

Service Above Self

THE SILVER SAGE

BULLETIN OF THE ROTARY CLUB OF SILVER CITY

Helen Shoup, Editor

Rotary
Club of Silver City



October 17, 2017

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www.silvercityrotary.org

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Officers and Directors

President:	Joseph Heidrick
President Elect:	Peter Herzberg
Secretary/Treasurer:	Linda Telaak
Immediate Past President:	Suzanne Kavanagh
Club Service:	Anita Larson
Community Service:	Kathy Eaton
International Service:	Peter Herzberg
New Generations:	Francisca Reyes
Vocational Service:	Wendy Spurgeon
Sgt-at-Arms:	Jim Tindall
Senior Advisor:	Peter Falley



Schedule: Future Meetings, Service Projects, and Special Events

When	What's Happening...
October 24, 2017	<ul style="list-style-type: none">12:00 pm: Anna Harding – Empty Bowls5:30 pm: Auction Steering Committee Debriefing Mtg.
October 31, 2017	12:00 pm: Michael Shineberry
November 14, 2017	12:00 pm: Sunny Kellerman – The Rotary Foundation
November 14, 2017	1:15 pm: SCRF Board Meeting
November 21, 2017	1:15 pm: Club Board Meeting



Meeting Notes

President Joe Heidrick, rang the bell at 12:10 pm. **Bill Harrison** led us in the Pledge of Allegiance; **Tom Bates** gave the Invocation; and **Cynthia Bettison** led us in the recitation of the Four- Way Test.

Honorary Rotarian

Bill Harrison joined us again.



Visiting Rotarians



Merritt Helfferich was back from his summer in Alaska.



Guests

Joe Heidrick introduced Bret Sarnquist, our speaker.



Kathy Eaton introduced Shane Coker, Principal of Silver High.

Suzanne Kavanagh introduced Niel McDonald.

*Standing: Suzanne Kavanagh, Kathy Eaton
Sitting: Shane Coker, Niel McDonald*

Rotary Announcements

Peter Falley told us that income from the Auction is still creeping up. The net currently stands at a little over \$32,000.

Joe Heidrick made the following announcements:

- The Auction Steering Committee will be holding a debriefing meeting on October 24th at 5:30 pm at **Joe Heidrick**'s house.
- The Rotaract induction ceremony will take place on Thursday, October 19, at 6:00 pm at the Golf Course. Rotarians are urged to attend and lend their support.
- The County Fair has sent us a check in the amount of \$840 as a donation in recognition of our Fairgate work.
- The End Polio Now reception is scheduled for Tuesday, November 7, at 5:30 pm at 1st New Mexico Bank on Hwy 180 E. The speaker will be PDG Mark Glenn. Please come and bring refreshments, wine, and finger food.

Joe Kellerman had a shocking announcement: He is leaving Silver City and moving to Denver in an effort to find employment suitable to his talents.

Non-Rotary Announcements

Paul Moore told us that the Interfaith Alliance would be holding a panel discussion tonight from 6:30 to 8:00 pm in the Miller Library.

Wendy Spurgeon announced that the P.E.O. Purse Auction is scheduled for this Saturday, October 21, from noon to 4 pm at the First Presbyterian Church Fellowship Hall on Swan Street.

Helen Shoup announced that PEO (a philanthropic education organization) is having their Purse Auction at the Presbyterian Church on Saturday, October 21, at 12 Noon until 4:00 pm.

Cynthia Bettison added info about PEO.

Happy Dollars

Merritt Helfferich told us that his wife April reported from Bhutan that she was having a very interesting and successful trip.

Peter Falley told us that examination by cardiac specialists had determined that he has a "good heart."

Program



Joe Heidrick introduced Bret Sarnquist, the GRMC Dietician, who is an expert on gluten-free cooking. He told us that Bret would talk about dietary supplements but that we should understand that his talk was being given by Bret as an individual and not in his capacity as a hospital employee.

Sarnquist reiterated the disclaimer of his not representing the Hospital. He also told us that he is a dietician, registered and licensed in New Mexico. People claiming to be “nutritionists” are not required to have any particular training and are not registered or licensed.

He distributed a list of dietary supplements with information about what is known about their efficacy and possible side effects. He told us that few commonly used supplements are dangerous, but most are not proven to be effective. They are not regulated by the FDA, and the makers are not required to report adverse effects to the FDA. It is up to the user to report adverse reactions. Also, for most supplements there is no guarantee that they have been properly tested and that their dosages are standardized.

