



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 10, 2007 No. 43

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 For Community Service Awards



The Rotary Clubs of Pierce County present the annual COMMUNITY SERVICE AWARDS

Join us this Thursday as **President Elect Steve Smith** recognizes non-Rotarian residents of Pierce County for their service to the community that exemplifies Rotary's call for "Service Above Self." Originally started by Tacoma 8 in 1974 but now joined by the other clubs in our county, the awards have been previously been received by such community members as Dr. George Tanbara, Frosty Westering and Dr. and Mrs. David Hellyer.

This year's nominees are:

- Bart Dalton (Clover Park and Lakewood)
- Jean Louise Gazabat (Gig Harbor Mid-Day)

Each of these individuals has responded to the needs in their community. Through their leadership, children, the public school system, and the overall quality of their communities have been



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Please join us as we honor and recognize these outstanding local citizens.

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This Week's Helpers

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

Invoker - **Jack Peterson**

Greeter - **Zach Hill**

Badge Board - **Doug Danstrom, Arvind Phukan,**

Andrea Peterson

Singer - **TBD**

Piano - **Barbara Mead**

Drums - **Chris Kimball**

Birthdays - **Tish Andresen**

Fine Counters - **Bob Bruback, John H. West**

Story Writer - **Bill Kaufmann**

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Roamers



Jan 17 **Layne Alfonso** - Seattle

Apr 17 **Gerald Moczynski** - Sumner

Apr 26 **Steve Rhea** - Bellingham

May 01 **Tom Morrow** - Rotary North

May 01 **Larry Treleven** - Wenatchee

May 01 **David Flentge** - Tacoma North

May 03 **Gerald Moczynski** - Puyallup South Hill

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PRESIDENT PETE'S PUKA

COMMUNITY SERVICE AWARD. The Community Service Award represents a combined effort on the part of the 14 Pierce County Rotary clubs to select a non-Rotarian who best exemplifies Rotary's "Service Above Self" principle. I am not involved with the selection process but do know you are in for a treat as the selfless lives of two of our leading citizens are revealed. It is just incredible how people find ways to help other people. Please help us honor the finalists this Thursday. We will also be bringing in a new member, doing birthdays, having True Confessions and doing three other things which will make you feel proud to be a member of Tacoma 8.

GROUP STUDY EXCHANGE. We are still looking for host families for a couple of our Brazilian GSE team members for the five nights of May 29 - June 2. Our mission is certainly to show them the area but

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SERVICE Above Self THE GEARSHIFT

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OFFICERS

Pete Taylor, President
Steve Smith, President-Elect
Nita Sell, Past President
Beth Sullivan, Secretary

we also take a day or two to expose them to areas related to their professions. In this case, we have a retired teacher (Rotarian team leader), a physical therapist, a business consultant/professor, journalist (staying with Jeff Rounce), mechanical engineer/business administrator, farm manager, and post office manager. Outside their professions, their interests are environmental projects, agribusiness, telecommunications technology, import/export, nautical sports, music and many other things. Their English is good and most have already been to the U.S. If you are interested in housing any of them or showing them your workplace, please let me know at lunch, E-mail: peterotary8@comcast.net or phone: 952-7477.

FIRESIDES. Thanks to those of you who attended last week's Firesides. We had a very spirited session at our house about the two subject matters, sponsoring new clubs and what's good at our club and at other clubs. If any of the rest of you took pictures at yours, please E-mail them to me. Also, I still need writeups from a couple of the venues so I can compile all the responses. Thanks.

EM WONDERS. I am sorry to report that our member **Em Wonders** has passed away. **Jim Whitacre** will be doing a memorial tribute to the late **Rene LeVitre** this Thursday and at a later date for Em.

See you Thursday.

