



# The Rotoreador

Publication of the Rotary Club of Longmont  
Meetings: Tuesdays, 12:00 noon at the First  
Lutheran Church, at 3rd and Terry Street.



September 21, 2010

Editorian: Sheridan Wolfe

## CLUB OFFICERS 2010 - 2011

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## DIRECTORS

**Shirley Lemmex**  
**Jeff Linroth**  
**Dick Richards**  
**Chris Sandrock**  
**Charlotte Tyson**  
**Ben Weir**

## COMING NEXT

**September 28**  
International Literacy  
Schools in Uganda  
Schools in Colorado  
*Dale Peterson*

**October 5**  
Circus History and  
Model Circus Building

## MEETING NOTES

President **Roger Jurgens** opened the meeting by leading us in reciting the *Four Way Test*. **Diana DeBrohun** gave the Inspiration in remembrance of those who lost their homes in the recent fires. She read a poem by a Southern poet, **Louise Walker**, entitled "*What Home Means to Me*." We sang "*America, the Beautiful*" and "*Give My Regards to Broadway/Rotary*" led by **Steve Easterday-McFadden**.

## HOSPITALITY

**Tracey Bernett, Scott Cobb** and **Don Wood** celebrated birthdays and club anniversaries were celebrated by **P.K. Bonde** and **Charlotte Tyson**.

Club members hosted the following people: **Gretchen Heuring** welcomed **Ruth Wankau** and **Peg Arnold** and **John Poynton** brought **Samuel Block** and his father **Marty Block**. **John Flanders** introduced **Scott Dunn** and **Bob Parsons** brought **Dave Marusiak**. **Al Sweeney** welcomed **Frank** and **Lynn Glarrow** as did **Bob McWhorter** for **Max** and **Anne Bailey**. **Les Wright** brought **Eddy Mendoza**. Rotarian **John Benjamin** from home club, *Greeley Centennial*, also attended. We welcomed exchange student **Arthur Praga**.

Make ups: **Dick Richards** at *DT Rotary*; **Debbie Setlock** and **Sheridan Wolfe** at the Coat Drive Meeting; **Leona Stoecker** at *Mead Rotary* and **Bob Parsons** at the Board meeting.

## FAMILY OF ROTARY

**Diane Stow** broke three ribs – this on top of her healing broken foot! Cards and calls would be welcome.

**Rose Crispin** is back at Rotary, fully recovered. Welcome back, Rose!

## ANNOUNCEMENTS

**John Poynton** introduced **Samuel Block** – senior at *Niwot High School* – who scored a perfect 36 on the ACT. Samuel acknowledged the IB program at *Niwot* as one that has challenged him. "It's been great," he said. Samuel is looking at *Harvey Mudd* and *Reed College* as possibilities for his post secondary career.

Congratulations to **Alex Sammoury** who received the *Tom Brock Award* by the *Longmont Industrial Board*.

Crutches and canes are still needed for international charity work. See Roger for where to bring.

COAT DRIVE: **Debbie Setlock** put out the call for drivers, sorters and distributors for the *Winter Warmth Coat Drive*, now in its 20th year! Please email Debbie to get your name on the list, or to confirm your repeat participation. [cinnamon@seniorhousingoptions.org](mailto:cinnamon@seniorhousingoptions.org) There are many jobs and many hands are needed from Oct 11 through the distribution date on Dec 4.

**Steve Smith** urged Rotarians to nominate a fellow club member for the *Frank McDonough Award*, and to do so soon! See Steve for application forms.

**Rose Crispin** announced a *Red Badge* meeting for Tuesday September 28. *All Red Badgers* are urged to arrive on time, grab your lunch and come to the Fireside room from 12-12:30 pm.

**Al Carr** announced *Fishing Derby Day* on October 2 (Saturday) from 10 am to 4 pm. Bring your kids, your grandkids. Lessons will be offered on the essentials of fishing. The event is in honor of **Chick Clark**.

**Kathy Weber-Harding** announced the Northern Colorado Debate and Forum for September 30. Local candidates will appear in the afternoon; state and national candidates in the evening. The event will be held at the Radisson.



Ellsworth aka Dick Richards announced that five MDs from Russia will be visiting Longmont beginning Nov 13. Host families are needed! Please see Dick Lyons. The event is being coordinated by Andres Puky and Wes Goodson.

