



Rote-A-Bit

Rotary Club of Columbus, Georgia
Club No. 200 • Founded 1916

Program for November 12, 2008

THE DAN REED AWARD

THE ROTE-A-BIT

1246 1st Avenue
Published Weekly

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EDITORIAL FOR NOVEMBER 12, 2008

THE DAN REED AWARD

Dan Reed always had a Rotary-related issue in focus, and he was insistent that others focus with him. A ten second phone call: "Howdy. Think about this...Bye." For awhile he focused on a new title for the Rote-a Bit (I suggested the Rotary Reeder). Then he focused on a need for our club to do something new and significant in the community. Ron Self's idea of using our pocket change to feed the hungry did just that and Dan was very proud of it. Then he began to say we hadn't done anything new and significant lately. He'd say, "Just think of the talent and energy in this club. We need to do something." I said, "Dan, we've had this conversation before." He said, "Yes, and you haven't done anything about it."

To Dan's delight, in December 1999, (Dan's last board meeting) our Directors approved an award for community service to be given annually to an individual whose sustained personal effort improves the quality of life of people in our area. Dan was excited about the program, particularly about the potential for encouraging service to others as a worthy endeavor. He didn't know that the Board had decided to name the award in his honor.

Our meeting on November 12th will focus on the Dan Reed Rotary Award for Service Above Self. Past recipients:

2001 - Tom Black
2002 - Dr. Mary Schley
2003 - The Rev. Joseph Roberson
2004 - Marvin Schuster
2005 - Judge Aaron Cohn
2006 - Rebecca Rumer
2007 - Janice Biggers
2008 - ????????

It is always a meaningful occasion for our club

Michael Herndon

ROTARY NOTES (10/29/08)

The meeting was called to order by President Mallon, who then led us in the Pledge of Allegiance. Phil Scoggins provided a news update to the group, and Isaiah Hugley gave the invocation. Next, Terri Parodi introduced visiting Rotarians from other clubs as well as member guests. Ralph Puckett introduced our military guest, Sgt. Joshua Benefield, member of the Army's Warrior Transition Battalion at Ft. Benning. Next in order was the introduction of the head table by President Mallon. Joining him today were Isaiah Hugley, Steve Melton, Ken Leuer, Cecil Cheves and our speaker, Dave Hubbard.

After Don Sharitt gave us an update on the Ann Johnson Memorial Football pool tallies so far this season, Cecil Cheves introduced our speaker, Dave Hubbard. Mr. Hubbard played football for Brigham Young University and went on to a successful career in the NFL, playing for the New Orleans Saints and Denver Broncos. Standing 6'7", Mr. Hubbard presented quite the figure at the podium, but it was his story and message that left a lasting impression on the members of Rotary.

Mr. Hubbard began his presentation with an enthralling story about a life-changing personal experience. After leaving the NFL, he decided to do something he had always wanted to do - parachute from an airplane. The parachute instructor was introduced to Mr. Hubbard's group in dramatic fashion when he appeared in the sky in full gear and parachuted to the ground, landing upright on a picnic table. Further enthused by the instructor's demonstration, the group of beginning parachutists finished their extensive class, took their test and boarded the plane for their first jump.

As luck would have it, Mr. Hubbard was the first in his plane to jump. As he began falling, he followed the instructions to the letter. When the time came for the chute to open, nothing happened. The class taught him that if your chute doesn't open, the term is "bad chute." The words "bad chute" kept repeating over and over in his mind until he finally realized he must act and must act soon. In the case of a bad chute, jumpers were instructed to pull the metal clamps and lose the chute pack. Mr. Hubbard described the tunnel vision that took over at that time as he fumbled with his clamps, becoming frustrated because he couldn't see them. During the time since he began chanting "bad chute," Mr. Hubbard explained how it felt like he was floating through the air instead of plummeting to the ground at 125 miles per hour. At approximately 200 feet

off the ground, he successfully unlocked the clasps and lost the pack. Then he abruptly landed on the ground. He suffered severe injuries, including a broken back, that would change his life forever.

