MAR. 2, 1999 THE GATEWAY KITTERY, ME

TUES.. SPEAKER	TOPIC	B'DAYS
3-2 Greg Arbo/Russell French	DARE	
3-9 TBA		3-8 Julie Perrault
		Frank Clark
3-16 Club Assembly		3-11 Nick Z.
3-23 Joellen Mozeleski	School Nurse	
3-30 TBA		

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GREETERS

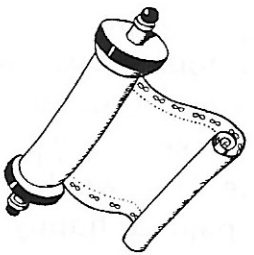
3-2 Harry L & Larry L

3-9 Harry L & Larry L

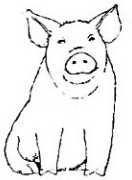
3-16 Phil McC & Scott M

3-23 Phil McC & Scott M

3-30 Julie P & Alan R



UPCOMING



3-1 National Pig Day

3-6 CPR Outreach

3-17 St. Patrick's Day

3-20 SPRING BEGINS

3-30 Doctor's Day

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"A raise is like a martini: It elevates the spirit, but only temporarily."

Dan Sleigman in FORBES

MEETING OF FEB. 23, 1998

President Thane Pearson opened the meeting with The Pledge of Allegiance. Rev. Dave let us in song and prayer

Alan Robinson was Sergeant-at-Arms. Alan fined himself for being absent last week. Fined Pauline R. & Larry L. For having their photos in local newspapers. Lezlye also paid a dollar fine as the article about Larry was so positive re him.

VISITING ROTARIANS: John Pratt & Al Cabrera of the Portsmouth Club and Mike Moloney of the So. Berwick Club.

OTHER GUESTS: Catherine Ross, our speaker today, ex-member Lisa Huot, Bruce Williams (Mr. Marie) & Dot Millett, guest of Lezlye

GOOD NEWS/BAD NEWS: Larry paid a happy daughter as his pregnant daughter has found out she is going to have a boy. Mike paid to announce the So. Berwick Club is raffling a Kabota tractor, tickets are $100. Rev. Dave was at a study conference last week (was it a rhyming-prayer conference?) Lisa paid a happy dollar to say she was very happy to be with us for the morning. Marie paid a very, very happy dollar that she was able to out of the house after 10 days of being sick.

WINNERS: 50/50 RAFFLE--Marie Williams

CALENDAR DRAWING #49 Jeff Furbish
Sold by Lezlye Shea

ANNOUNCEMENTS: Lezlye announced that today is the 94th anniversary of the founding of Rotary as well as World Peace & Understanding Day. She read the Rotarian Mission Statement, then announced matching funds for the !st $500 donation to become a Paul Harris Fellow. Sue spoke again of the CPR Outreach coming Marc. 6 & passed around a volunteer sign-up sheet.

Dee introduced our speaker, Catherine Ross who is a counselor of the Cottage Program at York Hospital also a yoga teacher. Cathy explained her feelings that it is hard to be on this planet & we all need help just to stay on it. For her, doing yoga connects her to the earth, the universe & makes her feel wonderful. The first classes she ever attended were hard even though she is very fit. She promised no "power" yoga for us! Doing yoga gets one in touch with themself. Emotions & fears can surface during the practice, however, Cathy explained after some time one can experience a profound feeling of "coming home to oneself". This is a spiritual practice connecting Body--Mind--Spirit. She asked that people love themselves enough to show up & be with themselves in a yoga session.

At that point, seated as we were, Cathy led us all in a yoga exercise. After positioning ourselves, taking a deep breath and closing our eyes we all entered the excise. At the conclusion, Cathy closed with the words, "I honor the light within you."

FROM PAUL HARRIS

"May you be builders, not mere climbers."

THE ROTARIAN, Feb. 1916

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TODAY IS: The full moon of March, called the seed moon, is symbolic of plants & spirituality. The Lakota Indian name for this moon is Moon of Snow Blindness. ALSO: today is Purim, commemorating the saving of the Jewish people living under Persian rule.

TOMORROW IS: On this day in 1855 Congress appropriated $30,000 to introduce camels into Southwestern US.

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from the CAN YOU BELIEVE THAT? file

The following quotes actually are found on products in the US:

*On a hotel provided shower cap: Fits one head.
*On a tiramisu dessert: Do not turn upside down. (This was printed on the bottom of the box.)
*On a package of bread pudding: Product will be hot after heating.

to be continued.....

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March got its name from the Roman month, "Martius", honoring Mars, the god of war. Martius was the first month of the Roman year until the adoption of the Julian Calendar in 46 B.C.

March's Birthstone is the Bloodstone (courage)/the Flower is the Jonquil or Daffodil/the color is White