

President Randy Hansen	Vice-President Bob Leach	President Elect Tom Koenig	Secretary Bill Dobler	Treasurer Brad Seltzer	President's Assistant Judi Edwards
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# The Log

"We add value to our community through service."



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## Vast Staff

- Randy Hansen, Presiding
- Marc Baker, Publisher
- Nick Hansen Photos
- Russ Hermes, Ace Reporter

## Sail with the NAVY

.Greeters: Dick Lyons and Russ Hermes

12:12 PM: Call to Order by President Randy Hansen and all stood for Pledge of Allegiance

12:14: Thought for the day by Kim Buick. Mr. Buick shared a definition of mediocrity, told us that treating all equal is not equal to treating all fairly, and invited us to make things happen (rather than watch things happen, or wonder what happened).

12:16: Will McMahan introduced visiting Rotarians and Guests. Visiting Rotarians: Jim Potter (Seattle), Louis Bertram (Oak Harbor), and Steven Sterner (Lynnwood Past President). Guests: None.

12:20: President Hansen introduced Steve Saunders, the guest for "If you only knew me."

Mr. Saunders claimed that the Club was going to the Dawgs, so he wore his WSU Sweater (WSU 1935 Grad). He shared that he's 97, was born in Marysville, graduated from Marysville H.S. with 20 classmates in 1931, was a Naval Supply Officer in WW2 with two trips to the So. Pacific, married, started a Mortgage Banking Firm, has now been married for 62 years to wife Jo, and lives near family in Idaho now. All enjoyed it - what a dear man.

12:30: Announcements:

World Community Services: No report

Stuff the Bus for Kids: Kristi Dutton reported collection bins to be delivered 8/12 - 13, and will be picked up on 8/27. Volunteers welcome/needed.

Rotary Roster: Jim Angell distributed - thanks to Jim, his wife and sons.

Navy Invite: Randy Hansen told of 8/3 trip available on USN Ship - Everett to Seattle. RSVP by 7/30

Makeups: Randy Hansen promised them for all who bring raffle items during next month



### \*\*\*\*Coming Programs\*\*\*\*

8/3 1962 World's Fair, Next 50 years

8/10 Psychiatry Today, Bipolar Disorder

8/17 Racism and Hatred

8/24 GSE Team India

## Save the Date:

Wheeler's meeting, August 10<sup>th</sup>, 11:15 am, Tremors.

Board meeting, August 20<sup>th</sup>, 7:30am, Bethany Chapel.

Club Regalia: Walt Greenwood mentioned for persons interested in Shirt/Sweatshirt purchases

12:39: Happy \$\$\$/Birthday Bucks: Many thanks for birthdays (it beats the alternative), an overall winner at water ski competition, marriage, Kona honeymoon, and an Oops Thank You.

12:45: Raffle drawing.

12:49: Program: Gail Larson introduced Suzie Starfield, from the Snohomish County Department of Aging and Disabilities.

Ms. Starfield spoke on "Fall prevention in the Community." She informed us that 1/3 of all 65+ aged persons fall every year, and 10% of those falls are serious. She related both the personal and societal cost of such falls. She presented a 7-minute DVD, which stressed four things to reduce the risks of falls: exercise, home safety, review of medications, and vision checks.

1:07 Thank you and next program announced:

Next Program: "World's Fair, Next 50 Years," by Monica Ramsey.

Announcements:

Wheeler's Mtg., August 10th, Tremors 11:00am, Topic: Rotary History. Speaker: Larry O'Donnell

Board Meeting, August 20th, Bethany @ Pacific, 3rd Fl, Chapel 7:30 AM

1:09: Closing Remarks/Adjournment.