**PROGRAM**

Ryan Mason introduced Gretchen Heuring of our Rotary Club. Gretchen runs the web site elderthink.com. Her topic: The Age Wave and how it will affect our lives, now and forever.

Gretchen posed a number of provocative situations. Consider, for one, how effective various vaccines have been at prolonging and saving lives – which has added to the population. In fact, in 15 years there will be more people over 65 than school age children in our country.

We are living longer and healthier because we have learned so much about how to take care of our bodies and prevent illness. It's no wonder that Medicare is focusing on disease prevention. A savings of just 8 cents per day for each of the forty million on Medicare part D (that's the drug benefit) would save a billion dollars a year.

Old age comes with challenges, but it is not a disease! Brain cells continue to grow our entire life and we can stimulate that growth by learning new things. It seems that the process of learning actually stimulates the brain to grow new cells.

Loss is an ever-present theme as we grow older, so the challenge is to stay flexible and never turn down a friendship. If we invest in friendships and in our loved ones we'll be stronger physically, manage loss better and find happiness more easily.

Gretchen talked about how the increased number of older people is likely to effect the economy. She explained that when people retire, they usually move their money from assets like stocks and real estate into income-producing vehicles like bonds. Economists call these people "Prime Sellers." Their heirs then generally move the money back into stocks that offer growth opportunities and real estate, bringing the economy back into balance.

Now people are living so much longer that heirs are more and more often in their sixties or even seventies and are interested in leaving the money where it is to enhance their own retirement years.

The overall result in our economy is a decrease in Prime Buyers so in time value will decrease in growth opportunities such as stocks and real estate.

Gretchen said she believes that Americans have a highly developed ability to do, to make happen, to problem-solve successfully. Ultimately, we must ask ourselves the question: What do we become as we lead the longest lives in history?



Lots of announcements – Inspiration, music, Russians are coming – again! Fishing Derby, Candidate Forum, signups for Inspiration and the Coat Drive is upon us.

Congratulations Samuel for a perfect SAT score!

Proud Dad!

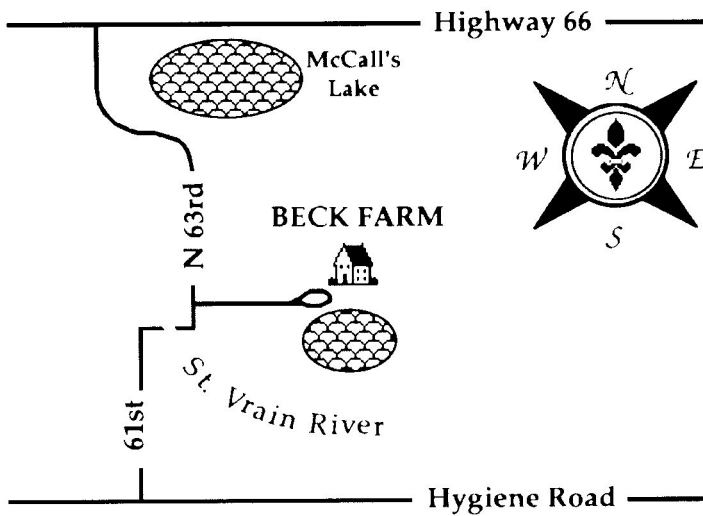
Thanks, Gretchen, for all the “Age” related Info – very interesting!

Old Age Is Not A Disease

1,575,000

“We have tens of millions of Americans with the greatest concentration of experience and knowledge in the world...doing NOTHING!”  
What do we become as we lead the longest lives in history?  
Ken Dychtwald

AGE WAVE



Map to Beck Farm for the Fishing Derby



### Around Us

Longmont St. Vrain	Wed 7 AM	First Lutheran Church, 3rd & Terry
Longmont Twin Peaks	Thu noon	First Lutheran Church, 3rd & Terry
Broomfield Crossing	Tue 7:10 AM	Omni Interlocken Hotel
Boulder Valley	Tue noon	Spice of Life Event Center
Boulder Flatirons	Wed 7:15 AM	East Boulder Rec Center
Boulder	Fri noon	Angel Pines Country Club
Erie	Wed 7:30 AM	Colorado General Golf Club
Westminster	Thu 12:10 PM	Front Range Community College
Niwot	Thu 7:10 AM	Eye Opener
Broomfield	Thu 6:30 PM	Eagle Golf Club
Coal Creek	Thu noon	Lodge at Balfour, Louisville



\$72 for Honor Flight and  
a like amount for  
some lucky winner