



# Inner Wheel Club of Livermore

Inner Wheel U.S.A.

District 517

October, 2005

## The Prez Sez:

Our new year got off to a good start with our installation of new officers in June. We had our first meeting at the Willow Tree Restaurant where we had a nice turnout and got many things accomplished.

One of the items we all agreed on, at the suggestion of our member Ravi Judge, was to speak to the Mayor of Oakland, who is asking for assistance in helping those people who fled Hurricane Rita and arrived in Oakland. They are looking for money and clothes to assist those in need. Our Inner Wheel Club will be donating to this charity.

Our next event will be a Member/Spouse picnic at Half Moon Bay State Beach. This event will be October 15<sup>th</sup>. Everyone will bring a pot luck lunch to share and we will enjoy the surf and sand with our families and members.

Our next scheduled General Meeting will be on Friday, December 2, 2005. We will be meeting at the Discovery Bay Country Club for lunch then plan to tour and boats and shops at the Discovery Bay Marina.

In January we will be having our Annual Literary Luncheon and Meeting. Our guest speaker is the owner of the Oasis Book Store here in Livermore. Each member is requested to bring books they have read and which we will buy for \$1.00, the funds will go into our Giving Fund.

Our next function will be a tour of the Filoli Mansion in Woodside, California. We hope to be able to attend their High Tea, the date to be announced.

Sincerely,  
Caro Green, President

Inner Wheel is for the wife, widow, or female partner of a male Rotarian, as well as the mother, sister or daughter (over 18) of a Rotarian or former Rotarian, as well as the divorced wife or widow of a Rotarian or former Rotarian. New members are welcome throughout the year.

The club's intent is for members to socialize at luncheons or dinners. There will be some committee interaction, occasional board meetings and district conferences of your choice, and a DREAM DAY now and then!

At the end of each year, a charity of our choice will be selected to receive any extra funds available.

# Something to Think About

## HEALTH QUESTION & ANSWER SESSION

Q: I've heard that cardiovascular exercise can prolong life. Is this true?

A: Your heart is only good for so many beats, and that's it... don't waste them on exercise. Everything wears out eventually. Speeding up your heart will not make you live longer; that's like saying you can extend the life of your car by driving it faster. Want to live longer? Take a nap.

Q: Should I cut down on meat and eat more fruits and vegetables?

A: You must grasp logistical efficiencies. What does a cow eat? Hay and corn. And what are these? Vegetables. So a steak is nothing more than an efficient mechanism of delivering vegetables to your system. Need grain? Eat chicken. Beef is also a good source of field grass (green leafy vegetable). And a pork chop can give you 100% of your recommended daily allowance of vegetable products.

Q: Should I reduce my alcohol intake?

A: No, not at all. Wine is made from fruit. Brandy is distilled wine, that means they take the water out of the fruity bit so you get even more of the goodness that way. Beer is also made out of grain. Bottoms up!

Q: How can I calculate my body/fat ratio?

A: Well, if you have a body and you have body fat, your ratio is one to one. If you have two bodies, your ratio is two to one, etc.

Q: What are some of the advantages of participating in a regular exercise program?

A: Can't think of a single one, sorry. My philosophy is: No Pain...Good

Q: Aren't fried foods bad for you?

A: YOU'RE NOT LISTENING!!!. Foods are fried these days in vegetable oil. In fact, they're permeated in it. How could getting more vegetables be bad for you?

Q: Will sit-ups help prevent me from getting a little soft around the middle?

A: Definitely not! When you exercise a muscle, it gets bigger. You should only be doing sit-ups if you want a bigger stomach.

Q: Is chocolate bad for me?

A: Are you crazy? HELLO ..... Cocoa beans ... another vegetable!!! It's the best feel-good food around!

Q: Is swimming good for your figure?

A: If swimming is good for your figure, explain whales to me.

Q: Is getting in shape important for my lifestyle?

A: Hey! 'Round' is a shape!

Hopefully, this has cleared up any misconceptions you may have had about food and diets and remember: Life should NOT be a journey to the grave with the intention of arriving safely in an attractive and well preserved body, but rather to skid in sideways - Merlot in one hand - chocolate dipped strawberries in the other - body thoroughly used up, totally worn out, and screaming..... WOO-HOO! What A Ride!"

