

# Sea Island Rotary Beaufort, South Carolina



March 9, 2010

## SERVICE Above Self

### Today's Meeting - Ann Bluntzer of the Open Land Trust

Today's drawing - \$377.00

Dan Durbin has donated today's door prize.

### From President Marc

Last week we heard from Dr. Clark Trask on the evils of processed foods and why changing our eating habits maintains good health and prevents illness. He brought great passion to these messages: 1) We need to teach our kids how to eat right. 2) If it's a plant, eat it. If it's made in a plant, don't! 3) Protein is good, processed carbohydrates are bad. 4) men, if you have a plus 40 inch waist, you must change your heating habits pronto!

Thank you to some special SIRCers who gave much of their time over the past 6 months to organize and run the Biathlon. We need to particularly thank Mike M. (planning, organizing) Bridgett (sponsorships), Jack (oversight and Race T-shirts) and Randy (publicity and course route) for their time and effort in pulling together the many details required to make this such a successful event; Kathy (our Royal Treasurer) for keeping the money straight; and Team Leaders Carlotta (Registration), Wayne (Gate), Jan (Parking), Doug (Kayak Toters), Greg (Obstacles and Course Route), Randy (Course Monitors), and Dan A. (Water Stations). And thank you to all of you who came out Saturday to help or cheer on the athletes! It was a Great Rotary Day!

Marc Fisher, 2009-2010 Sea Island Rotary President  
*"Many Hands Make Light the Work"*

### Upcoming Events and Speakers

March 16	Charles Yahres -- DoD School System
March 23	Troy Ward - F-35B Strike Fighter
March 30	Fifth Tuesday

### Birthdays and Wedding Anniversaries

March 14	Mike Mashke	Birthday
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### **In all we think, say and do....**

1. **Is it the Truth?**
2. **Is it FAIR to all concerned?**
3. **Will it build GOODWILL and BETTER FRIENDSHIPS?**
4. **Will it be BENEFICIAL to all concerned?**



*President*  
Marc Fisher

*President-Elect*  
Randy Wall

*Secretary*  
Kelly Singletary

*Treasurer*  
Kathy Bundy

*Sergeant-at-Arms*  
Ray Harvey

## Photo Highlights from the Sixth Annual Sea Island Rotary Biathlon

For more pictures, go to SIRC Facebook page



Marc, Mike and Amy



Tim and the SIRC banner



Kayakers Ready!



Carol, Paddi and Carlotta



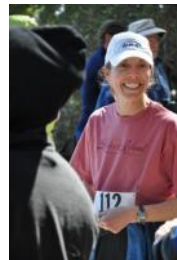
Interact students



Jack announcing the race



Pete Greene, six-time winner



Jennifer after the biathlon



Go Fred, (a.k.a. Mike)



### **Choices Volunteers Needed!!!!!!!!!!**

SIRC will deliver Choices to Beaufort Middle School on March 23 and 24 from 7:45 a.m. to 8:43 a.m. **Three** volunteers to teach the two-day session are needed.

SIRC will deliver Choices to Lady's Island Middle School on April 6 and 8 from 1:20 to 2:30 and again on April 12 and 14 from 1:20 to 2:30. **One** presenter is needed for each of the two-class sessions.

For those needing training, the training session will be offered two times at Beaufort Middle School. The dates are March 11th and March 12th. Both sessions begin at 10:00 a.m. and should end by 12:30 p.m. For more information, contact Carlotta at [Carlotta@beaufortsc.org](mailto:Carlotta@beaufortsc.org).