Supplements carrying the USP label are tested to determine that they contain the claimed active ingredients.

Informed Choice is an organization that tests sports supplements for banned substances such as steroids.

However, for most of the commonly used products, the manufacturer provides no evidence of their safety or effectiveness.

If you are taking supplements, there are a few guidelines to keep in mind:

1. It is always good to take dietary supplements in low or moderate doses.
2. Be sure to check medical interactions.
3. Make a list of supplements you are taking along with your list of prescription medications. It is important to tell your physician about the supplements you are using, since some of them may have adverse interactions with prescription medications.

Sarnquist also said that most vitamins and minerals are best obtained by eating a well-rounded diet. For example, red meat, molasses, liver, and egg yolk are good sources of iron. Calcium is found in dairy products. Vitamin D can be generated by exposure to sun light and by using milk products (especially egg yolk) and liver. Vitamin A is found in liver, carrots, sweet potatoes, and Vitamin C in citrus fruits, kiwis, and red bell peppers.

More information: Email Bret Sarnquist at tuners@bodytune.me; call him at (575) 342-1222; go to www.bodytune.me.

Raffle

Peter Falley won the Raffle.

Attendance

We had 21 of 31 active members in attendance, or 68%.

Gallery



*The Rotary Auction, October 7, 2017
Marketing Club members at the Marketing table*



At the meeting:



Mark Richard

Kate Watson

Tom Bates



Peter Falley

Helen Shoup



Bret Sarnquist

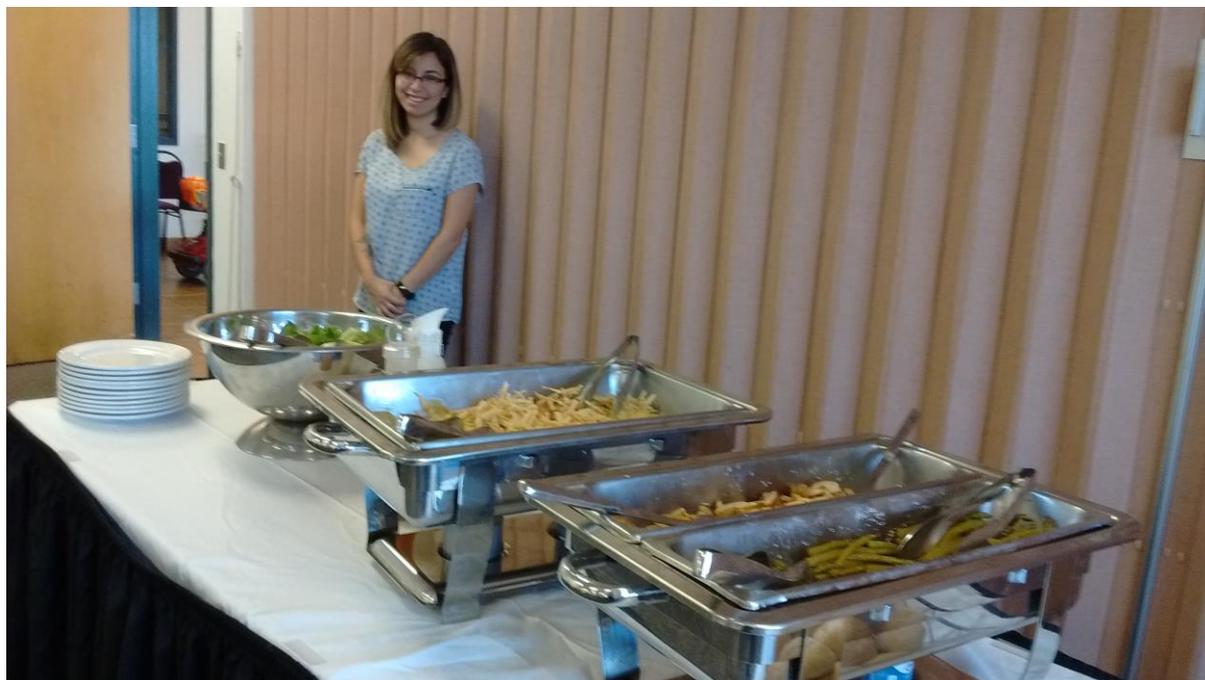
Joe Kellerman



*Our Great Thinkers:
Jack Herndon, William Knuttinen*



Suzanne Kavanagh Shane Coker



Our lunch with our helper