

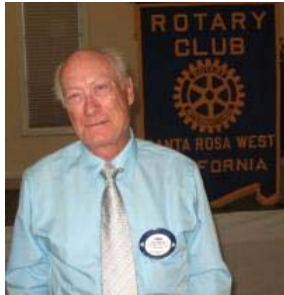


Rotary Club of Santa Rosa West

Bulletin for July 23, 2007 "Physical Fitness: The Super Slow Way"

By Anne Abrams

Preliminaries



Prez Fred Zmarzly called the meeting to order as some of us sipped on fine Italian wines from our new wine cart.

The Pledge & Rotary Moment: **Richard Standard**, finding the flag to our left, led us in the pledge of allegiance. **Ken Prouty** offered the Rotary moment selected from the few by **John Palmer**, but I can't remember so ask Ken.

Thanks To:

Cashier: **Chris Young**

Set up: **Chuck Baker**

Greeter: **Phil Talamantes**

Tickets: **David McDonald**

Moment: **Ken Prouty**

Photos: **Jim Valinoti**

Bulletin: **Anne Abrams**

Program: **Dave Wattell**



Guests of Rotarians: **Teddy Sipe**, **Dale Sipe's wife**; **Pete LaMonica's** friend from **Russo**, new restaurant at Montgomery and Brookwood, opening in three weeks with gourmet pizza and other treats.

Announcements and Such:

Pete LaMonica, Chairperson announced new donations for the Crab Feed:

Ken Prouty: 1 week in Tahoe,

John Palmer: 10 hours genealogical research,

Jim Hinton: five day ski trip to Kirkwood including cabin, 10 adult and 10 child lift tickets.



Susan Nowacki is organizing a silent auction of 12 evenings of dinners to a variety of restaurants. Contact Susan to participate. **Pete's** guest from **RUSSO** restaurant pledged four dinners at his soon to open restaurant. **Pete** suggested those donating gourmet dinners to set the date in advance to avoid scheduling problems.

Get those great ideas to **Pete** so he can follow up. pjlamonica@aol.com (applause to Pete, great job)

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Coming Up:

7/28 - Fireside & BBQ at The Geysers

7/30 - Reducing Global Warming

8/6 - Preparing for Long Term Care, Helen Pachynski

8/13 - District Governor Visit

8/20 - Girls on the Run, Catrina Derke

8/24 - [Golf Tournament](#)

8/27 - Santa Rosa City Councilwoman Susan Gorin

Chris Parr-Feldman (in absentia) announced an August 4 Member Seminar. It starts at 9AM and includes lunch. Check with **Chris** for further details.

Also two counselors for Rotary Peace Fellows (Foreign students visiting Cal Berkeley) are needed to assist and mentor these students. Rotarian, **Mike McLoughlin**, is looking for Counselors.

Jeff Ray's Flyers are out for the Annual Golf Tournament. There is a CHANGE in the date to August 24. Please participate by playing golf, or if you don't play come enjoy the best BBQ cooked by Louie!



Last chance to sign up for the Geyser's social event. Tour and BBQ meeting this Saturday, July 28 at Kohl's Dept Store North Parking lot at 9:30.

Susan Nowacki announced that Italian wines are \$4.00 glass at meeting time during the lunch period of the meeting. Chianti!



Recognition

Chris Young was recognized for a one week trip to Hawaii and cruise. This was his and his wife's first trip alone without kids in fifteen years. Chris enjoyed luau, snorkeling, kayaking, and enjoying time with wife Lena. The kids got a trip to Lena's parents in Albany, New York. He's going again next year.



Susan Nowacki traveled in June to Alaska. The Cruise had perfect weather and she enjoyed a view of the two peaks of Mt. McKinley not often seen as they are so high they create their own weather (20,000 and 19,000 feet). The Nowacki's each caught a silver salmon.

Brian Herndon is back from Tahoe where he took in a lot of golf, good meals and good times. The weather was fabulous though contemplating what was lost in the fires...no human lives taken. His diesel truck got almost 8 mpg (I assume with trailer).



Scott Bartley was named in the Press Democrat for being in line with 23 others for appointment to the Santa

Rosa City Council. He states he has refused however to agree and sign a waiver that he would not run for office in the next election. He disagrees with a process that would be a disservice to the community in limiting who citizens could vote for. And that is a good statement to make though he admits it probably will reduce his chances of appointment to zero. This leaves the field wide open to **Mike Moore** who has also participating in the selection of our new counsel seat vacated by **Mike Martini** who has stepped aside to devote time to his winery in west county.

Craft Talk: Ken Prouty

If you weren't here you missed a good one as **Ken** arrived with numerous props and began his show and tell Craft Talk. **Ken** started out in the East Bay, in a town with a population of just 10,000. We think it was Emeryville? Or Piedmont? He hopped on the street car to attend Cal Berkeley (as he put a Cal cap on his head). After graduating and newly married, he and his wife went to Europe for three months. He was a Lieutenant in ROTC at the beginning of the Korean War but upon returning to the US forgot to report in that he was back. He ended up working for State Farm (banner unfurled at the podium). He tossed a State Farm "yo-yo" to Rich Pratt who luckily caught it before it knocked anyone in the head. Those who were ducking in the back tables were much relieved at that catch. Ken then pulled on a Cal t-shirt bearing "the play" on it.



