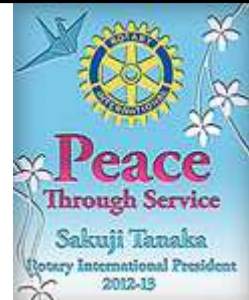




ROTA-BITS



SERVICE ABOVE SELF

VOL. 14, NO. 44, MAY 9, 2013 * EDITOR: * DOUG GROSE*

LAST MEETING

Reported by Mary Ann Blakeley

Prayer: Joe Tomsick

Sergeant at Arms: Fred Lariccia and Vicki Curtis

Rotabuck; Linda Clements

Guests: Jack Butler introduced us to his son Jack. Lisa Nelson was joined by her guests Michelle Johnson and Laura Grey.

Announcements: Fred Lariccia notified us that May 13 will be the last woodworking for the school year at Broadmoor. Same 1:00pm start time. This is fun and an easy way for Red Badge members to make progress on the requirements for a Blue Badge.

By our next meeting, May 9th, the Andy Nowacki Foundation Heroes for Andy Gala on May 4th will be in the record books as being once again the fabulous event it has proven annually to be and attendees will be buzzing about the great time they had – all while supporting the cause of scholarship for students looking for a career in public safety and service. Visit the nowackischolarship.org site for more information or to make a donation.

The Carver Financial Services Annual Golf Outing is May 31 at St Denis. Mentor Rotarians currently have two foursomes but there is still room for more. Financial Services Annual Golf Outing is May 31 at St Denis. Mentor Rotarians currently have two foursomes but there is still room for more.

Bill Robertson advised that the Rotary Drama Awards are scheduled for Tuesday, May 7 at Lakeland Community College Arthur Holden Performing Arts Center. Rotarians who can attend are invited for a light dinner beforehand beginning at 5:30 pm.

Moving on Up: Bill Snow and Neil

Sawicki were presented with their coveted Blue Badges at this meeting.

Program: Anna Hollingsworth is a young entrepreneur who introduced us to her business, Anytime Fitness. She is co-owner with her dad, Von Hollingsworth. Their new enterprise keeps fitness programs available to their clients 24/7. No more excuses about fitting exercise into your daily schedule- anytime you have an opening, Anytime Fitness is open.

Ms. Hollingsworth has been a resident of Concord Township for over 20 years. She graduated from Riverside High School and the University of Toledo with a degree in Business and Finance. Her background in fitness was largely her love of distance running and her experience in training and participating in such competitions. She received her American College of Sports Medicine (ACSM) Certified Personal Trainer certification, and eventually realized her desire to share the excitement, pride and accomplishment that comes with meeting and exceeding fitness goals.

Her dad has a background in regional sales and also has lived in Concord for over 20 years. He played college football, and with the encouragement and guidance of Anna, has conquered the 5K, and the half-marathon. Anna noted that the facility was in large part born from her dad's recognition of how fitness challenges added to his life in a profound and positive way.

Why did Anytime Fitness rise to the top of their selection process for a fitness facility and fitness programming? Anna's research revealed that it had a proven track record as a successful franchise. It made it into the CNN Top 10

Franchise List. Entrepreneur Magazine recognizes it in its Franchise 500 list. The biggest factor for her, however, was that the concept brings fitness to ANYONE at ANYTIME. People of different fitness levels with different goals will feel comfortable at Anytime Fitness. Even those who previously feared even walking into a gym will be relieved and motivated to find that it is non-intimidating, and has a "just right" philosophy for each individual.

Anna and Von completed Franchise Owner Training. A unique module of the training was the mandatory tattoo, committing and reminding the owners of their role in a part of a bigger effort. Committing to the tattoo reinforces and makes visual the dedication and commitment to being a successful Anytime Fitness franchise owner.

The club's amenities include: 24/7/365 access, state of the art cardio equipment, a comfortable environment, free weights and strength training options, private shower facilities (no gym class jitters exist) 24/7 virtual group fitness classes, instructor- led group fitness classes, and personal *training* options. The club also takes pride in civic engagement and building community relationships. It coordinates staff and member participations in various community 5Ks and fun walks, as well as Lake County Relay for Life and other charity fitness events.

There are 2,000 Anytime Fitness clubs worldwide. Imagine all the accomplishments worldwide when you consider the examples of success Anna shared just in our corner of the world:

-Rich lost 62 pounds. His wife and he are at the club every night. The workouts and the time together at the club prompts his wife to say "our marriage has never been better."

-A woman in her fifties lost 16.7% of her body weight and is down to the

weight she was during her high school years. Her compliments to Anytime Fitness because "she could walk in the front door and found something that fit her."

-Another woman lost over 30 pounds with the help of a personal trainer.

These success stories are snippets of why Anna is so passionate about her work. The social component is an added bonus, especially when a class convenes for group fitness. For live virtual group fitness, a member can go up to a kiosk, select a class, go to an enclosed classroom environment with a screen displaying the class in session. The member or a group of members can follow along at any time of the day or night. Live in person instructor-led classes also bring members of the community together for a meaningful time together, accomplishing goals and increasing fitness.

