



The GEARSHIFT

ROTARY CLUB OF TACOMA NO. 8

Fellowship, Leadership and Service Above Self since 1910

Photo by: Kevin McGowan

VOL. EIGHTY THREE, Thursday, May 3, 2007 No. 42

The Gearshift is a weekly publication to inform you about current happenings in Rotary Club of Tacoma #8

[Find out more about Tacoma #8 here](#)

Rotary Club of Tacoma #8 meets every Thursday at the **Landmark Temple Theatre**

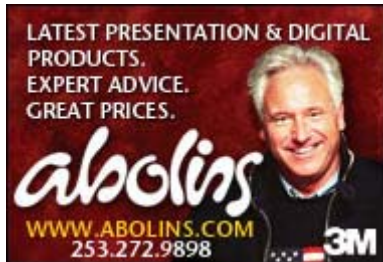
12:00 pm - 1:30 pm
www.tacomalandmark.com

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**Join Us This Thursday at the Landmark Temple Theatre
When We Welcome Fitness Expert, Ogie Shaw**



Ogie Shaw is Executive Director of Community Fitness Leaders, a training program for health and fitness professionals, and he is the President of Ogie Shaw Fitness in Beaverton, Oregon. He is a graduate of the University of North Carolina at Chapel Hill with B.A. degrees in both Speech and Physical Education. He also holds a Master of Sacred Ministry degree from the Multnomah School of the Bible in Portland, Oregon.

Ogie has extensive credentials in the field of fitness, including:

- Serving as Fitness and Health Writer for the *Valley Times* and *Hillsboro Argus* newspapers
- Speaker at Governor's Safety Conferences in both Oregon and Washington
- Lectured at over a dozen Northwest colleges and universities
- In 1979 he designed an off-season conditioning program for the Portland Trailblazers
- Nominated for the Board of Directors for the Oregon Public Health



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Association

-Trained dozens of physicians, physical therapists, physical educators and the Seattle Seahawks in the use of Isokinetic-Aerobic exercise

Ogie Shaw has given over 3,000 talks on fitness motivation. *Excellent, informative, entertaining, enthusiastic, motivation...* words most often used to describe his presentation on fitting fitness into your schedule.

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This Week's Helpers

Thanks so much to the people who will be helping at this week's meeting:

Invocator - **Dan Pass**

Greeter - **David Vance**

Badge Board - **Christina Ford, Kim McHugh, Lani Powell**

Singer - **Steve Smith**

Piano - **Jack Warnick**

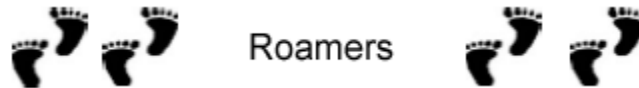
Drums - **Chris Kimball**

Birthdays - **Fred Moisio**

Fine Counters - **TBD, Mary Grubbs**

Story Writer - **Nita Sell**

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Apr 12 **Charlotte Chalker** - Palm Desert, CA

Apr 16 **Steve Rhea** - Bellingham

Apr 17 **Steve Rhea** - Bellingham Bay

Apr 18 **Lee Gingrich** - Palm Desert

Apr 19 **Gerald Moczynski** - Puyallup South Hill

Apr 19 **Charlotte Chalker** - Palm Desert, CA

Apr 19 **Ray Chalker** - Palm Desert, CA

Apr 24 **Tom Morrow** - Rotary North

Apr 25 **Doug Dillow** - Clover Park

Apr 25 **Lee Gingrich** - Palm Desert

Apr 25 **Rita Morkrid-Bowman** - Tacoma Sunrise

Apr 25 **David Snow** - Tacoma Sunrise

Apr 26 **Jim Arneson** - Lacey

Apr 27 **Doug Dillow** - Hawks Prairie

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PRESIDENT PETE'S PUKA

FIVE NEW MEMBERS IN ONE DAY. Wow! That's 10% of the whole year's worth and they were all introduced at our last meeting. It is awesome coming into a large club like ours and finding your niche, so please go out of your way to make them (and all our red-badged

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THE GEARSHIFT

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Pandakas) feel at home. The other good news is that Pandaka co-chairs **Emily Reiter** and **Ray Velkers** recently held a meeting for mentors. It was well attended and productive, as was their earlier meeting with the Pandaka Committee. This resulted in a streamlined and somewhat more flexible version of the infamous pink checkoff list. Good work, Emily and Ray!