Usually we print something profound and enlightening but this was too good to pass up!

## Member Update

I would like to thank everyone who attended my going away party in July. I am thankful I was able to show up for a few minutes myself.

My daughter and I arrived safely in Missouri on August 1. We have spent the summer getting settled, and becoming re-acquainted with summer thunderstorms, high humidity and mosquitos. I have stocked up on OFF, citronella candles, Avon's Skin-So-Soft bath oil and tubes of anti-itch cream.

In September my parents and brother also moved here from California and live just a couple of miles from us. The day after they arrived my step-dad fell and broke his hip and is in a nursing home.

I certainly miss all of my California friends, and would love to hear from you. My email is still mary@caminopress.com. My address is 225 Sutters Mill Road, St. Peters, MO 63376; phone is 636-922-0583.

Mary Gordon

## Officers for the Livermore Inner Wheel Club 2005/2006 year

President	Caro Green
Vice President	Neera Singh
Secretary	Jean Runge
Treasurer	Barbara Sarboraria
Membership	Karolyn Linn
ISO	Kathy Cariveau
Delegates	Marylou Lowell and Irene Noonan
Newsletter	Ellen Bell and Barbara Gilmartin
Historian	Diana Geyer
Dream Day	Jill Groth, Marylou Lowell, Jean Runge
Founders' Day Basket	Jill Groth, Irene Noonan
Giving Fund	Karolyn Linn, Nancy Morgan, Karen Powell

## 2005-2006 Inner Wheel Members

Patti Abramson (Clark)	Caro Green (Vern)	Karen Powell (Steve)
Fran Avilla (Al)	Karen Greiner (Dave)	Balbir Rehal *
Evelyn Bakken (Larry)	Jill Groth (Bill)	Jean Runge (Nile)
Ellen Bell (Doug)	Ravi Judge *	Marty Sacullo (Dom)
Kathy Cariveau (Keith)	Gwen Lewis (Al)	Barbara Saboraria (John)
Sally Sue Christopher**	Karolyn Linn (John)	Brenda Schlientz (Randy)
Karen Cowan (Bob)	Marylou Lowell (Dave)	Neera Singh *
Dianna Geyer (Bill)	Nancy Morgan (Mike)	Anita Thompson (Mike)
Barbara Gilmartin (TJ)	Irene Noonan (Jack)	Cheryl Vargas (Tom)
Mary Gordon (John)	Petey Pehrson (Dave)	

\* Members and family from Rotary Clubs outside the valley

\*\* Daughter of a Rotarian

## Upcoming Events

Inner Wheel of Livermore  
Inner Wheel USA Annual Friendship Luncheon

You are cordially invited to the  
Annual Friendship Luncheon  
on Saturday, October 22nd

at Scott's Seafood Restaurant, Jack London Square, Oakland

Special Guest Speaker IWUSA President Lola Chase

Cost is \$30.00. If you are interested please send a check payable to IW District 517 to Marlene Weibel, 38674 Glencoe Drive, Fremont, CA 94536 by October 12 or as close to that date as you can. Please indicate your choice of entree: Grilled Salmon Alla Bella, Wild Mushroom Chicken Picatta or Pasta Primavera. You may call her at 510-790-2311 with questions.

Call President Caro (925-449-9355) if you would like to carpool; we will meet in the parking lot of Cattleman's Restaurant in Livermore at 10:00 AM. This meeting is always a good opportunity to increase our knowledge of the Inner Wheel organization and to meet members of other clubs in our area.

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**Yes, I would like to join the Inner Wheel Club of Livermore!**

**Name:** \_\_\_\_\_ **Phone** \_\_\_\_\_

**Address:** \_\_\_\_\_

Dues for July, 2005 to June 30, 2006 are \$45.00.

(Includes each member's contribution to the I.W. District 517 Friendship Basket.)

Please make your check payable to IW Club of Livermore and mail to our club Membership Chairman,  
Karolyn Linn, 1059 Sherry Way, Livermore, CA 94550 925-447-9639.