



Madison Horizons Rotary Club

Madison, WI



Programs:

October 7, 2008: Rita Giovannoni/
CEO: Independent Living.

October 14, 2008: Joe Molke:
Money Smart Week and Credit
Reports/Why you should know
what's on yours.

October 21, 2008: Mary
Moldenhauer: HOPES (Helping
Others Prevent and Educate about
Suicide); recognizing the signs of
depression and suicide.

Greeter & Invocation:

9/30/08 Bev Klumph
10/7/08 Bob Lasseter
10/14/08 Bob Lorenz

Friendship Table:

9/23-9/30/08 Jesse Sandoval
9/30-10/7/08 Shay Santos
10/7-10/14/08 Wendy Soucie

Madison Horizons Rotary:

President: Mark Helfrich
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Horizons:

www.madisonhorizonsrotary.org

Rotary International:

www.rotary.org

District 6250:

www.rotary6250.org

**If you are unable to attend a meeting,
please visit www.rotary6250.org, click
on "to the clubs" and contact an area
Rotary chapter to find another chapter
meeting that works with your schedule!**

Program for September 30, 2008: Dean Dickinson: Rotary
Foundation and the relationship that it has to everything that we
ascribe to as Rotarians.

Program from September 23, 2008: Professor, Linda Baumann/
UW School of Nursing: "Diabetes from a Global Perspective." She
has done diabetes training in Vietnam and Uganda. Aids in Uganda
used to be at 35%; now it's at 4-7%. Hopefully we can be as
successful with diabetes. There are 200 million cases of diabetes
in the world; the most are in India. Biggest increase in last 5 years
is Saudi Arabia. Main cause in increase of diabetes worldwide is
lifestyle. People that migrate to cities aren't skilled for city jobs so
they become taxi drivers or other service oriented jobs. They stand
around waiting for work, and while they wait they eat and drink. Not
only do they eat fast food, they eat more of their own traditional
food: 1/3 more. Lifestyle changes are sometimes better than meds.

100% pins today!

Absent members: Law4Kids, Steve F, Steve H, Mary H, Skip J, Bob
Lasseter, Bob Lorenz, Einstein Wireless, Don N, Jesse S, Dane Cty
Credit Union.

Prospective Member Randy Hess has turned in his application for
membership.

Raffle Tickets Nancy said 25% of tickets are sold as of last week;
just collected another 100 so we're at the 1/3 mark. One full month
left. Do your best to sell what you have. Take with you everywhere.
Email service providers and do them individually/more personal. Efforts
go for things like polio eradication, Second Harvest, and Habitat for
Humanity.

Birthdays

Laurie Anderson 9/27
Bob Anderson 10/4
Ron Phelps 10/14
John Pinger 10/24

Happy/Sad

- Mark had a nice vacation and saw country he hadn't seen before.
- Bev for her Disney trip.
- Ted for Rocky Mountain trip.
- John T for chiming in on vacation stuff.
- Jeanne for relaxing today (not filling in for Prez Mark); and for
speaker today.

Habitat Several of us will be at habitat house this Saturday, most
likely doing framing.

Nancy won the raffle!

**President Mark's
Trivia** Giraffes use their
21" tongues to
clean their ears!