



Rotary Spoke

Hickory Rotary Club

Established 1921



Today's Program

December 11, 2008



Officers 2008-2009

Lamar Mitchell

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Mitzi Gellman

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Molly Barker, MSW and four-time Hawaii Ironman triathlete, is a visionary. Using her expertise in counseling and teaching, along with research on adolescent issues, she founded Girls on the Run® in Charlotte, North Carolina. Girls on the Run® is a non-profit organization with the mission of educating and preparing girls for a lifetime of self respect and healthy living. The innovative, experiential program combines training for a 5k event with life-changing self-esteem enhancing lessons that enhance social, physical and mental health in 8-12 year-old girls.



Molly began running at the age of 15—an age when she found herself stuck in the "girl box," where only girls who were a certain size with a certain beauty were popular, where girls who wanted to fit in had to mold their bodies and their personalities to fit the requirements of the box.

Molly kept running. During a sunset run in 1993, she found the inspiration that grew into Girls on the Run®. In 1996 she developed the earliest version of the 24-lesson curriculum with the help of 13 brave girls. 26 girls came the next season, then 75, and so the program grew. In 2000, Girls on the Run International, a 501c-3 organization, was born.

Today, there are Girls on the Run® programs in more than 150 cities across North America, with tens of thousands of girls and women participating. In 2007, Girls on the Run® hosted more than 70 end-of-season 5k events across the United States and Canada. Molly and Girls on the Run have been featured in many media outlets including People, Runner's World, Redbook, Women's Day, O Magazine, Running Times, CNN, MSNBC, ABC News, NBC News, NPR, ESPN and Forbes.

In 2006, Molly was the recipient of several prestigious national awards including Redbook magazine's "Strength and Spirit Award," which recognizes individuals who are building a better future for all of us, the "Woman's Day Award" from Woman's Day magazine, which salutes individuals who have used their vision and heart to help fix pressing problems, and the highly prestigious "Heroes of Running Award" from Runner's World magazine. Corporate sponsors for Girls on the Run International include New Balance Athletic Shoe and Apparel Company, Kellogg's Frosted Flakes and Goody Hair Products.

With the success of the Girls on the Run program combined with her books, Girls on Track, A Parent's Guide to Inspiring our Daughters to Achieve a Lifetime of Self-Esteem and Respect, and Girls Lit From Within, Molly has become an inspiration and positive role model for people of all ages.

Molly lives in Charlotte, North Carolina, and enjoys writing, running and cycling. She is passionate about her work but is most inspired by her two children.

For more information, visit <http://www.girlsontheruncatawba.org/>.

Jerry Gaillard will introduce the speaker.

December is Family Month for Rotary, and we all look forward to this time when we take our holiday breaks and spend time with our families. That's as it should be, and I wish all of our members a renewed sense of strength and belonging that comes from reaffirming our family bonds.



President
Lamar
Mitchell

It was the poet Robert Frost who said, "Home is the place where, when you have to go there, they have to take you in." We all have such a place to go to, and I would imagine that most of us are lucky enough to have more than one. I, for one, feel very much at home and with family whenever I come to a Rotary meeting. Sure, we have our differences and get on each other's nerves at times like all families, but in the end it's our compassion for each other and our fellow man, as well as our commitment to service, that overrides any petty differences that may arise. I have been truly humbled by the compassion and commitment that I have witnessed so far this year during my term as president, and for that I'm most grateful.

I feel that, with my family's love and support, I can accomplish just about anything. As Hickory Rotarians, I want us all to feel the possibilities that can come from every one of us supporting each other. We have accomplished so much already in this first half of the year, and we're just getting warmed up. I look forward to seeing what can happen when every member supports John Tippett, Steve Mull and the rest of the Rotary Unlimited committee that is working hard to make this event a success (and by success I mean meeting the \$40,000 goal of the committee that will make a significant impact on education in this community).

The news these days is threatening to put a damper on our holiday cheer – but only if we let it. I hope the acceptance and love we feel in each of our homes this holiday season, and in our meetings over the next two weeks, teaches us to reach for the possibilities when we share those feelings with others, because heaven knows we're going to need as much as we can get to help us endure and overcome these difficult times.

