

6 DECEMBER 2006

Holiday Party Reminder

Our Holiday Party will be held at Mange Bene this year. Save the date - December 13 - from 6 to 10 PM. It is a Wednesday so there will be no lunch meeting at Copper Hill on that day. "Doctor T", Dan Torrone will be the DJ. Chris Venditti needs everyone to RSVP. Don't forget your "Secret Santa" (about a \$15.00 item). Send an email to christopher.venditti@yesbank.com or call him at (908) 806-0899

Tree Lighting in Flemington

Dick Stothoff said the Tree Lighting at the Flemington War Memorial will be the "First Friday", December 1, 2006. Of course, the weather is a factor, but the tree is in place and being decorated. Members are asked to meet at the Deats building between at 6:15 PM.

Food Pantry

The members of the Food Pantry Committee headed up by Larry Sivilli, (assisted by John Zullo) reminded the members that the first meeting of every month is "Bring a food item or a couple of dollars to support the food pantry."

Member News

Scott Birkner of Hopewell Valley Community Bank has been proposed for membership in the Flemington Rotary Club. He was a member of the North Hunterdon Rotary Club. He is the Branch Manager of the Ringoes, NJ branch office and will have the classification of Commercial Banking. He was published at the meeting of November 29. Objections to this proposal must be made in writing and given to a board member within seven days.

Chris Venditti announced his nomination of officers and board members for the 2007-2008 Rotary year. The members present, were asked for nominations from the floor. None were offered. Catherine Langley made a motion to close the nominations and accept the nominations announced. Seconded by Mick Schiabile and approved unanimously.

The 2007-2008 Rotary Board / Officers are:

President	Chris Venditti
President Elect	Harry Mazujian
Secretary	Bob Burgard
Treasurers	
General	Jeff Harrison
Lunch	Terry Ownes
Asst. Lunch	Tom Thatcher

IMPORTANT DATES

- December 1** - Christmas Tree Lighting
Main Street, Flemington
- December 6** - Program: Adult Motorcycle Rider, Bill Turkus
- December 13** - Holiday Party, 6-10 pm,
Mange Bene, Flemington
- December 20** - Choral Madrigal Group
from Hunterdon High School

Board Members are Bob Chittenden (past pres), Tom Cunningham, Karen Widico, Steve Parente and Harry Woske.

Otto Reinbacher kicked off the Annual Campaign for support of the Rotary Foundation. Part of the mission of the Foundation is CLEAN WATER FOR THE WORLD. Mick Schiabile announced that he has received word that the Homes of Hope water project in Ecuador has been approved for a matching grant from the Foundation. As a club, we are supporting these efforts with our ANNUAL GIVING. The guideline of the campaign is "EVERY ROTARIAN, EVERY YEAR - \$100".

REVERSE THE AGEING PROCESS???????

Sam Bayer, an 84 years young is a retired CEO of an electronics company listed on the NASDAQ. He presented an interesting program based on the book by Dr. William Evans, ASTROFIT. The concept is based on maintaining fitness and vitality through diet and exercise. The exercise portion of the formula is that our muscles require "stress, not strain". The program was developed for the ZERO G (weightless) conditions that the astronauts experience. The human body will lose bone density and muscle tone from the weightless environment of space. A 15 to 20 minute routine of not impact exercise and strength training will help you to reverse the ageing process. The average body at rest needs about 1400 calories a day for survival. Included in that number, a pound of fat tissue needs only 4 calories per hour, but a pound of muscle tissue needs 14 calories per hour. Toning muscle and "redeveloping muscle" regardless of age should be the goal for each of us. Sam Bayer says that this will "Reverse the Ageing Process."

— AREA ROTARY MEETINGS —

- Branchburg** Wednesdays 7:30 pm, Loukas' All American Diner
- Clinton Sunrise** Thursdays 7:15 am, Holiday Inn
- Lambertville-New Hope** Mondays 6:30 pm, Stockton Inn
- North Hunterdon** Fridays 12:15 pm, Beaver Brook Country Club
- Somerville-Bridgewater** Thursdays 12:15 pm, Bridgewater Manor
- Whitehouse** Tuesdays 12:15 pm, La Casa Bianca

ROTARY FOUR-WAY TEST

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?

*Service
Above
Self*

ROTARY ATTENDANCE REQUIREMENTS

1. Attend at least **60%** of club meetings in each half of the Rotary year, including make-ups.
2. Attend at least **30%** of the meetings in one's home club in each half of the Rotary year.
3. Miss no more than **4** consecutive meetings.
4. Make up missed meetings within **14** days, before or after absence.