

ROTARY BEACON



The Morehead City Evening Rotary Club

Chartered May 19, 1925



November 20, 2008

Rotary Motto: Service Above Self

Volume 3, Issue 19



Rosey Lyles, Director of All Well Program Speaks to Morehead City Rotary Club

Guest speaker Rosey Lyles, director of the All Well Program, said the program's mission is to positively impact the communities and businesses of Carteret County to adopt healthier lifestyle habits, to modify negative health behaviors and to create strong, effective resources with which the county's ever changing health challenges may be positively addressed.

As health care costs continue to increase, controlling risk factors by adopting healthier lifestyles has proven to be the only long-term solution to this mounting problem.

In today's corporate culture, employees are more likely to participate in positive lifestyle change programs when sponsored through their employer. Employees care about what their employer cares about, the majority of their waking hours are spent at the worksite and social support is often strong.

The All Well program uses a health risk assessment tool to determine major health factors and works with management to bring about positive change through interventions, such as workshops and activities.

Employees participate annually in a health risk assessment by completing a confidential questionnaire and participating in health screenings which includes blood pressure, cholesterol, glucose, fitness, and body fat analysis. Each employee receives a confidential personal wellness profile and results are discussed with them.

The All Well program provides its participants with a monthly newsletter. All employees participating in the HRA will receive a promotional all well gift. In addition participants shall also be eligible to win prizes by achieving different levels of wellness.



TONIGHT'S PROGRAM

Dick Rogers has the program tonight. His guest speaker is Doris Wade who is in charge of the Christmas Cheer Program for First United Methodist Church. Tonight she will bring us up to date on Christmas Cheer and tell us how to go about selecting our family this year. Most of you know Doris. She often helps the kitchen staff serve Rotary meals on Thursday night.

The Four-Way Test

A Guide to Live By

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?"

Famous Quotations

* A society grows great when old men plant trees whose shade they know they shall never sit in.

* Deal with the faults of others as gently as with your own.

* He who rides a tiger is afraid to dismount.

Program Schedule for November/December

<u>Date</u>	<u>Rotarian</u>	<u>Ave. of Service</u>
Nov 27	Thanksgiving	(No meeting)
Dec 4	Demus Thompson	Inter. Service
Dec 11	Christmas Party	Inter. Service
Dec 18	Bill Ward	Inter. Service
Dec 25	Christmas	(No Meeting)
Jan 1	New Year	(No Meeting)

November Birthdays

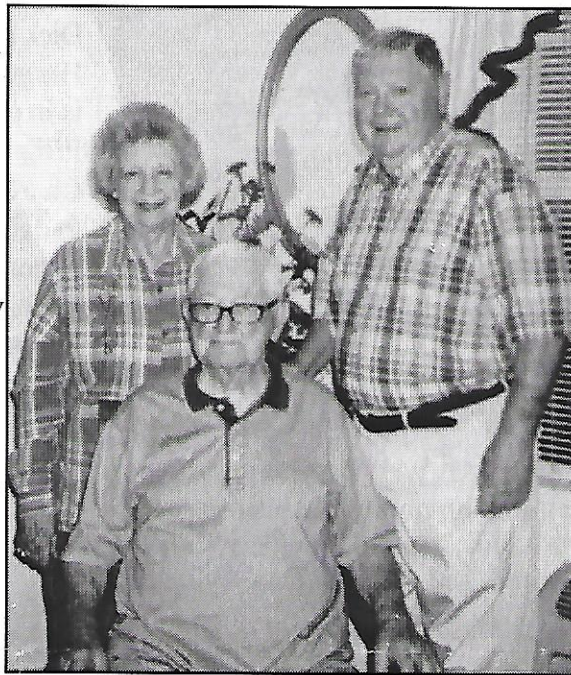
Jim Chalk
Shelby Freeman



Nov 13
Nov. 20

Letter from Al Gaskill, Albert's Nephew

Dick,
Thought you might like to see this picture. Albert is doing very well physically; however, his memory issues persist. We had a nice celebration at Carolina House for Albert's 98th birthday with cake and ice cream. Several of the other residents as well as all my family celebrated with him. I think we will have to plan for an even larger celebration in two more years!
Please tell your members to stop in for a visit if they are in our area. Albert would love to see some familiar faces from Morehead City.



Albert Gaskill shown with his nephew Al Gaskill and wife Golda

Regards,
Al Gaskill

Make-up Locations

<u>Club</u>	<u>Day</u>	<u>Time</u>	<u>Location</u>
Beaufort Old Towne	Mon	12:00 noon	Clawson's
MHC.Lookout	Wed	7:00 am	Carteret Gen. Hospital
MHC. Navigators	Wed	12:00 noon	Bountiful Bagel
MHC. Noon	Tues	12:00 noon	Golden Corral
MHC. Soundview	Thur	12:00 noon	Golden Corral
Newport	Mon	6:30 pm	Rotary Building
Swansboro	Thur	1:00 pm	Rotary Civic Center
Online	Any Day	Any Time	rotaryclubone.org

New Slate of Officers for 2009-2010

Andy Couch is drawing up a slate of officer for next year. If you would like to serve on the board of directors, please let Andy know.

Morehead City Rotary Board of Directors

PRESIDENT
Council Renfrow

PRESIDENT-ELECT
Andy Couch

SECRETARY
James Walker

TREASURER
David Hall

PAST PRESIDENT
Neil Whitford

Avenues of Service Directors
Dick Rogers, Voc. Service
Jim Chalk, Com. Service
David Bradley, Inter. Service
Community Service, Stanley Harrell

Sergeant-at-Arms,
Bet Dowty

Members
Paul Ehrler
Darden Eure, Jr.
Shelby Freeman
Jim Garner
Albert Gaskil
Sonny Geer
Jim Gregson
Rick Johnson
Earl Lewis
Dave Lindsay
John Nelson
Tom Noe
Herb Phillips
Jim Phillips
Zack Phillips
Demus Thompson
Bill Ward

To Submit Articles to the Rotary Beacon

Call: 726-7460 (or)
Email: dickrogers28@yahoo.com

ANNOUNCEMENTS

- * Demus Thompson has the program and silent auction week after next.
- * The Rotary Christmas Party is scheduled for December 11th at Captain Bill's Restaurant from 6:00-8:00 pm. The dinner will cost \$20 per person. Menu will include two meats, two vegetables, coffee, tea and dessert.

Ace of Spades
Drawing
Tonight's Jackpot
\$710.00



(33 cards remain in the Deck)