



## Hill Notes Rotary Club of Philmont, NY

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### LAST WEEK

Carolyn invited Registered Dietitian Judy Davis to speak to us about good nutrition.

Currently, she works at Adventist Home as a geriatric dietitian.

Judy reviewed for the members the importance and building blocks of a good diet. In addition to the way we look, our diets effect our blood pressure, cholesterol, and the way our body functions and ages.

She explained how certain foods effect medications.

Each member was given a sheet from which Judy could figure out the number of calories needed to maintain current weight and the number which should be eaten to lose weight.

Two handouts were most enlightening. One illustrated the amount of exercise needed to work off certain foods. The second was a list of foods that were rich in nutrients and low in calories.

A most informative program.

### TONIGHT

We celebrate Rotary's 103<sup>rd</sup> Birthday with Rotary Jeopardy and a Birthday Cake.

### NEXT WEEK

Darrin French and Rebecca Maben will be honored as our Students of the Month.

### CLUB CONTACTS

**President-Carol Ann Armstrong**

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**Secretary-Jack Armstrong**

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### CONGRATULATIONS TO US

Feb 11 Bob Moseley's birthday  
Feb 04 Sherry & Bill's Anniversary  
February 23<sup>rd</sup> marks the 103<sup>rd</sup>  
Anniversary of the founding of Rotary.

### HELP WANTED

Your Bulletin Editor would like to have someone mail bulletins to the few people who still use snail mail. If you're able to help please see Pres. Carol. Envelopes, addresses and stamps will be provided.

## CLUB STATS

**MAKE-UPS:** Bob someplace in FL

**GUESTS:** Betty C., Jim M. Judy  
Davis

**50/50** Matt

## 2008 PROGRAM SCHEDULE

2/20 Christine Ryan  
2/27 Students  
3/5 Sherry Ritchie  
5/30-6/1 District Conference  
6/29 Installation of Officers

### FOUR 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?

## Menus

2/20 Eggplant parm  
2/27 Beef stew  
3/5 Chili in bread bowls  
3/12 Steak sandwich on chibetta bread

If you need an alternate meal please see Marci or our waitress when you arrive.

## MAKE-UP SITES

Monday-Hudson - 12:15pm  
Tuesday - Red Hook - 7:30 AM  
Tuesday - Catskill 12:15 PM  
Wednesday - Coxsackie - 12:15 PM  
Wednesday - Windham 6:15 PM  
Thursday - No. Columbia -12:15 PM  
Thursday - Greenville - 6:15 PM  
Thursday -Cairo 6:30PM

Or go to [www.Rotary.org](http://www.Rotary.org) for a listing of all clubs worldwide and online clubs

## ROTARY JEOPARDY

To celebrate the founding of Rotary, tonight our program will be Rotary Jeopardy. The grand Prize winner will receive a free dinner on any meeting night of their choice. Second place receives a Rotary mug and, like TVI Jeopardy, everyone else goes home empty handed.

Here are the Rules:

There will be 6 categories with 5 answers in each. You supply the question.

Example A: This member will serve as 2008-09 President. Q: Who is Carl Calvin

Each question will be numbered and the number of the question will equal the number of points awarded for the right question. EX question # 4 = 4 points

Double Jeopardy: At the beginning of play, each contestant can randomly select and circle any 2 numbers on their answer sheets and get double points IF they answer correctly. In order to level the playing field between new and long time members, any member who joined the club after 7/1/08 or any guest can select 4 Double Jeopardy numbers. Only one Double Jeopardy number can be circled in any one category.

At the end of each set of questions, total your points for that category. We will only add points for correct answers and not deduct for incorrect answers.

At the end of the regular play, write down the number of points you wish to wager on the Final Jeopardy answer. That value will be added or subtracted from your total- highest scoring player wins.