

THE SCHOONER

The Spanish word for "schooner" is derived from the Arabic word "galata," and by the mid-1800's the area became known as "the place of the goleta."



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THE 4-WAY TEST

- of the things we think, say or do
1. Is it the TRUTH?
 2. Is it FAIR to all concerned?
 3. Will it build GOODWILL and better friendships?
 4. Will it be BENEFICIAL to all concerned?

RI President: **Wilfrid J. Wilkinson, R C of Trenton, Ontario Canada**
District 5240 Governor: **Jane McClenahan, of Rotary Club of Ojai West**
Assistant Governor: **Deepa Willingham R C of Santa Ynez Valley**
Group 8 Representative: **Suzie Swenson, Rotary Club of S.B. North**

CHARTERED DECEMBER 8, 1987 - CLUB 25047
P.O. BOX 164, GOLETA, CA 93116
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Editor: Walt Stephens

February is World Understanding Month

Upcoming Programs

- 2/26 - Dr. John Romo, SBCC (MG)
- 3/4 - Alpha Resource Center - field trip
- 3/11 - Open
- 3/18 - Joint Meeting - Fireworks
- 3/25 - Charles Greene - Whales - BT
- 4/1 - Jim Lewis - District 5240 Polio Plus Partners, District sponsored NID to India, and our District project for India.
- 4/22 - Rotoract President, Liz Werhane will tell the club about her trip to Italy
- 4/29 - Los Prietos Program
- Early May - Becky Albano - foreign exchange student

This Week: 2/19 - Pat O'Malley from the evening club will make a presentation on Girsh Park

Last Meeting: Chris Ecklund spoke to the club about Nutrition/Health issues and how they relate to our everyday lives. Chris graduated from Westmont College in 1996 with a BA in Kinesiology and became a Certified Personal Trainer through both the American Council on Exercise and the National Academy of Sports Medicine. Chris moved to Dublin in Northern California. He later got involved with sport club management in Pleasanton as an Assistant Fitness Director and Personal Training Staff Development. Chris moved back to Santa Barbara about a year and a half ago and started Prevail Conditioning. Chris mission is to provide industry-leading training and information rooted in research and



integrity in order to safely, efficiently and effectively improve health and performance. Chris used a PowerPoint presentation to demonstrate his point.

[It's Simple: Stop Resting/Work Harder/Do More Table Pushaways](#)

The main issue with Americans gaining weight and having a variety of cardiovascular related disease issues is that we eat too much and don't exercise enough. It's not really rocket science. The equation hasn't changed much over the past decade:

Burn More Calories than consumed/day = Weight/Bodyfat Loss

Consume More Calories than Burned/day = Weight/Bodyfat Gain*

First, let's agree that everyone has the same 24 hours/day. So be honest and decide what is realistic for you to achieve with health/performance goals with the time you have to spend. If your goals are out of balance with the time available, you either need to sacrifice time in other areas so you can use it for exercise or modify your goals to match your time. Now let's get down to it.

1. Rest Less = Burn More

Chris will see people in the health club sitting around reading the paper in between sets, or even when they are doing cardio. Then the same person makes one of those statements up above. Of course you can't hit your goals...you're wasting too much time.

Mistake #1: Most people rest too much in the gym. It is more beneficial to rest less and work more in the gym.

Chris also pointed out, if you're holding on to the handles on the cardio machine for dear life, you're not burning more calories...you just beating the heck out of your joints.

2. Work Harder

Mistake # 2: Putting in the time but not the effort to burn enough calories (and see results).

But, it is still important to simply work harder. If you are working at intensities that do not challenge you to a level of fatigue, you're probably not working hard enough. This is true of resistance training and cardiorespiratory activity. No challenge = Body has Adapted = Less Calories Expended = Less Results.

3. Table Pushaways

Chris gave credit to Mike Boyle (Nationally Renowned Strength & Conditioning Coach). Here's the final deal: if you want to get in caloric deficit to lose bodyfat, it is a lot easier to *NOT* eat 500 calories/day than to eat it and have to *BURN* an extra 500 calories/day. Just remember it takes one decision not to eat 500 calories. Takes about 30-60 minutes (depending on exercise intensity) to burn off 500 calories. So do some table pushaways and don't eat as much.

Chris also suggested we eat 5-6 smaller, balanced macronutrient meals each day.

[ANNOUNCEMENTS](#)

1.) Barbara Klein, President continues promoting the **RI Convention in LA**. Barbara was proudly displaying her LA Convention badge. The district will receive a reimbursement from the LA Convention Committee for District 5240 Rotarians and family members who register before March 31.

John Welty of the Carpinteria will hosted a party for the returning GSE members from India on March 17th

2.) Connie Burns promoted the District wide event for Community Service Day. The RC of Goleta Noontime members will be working at the Stow House, painting, building a storage unit, polishing a truck. From 9:00 AM to 3:00 PM

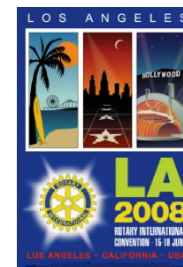
3.) President, Barbara, took the opportunity to question the club about our Vocational Service projects the club is involved with for District awards.

