



# THE HUB

Volume 48 Issue 13

April 9, 2007

## Rotary Club of Belmont, California

### IN THE NEWS...

George (The Patriotic) remembered the Pledge, and John (The Sage) gave a short, thoughtful invocation. We were off and running!

**GUESTS:**

We welcomed Adam and Wazeem, Interact guests as well as almost-one-of-ours, Kerry Levan.

**JOKES:**

"Shecky" Cary was in fine form today...keeping us in stitches with her first Joke of the Day.

**ANNOUNCEMENTS:**

Just when you thought it couldn't get any better....Jean announced that there are still a few Rotary shirts available. Very spiffy. Very affordable (\$29.70) See Juli or Jean. An unclaimed platter from the Crab Feed will make its way back home with Mike Telleen.

Don't come to The Van's for next week's meeting. The rest of us will be at Ralston Hall as guests of Rotaract. If you haven't already, you need to RSVP ASAP to the following address: mvu@student.ndnu.edu – and be sure to display your parking pass on your dashboard next Monday to avoid a ticket. Drawing/raffle/auction prizes will be gratefully received, according to Maureen.

Can you feel the excitement building?? On Saturday, May 19th from 2-5 pm, you're invited to the Grand Opening of District 5150 Rotary Clubs' exhibit at the new San Mateo County History Museum in Redwood City. Special invitations have been printed for this event and are available from Jean. The exhibit, appropriately entitled 'Service above Self', will feature "the history and projects from Rotary Clubs of San Mateo, San Francisco and Marin Counties." Pretty nifty commemoration of all of our hard work over the years.

Jean received an official recap from our Russian accounting guests from last September. They expressed gratitude to George for coordinating the outstanding curriculum – and to Jon for hauling them hither, thither and yon. They noted the hospitality of their home hosts and expressed special thanks for the various extracurricular events provided. Topping the list? The Barbeque at McGovern's. Topping the list at the Barbeque? The Open Bar!! Renato and Lolly also knocked them out with Argentinian hospitality. Big Hits. "Salyut!"

Sirinee scored a first by getting a blurb into the latest Belmont Community Calendar. Good job, Sirinee!

The Board will meet on Wednesday, April 11th at 5:30 at McGovern's office. All are invited, and new members are practically required to attend.

Bob Paulus shared that when he made up at the Foster City meeting recently, an announcement was made of the death of member Bill Stone. Our condolences...

Wally dropped in at the Burlingame meeting and was pleased to hear that the German exchange group is here now and having a great time!

**THANKS FROM...**

Interact Students Adam and Wazeem whom we subsidized to attend the Rotary Youth Leadership Academy in La Honda. They learned a lot in a short time and came away with some neat lessons. Adam said that leaders will always emerge; that people will always try to help one another; and that 'what goes around actually does come around'. Wazeem learned to trust strangers and that more is accomplished through cooperation with others. They acknowledged the assistance and leadership provided by their mentor, Ralph K. and thanked the Club for sending them to this outstanding event. Good Job, Guys!

**CONTINUED JOKES** ... (oops: not repeatable here but greatly enjoyed by all present).

**FINE MISTRESS:** Barbara narrowed the category down to World Current Events and Sports – embarrassed most of us – and raised some bucks. Good job!

**NEW MEMBER:** We officially welcomed Kerry Levan as our newest Belmont Rotarian. He is a contractor with WardTek by trade; and has also earned his black belt in Karate. Welcome, Kerry!

