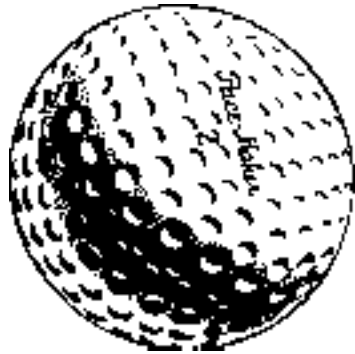


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THE Frankfortarian

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: 2018-19

	OFFICE	HOME	E-MAIL
President	Alex Fitzgerald 227-1611	270-300-5963	fitzgerald@farmersbankky.com
President-Elect	Fred Deaton 320-1476	695-5707	jdd12354@bellsouth.net
President Nominee	Donna Hecker 859-846-4732	330-5835	DonnaHecker@aol.com
Secretary/Treasurer	John Avent 227-8609	223-5542	bethavent@gmail.com
Sergeant-at-Arms	Chuck Dickinson	223-4156	yellowrv@gmail.com
Executive Secretary	Paula Rarden	227-9573	rardenfam@wmconnect.com
Dir. Club Service	Donna Hecker 859-846-4732	330-5835	DonnaHecker@aol.com
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Dir. International Service.....	Bill Miller	223-0512	millerkyun@aol.com
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Dir. Public Relations.....	Steve Stewart 227-4556	757-653-1995	steve.stewart@state-journal.com
Chair, Membership Comm.....	Diane Dehoney 352-2665	859-333-3581	Diane@pspl.org
Chair, Community Beautification.	Gordon Saks		
Advisory Director	Kristen Cantrell 875-1130	814-935-9750	kristin.cantrell@gmail.com

Rotary Golf Scramble

Our annual golf scramble to benefit the Frankfort Rotary Youth Fund Scholarship Program will be Monday, May 13 at the Frankfort Country Club, 101 Duntreath Street. We need \$150 Silver hole sponsors and \$250 Gold hole sponsors. To sponsor a hole, please contact Bill Scott at willsco90@gmail.com or (502) 395-1566. We also need golf teams to register as soon as possible. Bill Scott will coordinate the team registrations. For this scramble to be successful, we need all Rotarians to participate at some level. This is the largest fundraiser for our club and we need your help. We are also looking for sponsors. Let's all work together to make this scramble the most successful ever!



Barry Rassin - New Providence, Bahamas
 Rotary Club of East Nassau
 President, Rotary International
 Michael T. Owsley - Elizabethtown
 Governor of District 6710

NEIGHBORING CLUBS

Monday:	Eminence-Henry County Public Library	12:00 noon
	Owenton-Smith House.....	12:10 p.m.
Tuesday:	Lexington Sunrise-Shriners Hospital	7:00 a.m.
	Georgetown-Galvin's on Main (Downtown) ...	12:00 noon
	Shelbyville-Centenary United Methodist	12:00 noon
Thursday:	Lawrenceburg-Anderson Public Library	12:00 noon
	Lexington-Fasig Tipton	12:00 noon
	Louisville-Galt House.....	12:10 p.m.

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>
District website www.rotarydistrict6710.org
Rotary International www.rotary.org/

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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. XLIV

ISSUE NO. 14

April 3, 2019

Next Week's Speaker...

Rotarian **Zachary Horn** is a partner in the law firm of Kirkland, Cain & Horn, PLLC located on the third floor of the Whitaker Bank Building, where he practices in the areas of commercial litigation and business law. He is also the club's Director of Community Service.



Zach Horn

Zachary is a frequent speaker and writer on issues relating to mindfulness and lawyer wellness. Zachary will be giving a presentation on Mindfulness - what it is and how to cultivate it. Mindfulness has been shown to reduce stress, depression, and high blood pressure, and increase overall health and well-being. Every person has an aspect of their awareness that is separate from the voice in their head. With practice one can increase their witnessing awareness, and become less identified with thoughts that create stress, anxiety, and depression. This is what it means to be mindful, and how it can improve your well-being.

Raffle

Thanks to Fred Deaton for donating this week's raffle item.

Make-ups for Mar. 27

Pat Badgett Teresa Hockensmith

Attendance Percentage: 62%

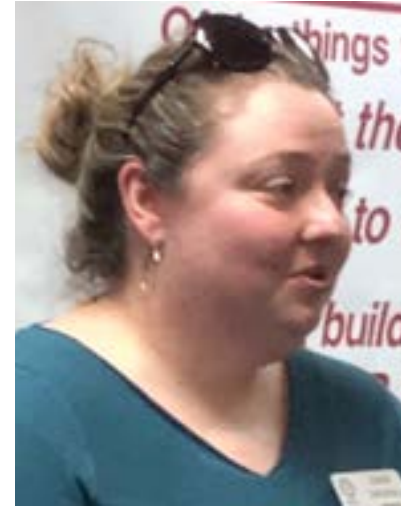
Make-ups Needed for Apr. 3

Houston Barber	Judy Mattingly
Chris Boni	Katina Mickens
Bill Bowker	Tim Nehring
John Browning	Melinda Nunley
Angela Bullock	Chris Olds
Kristin Cantrell	Tim Pennington
Will Coblin	Brenda Rice
Don Dampier	Curt Sayre
Chuck Dickinson	Bill Scott
Jennifer Dobbs	John Sower
Annette Dupont-Ewing	Kwang Suh
Bill Elam	Richard Taylor
Polly Green	Jim Terrell
Teresa Hockensmith	Tom Utterback
Joyce Honaker	Dennis VanHorn
Carmen Inman	Richard Watkins
Mark Kopp	Amzie Wenning
Cathy Lindsey	Orman Wright
Sam Marcus	Paul Yancey



New Rotarian Wendy Kobler gives a classification talk.

'Scene' at today's Club Assembly meeting



Diane Dehoney gives an update on member recruitment at club assembly.



Zach Horn reports on vocational services at today's club assembly.



Dave Weller encourages Rotarians to help secure quality guest speakers.

International Dinner is April 25 at Frankfort Country Club

The Rotary Club of Frankfort will host its 22nd annual International Dinner on Thursday, April 25, beginning with a social hour and silent auction at 6 p.m. at the Frankfort Country Club, 101 Duntreath, Frankfort; dinner and program will begin at 7 p.m.

The guest speaker will be Mr. Eric Gregory, president of the Kentucky Distillers' Association, a veteran communicator with over 25 years of experience in governmental affairs, marketing, journalism and strategic public relations. His topic will be "Kentucky: Bourbon Capital of the World."

Mr. Gregory said, "The positive impact of the bourbon industry on the state is incredible. For example, our statistics show, Kentucky is the birthplace of bourbon, crafting 95 percent of the world's supply; Kentucky holds more than a third of all distilling jobs in the U.S., boasting an average salary of \$95,000; Bourbon is an \$8.6 billion signature industry in Kentucky, generating 20,100 jobs with an annual payroll

of \$1 billion; bourbon tourists made a record 1.4 million stops to Kentucky distilleries in 2018; and Kentucky exported over \$450 million of whiskey in 2017 — an export value which has tripled in the past 20 years."

The cost of the dinner is \$35 per person; checks should be made payable to the Rotary Club of Frankfort and mailed to P.O. Box 93, Frankfort, Kentucky 40602. Payment must accompany each registration. Questions may be directed to Bill Miller at millerkyun@aol.com or Brenda Rice at brendavrice@hotmail.com. Reservations must be made no later than April 20, 2019.

Rotary