CENTENNIAL PROPOSALS. We received six thoughtful and well-crafted proposals for our Centennial project. Thank you very much to those of you who were involved in any way in the submission of these. On May 14, the board will hear brief presentations from the parties who submitted the proposals.

IT'S BIGGER THAN BOTH OF US. Rotary is an extraordinary organization and the biggest challenge a president has is trying to convey its depth. There are two great opportunities ahead for you to learn more about Rotary. The RI Convention is in Salt Lake City and is extraordinary. You hear the best of the best - but it is also a lot of fun because you meet Rotarians from around the world who may have different (and gasp! maybe even better) ways of doing things. The other is the District Conference. Two of our best, past presidents **Kathleen Olson** and **Jim Henderson**, are co-chairs of the event which takes place in our own back yard. We don't get a district conference in the U.S. side of the district very often, much less here in Tacoma. You spend a lot of time and money on Rotary; here's a chance to learn more and to get the overall picture as you mix from other Rotarians from BC and WA. It will really be great. We also need dinner hosts for Friday, June 1; take a couple of out-of-town Rotarians to dinner between 4-7PM and make new friends for life. Thanks for participating.

See you Thursday!
President Pete

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Club Anniversaries

Don Doman: 17 years on May 3
Lori Duester: 5 years on May 2
Paul Gingrich: 34 years on May 3
Gordon Pickering: 32 years on May 1
Andy Wells: 6 years on May 3

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Upcoming Meetings: Times and Places

Next Three Meetings

THURSDAY, May 10 - Landmark Temple Theatre, Community Service Award and Pandaka Graduation
THURSDAY, May 17 - Landmark Temple Theatre, Admiral Bruce Harlow, Naval Undersea Museum
THURSDAY, May 24 - Landmark Temple Theatre, Vocational Talks - TBD

Committee and Other Meetings

THURSDAY, May 3 - Attendance Committee Meeting, Landmark, 11:15am.
THURSDAY, May 3 - Internal Communications Committee Meeting, Landmark, 11:00am.
THURSDAY, May 3 - Public Relations Committee Meeting,

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Jena Carmack, Argentina
Caitlin Dally, Finland

BOARD OF DIRECTORS

Tacoma Rotary Foundation
Jennifer Durham
Larry Ghilarducci
Lee Gingrich
Michael Hansch
Ottie Ladd
Pete Taylor
Steve Smith

Landmark, 11:00.

FRIDAY, May 4 - Projects Committee Meeting, Commencement Bay Coffee Company, 25th & Jefferson, 8:00am.

TUESDAY, May 8 - Community Service Grants Committee Meeting, Elks Club - #174, 1965 South Union Avenue, 7:30am.

TUESDAY, May 8 - World Community Service Committee Meeting, Dr. Klein's condo at 404 North D Street, 7:30am.

TUESDAY, May 8 - Classification Committee Meeting, Rotary Office, 11:45am.

TUESDAY, May 8 - Program Committee Meeting, Tacoma Club, 12 noon.

THURSDAY, May 10 - Information Meeting, Rotary Office, 3:30pm (please RSVP to Rotary Office).

WEDNESDAY, May 16 - Relationship Building Sub-Committee Meeting, Farrelli's - 6th and Union, 5:00pm.

THURSDAY, May 17 - Youth Exchange Committee Meeting, Landmark, 11:15am.

THURSDAY, May 17 - Rotary International Foundation Committee Meeting, Landmark, 11:15am.

FRIDAY, May 25 - Membership Development Committee Meeting, Tacoma Club, 7:30am.

TUESDAY, May 29 - Board Meeting, Rotary Office, 3:30pm.

THURSDAY, May 31 - Tacoma Rotary Foundation Committee Meeting, Landmark, 11:00am.

If you have a committee meeting that you would like listed in the GearShift please e-mail Lori Hansen at lhansen@rotary8.org.

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New Members This Week



Brynn Blanchard

Brynn was introduced to membership by her sponsor **Kathleen Olson** on April 26, 2007. She is Interim Executive Director of Point Defiance Zoological Society. Her classification is "ASSOCIATIONS - Zoological." Welcome to the club, Brynn!



Bryan Flint

Bryan was introduced to membership by his sponsor **Terry Connor** on April 26, 2007. He is Executive Director of Tahoma Audubon Society. His classification is "ASSOCIATIONS - Audubon." Welcome to the club, Bryan!



Rita Morkrid-Bowman

Rita was introduced to membership by her sponsor **Bill Kaufmann** on April 26, 2007. She is Business Owner of Bowman Propane Company, LLC. Her classification



Marilyn Strickland

Marilyn was introduced to membership by her sponsor **Bev Holland** on April 26, 2007. She is Development Officer of Tacoma Public Library. Her classification is "GOVERNMENT SERVICES - Library." Welcome to the club, Marilyn!



