIANS

Christine Lile Mike Lile

## VISITING ROTARIANS

Walter Baker Glasgow

## THIS WEEK'S SPEAKER

The speaker for the day was Tom Bennett, Fish and Wildlife Commissioner. The Commission is comprised of nine members who are appointed geographically. The governor must choose from a list of five names from the local jurisdictions. The Commission is bipartisan with no more than five members being members of the same political party. His department is self-supporting from license fees for hunting and fishing and federal excise taxes. It is not state funded. Tom listed some of the accomplishments of his department in the last year. (1) The Nature Center has opened with bob cats, giant turtles, birds and the Rocky Mountain Elk. (2) On December 29, an agreement was made with the Melon Foundation for a grant to develop a nature preserve in Ohio County. (3) Hunting season has been changed in West Kentucky to accommodate farmers. (4) A 20,000 nature preserve has been developed in Marshall County. (5) His department now has a computerized license system and licenses can be printed on the spot. (6) Outdoor women's workshop has been expanded with the League of Kentucky Sportsmen which is a three day program in three Kentucky parks. (7) Kentucky Afield has been changed from Thursday to Saturday nights. (8) A new program has been established for children known as Kentucky Afield for Kids which goes directly into 500 classrooms via the Star Channel. (9) The federal fish hatchery will not be allowed to close if federal money dries up. (10) Hunter education programs are on KET. (11) The Water Patrol is now part of Fish and Wildlife instead of being under Natural Resources.

Continued....

(12) New regulations have been adopted for personal watercraft. Tom is of the opinion that there are too many free licenses. His department loses \$2.2 million a year due to free licenses. Instead of free licenses he proposes a discount system. He concluded his talk by stating that he is always looking for new ways to get landowners to open up posted property.

## MAKE-UPS FOR JANUARY 3rd

Bill Aitken	John Loyd
Jose Bollar	Dick Richards
Jim Brockman	Sherrill Smith
Jim Graves	Kurt Vezner
Ed Hatchett, Jr.	

**ATTENDANCE PERCENTAGE: 92.55%**

The following Rotarians need make-ups for **JANUARY 10th:**

Don Armstrong	Bill May
Pat Badgett	Carol Palmore
Jim Boyd	Gary Scott
Ted Collins	Sherrill Smith
Ed Dance	Jeanne Suchanek
Ed Davis	Kurt Vezner
Ron Durham, Jr.	David Weller
Nancy Edwards	Bill Wingfield
Ed Hatchett, Jr.	Linda Wireman
Don Hines	Bill Yount
Barbara Howard	
John Loyd	

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**CONGRATULATIONS** to those Rotarians who received their perfect attendance pins in **JANUARY 1996:**

Ed Hatchett, Jr.	1 Year
Gus Ridgel	10 Years
Bob Bullock	9 "
Ethel McCray	8 "
Bill Miller	15 "
Ed Speer	10 "
John Loyd	11 "
Lee Troutwine	10 "

Please remember fellow Rotarian John Palmore who is in the Jewish Hospital in Louisville recovering from Open Heart surgery.

## THOUGHT FOR THE DAY

There's no advantage in being two steps ahead of the other guy, if you're both going in the wrong direction.



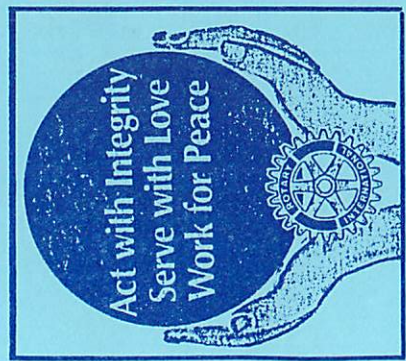
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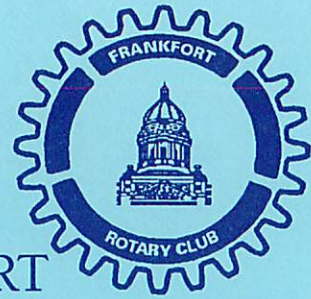
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JANUARY 17, 1996

**RAFFLE:** This week's raffle item was donated by Jeanne Suchanek. It was a "Kentucky Trivia Book". The winner was John Loyd.