President Pete

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Club Anniversaries

Rusty George: 5 years on May 9
Stan Kanarowski: 6 years on May 10
Loree Lord: 16 years on May 9
Peter Norman: 28 years on May 10
Lloyd Silver: 47 years on May 12
Scott Sutherland: 18 years on May 11

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Upcoming Meetings: Times and Places

Next Three Meetings

THURSDAY, May 17 - Landmark Temple Theatre, Admiral Bruce Harlow, Naval Undersea Museum

THURSDAY, May 24 - Landmark Temple Theatre, Vocational Talks - TBD

THURSDAY, May 31 - Landmark Temple Theatre, Study Exchange Team from Brazil

Committee and Other Meetings

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).

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

Phil Berggren, Treasurer

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**Exchange Students
Inbound**

Sebastian Paul, Germany

Outbound

Jennifer Ready, Italy
Sarah Steinman, Argentina
Jena Carmack, Argentina
Caitlin Dally, Finland

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Jennifer Durham
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Lee Gingrich
Michael Hansch
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Pete Taylor
Steve Smith

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.

Cancelled Meetings in May:

The Wednesday, May 16 Relationship Building Sub-Committee Meeting has been cancelled - no meeting in May.

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

There were no new members introduced at the May 3, 2007 meeting.

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Special Announcements

Calling All Pandakas!

Our next Pandaka graduation is scheduled this Thursday, May 10, at our regular meeting at the Landmark. If you have been a member of our club for at least three months and have completed your Pandaka checklist, please contact the office by Tuesday, May 8 to let us know that you are ready to become a Blue Badge. If you need a copy of the Pandaka checklist, please contact the office at info@rotary8.org or by calling 253-473-7723.

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.

Special for the month of May only - Any member using the online payment system during the month of May will receive one

attendance credit!

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 trip 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. Contact **Don Doman** for details at 253-759-6639.

Mark Your Calendars

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

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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 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 - May 3, 2007

By: John Morrison



Rotarians were given an extra 10 minutes or so of social time this Thursday prior to **President Pete Taylor** ringing the bell and calling the meeting to order. The time was spent "warming up" our brains in preparation for another great meeting. **President Elect Steve Smith** led the way in the National Anthem with **Jack Warnick** accompanying on piano.

President Pete recognized **Paul Gingrich, Gordon Pickering, Don Doman, Andy Wells,** and **Lori Duester** for their years of service to the club: 34, 32, 17, 6, and 5 years respectively.

I love the fact that club anniversaries are recognized right before we re-welcome our newest Rotarians to the club. Should I be sitting

next to one, I usually reference the longest anniversary (in this case, 34 years) and say something like, "That member is only halfway to the Club's minimum acceptable amount of service years." I gladly welcome them to the club again and then cheerfully change the subject. This week we welcomed **Gordon Jenkins, Rita Morkrid-Bowman, Marilyn Strickland, Brynn Blanchard, Andy Wood and Bryan Flint** once again.

David Vance introduced visiting Rotarians from Tumwater, Silverdale, and Gig Harbor.

Roving Mics was headed up by **Mike Medrzycki** and **Rusty Hersey** who worked hard to sell out a great event coming up on July 14 at **Larry Treleven's** home from 4-10pm. A few (but not many) spots are still available for \$100 per person. If you'd like to attend or for more information, call the Rotary office and let them know.

President Pete made a few timely announcements. He directed our attention to the attendance stats on the table and encouraged us to call a colleague or two whose numbers might be a little low. He let us know about the upcoming trip on May 19 to the Undersea Museum and that carpools would be necessary as a bus would not be available. He gave the floor to **Ray Schuler** who announced an offsite Rotary meeting on July 19 at the new Chambers Bay Golf Course. Ray will reserve about 4-5 foursomes for those Rotarians that would like to stick around and play the new course. More details to come. **Past President Jim Henderson** gave an update on the District Conference in Tacoma. Only 8 Tacoma 8 Rotarians (just because we're Club #8 doesn't mean we can only send 8 members...) have signed up for this event so far. You can sign up online and the conference is \$125. Finally, a paid announcement for Serve the Children was announced. This faith-based organization is helping children in Liberia by operating two schools there. On Saturday, May 19th, they will be hosting a dessert fundraiser. If you'd like more information, contact **Stephanie Shinn** for details.

