



TOGETHER, WE

CONNECT

Rotary unites problem solvers around the globe behind one goal: to do more good. Our members are driven to bring communities together to create lasting change. Connecting to make things better—that's what people of action do. Learn more at Rotary.org.



THE

Frankfortarian

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

1800 Benson Valley Road, Frankfort, KY 40601

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

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Rotary Club of South Queens Ferry
President, Rotary International

Tom D. Reed II, Springfield
Governor of District 6710

**The Rotary Club of Frankfort Meets Every
Wednesday at the American Legion #7,
164 Versailles Rd. from 11:45 a.m.–1 p.m.**

Frankfort Rotary Club website:
www.frankfort-rotary.org

District website
www.rotarydistrict6710.org

Rotary International
www.rotary.org/

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 Co. Extension Ofc.....	12:00 noon
	Lexington-Fasig Tipton.....	12:00 noon
	Louisville-Galt House.....	12:10 p.m.

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ROTARY CLUB
OF
FRANKFORT, KENTUCKY

DISTRICT 6710 • CLUB NO. 3717 • ORGANIZED DECEMBER 1922

Service Above Self

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December 13, 2023

Next Week's Meeting...

Franklin County Judge/Executive **Michael Mueller** began his first term in January 2023. Prior to becoming Judge/Executive, he represented the constituents of the 3rd District as their magistrate. He attended the University of Maryland School of Horticulture before becoming Vice-President of the largest nursery in Kentucky. Mueller is an avid outdoorsman who loves camping, hiking, and kayaking. In 2003, He married Andrea Wilson Mueller and together they have two children. Judge Mueller is a successful local entrepreneur and has served on many boards including the American Red Cross Board of Directors and the Frankfort Chamber of Commerce, where he championed education in our community.



Mueller

Opening Exercise and Greeter for Dec.20

Opening will be Barry Holder, Sr.

Greeter will be Mary Ellen Saks

Upcoming Programs

Dec. 23: No Weekly Meeting

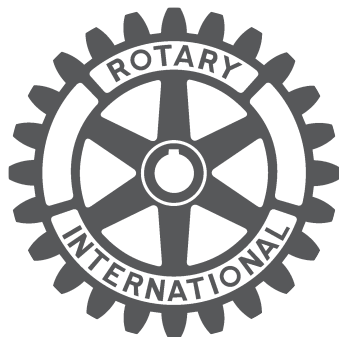
Jan. 3, 2024: Derrick Graham, Ky. State
Legislator

Raffle

Thanks to fellow Rotarian Chris Richards for donating this week's raffle item.



We thank Dr. Mark Gill for speaking to our club today.



Rotary Projects Around the World

By Brad Webber

United States – Earl Knauss got a lesson in food waste when he received a neighbor's gift of three bushels of red peppers that had been cast aside by a farm because they were misshapen. "I discovered that odd-shaped, blemished, and imperfect vegetables were dumped or destroyed," says Knauss, of the Rotary Club of Hamburg in western New York state. He asked the farm's owner for more of the unsalable produce and collected 18-gallon totes of vegetables that he sent to food pantries. The Farm to Family project has since expanded to include three farms, and the Hamburg club formally adopted it in 2018. From May to December, Rotary members and friends work alongside Knauss delivering vegetables to about 3,000 families. In 2022, they provided more than 100,000 pounds of vegetables to 23 distribution sites. Among them is the Resurrection Life Food Pantry in Cheektowaga, where pantry director Kim Reynolds says the site would not have many fresh vegetables without the program. "Our clients rely on Farm to Family to fill that gap," she says.

Peru – Much of the milk produced in Peru never leaves the farm: It's consumed directly by farming families, fed to calves, and used to make artisanal cheeses. The Rotary E-Club of Fusión Latina Distrito 4465 teamed up with the nonprofit CEDEPAS Norte to help subsistence farmers in the country's northern highlands. Last year the club delivered stainless steel presses and molds to open two cheese production facilities. A global grant of more than \$50,000 helped pay for the equipment, training, management, and marketing. "So far there are 21 new employees and 63 families served, and 25 pregnant cows were gifted" through the

Peruvian government program Agroideas, says Club President Fernando Barrera, who lives in Trujillo.

Italy – A rising number of young people with eating disorders prompted the Rotaract Club of Terre Cremasche and the nonprofit Consultorio Insieme Crema to conduct workshops for people ages 20 to 35. Beginning in April, the series covered three topics: body image, mindful eating, and wellness and sustainable dining. The sessions were developed in collaboration with counseling centers and psychologists. "The aim is to guide participants in critically examining their eating habits and the emotional and historical significance of meals," says club member Emma Prévot. The club funded much of the program with a gala cocktail reception in the town of Crema's civic museum, housed in a 15th century convent.

Philippines – With two club leaders being registered nutritionist dietitians, the Rotary Club of Lucena University District takes healthy eating seriously. The club paired with the Quezon chapter of the Nutritionist-Dietitians' Association of the Philippines to offer lessons at a jail on how diet can prevent disease, the importance of exercise, sleep, and drinking enough water, and other topics. Club President Joey Kathlyn Samonte and Past President Bella Castro also explained a food chart on optimal portion sizes for various food groups. And aspiring chefs tested their skills in a cooking contest using the organic vegetables grown at the jail. Club member Jasper Panganiban lauds the pair's devotion. "These types of projects to encourage healthy lifestyles and diets in the community are close to their hearts," Panganiban says.

from www.rotary.org