**TOTAL RAFFLE COLLECTION: \$40.00**

## NEXT WEEK'S SPEAKER

Next week's speaker will be Michael Morran. His topic will be on Mental Health.

## FRANKFORT ROTARY CLUB BOARD MEETING

There will be a Board meeting on January 22, 1996 at 5:00 p.m. at the Frankfort Electric and Water Plant Board.



## THIS WEEK'S SPEAKER

The speaker for the day was Doug Flynn, former player for the Cincinnati Reds (14 years) and former director of Champions Against Drugs (9 years). In 1986, the program known as Champions Against Drugs was started. We have a major problem with drugs in Kentucky. More prevention and education worked in the past but we are cutting this today and putting more money into law enforcement. There is much apathy in the public. This is why organizations like Rotary are important to stand for what is right and good. We need to be more active in the school systems. What is needed is more money in programs we know will work. Federal money is about to run out and is being replaced with block grants. Doug has seen first hand what drugs has done to his own family and his community. Doug issued a challenge to us to make a difference in our community and state.

## FRANKFORT ROTARY YOUTH FUND WILL MEET

The Frankfort Rotary Youth Fund will meet Thursday, January 25th at 5 p.m. at Gabriel's.

## CLASSIFICATIONS AVAILABLE

BARBER SHOP/BEAUTY SALONS

BEVERAGES, ALOCOHOLIC -  
Beverages, Distribution  
Liquor Distilling  
Retail

BOATING -  
Sales  
Repair

## MAKE-UPS FOR JANUARY 10th

Don Armstrong	Barbara Howard
Pat Badgett	John Loyd
Ed Dance	Sherrill Smith
Ed Davis	Kurt Vezner
Ron Durham, Jr.	David Weller
Nancy Edwards	Bill Yount

**ATTENDANCE PERCENTAGE: 90.43%**

The following Rotarians need make-ups for **JANUARY 24th:**

Ron Durham, Jr.	Mike Oder
Don Dykman	Paul Rice
Ed Hatchett, Jr.	Frank Sower
Barry K. Holder, Jr.	Ron Tyrer
Bob Johnston	Chuck Willis
Pat Layton	Linda Wireman
Mike Lile	Bill Yount
Bill May	Steve Vincent

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## In Brief

\*Members of the Rotary Club of Rhodes, Greece, believe in renewal. They have signed the registry for donation of their bodily organs, in the case of accidental death, to persons awaiting such lifesaving transplants. They are also enthusiastic participants in another kind of life-enhancing effort. Recently they helped plant 600 trees in the Ephylles area.

...from Rotary World

## MEMBERSHIP DEVELOPMENT

- every member's concern

Every Rotarian shares responsibility for bringing others into Rotary; it's both a privilege and obligation of membership. It's also a necessity if clubs are to remain strong and vital. President Herb Brown is urging all clubs to seek out young men and women who possess the qualifications and potential to be Rotarians.

The Calgary Challenge, which was set to recognize record membership growth in two categories - clubs with fewer than 50 members and those with 51-199 members - now includes a third category: clubs with 200 or more members. The governor and spouse of the winning district, as well as the presidents and spouses of the top clubs from each of the three categories (if applicable) will be invited to the Calgary Convention at RI expense.

The president's Two New Member Program will give special recognition in the form of a signed certificate to individual Rotarians who recruit two or more new members during the year. Every club member should take advantage of this opportunity.

...from Rotary World..

## THOUGHT FOR THE DAY

"Sports serve society by providing vivid examples of excellence."