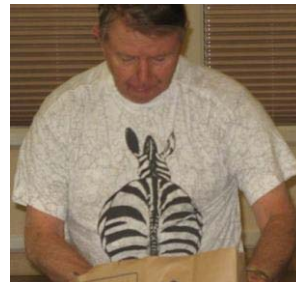
"The Play" occurred in a game with rival Stanford who after a last minute "Hail Mary" pass which put Cal behind 19-20 in the last seconds of the game. A complicated play ensued including 7 lateral passes and landing in the Stanford Band section that had stepped onto the field to celebrate a premature victory. A touchdown was declared and Cal won the game in the last seconds. The bulletin writer can only describe this because I happen to remember watching this play, as anyone watching would surely remember it. It's a great t-shirt to have.

After 40 plus years with State Farm Ken & Mardi Prouty have enjoyed traveling around the world. **Ken** is now pulling on another t-shirt this one from the Caribbean where he enjoyed snorkeling. (By now I am reminded of my then two year old son who tried to get on a t shirt and asked for help. Then I counted...he already had on 8 t-shirts in the middle of summer. I asked why he had on so many shirts no wonder he couldn't squeeze into one more and he stated that when it is "summer he likes to be hot.") And it is a hot day so maybe **Ken** has the same logic. Continuing with the craft talk **Ken** pulled on yet another shirt this one from Egypt, something about Pharaoh's and pyramids and snorkeling in the Red Sea. His next trip took us to New Zealand where he donned a hat his favorite souvenir.



His China t-shirt went on next with the Great Wall shirt, "very long and if you reach the end you can touch heaven". By this time I'm hoping **Ken** is in healthy shape with this many shirts on a hot, hot day. On went another cap this one from San Jose, Costa Rica. He and **Bob Zeni** couldn't get in to the hotel Rotary meeting without ties and jackets which the hotel loaned them.

Next came a Tusker Beer T-shirt. (*I'm wishing I could be seeing them better behind all the bobbing heads.*) The Zebra T-shirt next had to be modeled from the front and the rear, very good shirt. That was from the Serengeti Balloon ride. *I've lost count how many.* Then Ken puts on his Antarctic T shirt and a wool cap declaring the penguin guano smelled awful.



Ken's community volunteer work includes the board for the YWCA and he has been a Rotarian for 40 years. He was President 30 years ago and states "he hasn't done anything since"...yet he is a yearly donor to the Multi-Cultural Center and we are very, very grateful. Ken, thanks for a great craft talk and for sharing a full lifetime. The shirts were really fun.



Applause ensues as Ken dons a Cal blue Ski helmet.

Raffle

Barbara Beedon drew the wrong marble and **Bill Dodson** took home a bottle of red. Congrats.

Program: "Physical Fitness: The Super Slow Way" With **JD Demory**, Fitness Trainer, SRJC Coach, and Dog Trainer

Dave Wattell introduced **JD Demory** as his personal fitness trainer at Force Fitness (on Mendocino across from Press Democrat) for the past year and friend. **Dave** says that those who've known him probably can't see much change, but "I know the difference" (working with JD has made).



In addition to being a fitness trainer the speaker of the day is also a coach for the SRJC football team (running back coach) and trains dogs.

JD Demory describes himself as being "sincere and observant." When he applied for a job one time the interviewer hadn't any ears, the applicant interviewed before him stated. When he was asked what he noticed about the interviewer, he had told the truth.....saying "I noticed you didn't have any ears". He was dismissed. He told this to **JD** so when **JD** was asked the same question, "what do you notice about me," JD replied "well, you are wearing contact lenses." The interviewer said quite right, how did you know? JD had replied he couldn't wear glasses because they wouldn't stay on without any ears! Ah yes, "sincere and observant."



JD talked about his background growing up in Oceanside, struggles and ambitions to stay in college, desire to play football and be a role model for his younger brothers. He spoke of encouragement he received along the way. He attended SSU, graduated and was their coach for five years before becoming a running back coach for SRJC. He hopes the team will go undefeated this season; the Bear Cub team is now rated third in the nation.

He began fitness training in 1983 with **Orville Hubbard** on Piner Rd. That was before "Super-slow" training became popularized, "Hub" was doing it before anyone else. This technique requires 90 minutes a week in three 30 minute workouts. The principle is to stimulate muscle so that it develops during rest times as well. It requires four things: good diet, lots of water, good sleep and muscle stimulation during workouts which are a combination of weights, aerobics, yoga etc.

He is a single Dad with a 15 year old daughter. When he got her a dog the first day she got up at 5 am to feed the dog. But after that first day it was he who got up to feed him. He got interested in training dogs and became a dog walker and eventually became certified in dog obedience training. If you need a fitness trainer or have a dog needing training, call on **JD Demory**. Or drop in and cheer for the Bear Cubs football team. They just may be undefeated this season.

Your Bulletin Reporter:

Anne Abrams



Your Bulletin Editor:

Jim Valinoti