Fred Moisio celebrated birthdays this week by asking those in attendance what their first car was and what their fondest memory of it was. **Jim Harris** had a 1937 Oldsmobile and remembered the time it broke down in Idaho while **Jeff Cathersal** had a 1972 Vega that he bought for \$300 and remembered most the selling of it to his brother for \$450!

True Confessions included Fireside contributions, new radio shows, rebuilding the South Sound, recognition of good deeds at the auction, oversees travel, college admissions, a 51st Anniversary, budding artists in public places, and our very own artwork that we created at the Museum of Glass.

Past President Nita Sell introduced our keynote speaker, Fitness Expert Ogie Shaw. The theme has presented itself to us on a number of occasions recently, but the bottom line is this - "Our lack of exercise has put us in a healthcare crisis." Exercise is the most effective medicine, but is also the most under prescribed. And it's absence from our routine is killing us.

Today, about 10% of our population exercises regularly; 50% exercise - sort of. And a whopping 40% don't exercise at all. It won't be long, we're told, before we'll see a number of unfit teenagers having heart attacks. If you recall our talk from last week on diabetes, this is all connected.

We need to change, and we can change the world by first changing ourselves. Kids learn from adults and the behaviors they model. Ask yourself what model it is that you are setting. How many of us actually get the exercise we need?

We don't exercise for two reasons; 1) we don't have time and 2) we're lazy. It's always been this way and there is no magic cure for getting around those two. We've tried to make it fun, but in so doing we made exercise ineffective. Exercise has to be a part of your life.

A number of conflicting messages come at us daily, but in the end, here are some things you should do if you want to do it right:

-Work out every day. Yes, every day.

-Work out for 45 - 60 minutes, and include a warm up and cool down period - every day.

-Stop dieting. Learn about the foods you eat and eat healthier. Mr.

Shaw recommended a book called *Nutripoints*. The foods you are eating now may actually be taking energy away from you rather than providing it.

-Concentrate on losing inches, not pounds.

-Oh, did I mention that we should exercise every day?

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Happy Birthday Rotarians!



5/6 - Chuck Matthaei

"FOODS & BEVERAGES -
Cereal Manufacturing"
Chairman
Roman Meal Company
Elected: 11/6/1947
Sponsor: William Matthaei
Birthplace: Tacoma, WA
Spouse/Partner: Helen
Matthaei



5/10 - John Kloes

"COMPUTERS - Sales"
Elected: 1/26/1978
Sponsor: Bob Huesers
Birthplace: Brooklyn, NY
Spouse/Partner: Vicky Kloes



5/6 - Kathi Willis

"HEALTH SERVICES -
Foundation Development"
Development Director
Group Health Community
Foundation
Elected: 12/3/1998
Sponsor: Dave Graybill/Roy
Kimbel
Birthplace: Salem, OR
Spouse/Partner: Patrick
Willis



5/12 - Rob Erb

"ENGINEERING - Land
Surveying"
Vice President - Director of
Surveying
Sitts & Hill Engineers Inc.
Elected: 8/2/1990
Sponsor: Andy Laycock
Birthplace: Seattle, WA
Spouse/Partner: Vickie Erb



5/7 - Dick Moe

"EDUCATION - School of the
Arts"
Elected: 9/29/1983
Sponsor: Bill Rogers
Birthplace: Fargo, ND
Spouse/Partner: Marcia Moe



**5/12 - Kathryn
Nelson**

"GOVERNMENT SERVICES
- Judicial"
Superior Court Justice
Pierce County Superior Court
Elected: 10/29/1998
Sponsor: Greg Murphy
Birthplace: Tacoma, WA

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