...George F. Will

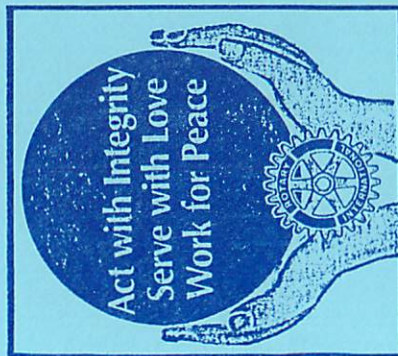
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ANN WINGROVE .....	2 YEARS
BILL LEROY .....	2 YEARS
RON DURHAM, JR. ....	2 YEARS
RICHARD TAYLOR .....	1 YEAR
POLLY GREEN .....	1 YEAR
JOHN PAUL .....	1 YEAR
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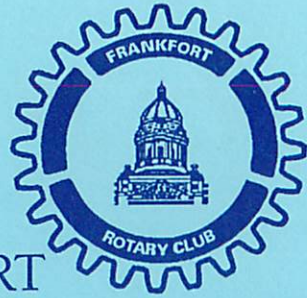
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## ROTARY CLUB OF FRANKFORT, KENTUCKY

DISTRICT 6710 • CLUB NO. 1295 • ORGANIZED DECEMBER 1922

### Service Above Self

VOL. NO. XXI ISSUE NO. 4

#### ANNOUNCEMENTS

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

**JANUARY 24, 1996**

**RAFFLE:** This week's raffle item was donated by Barry Holder. It was a mens Polo Cologne Set. The winner was Terry Shockley .

**TOTAL RAFFLE COLLECTION: \$35.00**

#### NEXT WEEK'S SPEAKER

Next week's speaker will be Les Merker.

#### MEMBERSHIP NOTE! ! !

The new revised Frankfort Rotary Club By-Laws will be at the front sign in desk again Jan. 31st meeting. Members need to review them for a vote on Feb. 7th meeting.

#### MAKE-UPS FOR JANUARY 24th

Ron Durham, Jr.	Frank Sower
Don Dykman	Chuck Willis
Ed Hatchett, Jr.	Bill Yount
Barry K. Holder, Jr.	
Mike Lile	

ATTENDANCE PERCENTAGE: 94.62%

#### ACTION TAKEN BY THE BOARD ON JANUARY 22, 1996

(Attended by Jim Richardson, Ed Dance, Jack Owens, Greg Fuchs, Ann Wingrove, Ethel McCray, Dave Weller and Paula Rarden)

- 1.) Approved board minutes of the November 27, 1995 meeting.
- 2.) Acknowledged the 1996 Olympic Games will be at Georgia, U.S.A. Rotary Dist. 6900, 6910 & 6920 invite us to share fellowship of Rotary with a private Home Stay in Georgia. July 9th to August 10, 1996.
- 3.) Acknowledge 1996 RI Convention in Calgary, Alberta, Canada June 23-26.
- 4.) Acknowledged the 1997-98 Ambassadorial Scholarship deadline is May 1996.
- 5.) Acknowledged World Affairs Seminar at whitewater. Board voted to drop from club funding.
- 6.) Denied Gift of Life program.
- 7.) Denied request for funding to PUSH.
- 8.) Approved Leave-of-Absences for John Gillig 12/13/95 to 4/30/96, Elliott Jones 11/26/95 to 12/27/95, John Palmore 1/10/96 to 2/14/96, Linda Wireman 1/1/96 to 7/1/96, Jeanne Suchanek 2/7/96 to 5/1/96, Done Hines 1/7/96 to 5/1/96, Hal Leatherby 1/1/96 to 7/1/96, and Bill May 1/1/96 to 6/3/96.
- 9.) Acknowledged letter of resignation from Christopher Hill.
- 10.) Approved Hub Perdew as a Honorary Rotarian.
- 11.) Approved the ordering of a membership badge for visiting Rotarian, Sen. Walter Baker of Glasgow, Kentucky.
- 12.) Discussed letter form Brandon Bridges for funds to go to France - to study - High School Sophmore. Referred to Gregory Fuchs.
- 13.) Discussed the completion of the new Frankfort Rotary Club By-Laws. Directors to review and present copies to membership on 1/24/96. A vote will be taken from membership on the meeting of 2/7/96.
- 14.) Approved the tentative dates of 6/26/96 or 7/3/96 for the Installation Banquet. It will be held during a regular lunch meeting.
- 15.) Approved Ollie Leather to be a exempt from Rotary attendance.
- 16.) Discussed City of Frankfort Sister Cities request for \$1000. Deferred action until next board meeting.
- 17.) Discussed possible funding for Mike Schimmoeller - Solar Cooker request for \$1000. Deferred to later date.
- 18.) Discussed Fireside Chats sub committee reports. Copies are being made by Paula for Directors review.
- 19.) Acknowledged District Conference will be May 17-19 Paducah, Kentucky.
- 20.) Acknowledged PETS meeting will be March 15-16 in Lexington.
- 21.) Acknowledged World View will be March 13th.
- 22.) Acknowledged the Group Study Exchange April-May.
- 23.) Discussed that the Club has a possible candidate for the KYRIE program this year.
- 24.) Discussed the the tentative Work Place tour for sometime in the Spring of 1996 at the KSU's Acuaculture Center. Lee Troutwine is cooridinating.
- 25.) Discussed the R.I. Significant Achievement Award. There will be one per District given.
- 26.) Scheduled February 26, 1996 as the next board meeting.