Mr. Hubbard discovered, through months of rehabilitation, that he would not be the same person he once was, especially where physical activity was involved. Recuperating from a traumatic injury and unable to exercise, he saw a huge change in his fitness level and overall physical health. He began a journey to fitness that he believes all Americans can not only benefit from, but also enjoy. Mr. Hubbard discussed the problem in our country with obesity as well as a general lack of physical fitness. Over 200 years ago, he stated, 95% of America's horsepower was generated by human beings. Today, it's less than 1%. Automation has been detrimental to our overall fitness. Only by increasing muscle mass, can we maintain a healthy body and a body that will work the way nature intended.

Mr. Hubbard has developed a workout routine called Fit10, a program of muscle strengthening that can be done in ten minute intervals on a daily basis. This time saving exercise program is designed for people with busy lifestyles and uses isometric and isokinetic resistance, allowing for a much faster way to build lean muscle mass and strength. As he puts it, "It is far better to brush your teeth three minutes per day rather than 45 minutes two to three times per month." For more information, please visit www.onlytenminutes.com

Lori Auten

OCTOBER PERFECT ATTENDANCE

Mary Bode	1 year
Buddy Cooper	1 year
Gloria Weston Smart	1 year
Dick Stone	2 years
Claudya Muller	2 years
Lori Auten	3 years
Ian Bond	3 years
Don Sharitt	4 years
Greg Camp	12 years
Philip Thayer	13 years
Ben Saunders	15 years
Wayne Andrews	19 years
Gene Kemp	19 years
Ken Leuer	20 years
Paul Berry	21 years
Sam Rawls	21 years
Sam Wetzel	22 years
Jack Key III	24 years
Mat Swift	26 years
Bunky Pease	40 years



Sharon Borger 11/9
 Gerald Carey 11/9
 Jack Key, Jr. 11/11
 Don Hunter 11/12
 Reggie Richards 11/12

**RECENT CONTRIBUTIONS
 TO THE BIRTHDAY FUND**

Frank Philips
 Tony Wright
 Jack Key III

MAKE-UPS

PHENIX CITY (10/27)
Meets Monday 12:15
Central Activities Bldg.
 Bob Jones
 Jack Key, Jr.
 Joe Lucas
 John Sheftall
 James Snead

rotaryclubone.org
 Elizabeth Barker
 Claudya Muller
 Otis Pickett
 Jim Laycock
 Ryan Clements
 Lynne Taylor
 San Wetzel
 Audrey Hollingsworth
 Don Wilhite
 Joe Johnson
 Lynnette Gross
 Jack Rodgers
 Sharon Borger
 Scott McLaurin
 Joe McClure
 Jere Richardson
 Art Fultz

MUSCOGEE (10/30)
Meets Thursday 7a.m.
River Club
 Mark Lupo

**NORTH COLUMBUS
 (10/28)**
Meets Tuesday 12:30

Green Island
 Mary Bode
 Tracy Fisher
 Gene Kemp
 Buddy Martin
 Joe Robbins
 Jim Thorson
 Billy Turner

**Guyana, Georgetown
 10/16**
 Jim Crosse

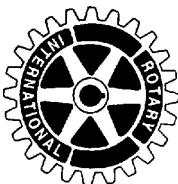
ANN JOHNSON ROTARY FOOTBALL

10/29

TEAM	THIS WEEK	CUMULATIVE
Alabama	29	255
Auburn	17	151
Citadel	10	216
Davidson	17	148
Florida	63	294
Florida State	30	254
Georgia	52	274
Georgia Tech	17	190
Iowa	Off	238
Maine	20	167
Miami	16	244
Newberry	33	191
Oklahoma	58	385
Tennessee	9	147
Tulane	17	139
South Carolina	Off	179
Vanderbilt	7	168
Washington & Lee	27	203

TOTAL ROTARY DOLLARS RAISED TO DATE \$10,318
BAMA ROLLS THE VOLS!! GEORGIA TAKES A BITE OUT
OF THE BENGAL TIGERS! ARE AUBURN & TENNESSEE
REALLY PLAYING FOOTBALL?

Number 12



11/12/2008