Andy Wood

Andy was introduced to membership by his sponsors **Carolyn Elise** and **Karen Seinfeld** on April 26, 2007. He is Executive Director of Tacoma Philharmonic. His classification is "ARTS - Tacoma Philharmonic." Welcome to the club, Andy!

is "FUEL - Propane." Welcome to the club,
Rita!

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Special Announcements

Tacoma Rotary Foundation Report

With thanks to many generous Tacoma 8 Rotary members becoming Art Wickens Fellows, the fine dedicated leadership of **Jennifer Durham** and a well-performing stock market (under the critical eye of **Steve Finnigan**), the foundation assets are approaching the magical seven figure number.

Total investment assets as of March 30, 2007 were \$925,858.00. Yet to be added to this amount are the proceeds from the Auction "Raise the Paddle" (approximately \$35,000) and proceeds from the sale of the Okanogan property (which is still available--make an offer).

Your Foundation Board (**Ottie Ladd, Lee Gingrich, Larry Ghilarducci, Michael Hansch, Pete Taylor, Steve Smith, Jennifer Durham**) truly appreciates your enthusiastic support over the past year and invites you to join us for an update during the Rotary meeting on May 10. More than ever before, our Foundation is a viable and reliable resource for funds which help those in need in our own community. Thank you for making it happen.

Your Tacoma Rotary Foundation Board

Exciting News! - Online Payments Now Available on the Tacoma 8 Rotary Web Site!

After being tested and re-tested, the Tacoma 8 online payment system is up and running! Secure and user-friendly, this system can be used to pay all your Tacoma 8 Rotary invoices as well as make donations to the Tacoma Rotary (Art Wickens) and Rotary International (Paul Harris) Foundations.

To access the system, go to www.rotary8.org, find and click on "Make An Online Payment" under the Member Services heading, located on the left hand column. Enter your Username and Password (the same you use for accessing the Membership Roster), and then enter the amount of each item you are paying for under the appropriate account. Whenever possible, include an invoice number and/or description in the appropriate spaces.

If you're not sure where to enter your payment or have questions, please call the Rotary office (253 473 7723), and we'll be happy to guide you through the process.

100% Attendance Certificates on Back Table!

If you haven't yet picked up your 100% attendance certificate, please do so this Thursday at the Landmark. They're available on the foyer table outside our meeting room at the Landmark.

Circle Your Calendar for The Naval Undersea Museum

The Rotary program for **May 17** features Admiral Bruce Harlow discussing the wonders of the Naval Undersea Museum which is located at Keyport near Silverdale. The goal of the museum is to preserve, collect and interpret Naval undersea history, science and operations for the benefit of the US Navy and the people of the United States.

Actually, The Naval Undersea Museum is a two-parter. In an effort

to show our kids and grandkids some of the educational opportunities involved with oceanic studies, the Program Committee is recommending a special bus trip (box lunch) from Tacoma to Keyport on **May 19**. We are trying to arrange a special boating demonstration for kids of all ages where the participants have a chance to explore the bottom of Puget Sound and retrieve wildlife from our local depths.

The Naval Undersea Museum offers educational programs throughout the year for people of all ages ranging from grade school students to adults.

The Education Department serves students in public and private schools as well as those in home school programs. Student programs include focus tours, art and construction projects, films and gallery tours. The museum also participates in special area-wide programs such as Washington Water Weeks and Kids Adventures.

The Rotary Museum trip should be loads of fun. The ocean environment lets visitors experience the remarkable and limitless diversity of the world that lies beneath the sea. Using hands-on activities, visitors learn about the physical properties of the ocean such as buoyancy, pressure, density, heat transfer, light, sound, salinity, and oxygen. A microscope with slides of sea creatures such as starfish and diatoms lets children and adults see some of the fascinating creatures which make up the web of life in the ocean. The exhibit includes a video of the mysterious black smokers and tube worms from the Juan de Fuca Ridge, 300 miles from the coast of Washington State.

Currently complete, and open to the public, is a simulation of the control room of the nuclear fast attack submarine, Greenling (SSN 614), which was decommissioned in 1994. The museum has installed major equipment such as periscopes, ship control panel, and ballast control panel from the Greenling in a simulation of Greenling's control room.

Outside Exhibits include:

Deep Quest, the Navy's research submersible which explored the ocean to a depth of 8,000 feet. This submersible was used to retrieve an atomic warhead off the coast of Spain.