#### THIS WEEK'S SPEAKER

The speaker for the day was Dr. Michael Morran who is a practicing psychiatrist with Comprehensive Care in Frankfort. His topic was mental health and what it was like to be psychotic. Psychosis is a symptom and not a disease. Examples include manic episodes or a psychoses. The most common is the auditory hallucination with voices saying demeaning things about the patient. Sometimes the voices talk to each other. There are also command hallucinations which urge the patient to kill himself or hurt someone else. However, it is rare that psychotic people are violent. The second type of psychosis is delusional where a fixed idea is out of context with reality. Their ideas are as real to them as our ideas are to us. An example can be delusions about a conspiracy. The third type of psychosis is referential thinking where the patient is constantly inspecting the world and everthing has to do with the patient. One example is a subject who thinks he is being told to do lewd things over the TV. They think the television person is talking directly to them. With this psychosis, you are in the middle of the world and everything has to do with you. Teh fourth type is thought broadcasting where other people can read your mind. There is no privacy with this type of psychosis because very thought you are having can be read by others. Dr. Morran's goal is to enable these people to live in the community outside the institutionalized setting.

Tune in on Tuesday, January 30th at 8:30 p.m. channel 10's "Frankfort Global Connection" TV program to hear a discussion (and sideshow) about Frankfort's Sister Cities Program.

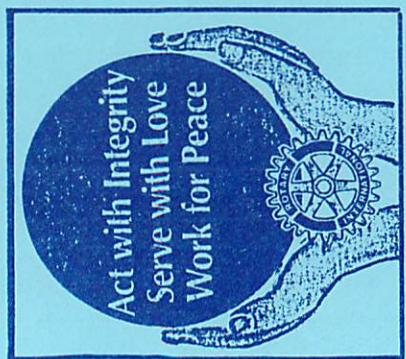
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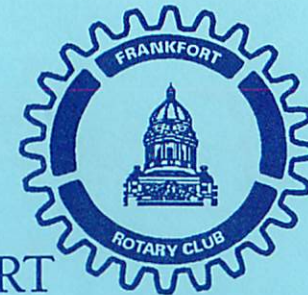
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**ANNOUNCEMENTS**

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

**JANUARY 31, 1996**

**RAFFLE:** This week's raffle item was donated by Ed Janeway. It was a Converlet & Potpourri. The winner was Tim Fyffe.

**TOTAL RAFFLE COLLECTION: \$43.00**

**NEXT WEEK'S SPEAKER**

Next week's speaker will be our own fellow Rotarian, Bill Miller. His topic is "A kick-off for World Understanding Month: RI and the UN: Building a Better World".

**NOTE CORRECTION:**

The Patterson School of Diplomacy informed Charlie Hinds that World View would be on March 8, 1996.

