



Rotary Club of Durham

Connect. Collaborate. Serve.



December 11, 2017

Volume XXXV, Issue 20

Post Office Box 51572 – Durham, North Carolina 27717

www.DurhamRotaryClub.org

The Mission of Rotary International is to support its member clubs in fulfilling the Object of Rotary By:

- Fostering unity among member clubs
- Strengthening and expanding Rotary around the world
- Communicating worldwide the work of Rotary; and
- Providing a system of international administration

THE 4-WAY TEST

Of The Things We Think, Say Or Do:

1. Is it the **TRUTH**?
2. Is it **FAIR** to all concerned?
3. Will it build **GOODWILL** and **BETTER FRIENDSHIPS**?
4. Will it be **BENEFICIAL** to all concerned?

PROGRAM SCHEDULE

- 12/11** Fred Annand, Director of Conservation Resources: "The Nature Conservancy In North Carolina: A Bird's Eye View of Conservation"
Introduction: Lynn Richardson
- 12/18** **Holiday Program**
Location: Durham Convention Center
Durham School of The Arts
Mary Casey, Director K-12 Arts Education
Introduction: Steed Rollins
- 12/25** **NO MEETING!!**
In Observance of The Christmas Holiday
- 01/01** **NO MEETING!!**
In Observance of The New Year Holiday

SERVICE SCHEDULE FOR DECEMBER 11, 2017

Song: GOD BLESS AMERICA
Lead Vocalist: SHERRY DEVRIES
Pianist: ANDY ESSER

&

Invocation & Rotary Minute: Arthur Rogers, III

DRC RAFFLE:

RI FOUNDATION PROGRAMS

Contribution: \$1 Ticket; \$5 – 6 Tickets
Proceeds: ½ RI Foundation; ½ Raffle Winner

Raffle Total On 12/4/2017: \$161

Rotary International: **\$81**; Raffle Winner: **\$80**

RAFFLE WINNER: JERRY O'KEEFFE
CART FUND

(Coins For Alzheimer's Research Trust)

12/4/2017: \$53.00



Rotary's Community Service Projects: "Service Above Self"



It's Salvation Army Bell Ringing Time
Tuesday -- Saturday – 11:00 am – 8:00 pm (12.12. Through 12.16)

We Ring at Walmart at New Hope Commons
One Hour Shifts, With 2 Members Per Shift
Sign Up Genius Will Be On Our Club Website
Contact John Cross, With Questions: 919.741.9641
We Have 77 Slots Filled

All Slots Are Filled Except Saturday, 6pm-7pm & 7pm – 8pm (Can You Help?)
Thanks To All Members & Their Family Members For Volunteering!

Honoring Mayor Bill Bell On December 11, 2017!

We will honor Mayor Bill Bell at our December 11 Meeting
For His 16 Years of Service as Durham's Mayor
Our Board of Directors recently voted to award Mayor Bell
Honorary Membership To Our Club; & 9 Members Are
Contributing Their Points To Award Him a Paul Harris Fellow
Join Us For This Special Presentation!

Rotary After-Hours

January 18, 2018 – 5:30pm – 7:00pm
The Melting Pot

202 West NC Highway # 54 – Durham
Join Your Fellow Rotarians at The Melting Pot
For Fellowship, Beverages & Complimentary Cheese Fondue

THE F3 MOVEMENT – FITNESS, FELLOWSHIP & FAITH



At the first sign of puberty I was segregated in school from girls and it stayed that way for the next fourteen years including college and four years of teaching. Through all those years I was playing or coaching football...an all-male activity. During that time, most of my daydreaming was about bonding with the other gender.

So I never gave much thought to male bonding until many years later when I was invited to Durham Rotary and given the chance to rejoin about 15 years ago. At the time I was managing a medium sized real estate office that was all women, except me. When Paige Wilson invited me to lunch I

sat at a table with all men. It wasn't until I got back to the office that I realized what I had been missing and immediately agreed to join.

Tim Whitmire, one of the co-founders of F3 was introduced by our President, Seth Jernigan, who is also a member of one of the local F3 groups.

The motivation for starting the movement came when Tim and his co-founder left an early morning workout group in Charlotte to found their own when the leader of the original group decided he didn't want that group to grow anymore. The F3 movement has grown to about 1300 workouts per week and numerous groups, most of which are in the Carolinas but spreading rapidly.

Of the five characteristics that Tim described, the one that seemed to draw the rapt attention of some of the women I was sitting near was that the F3 workouts are men only. It did seem a little retro at a time when we had a women candidate garner more votes in the presidential election than any man or woman had ever done before. Tim was apparently asked about this before and pointed out that there were also groups of women ([See Females in Action - FiAnation](#)) doing the same thing.

The other characteristics were that the workouts are always free, always outside, always participant led and always ended in what he called a "circle of trust" where participants share their real names and their nicknames. One that was not on the list but certainly raised a few eyebrows was that the workouts are always early in the morning...like 5:30 early. There were a number of guests in the audience that were in President Seth's group who introduced themselves the same way they would in a Circle of Trust. Many of the nicknames brought chuckles and obviously had stories behind them.