4.) The following community leaders have been proposed for membership into the Rotary Club of Goleta Noontime

Jana Kriling
Montecito Bank & Trust
Relationship Manager

Dan Singer
City of Goleta
City Administrator

Larry Brown
Nasif, Hick, Harri & Co, LLP
CPA, Small Business Taxation.



5.) Kathy Boomers need you to bring the shampoo, soap and other items you have been collecting from your travels.

6.) I have received a request for volunteers to participate in “Read Across America” on March 3rd at the Isla Vista Elementary School. Volunteers may pick their own material or books will be provided. Volunteers will read for about an hour to kids in the classroom between 8:30AM and 10:30 AM. Contact Najib Khalil at 805-962-2828

7.) Eyes about the town: “Celebrity sighting” - Goleta Union School Superintendent Kathy Boomer and past Goleta Woman of the Year Connie Burns were seen dining at the Beachside Cafe last Saturday by a non-celebrity club member.

PAY UP!

Connie Burns	\$5.00 Rubber Chicken from Teen of Year Program
David Gore	\$10.00 for Amanda’s Birthday
Barbara Tzur	\$5.00 for Goleta Teen of the Program
Kathy Boomer	\$10.00 for soup night
Ed Graper	\$10.00 Dropped liquid nitrogen tank with no problems
Roger Waldron	\$10.00 for soup night
Brian Gilbert	\$5.00 for being back and missing meetings
Bruce Holms	\$10.00

ATTENDENCES

Our % of attendance for January was in the high 90%

VISITING ROTARIANS AND GUESTS

Sorry I don’t have information for last week.

EVENTS CALENDAR

Please check the website at goletanoontimerotary.org for up to date calendar

CLUB INFORMATION

Chartered December 8, 1987 as Rotary Club of Goleta Noontime, California. The club is a member of Rotary International headquartered in Evanston, Illinois USA. Our club is part of Rotary International District 5240, which covers Santa Barbara, San Luis Obispo, Kern and Ventura counties, and Westlake Village. The club meets every Tuesday, 11:44 AM - 1:00 PM at the Elephant Bar Restaurant, 521 Firestone Road, Goleta, CA.

AWARDS

Rotary International, Presidential Citation	1994, 96, 97, 98, 99, 03, 05, 07
Rotary International 100% Paul Harris Club	2003
District Governor’s Citation of Excellence	1996, 97, 98, 01, 03,04,05,06, 07
District 5240, Small Club – Best Vocational Service	1996, 2003, 04, 05, 07
District 5240, Small Club Best International Service,	1997, 03, 04,05,06, 07
District 5240 Small Club Most PRLS graduates	2001
District 5240 Largest Increase Rotary Found. Giving	2001
District 5240, Small Club – Best Community Service	2002, 03, 04, 05, 06, 07
District 5240, New Generations	2007
District 5240, Small Club – Best in Public Relations	1997, 2002
District 5240, Small Club – Best Club Service	1997, 2001, 02, 03, 04, 05, 06, 07
District 5240 , Small Club – Super Club Citation	2003, 05, 06, 07
District 5240, Small Club – Youth Service Award	2003, 04, 05
District 5240, Small Club – The Family of Rotary	2003, 04, 05

MAKE-UP INFORMATION

Rotary strongly encourages weekly attendance at club meetings. If you can’t attend our meeting, you need to make up the missed meeting two weeks before or after at one of over 29,000 Rotary clubs worldwide. Other Group 8 clubs are:

Montecito	Tuesday	Noon	Montecito Country Club
Goleta	Tuesday	6:30 PM	Elephant Bar
Santa Barbara Sunrise	Wed.	7:00 AM	Santa Barbara Club
Santa Barbara North	Wed.	Noon	Harry’s Plaza Cafe
Carpinteria	Thursday	11:45 AM	Community Center, Lion’s Park
Carpinteria Morning	Wed.	7:00 AM	Carpinteria Women’s Club
Santa Barbara	Friday	Noon	Doubletree Resort

2007-2008 OFFICERS AND DIRECTORS - ROTARY CLUB OF GOLETA NOONTIME

PRESIDENT	Barbara Klein	CLUB SERVICE	Kathy Boomer
PRESIDENT-ELECT	Barbara Tzur	COMMUNITY SERVICE	Connie Burns
SECRETARY	Sandy Stanbrough	INTL SERVICE	Walt Stephens
TREASURER	Michael Gartzke	VOCATIONAL SERVICE	Cami Helmuth

PAST PRESIDENT: Steve Jones

Rotary Foundation Chair Dick Brody

ADDITIONAL GOLETA NOONTIME ROTARIANS

Michael Bennett	Patricia Fabing	Glenn Davis
Brian Gilbert	David Gore	Ed Graper
Bert Hansen	Bruce Holms	Karin Napel
Emma Torres	Roger Waldron	

HONORARY GOLETA NOONTIME MEMBERS

Scott Campbell	Donna Simons	Dennis Trammell
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