Trieste II (DSV-I), the deep submergence vehicle which descended to 20,000 feet and was used to explore the Marianna Trench.

Please, circle both dates and invite friends and family to both parts of our Undersea Rotary program.

Mark Your Calendars

5/01 Fireside

5/10 Community Service Award (Pierce County-wide)

6/01-03 District Conference here in Tacoma (Only fee is the \$125 meal package - no additional registration fee!)

6/02 Oak Tree Park Clean Up, 1-3 pm

6/15-20 Rotary International Convention, Salt Lake City

6/28 Turnover Day

Advertisers Wanted!

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Upcoming Culture Vulture Activities for 2007:

June 1, 2007 - District 5020 Golf Tournament. This is going to be a fun event much like our Great Indoor Golf Tournament of the 90's. Lunch will be at Roundtable Pizza for all-you-can-eat pizza, salad, and soda. There will be tons of fun, lots of prizes AND each participant gets a free golf club from Upswing Golf valued up to \$119.95. The cost for the tournament? Only \$40.00 per person. For more information call Culture Vulture Don Doman at 253-759-6639.

Upcoming Relationship Building Socials

The Relationship Building Committee invites all members of Tacoma 8 to join them on Thursday evenings at 5 pm in Tacoma unless otherwise noted. These socials are a great way to meet some new Rotarians or catch up with old friends. Pandakas, these meetings will fulfill your "social" requirement prior to graduation and, for all members, it's a fun way to earn attendance credits.

May 3: The Tempest - 913 Martin Luther King Jr., Tacoma 98405 (253.272.4904)

May 10: Farrelli's Wood Fire Pizza - 3518 6th Avenue, Tacoma 98406 (253.759.1999)

May 17: Let's Bowl and be Merry!!! Chalet Bowl 3806 North 26th, Tacoma 98407 (253.752.520) Reggie, the owner, has reserved 4 lanes for Tacoma 8!! Get on down here!!

May 24: Katie Down's - 3211 Ruston Way, Tacoma 98402 (253.756.0771)

May 31: Masa - 2811 6th Avenue, Tacoma 98406 (253.272.7770). If it's nice we can sit outside on the roof garden!!

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Rotary Happenings - April 26, 2007

By: Tracy Peacock



At 12:14PM, **President Pete Taylor** rang the bell and called the meeting to order. A lovely invocation by **Past President Kathleen Olson** was followed by immediate **Past President Nita Sell** leading the way on the National Anthem, with **President Elect Steve Smith** and **Chris Kimball** (the only person without a presidential title, but no less presidential) accompanying on the piano and drums respectively.

President Pete recognized Club Anniversaries for **Harry Pritchard, Betty Ann Pope, Rick Jones, Amy Wigstrom** and **David Gardner** for 21, 7, 4, 3, and 1 years of service respectively.

Lani Powell and **Gordon Jenkins**, two of our newest members, were welcomed to the Club once again.

Pam Andersen, lovely wife of Tacoma 8 member **Rick Andersen**, recognized our visiting Rotarians for the day, and we gave them all a warm Rotary welcome.

President Pete then directed our attention to **Michael Austin Stewart**, our Rotarian of the Week. Despite having just concluded his work with **Brien Elvins** on this year's auction, Michael was looking well rested. Which means he probably just returned from vacation in one of the many far away places that he's either lived or visited during his lifetime. He's a local attorney in town and has been in practice for 11 years and exemplifies what it means to be a

Rotarian. Congratulations, Michael - well deserved!

Past President Jim Henderson and **Cindy Neimi** took to the Roving Mics to promote the upcoming District Conference scheduled for June 1 - 3 at the Sheraton. Local Rotarians are encouraged to attend for a couple of reasons: It's pretty cheap to go this year since you don't need an airline ticket or a hotel - just \$125 for two and a half days of Rotary action; \$50 if you just want to attend the banquet. If you'd like to go, check out www.rotary8.org and sign up on line.

Five (yes, 5) new Rotarians were brought into the club today. They included **Brynn Blanchard**, Interim Director of the Zoological Society; **Bryan Flint**, ED of the Tahoma Audubon Society; **Rita Morkrid-Bowman**, Owner of Bowman Propane Company, LLC; **Marilyn Strickland**, Development Officer for Tacoma Public Library and **Andy Wood**, ED of the Tacoma Philharmonic. Thank you to **Past-President Kathleen Olson**, **Terry Connor**, **Bill Kaufmann**, **Bev Holland**, **Carolyn Else** and **Karen Seinfeld** for sponsoring all these great new members.

