

Valley View Rotary Update

Wednesday, January 13, 2010

Program:

Jill Flemming, Dietitian and Author of "Thin Women Don't Clean Their Plates"

Jill spoke about eating healthy to help avoid the flue. With all of the concern regarding H1N1 and other flues this year, this was a very informative and timely topic. Eat those fruits and vegetables!

Thanks, to Heidi Blanke for arranging this excellent program.

Announcements:

Classic Car Raffle

Please work on sponsorships for the car raffle. Contact Del Schreck if you have questions or if you would like assistance with this process. Sponsorships are a big part of helping to make this project a success!

Del's cell: 792-6519, email: dudleydorite1@centurytel.net

Group Study Exchange (GSE) Visit

Keli Highland is coordinating the GSE visits this year. Following is a note from Keli that I would like to pass on:

I'm looking for host families for the Japanese GSE Team April 26-29. There are five members of the team, two women and three men. You can host as many members of the team as you would like. Generally, they will need to be dropped off at central location (TBD) each day and will have planned activities each day. In the evening they will need to be picked up and return home with you for the remainder of the evening.

If you can't host but would be available to help transport the team to and from some of their daily activities that would be extremely helpful as well!

The vocations of the team members include: teacher, city government worker and management and finance. If you have any ideas for daily activities (vocational or not) please pass them along to me.

Additionally, the GSE team from Uruguay will be in the Holmen area April 24-28. If you'd like to host someone from that team, let me know!

Thanks in advance for your help and support!

Keli Highland

kelihighland@gmail.com

608-317-1723

2010-2011 Secretary

Each year one of the many responsibilities of the Secretary, who is presently Sue Dillenbeck, is to find a successor for that position. At this morning's meeting Sue announced that Sue Weidemann has agreed to be Secretary next year, then Vice President and in 2012-2013 our President!

Thank you to Sue Dillenbeck for taking care of this and thanks to Sue Weidemann for accepting. I'm sure you will both do a great job in your upcoming roles!

Club Visioning Program

Larry Peterson has scheduled our Club Visioning exercise for Thursday, February 18th, 5:00-9:00pm at the Lunda Center, at Western Technical College. This is a great opportunity for our Club to develop our vision and the steps necessary to achieve that vision. For further information go to - <http://www.rotary6250.org/district/clubvisioning.shtml> - contact Larry Peterson regarding questions or suggestions.

Upcoming Programs

- 1/20 Kelly Krieg Sigman, Executive Director of the La Crosse Public Library
- 1/27 La Crosse Rotaract Nicaragua Team
- 2/3 Membership Program

January Assignments:

Programs: Heidi Blanke
Rooter: Larry Peterson
Greeter: Stephanie Fraase
Invocation: Rosalie Hooper Thomas
Take Down: Past Presidents

Dates to Remember:

5/21-23, 2010 District Conference in La Crosse!

Thanks and have a great week!

Tom