



# LASSEN LAVA

OFFICIAL PUBLICATION OF THE  
**ROTARY CLUB OF RED BLUFF**

CHARTERED  
MAY 13, 1924

*"He Profits Most  
Who Serves Best"*



ROTARY CLUB  
NUMBER 1768

*"Service  
Above Self"*

**October 11, 2005**

**Larry Champion, President**

**Vol. 84, No. 14**

**Editorial Team:** *Christine Applegate, Dick Beddoe (alternate), Valerie Lucero,  
Barbara Miller, Tiffany Tracey, Will Murphy and Scott Sherman (alternate)*

**Program Personnel:**

Greeter: Dave Hutchinson  
Invocation: Dick Beddoe  
Pledge: Dennis Garton  
Introductions: Bill Patidar

**Visiting Rotarians:**

None

**Guests of Rotarians:**

Jay Ham, Red Bluff Daily News – Guest of Ron Judson  
Randi Gottlieb – Guest of Barbara McIver  
Rachel Redfield (Student of the Month), parents Andy and Connie Redfield, teacher Jill Dais – Guests of Bob Douglas  
Sylvia Duran, Deputy County Counsel – Guest of Will Murphy  
Carline Roach

**Member Birthdays:**

Cindy Brown, October 16, 53 Years  
Roy Gould, October 13, 61 Years  
Bill Patidar, October 12, 49 Years

**Partner Birthdays:**

Missy Dominick, October 17  
Meredy Dunbar, October 14  
Leslie Ann Tysinger, October 15

**Wedding Anniversaries:**

Bill & Jenny Patidar, October 16, 3 Years

**Rotary Anniversaries:**

Peter Harvey, October 17, 35 Years  
Gene Rideout, October 14, 2 Years

**Announcements:**

Don Jones reminded all that the Christmas Party will be held at Wilcox on December 19<sup>th</sup>. Planning is underway, save the date and stay tuned.  
President Larry announced that our Scouts won 1<sup>st</sup> place for Junior Exhibit at the Tehama County Fair. Also, our club is working with Coming Rotary on our Literacy Program to supply all 3<sup>rd</sup> grade classrooms in the county with dictionaries. President Larry will be away on business next week; therefore Dave Nichols will run the meeting.  
The Sunrise Rotary is sponsoring their Soup and Salad fundraiser at 6pm on October 15<sup>th</sup> at the Fairgrounds.  
Barbara McIver announced that Bob Grootveld has discontinued his medical treatment, opting to live out the rest of his days in peace and

without more intervention. Barbara stated that Bob has been a very significant member of this club and will bring a card to the next meeting for members to sign.

Bob Douglas introduced the Student of the Month, Rachel Redfield and her teacher, Jill Dais. Jill spoke very highly of Rachel and her high school accomplishments, including her 4.0 average and Homecoming Queen nomination. Rachel spoke about her future plans and accepted her certificate and check from Rotary. Bob made a point of acknowledging Rachel's parents for a job well done.

President Larry acknowledged Peter Harvey for the Red Bluff Daily News article on his presentation to the club last week regarding the Cone Kimball project.

**Recognitions:**

The membership sang Happy 50<sup>th</sup> Birthday to Jeri Symons.  
Gregg Avilla was recognized \$20 for retrieving his lost jacket and for participating in the "Walk in the Woods". This was a field trip with a group of Red Bluff High School students that focused on the forest and timber industry, emphasizing how we take care of our forest.  
Dick Beddoe was recognized \$75 for his recent trip to England, Scotland, Ireland, and Wales. He returned with an "Oxford" t-shirt for President Larry.  
Beth Glenn was recognized for her new grandson Braden Henry. Beth also mentioned that Una Jordan was still receiving medical treatment for "lazy bone marrow" and appreciated communication from club members.  
Ron Judson was recognized \$20 for attending the World Championship Chili Cook Off in Omaha. Shirley has been under the weather, but participated in the Cook Off like a champ anyway.  
Doug Sale, UCLA fan, was recognized \$25 for bragging rights for their win over Cal last Saturday. Scott Sherman and Will Murphy (son plays for Cal), Cal fans, were recognized \$25 for losing the game.

**Program Notes:**

Tom Amundson introduced the speaker, Kevin Useldinger, for the program "Solutions to Reach Peak Performance". Kevin is from Scotts Valley and represents Fitness Motivation Institute of America.  
The human body needs rest, fuel, and movement to function. As we age, movement becomes the most important, but also tends to be the most neglected. Kevin's father had a heart attack many years ago and as a result, adopted a healthy exercise and diet regimen. His prognosis was poor, yet he has lived many more years than expected, in fact outliving his cardiologists. Exercise is very beneficial and we know children are less and less active all of the time. Childhood obesity has doubled in the past ten years. Diabetes prevalence has also increased significantly. It is now recommended that adults exercise for 1-hour/5 days per week. This recommendation keeps increasing and is expected to increase again. Many people begin an exercise regimen as a New Years resolution, but usually quit within 2-3 days because they over do it and don't maintain that level of activity. Exercise must suit the individual or it won't work. Kevin displayed a body fat chart and indicated that males should ideally try to keep their body fat below 11% and women under 18%. The best way to lose fat is to do strength training, along with stretching, flexibility, and cardiovascular exercise. The reason strength training is important to lose fat is because fat feeds muscle, therefore the more muscle mass, the more fat is burned. Because males have more muscle mass than females, males usually are able to lose fat easier (Not Fair). Take away messages are: exercise must become a habit, exercise must be consistent, exercise must be moderate, and age isn't an excuse.

Kevin offered to stay after the presentation to offer weight loss, exercise, and back pain advise. A crowd stayed afterward to hear more from Kevin.

**Drawing**

Won by Joe Dominick and Dale Stroud.

**ABSENTEES**

Applegate, Ash, Brainerd, Brown, Brownfield, Bullen, Cohen, Dolling, Gibbs, Helser, Jantzen, Jordan, Kelley, King, B. Miller, Moisey, Robison, Rubright, Townsend, Tracey.

**RED BLUFF ROTARY OCTOBER  
2005 PROGRAM GUIDE**  
**OCTOBER 18: "Our Very Own Western Open Fiddle Championship"** Tex Ash, emcee extraordinaire, will introduce this enjoyable annual program.  
**OCTOBER 25: Dr. Bud Tysinger: "Bringing Sight to the Blind"**, a story of mission and medicine from Bud's recent journey to Zimbe, Zambia (south-central Africa) with a team of visionaries.