

*The Penwheel*

*Reporter: Steve Ketch*

*March 6, 2012*

**THE BEGINNING:** President CHARLIE BELLOMO returned from his long sojourn to Mardi Gras to preside over the meeting for the first time in several weeks. Scheduled greeter MARY ANN MADY greeted us from afar as she is vacationing in Florida. NORMA WEBER led the Pledge, IVETH REYNOLDS performed the invocation, and STEVE KETCH served as reporter. The Club was treated to a delicious meal of beef stir-fry with rice, salad, and rolls.

VISITORS: Bethany Young, a reporter for the Post-Messenger.

SUNSHINE REPORT: Reports are that BOB GENTLE is not doing well (in Florida). DAVE STURTZ recently saw TOM RECZEK and reports that he is looking good.

HAPPY BIRTHDAY: March birthdays for the Club include WALLY ASHNAULT, GEORGE GRAY, SEAN PATTON, and JACK WETZEL. Wally was present, and we all sang him a lovely rendition of "Happy Birthday" in 3 different keys.

ANNOUNCEMENTS: Pre-Elect CHRISTIAN PAPPAS reported on the upcoming Euchre Tournament (this Sunday March 11). We have already exceeded with our pre-registrations the attendance for last fall's tournament, but please continue to promote the event. Volunteers are still needed, so please contact Christian or CHRIS KAUSCH if you are able.

JACK BEST announced that 108 invitations were sent out for the Service Above Self luncheon, coming up on April 24. There will be a story in the Post-Messenger next week.

CHARLIE BELLOMO announced that incoming Board members are encouraged to attend Board meetings for the remainder of his term, to familiarize themselves with the process. They will not be able to vote, however. The next meeting is this Thursday 3/8 at 7:30 am – upstairs at the Wegmans Market Café. District Assembly is coming up on April 14 and all are invited to attend. New members in particular are encouraged to attend. Please let BILL PETHICK know if you plan on going.

NELS CARMAN reminded everyone about the Penfield Rotary Band's ongoing performances on the first Tuesday night of every month.

BILL PETHICK reminded everyone to fill out donor sheets for any prizes collected for the Euchre Tournament. Also, please donate to the End Polio Now Box.

**HAPPY DOLLARS:**

- \$2 from CHRIS KAUSCH celebrating winning the pot last week
- \$1 from DON MILTON thankful for Nels turning the heat on
- \$2 from IVETH REYNOLDS celebrating a great week at the NYS swim meet
- \$3 from WALLY ASHNAULT for his 3 granddaughters' success on the ski-racing circuit
- \$2 from LINDA KOHL welcoming Charlie back
- \$2 from ZACK DRESSNER dreading/celebrating his son turning 12 this week

\$1 from CHRISTIAN PAPPAS happy to have Charlie back

\$2 from CHARLIE BELLOMO glad to be back

**PROGRAM:** Jim Stranz is a volunteer firefighter for the Penfield Fire Department. He is participating in the Scott Firefighter Stairclimb this coming Sunday, March 11. This event takes place in Seattle at the Columbia Center, which is the 2<sup>nd</sup> tallest building west of the Mississippi. It is the #1 firefighter competition in the world, with 1500 firefighters from the US, Canada, and around the world participating. The climb totals 69 flights, 1311 steps, and 788 vertical feet! Jim's goal is to beat his age group record of 15 minutes, 44 seconds. This is Jim's first year participating. The goal of the competition is to raise money for The Leukemia and Lymphoma Society. Last year they raised \$930,000.

Jim was diagnosed with spinal stenosis (a narrowing of the spine) in 2010, which caused him to lose feeling in his legs. He had surgery on July 5, 2010 and rehabbed for the rest of the year. He began stair climbing during his rehabilitation. He learned about the stair climb and decided to participate in honor of his dear friend Daisy Murphy who passed away in 2009 from Leukemia.

Jim's preparation for the stair climb has consisted of 5 components:

- 1) Lose weight (Jim lost 40 lbs – less weight to carry up the stairs)
- 2) Cardiovascular training (11 miles at 17 mph on the stationary bike every morning)
- 3) Strength training – to carry the load (4 nights/week climbing stairs with a weighted vest)
- 4) Pace – very important (52 vertical feet/minute to reach his time goal – “Disco Inferno” helps him keep a steady pace)
- 5) Hydrate!

Training for the climb has helped Jim return to his high school football playing weight! Jim will be accepting donations until the end of March. If you are interested in donating, go to [www.firefighterstairclimb.org](http://www.firefighterstairclimb.org), click DONATE, enter “Stranz” as the last name, and follow the screen prompts. You can also drop off a check made out to “The Leukemia and Lymphoma Society” at the front desk of the Eastside YMCA.

RAFFLE: CHARLIE BELLOMO won \$10 in the small pot but couldn't find the Joker.

**Next week: March 13: 2+2+2 next week!**

Program: Mike Whittmore: WHAM's new format: why and how

Volunteers:

Greeter: Sean Patton

Reporter: Jack Best

Invocation: Zac Dressner

Pledge: Bruce VanDerwarker

Pick up Joe: Wally Ashnault