MAY 18, 2004 THE GATEWAY KITTERY, ME

	SPEAKER	GREETERS
5-18	Club Assembly	Russell F & Dave G
5-25	Students of the Month	Russell F & Dave G

May Birthdays:9-Lezlye F; 18-Alan R; 26-Sandi McC

UPCOMING EVENTS:

NOTES FROM LAST WEEK

VISITORS & SPECIAL GUESTS:Sandi's pastor, Steve Aldrich; from the Portsmouth Club-Michelle Kurtz, Patrick Lyons, Bill McDonough, Richard Lyons; from the York Club-Annette Fazio & Stacie Kerrigan

ALL GOOD/BAD NEWS DOLLARS WILL NOW BE DONATED TO KCAP: for KCap: Russ & Bill. Raving about the fantastic Taste of Kittery were: Al, Dave D, Jeff, Sue, Frank, Sue C, Sandi, Julie, Dave G who spent the only dollar he had left after the Silent Auction. Dave D was also over whelmed by the turnout Sat. Jeff is figuring how to get a balloon out of an overhead fan. Russ planted tons of grass seed & is only now seeing some results-at about the length of his hair. Marie had a wonderful trip to Vegas, went to 16 casinos, 4 shows, several tours & won $250. Ellen said at the Special Olympics Russ tried hard not to burn his head & some woman gave him some sun screen. Bob missed the Taste as he was at his grandson's UME graduation.

DECREASING CARDS FOR 50/50

WINNER: Russ drew the 5 of hearts & lost $460.50
CALENDAR: #222 Rose Douherty SOLD BY:Julie

Announcements: Pres. Dave thanked all who worked on & at the Taste & Auction. The Auction net is $4500 & still counting!The scholarship winners are selected & will be here next week for the presentation. Stacie (from the York Club) introduced Annette Fazio who spoke about learning the art of public speaking through Toastmasters International.

FROM PAUL HARRIS

"With the speed with which a bolt of lightning might cleave the sky, the flash of Rotarianism spread from San Francisco to Seattle on the north and to Los Angeles on the south. In another brief space of time independent fires sprang up on the Atlantic and in the central West. The United States of America had capitulated to the demands of Rotary. Not content with this, the cause was urged ever onward. The Dominion of Canada and the British Isles gave way to the crusader's demands. Paris is ours and today the slogan is "on to Berlin, Vienna, then to the Antipodes." Like those of the Napoleonic forces, the ambitions of our conquest know no limitations save the limitations of the civilized world. Unlike the conquest of the Napoleonic forces, our conquest is, and will continue to be, in the interests of men and the principles which make for the practical idealization of trade."
THE ROTARIAN, Sept. 1912

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TODAY IS:Visit Your Relatives Day AND International Museum Day

TOMORROW IS: Anniversary of the publishing of GONE WITH THE WIND (1936)

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PLEASE REMEMBER: SUN, 5-23, IS WORLD TURTLE DAY

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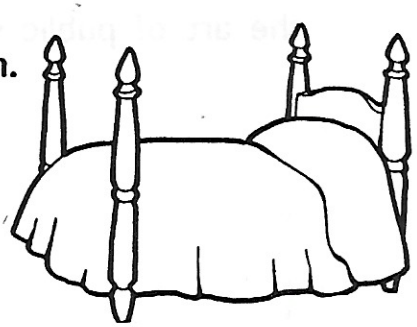
MAY IS BETTER SLEEP MONTH

Did you know that....

*During sleep, the average person shifts position every 7 minutes.
*A person who claims never to sleep is lying.
*Sleep occurs in stages and is varying depths.
*Brain wave patterns show that sleep levels range from light to deep.
*The depth of sleep correlates with how rested a person feels upon awakening.
*It is impossible not to sleep.
*A person can bring on sleep by relaxing in a dark, quiet room.
*The best way to fight insomnia is not to fight it.

"Night-Night!"