**RAFFLE:** Sirinee was identified as our Latest Loser.

**President-** Jean Cary

**RI President-** William B. Boyd

5150 District Governor-Mark Flegel

**2006/2007 Belmont Officers**

President Elect-Charles McDonald

Secretary-Don Mattei

Treasurer-Juli Balestrieri

Rotary Foundation-Bill Carlson

Membership-John Rossetti and

Hank Corria

Public Relations-Sherrie Kriger

Newsletter-Gail Rossetti and Barbara Todd

Web Page-Vince Cirigliano

Interact/Youth Service-Ralph Kirberg

Community Services-Sirinee Tippakorn

and Sandie Krutz

International Services-Dick Sooy

Programs-Patrick Smailey and

Vince Cirigliano

Club Historian-Wally Krutz

Club Service-Ross Stangeland

Rotaract-Maureen Freschet/Bobby Vaughn

and Dennis Pettinelli/John Pettinelli

Sargent at Arms-Frank Ross

Attendance-Jim McGovern

Education-Gretchen Ross

Russian Exchange-Chris Middleton and

George Paulson

Club Recognition-Mikaela Good

President Belmont rotary Foundation-

Renato Piombi

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Following a 20 year career in high tech (Novell, TWA, Wall Data and BrightStar), Arleen combined her interests in health, fitness and sports conditioning and founded “Boomer Fitness” – a facility specifically designed for those of us past the age of 35.

Her mantra is “work smarter, not harder” as she designs customized workouts for Baby Boomers (and beyond). Arlene said that while all of her customers recognize the traditional benefits of regular physical exercise, a lot of us engage her to improve our performance in the sports we love: hiking, biking, golf and tennis.

She stresses to clients that as we age, our level of ‘fitness’ becomes more important than our weight. To that end, her efforts are aimed at improving those things that will enhance our overall fitness. Core strength is key, and for most of her clients, great attention is paid to strengthening abs and gluts to achieve that important goal.

Arlene said we can get a good workout in as few as thirty minutes a day. However, it’s important to change our workout routines frequently to avoid plateaus or overuse of muscle groups. She stressed the value of stretching and working consciously on improving balance and flexibility as we age. Quick tip: buy an exercise ball, and sit on it for 30 minutes each day. “You’ll be amazed...”

Arlene currently receives her clients at her downtown, 1600 square foot location on Laurel Street in San Carlos – but plans are underway to expand her business soon. She was a happy sponsor of our recent Crab Feed, and speaking for this Boomer, the information Arlene shared today was timely and right on target!



## Make Up Section...

### ***Monday***

Belmont--The Vans 815 Belmont Ave (12:15 pm)

Burlingame-Sheraton Gateway 600 Airport Blvd. (12:15 pm)

### ***Tuesday***

Millbrae--The Terrace Cafe--El Rancho Motel (12:15 pm)

Pacifica--Sharp Park Golf Course Restaraunt (12:15 pm)

Peninsula Sunrise--Pete's Harbor One Uccellie Boulevard (7:30 am)

Redwood City--Sequoia Club 1695 Broadway (12:15 pm)

San Francisco--Elks Lodge Kensington Park Hotel (12:00 pm)

SF Golden Gate--World Trade Club 1 Ferry Plaza (6:30 pm)

SF Greater Mission--Double Play Restaraunt 2401 16th st. (7:45 am)

### ***Wednesday***

Carlmont Interact--Carlmont High School, B6 (12:10 pm)

Daly City--Marie Calendar's 5B Serramonte Center (12:15 pm)

Foster City--Crown Plaza 1221 Select Drive (12:15 pm)

Menlo Park--Menlo Park Recreation Center 800 Alma (12:15 pm)

San Bruno--El Rancho Inn 1100 El Camino Real (12:15 pm)

San Francisco Airport--Firewood Cafe International Terminal (12:30 pm)

SF Bayview--Dago Mary's Hunter's Point Naval Shipyard (7:15 am)

SF West--South Seafood Village 1420 Irving st. (6:00 pm)

Woodside--Woodside Village Church 3154 Woodside Rd. (7:15 am)

### ***Thursday***

Half Moon Bay--United Methodist Church 777 Miramontes St. (12:00 pm)

SF Fisherman's Wharf--Franciscan Restaraunt Pier 43 1/2 (7:30 am)

San Mateo--Poplar Creek Golf Course, 17010 Coyote Point Drive (12:15 pm)

South San Francisco--Basque Cultural Center 599 Railroad Ave (12:15 pm)

### ***Friday***

San Carlos--Piacere--727 Laurel St. (12:15 pm)

San Mateo Sunrise--Poplar Creek Golf Course, Coyote Point (7:30 am)