During unstaffed hours there is a camera inside and out of the facility. A specialized thermo system tracks one person at a time entry. Lanyards are available for use that feature a simple press of a button to summon for help in emergencies, and a 911 phone.

The club is located at 9950B Johnnycake Ridge Road in Concord. The phone number is 440-350-6247, and email address is concordtwpoh@anytimefitness.com

CONDOLENCES

To the family of Roger and Judy Sustar. Judy's mother, Dorothy Troben-ter Ulepik, passed away on Saturday, May 4. Calling hours will be from 4 to 8 p.m. Tuesday at the DeJohn-Flynn-My-lott Funeral Home of Willoughby Hills, 28890 Chardon Road (between Bishop Road and Route 91). Funeral mass will be 10 a.m. Wednesday, May 8, 2013, at St. Noel Catholic Church, 35200 Chardon Road, Willoughby Hills.

FROM OUR MEMBERS

To my friends,

After some careful consideration, Dave and I have decided to move to Arizona. He has an opportunity to teach chemistry there—something he's always wanted to do. And I have family there. As many of you know, we got

married in Arizona last year.

I say this from my heart—I will truly miss you; it's been a real honor to know such fine folks. But I'm not quitting Rotary. I plan to transfer my membership to one of the clubs in the area where we will be living—either Litchfield Park or Avondale. So maybe I will see you at some of the conferences ;-).

George: thank you for joining the newsletter team. They need you!!

The moving van pulls out June 8, so May 30 will be my last lunch as a Mentor Rotarian. I plan to visit when we come to Ohio. We both still have family here, so I'm thinking visits are a must.

Thank you all for everything. See you Thursday!

Dianne Munson

JOCOE'S JOURNAL

Ron and Kim were doing some shopping. Having purchased everything they needed, they returned to the parking lot to drive home.

"Where's the car? Good golly, someone has stolen it!"

They notified the police from a phone booth inside the mall and made a report at the Police station. A young detective drove them back to see if any evidence remained from the scene of the crime. But, what do you know, there is the stolen car, back in the exact spot!

A note is on the windshield with two tickets to a concert attached. The note thanks the young couple for the use of their car, but the culprit's wife was about to give birth and had to be rushed to the hospital.

The young couple's faith in humanity is restored and they go to the concert and have a wonderful time.

They arrive home late that night to find their entire house robbed, with a note on the door reading, "Well, I gotta put the kid through college, don't I?"

Two rabbits were being chased by a pack of wolves.

The wolves chased the rabbits into a thicket.

After a few minutes, one rabbit turned to the other and said, "Well, do you want to make a run for it or

stay here a few days and outnumber them?"

UPCOMING EVENTS.

May 9 - TechWreck - vocational scholarships for the schools and service award.

May 16 - Greg Stanley (904) 864-6179 Gilligan to McGyver

May 23 - Auschwitz day of remembrance

May 30—Laura Polachek | Community and Volunteer Involvement Director for American Cancer Society

June 6 - Jessie Baginski Leadership Lake County.

June 20 – Paul Vanik

June 27 – Installation dinner at Kirtland Country Club – No lunch program.

BIRTHDAYS

May 5 – Al Salvatore

May 18—Ted Hieronymus

May 21 – George Maier

May 22 – Tom Parkhurst

May 23—John Krueger

May 23 – Randy Carver

May 23 – Andy Meinhold

May 25 – Fred Lariccia

May 26 – Susan Peters

May 27 – Bob Zyromski

If I have missed anyone, please call 257-9827 or email d.grose@sbcglobe.net

THE 4-WAY TEST

Of the things we think, say or do...

Is it the Truth?

Is it Fair to all concerned?

Will it build Goodwill and Better Friendships?

Will it be Beneficial to all concerned?

OFFICERS

MENTOR ROTARY CLUB

2012\2013

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Bob Boyd PHF

Cheryl Noviski

Tom Lemire

Membership Chair

Vicki Curtis

FRIDAY

Chagrin Highlands (Beachwood

area): at Mitchell's Fish Market,
28601 Chagrin Blvd., Woodmere (at
Eton Square).

WHERE WE MEET

LaMalfa Center,
5783 Heisley Road,
Mentor, Ohio
Thursday at 12 Noon

OUR MAILING ADDRESS

PO Box 1177
Mentor, OH 44061-1177

OUR WEB SITE

www.mentor-rotary.org/

ROTARY INTERNATIONAL

www.rotary.org

MEETING MAKE-UPS

Following are a few nearby Rotary
Club meeting sites and times for make-
ups;

MONDAY

Willoughby at 12:00 PM

TUESDAY

Painesville at Hellreigel's Inn at
12:00 Noon.

WEDNESDAY

Burton-Middle field at Welshfield Inn
Banquet Hall, 14001 Main Market Rd.,
Burton, at 7:00PM

Cleveland East at Nighttown Restau-
rant 12387 Cedar Road Cleveland Hts.
At Noon.

THURSDAY

Cleveland at Windows on the River
in the Flats, Bridge View Room,
Third Floor, Windows on the River,
Powerhouse. Nautica Entertainment
Complex, 2000 Sycamore at 12:00