**THIS WEEK'S SPEAKER**

This week's speaker was Les Merkel, a noted motivational speaker and fitness consultant to a number of corporations and agencies, including NASA. He talked about prevention of health problems and maintenance of good health. 96% of health dollars are spent on fixing problems, 4% on maintenance. each extra pound of fat adds miles of blood vessels. Percent of overweight people age 45-55 is greater than percent of overweight people age 75-85. Lesson: overweight people do not make it to age 75-85. **DO NOT DIET.** Just eat lots of fresh fruit and vegetables -- and exercise. Lots of exercise, that fatigues the muscles. Then exercising, try and use variable resistance, and constant time. Do not bounce or jerk. Do breathe. Your maximum attainable heart rate = (220 - your age). Goal should be 70% of that number. He showed us simple exercises that can be done in the workplace for 6 to 12 minutes a day, creating happy workers, with less stress, in better physical condition -- and having fewer Workman's Compensation claims.

**NOTE! !**

The club meeting for February 14, 1996 will be at the Frankfort Civic Center.

**Just A Friendly  
Reminder!**

If you haven't paid  
your dues statement,  
**DO IT-NOW!**



**MAKE-UPS FOR JANUARY 24th**

Bill Aitken	Charles Hinds
Pat Badgett	Frank Sower
Jim Brockman	Chuck Willis
David Cobb	Bill Yount
Roger Coomes	
Chuck Ellestad	
Ed Hatchett, Jr.	

**ATTENDANCE PERCENTAGE: 90.32%**

If you miss 4 straight meetings (without approved leave), or if your percentage is under 60% for six months or less than 30% of your attendance is at your home club, then your membership is automatically terminated.

The following Rotarians need make-ups for **JANUARY 31st:**

Don Armstrong	Mike Lile
Jose Bollar	Tom Potts
Jim Brockman	Frank Sower
Russ Cave	John Sower
Ted Collins	Gary Straub
Roger Crittenden	Amanda Storment
Ed Dance	Ron Tyrer
Ron Durham, Jr.	Chuck Willis
Gerard Fee	Bill Yount
Barry Holder	
Elliott Jones	

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

**THOUGHT FOR THE DAY**

God has given us two hands - one for receiving and the other for giving.

**VISITING ROTARIANS**

Walter Baker	Glasgow
Jim Wolcott	Owenton
Bob Kincer	Lawrenceburg

**WANT TO BECOME  
A MORE ACTIVE ROTARIAN?**

Here are some things you can do: (1) arrive early and get acquainted with Rotarians you should know better, (2) take time to thank the speaker and others on the program, (3) pat the president on the back once in a while, (4) be sure your attendance is better than the club average (96% is hard to beat), (5) watch for new members and visiting Rotarians to greet and meet and invite them to sit with you, (6) introduce them to other members, (7) visit other Rotary clubs (there are many in the area), compliment the chairpersons of committees who are doing a good job. Any of these things will make you a more involved Rotarian.

**GEORGIA, USA ROTARIANS  
WELCOME YOU TO ATLANTA AND  
THE 1996 OLYMPIC GAMES.**

Rotary Districts 6900, 6910 and 6920 - covering the State of Georgia, USA - invite you, your family and friends to share the fellowship of Rotary with a private Home Stay in Georgia during the Olympic Games, from 9 July to 10 August, 1996. Call the Rotary Office for details.



**DON'T FORGET TO  
FEED THE BIRDS!**

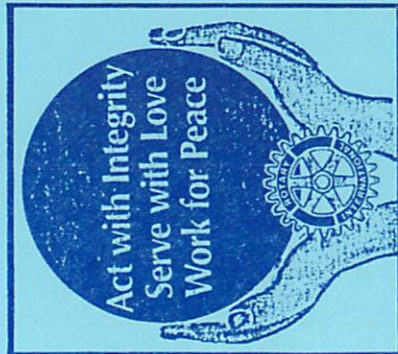
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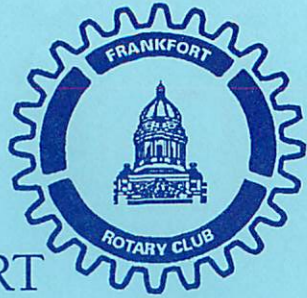
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