



HANNIBAL ROTARY NEWSLETTER

MARCH 30, 2010

ISSUE 5

HAPPY EASTER TO EVERYONE! MAY YOU ENJOY THE FELLOWSHIP WITH FAMILY AND FRIENDS!

YMCA—Its fun to stay at the YMCA!

Okay, so we didn't sing YMCA as our song, but we had a great meeting at the YMCA today! Thank you Pete for being so hospitable! For those of you who didn't attend, we had a great song by Dave! We sang "Home on the Range" and sounded fantastic. A great addition to the song was Neil howling and baaing! It provided quality entertainment to our meeting, and created quite a few smiles! Thanks Dave and Neil for being such great entertainers.

Our program was presented by Marlene Rodenbaugh, Wellness Director of the YMCA, and she gave insight into the YMCA's programs. She stressed how easy it is for all fitness levels to benefit from the programs at the YMCA. The programs include (but are not limited to) Yoga, Pilates, Personal Training, Zumba, Technical Boxing, X-Biking, and a couple others. The most beneficial way to stay in shape is to combine flexibility, strength training, and cardio. The YMCA is a beautiful facility, with many options to help make your experience most beneficial to you. Some lyrics from the song "Y.M.C.A." are "No man does it all by himself. I said, young man, put your pride on the shelf, and just go there, to the YMCA. I'm sure they can help you today." Just some lyrics to get you singing the song!

The Newsletter is in festive colors in celebration of Easter! Next week, it will be back to normal!

**Welcome back, Mary and Dawn!
We hope you enjoyed your time at Show Me Rotary!**



Our delicious lunch!

District Conference/Make-A-Wish/Nutrition Center

District Conference

District Conference is scheduled for April 15-17, 2010 in Springfield, MO. The club needs to know who is interested in attending. Also, Rafael STILL needs a ride to this event, because he has to attend as part of his sponsorship. The Youth Exchange Program at the conference is schedule for Saturday, April 17 from 10:15am to 11:30am. The registration information is out, so let us know if you are interested in attending!

Make-A-Wish

The Make-A-Wish Foundation is needing volunteers. They are looking for Wish Granters, as well as general volunteers. The contact is Alison Green with the Missouri

Make-A-Wish branch, and she can get you started on the path to being a volunteer for these children and families. She needs at least six interested in the process to come to Hannibal to train, otherwise you will have to travel to St. Louis for the necessary training.

Nutrition Center

Friday, April 2, 2010, the Nutrition Center is having a fund raiser with catfish! The dinner is from 11-2 and 4-7. What a great way to help out the community while getting to eat some delicious catfish!



April Fool's Day

Remember, April 1st is April Fool's day! Don't forget this, as you might be on the receiving end of a joke! If you decide to "April Fool" someone, please keep the Four-Way Test in mind!