

WSS for January 26, 2010

Meeting sponsored by Dave & Melanson Heath & Co.

President Joe opened, Lenny/Rich sang, Shane invocated (that has to be a word!) and Alla introduced visitors from Nashua, Milford, Hollis-Brookline and Merrimack. Guests of Betsy, Jeff, Mary H, Frank and Rick. Special guests included John “Sully” Sullivan and Rich Belanger – thanks to Nolan.

Announcements: Marc gave us details on the Ribfest/Manchester Monarchs promotions, and also on the Club’s social event to an upcoming game. Ask Alla for details, \$50 / ticket, luxury suite, food and bevs, too.

Auction: Sans Steve D this week, Bill P. took over the show for the remainder of the day! Signed books, massages, cookies, cocoas, HP cups, dried fruits...even a getaway night with champagne and chocolates! Colleen, Frank, Jill, Carolyn, John S, Dr. Stephanie, Meghan, Mary, Jim – they all know how to play this game. Bring in auction items (\$25-\$50 is the norm) and then bid high and bid often!

Fines & Frolic: Apparently jealous of Bill’s mic time, Rich tried his best to fine most of the crowd: Lenny for moving, Sully for the visit, Jon for not noticing, Tim for being voted the #1 Crowne Plaza (damn, that’s cool!), Marc’s REAL commercial, with Bill acting, Roxanne/St. Pauli Girl/Pocahontas/Miss Swiss, Dr.K (paid by Rich), John N and a global Democratic fine for the masses. Happy fines by Lee, Bill P and Mark. Anyone want to go the (Rotary) Meredith Fishing Derby coming up?

Program: We were able to squeeze in an actual program, too! Carol introduced Jay Claremont of Fitness Together. He spoke of his training for the 2009 Boston Marathon. He earned his official number by raising money for the Dana Farber Institute and managed to get in shape in 3 months -with very little training (and interest) in running! He touched on competing with elite athletes, the crowds along the streets of Boston, hitting the wall and the euphoric feeling of finishing. Other topics covers – training goals, personal training, his goal of raising \$100K for DF and wrapped up the program with Q&A. Find more info on running at www.runnerworld.com and www.coolrunning.com. Find more info on Dana Farber and Jay’s charity/fundraising effort at www.rundfmc.org.

Upcoming program: Mad Libs. Example, fill in the blanks: There once was a man from Nantucket, whose ____ was so long he could _____. If you filled in (list of Rotary committees he wanted to participate in) and (barely find the time to do them all – but he did!) then you win!