President Pete announced the passing of **Rene LeVitre**, a long time Tacoma 8 Rotary member. A card for his wife was circulated for all to sign.

Dean Hanks gave an update on the Oak Tree Park clean up. It was a great meeting of Rotarians, community members, students, and others all working together for a great cause. Dean gave special thanks to **Ralph Klose** who has been working so hard on many environmental projects and really putting Rotary's name out there. In honor of Ralph, we stood and gave him a Standing O.

Sharon Babcock updated us on Game Night. Seems President Pete came away without a victory yet again. He blamed it on Sharon this time, who was masterful at controlling the pace of the game that ultimately led to Pete falling asleep. During this time, it is alleged, that Sharon calmly took key letters from President Pete's inventory. Pete tried unsuccessfully to auction off the score sheet for the evening but, sadly, there were no takers.

Fred Moisie stepped in to auction off two dozen roses from the Clover Park Rotary Club. They were given to the club as a thank you for the 35 dozen roses Rotarians bought last week to help with their fundraising efforts. The roses went for \$180 and were purchased by our newest member Rita Morkrid-Bowman who promptly gave a dozen roses each to Brynn Blanchard and Marilyn Strickland.

Kathleen Olson helped us celebrate birthdays for **Randy Foley**, **Dan Pass**, **Steve Smith** and **David Snow**. Kathleen helped us understand which birthday celebrants were cat people or dog people, why they were this way, and what it all means.

One True Confession today: Bev Holland, long time member since 1993, has accepted a position with Boeing and will be leaving Simpson after seven great years. Yaaaay Bev, congratulations, you deserve it! Sadly, this new position also means Bev will be leaving our Club. We will miss her greatly, but once a Rotarian always a Rotarian, and there will always be an open place at our table for you when you return.

Juanita Carbaugh introduced our Keynote Speakers, Carl and Ethlyn Gibson, who addressed the connection between diabetes and heart disease and its toll on the workplace.

Dr. Gibson described heart disease as not only costly, but very preventable. Outside of age, gender and family genes, every other factor having to do with heart disease is modifiable and can help anyone reduce their risk.

Diabetes is on the rise dramatically in this country. What was once called Adult Onset Diabetes is now so common in children that is now simply referred to as Type 2 Diabetes. Approximately 20.8 million people have diabetes today - 7% of the population. Estimated costs are \$132 billion to take care of these folks. However, 90-95% of these people have Type 2 diabetes, something that can be delayed and possibly prevented with modifying certain behaviors. Diabetes greatly increases the risk of heart attack or stroke, and an estimated 53 million Americans have Pre-Diabetes - all the warning signs that diabetes is imminent without a change in behavior.

What can you do?

-A 7% decrease in your BMI (Body Mass Index) combined with

150 minutes of activity per week decreases your risk of getting diabetes by 58%.

-Stop smoking.

-Eat well and teach your children to eat well, too. 27% of medical costs are associated with obesity, and while obesity does not cause diabetes, it greatly increases your chances.

-Ultimately, physical activity is the magic pill. We just need to learn to swallow it!

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Happy Birthday Rotarians!



4/30 Jim Harris
"ARCHITECTURE &
DESIGN - General"
Elected: 3/29/1979
Sponsor: Rohn Burgess &
Del Hobbs
Birthplace: Lead, SD
Spouse/Partner: Enid Harris



5/4 Jeff Cathersal
"FINANCE/BANKING -
Financial Exchanges"
Senior Account Executive
Portfolio Strategies
Elected: 3/18/2004
Sponsor: Jack Peterson
Birthplace: Tacoma, WA
Spouse/Partner: Kate
Cathersal



4/30 Bill Matthaei
"FOODS & BEVERAGES -
Cereal Manufacturing"
President/CEO
Roman Meal Company
Elected: 2/9/1978
Sponsor: Chuck Matthaei
Birthplace: Tacoma, WA
Spouse/Partner: Joan
Matthaei



5/5 Bob Hammar
"CLOTHING-Women's
Uniforms Retailing"
Elected: 4/20/1978
Sponsor: Ted Robinson
Birthplace: Tillamook, OR
Spouse/Partner: Mary
Hammar



5/2 Tanya Andrews
"Museums - Children"
Children's Museum of
Tacoma
Elected: 7/10/2003
Sponsor: Bob Bethke
Birthplace: Long Beach, CA
Spouse/Partner: J. Keith
Andrews

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