Make-Up Opportunities

Monday

- 12:00 pm Blowing Rock Rotary, Chetola Resort
- 12:30 pm Lincolnton Rotary Club, First Baptist Church

Tuesday

- 6:44 am Caldwell County Rotary, Lenoir Golf Club
- 12:00 pm Lake Hickory Rotary Club, Lake Hickory Country Club
- 12:00 pm Granite Falls Club, Granite Falls Civic Center
- 12:00 pm Valdese Rotary Club, Rock School Building
- 12:15 pm Newton-Conover Rotary, Catawba Country Club
- 12:15 pm Statesville Rotary Club, Statesville Country Club

Wednesday

- 7:00 am Hickory Sunrise Rotary Club, Lenoir-Rhyne Bear's Lair
- 7:30 am Denver Lake Norman Rotary, Westport Country Club
- 12:00 pm Taylorsville Rotary Club, First Presbyterian Church
- 12:15 pm Morganton Rotary Club, Morganton Community House

Thursday

- 7:00 am Catawba Valley Rotary Club, Rock Barn Country Club
- 7:30 am Lincolnton Sunrise Rotary, Lincoln Country Club
- 12:30 pm Greater Statesville Rotary, Statesville Country Club

Friday

- 12:15 pm Lenoir Rotary Club, Cedar Rock Country Club

Anytime

www.rotaryclubone.org

50 Years Ago This Week at Hickory Rotary Club

- Trade secrets of the work and play clothing industry were revealed today in a talk to the club by A.C. Henderson, Jr., Secretary and Treasurer of the Old Hickory Company, local manufacturers.
- The Rotarians enjoyed gifts of cigars from two members on this day – both of the donors being “grandpappys:” Dr. Voigt R. Cromer, president of Lenoir-Rhyne College and Dr. Roy Ullman, a member of the LR faculty.

Holiday Social

The Rotary annual Christmas Social will be on Thursday, December 18, at LHCC at the regular meeting time.

We will have a special Christmas meal at the regular price. The theme of the meeting is fellowship. The Hickory High School Chorus will provide music for our program and will be our guests for lunch. Instead of the chorus sitting together, they will choose any open seating and share fellowship with the Rotarians at their table.



2008 - 2009
Rotary Theme

Rotary International

D.K. Lee,

President

District 7670

David W. Sink, Jr.

District Governor

Don Fuller,

Assistant D.G.



Hickory Rotary Club's Honor Air honorees: Earl Roberts, Bobby Bumbarger, Bill Cauble and Avery Wilfong

The Rotary Four Way Test

- Is it the truth?
- Is it fair to all concerned?
- Will it build good will and better friendships?
- Will it be beneficial to all concerned?

Club Assignments

Date	Today	18-Dec	25-Dec	1-Jan
Program	Jerry Gaillard	Holiday Social	No Meeting	No Meeting
Club Health	Mike Johnson	Robert Johnson	No Meeting	No Meeting
Badge	Clarence Pugh	Neil Underdown	No Meeting	No Meeting
Raffle	Jeff Hale	Peter Kendall	No Meeting	No Meeting
Visitors	Garrett Hinshaw	Scott Anderson	No Meeting	No Meeting
Greeter	Rudy Wright	John Hall	No Meeting	No Meeting
Music	Mary Texer	Mary Texer	No Meeting	No Meeting

Upcoming Events

The Rotary Spoke

is published weekly by the Hickory Rotary Club, Stan Bumgarner, Editor. E-mail: sb611@earthlink.net Phone: 328-4622

*Rotarians, please e-mail information regarding your upcoming program or any other Rotary events to the editor **three weeks** in advance of publication.*

Hickory Rotary Club Roster

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SHUFORD ABERNETHY PHF
Housing, Senior Adult
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Real Estate, Commercial
TOM ADKINS
Law Enforcement
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CLARENCE PUGH †PHF
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FRANK YOUNG III
Insurance, Corporate
ROSEMARY BASS YOUNG PHF
Funeral Home

Bold = Past-President
† = Senior Active Member
PHF = Paul Harris Fellow
LOA = Leave of absence

HONORARY MEMBERS:
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Phil N. Carter †PHF
Charles H. Deal †PHF
Dan W. Kirby †PHF
William Mauney
Oliver W. McClintock †PHF
B. Eugene Miller †PHF