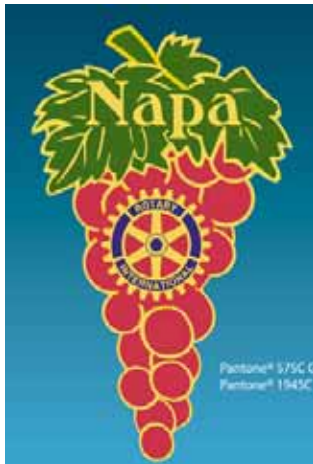


The Napa Rotagram

November 5, 2008



Tuesday, November 11



Thought for the Day
Bruce McCall offered:



**It's the soldier, not the reporter, who gives you the freedom of the press.
It's the soldier, not the poet, who gives you the freedom of speech.
It's the soldier, not the campus organizer, who allows you to demonstrate.**

It's the soldier who salutes the flag, serves the flag, and whose coffin is draped with the flag that allows the protester to burn the flag!
-- Father Dennis Edward O'Brien, USMC

Pres Gary noted the "remarkable day," Election Day, just past and the amazing American that was chosen to lead the country. He paid homage to the democratic process.



Barbara Nemko noted a joint effort with the Napa County Arts Council in which 29 local artists painted or otherwise decorated mailboxes which will be on display and available for purchase at an event this week at Artesa Winery.

With the Big Game coming up once again, a contingent of Napa High coaches and athletes was on hand.



Coaches Brian King and Phil Hansell and athletes Tatum Sousa, Aaron Rice and Mario Giovannoni



Napa High School invites residents to purchase a commemorative brick that will be installed alongside the walkway leading to the new track and sports fields. Purchasing a "Forever Path" custom engraved brick will help fund track and field equipment and the Napa High School Sports Booster programs. For more information or to purchase a custom engraved brick, contact coach Phil Hansell via e-mail at: philhansell@comcast.net. Deadline for order is Dec. 5.

Visiting Rotarian ...



Cap Lyon from Oakland Club #3

The Pathway Home Project at the Yountville Vets Home is in need of volunteer drivers to transport its clients to and from regional VA facilities, airports and pharmacies in Napa and other locations. There's a one-to-two hour orientation with the project director. Call 707-948-3028 for information on how you can help.



WINEVALLEY
CYCLE FOR SIGHT
 & ROTARY RIDE FOR VETERANS



Pres Gary says it's not too early to plan for next year's Cycle for Sight. Planning is already underway. Visit the website for more information at www.cycle4sight.com, and mark your calendar for Saturday, April 18, 2009.

Several Rotarians added \$20 each to the Rotary Foundation coffers by failing to know such sports facts as Connie Mack's real name (Cornelius McGillicuddy) or the only two Hall of Fame inductees who are not players, managers or announcers (Abbot & Costello – Who's on First?).



Arthur Roosa is the latest Paul Harris Fellow. His \$1,000 in contributions earned him that honor.

Our Speaker ...

Kathy DiMaggio is the dietician at Clinic Olé. She deals with youngsters with obesity and diabetes issues and notes the problems have been approaching epidemic levels for the past three decades.

A sedentary lifestyle, with television as a major culprit, has led to an increasing number of overweight and unfit children – 20 to 40 percent in Napa County. Other factors include fast food, large portions and "passive parenting."



DiMaggio called our young people "the canary in the coal mine," a microcosm of the health problems we face as a nation.

Not enough dietary fiber, vitamin deficiency and empty calories are also contributors and lead to other maladies such as hypertension and high cholesterol.



Kathy DiMaggio says her mom was "a really bad cook," but as a child, she learned not to question what was put in front of her. The parent has to be the boss and the meal planner and decision-maker.

By the way, Kathy praised the Elks Club lunches – lots of fruits and veggies --- and said the best way to counter the obesity epidemic is through communication and to "do no harm."

In Days Gone By ...

December 13, 1978 - John Zimmerman was so excited about the stock market that he left town for a little trip to Puerto Rico and the Virgin Islands. But, he came back with some good news. Our own Rotary Scholarship fund now stands at \$3600 and he increased it to \$3700 with a generous gift.

December 5, 1979 -- President **John (Cochrane)** was about to slap a one dollar fine on **Phil Champlin** for missing the Kiwanis/Rotary joint meeting but Secretary **Stu (McVitie)** reminded John that Phil's attendance record was about fifty times better than eighty percent of the members. John, in a rare attempt to be fair, reduced the fine to fifty cents and Stu rode off into the sunset with a hearty "Hi-ho Silver, away."

Prospective members ...

Roger "RB" Billings, sponsored by **Kevin Massie** is General Manager at Chardonnay Golf Club in Napa. Also, **Charles "Chuck" Kosmer**, sponsored by **Joe Decaney**, is President of Health and Safety Training Services. Address any questions or concerns to **Pres Gary** or any board member.