CLUB STATISTICS AS OF DECEMBER 11, 2017:

**Club Members: 247 Active: 211
Active-LOA: 7; Honorary: 29
Staff Positions: 1**

December Birthdays – 2017

BILL STAMBAUGH	DECEMBER 01
ANNA JONES	DECEMBER 02
DIETER MAUCH	DECEMBER 03
GEORGE DEATON	DECEMBER 03
B. C. DASH	DECEMBER 11
ERIK BENSON	DECEMBER 12
FRANK PERRY	DECEMBER 14
LISA MILES	DECEMBER 15
BUCKY WATERS	DECEMBER 17
SAM MIGLARESE	DECEMBER 18
DAVID DURACK	DECEMBER 18
BILL KALKHOF	DECEMBER 19
BLAKE STRAYHORN	DECEMBER 20
PETER JACOBI	DECEMBER 26
REGGIE HODGES	DECEMBER 27
BOB YOWELL	DECEMBER 29
PHIL HUTCHINGS	DECEMBER 30
SARAH HILL	DECEMBER 30

PENDING NEW MEMBERS:

TERI CANADA
SPONSORED BY: ARTHUR ROGERS, III
Induction Date: December 11, 2017
MARCY LOWE
SPONSORED BY: MARGE NORDSTROM
Induction Date: January 8, 2018
EDDIE BLOUNT, JR.
SPONSORED BY: STEVE HANCOCK
Induction Date: January 8, 2018

Rotary Minute With Mike Kriston



2017-2018 ROTARY LEADERSHIP

RI President: Ian H. S. Riseley
District Governor: Shafi Parekh
ADG-Area 7: Susan Ross

2017-2018 Club Officers

President: Seth Jernigan
Immediate Past-President: B. C. Dash
President-Elect: Brady Surles
Vice-President: Shelly Green
Secretary: Emilee Collins
Treasurer: Geri Lail
Sergeant-at-Arms: Stan Morris
Finance Advisor: Barry Curtis
Legal Advisor: Deana Labriola

2017-2018 Board of Directors

Marge Nordstrom (2015-2018)
Danielle Kaspar (2015-2018)
John Cross (2015-2018)
Desmond Miller (2016-2019)
Dave Ross (2016-2019)
Arles Taylor (2016-2019)
Steed Rollins (2017-2020)
Keith Artin (2017-2020)
Kim Shaw (2017-2020)

Club Website Master

Jay Zenner, Designer; Updates

The Faith component seemed to deal with a view about a man's larger role in society to be a leader and do good deeds. Tim used the expression High Impact Man or HIM. He also described it as a "counter culture" movement. Those of us whose "high impact" years were in the '60's and '70's during the first counter culture movement, might have been surprised at the five values that they include.

- It's okay NOT to be comfortable. This is true in the context of getting fit but also in meeting almost any challenging goal.
- It's okay Not to know what's coming next.
- It's okay to decide what you want to care about.
- It's okay to show leadership.
- It's okay to be part of something larger than yourself.

I hope I remembered that last one correctly because in my notes I just scribbled "Putnam's **Bowling Alone** - about the decline of civil society and social capital." Putnam was one of Tim's teachers at Harvard and the reference rounded out an impression that was evolving in my head that there were similarities between the F3 and Rotary, especially around the idea of fellowship, good deeds and being part of something bigger than yourself.

This was pretty obvious, and maybe a reason that President Seth invited Tim and openly encouraged the F3 guests to consider joining the club. These guys are indeed the type of members we would like to attract.

It works the other way too and Seth suggested that Rotarians consider F3. It was quickly noted that they welcomed "older" participants and that when you hit forty you were considered "respected." Since many of the men in the club, including me, are several decades beyond that and would have to be considered very, very, very respected to go out four or five times a week at 5:30 in the morning and participate in boot camp PT, I'm not sure how successful their recruiting effort will be within the club. Of course, Rotary doesn't have a fitness component built in but I know I'm going to die before I ever do another Burpee, run a 6 minute mile or do a one-handed push-up (okay, I've never done a one-handed pushup.) I'll just do my Silver Sneaker workouts in a well heated gym. And frankly, I've come to the conclusion that women usually add a great deal to any fellowship opportunity, morning, noon or night.

Learn more about F3 at www.F3Nation.com.

Submitted By: Jay Zenner

Past-President & AG Susan Ross Gives An Emotional and Inspiring Tribute To Her Mother & Our Beloved, Lois Cranford

Past-President, Don Stanger Presents Susan With A Plaque In Honor of Her Mother For The Lois Cranford Learning Legacy Fund



Durham Rotary Club Rotarians Deliver Poinsettias!



Club Facebook Link: www.facebook.com/DurhamRotaryClub

Executive Secretary: Sharon Lassiter
slassiter38@nc.rr.com