



Durham Rotary Club Bulletin

July 30, 2007

2007-2008 RI Theme

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The mission of Rotary International is to support its member clubs in fulfilling the Object of Rotary by:

- Fostering unity among member clubs;
- Strengthening and expanding Rotary around the world;
- Communicating worldwide the work of Rotary; and
- Providing a system of international administration

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?

DRC PROGRAM CALENDAR

07/30 - Roz Grace, Director of Outreach
International Medical Core

Introduction: Don Stanger

08/06 - District Governor Barry Phillips

District 7710 Goals & Objectives

Introduction: Toby Barfield

08/13 - Kelly Hurter

Girls on the Run

Introduction: Carver Weaver

08/20 - Board Meeting - 11:30am

08/20 - Randy Lanou, Michele Myers

"Introduction to Building Green"

Introduction: Don Stanger

08/27 - David Beischer, Executive Director

The Fox Foundation

Introduction: Douglas Zinn

09/03 - No Rotary - *Holiday Observance*

SERVICE SCHEDULE

	7/30	8/06
Musician:	Verne Lanier	
Invocation:		
S-a-A Report:	Earl Tye	Sam Nichols
	Mary Holderness	Pam Higdon
Program Write-up:	Jay Zenner	

DRC Raffle - Supports the RI Foundation
Programs and Projects



Voluntary Contribution: \$1/ticket; \$5/6 tickets

Proceeds: 1/2-RI Foundation; 1/2-Winner

7/23 Total Receipts: \$73.00

Winner: Mike Ruffin

The CART Fund - 7/23 Total Receipts: \$23.96

(Coins for Alzheimer's Research Trust)

07/23/07 -

"The Structure House Weight Loss Plan"

- Gerard Musante, PhD

Beth Breaux introduced fellow Rotarian Gerry Musante, the founder of Structure House, who talked about his book, **The Structure House Weight Loss Plan: Achieve Your Ideal Weight Through a New Relationship with Food**. Structure House, of course, is one of the pre-eminent residential weight loss programs in the world and a major contributor to Durham's reputation as the diet capital of the world. Its 50,000 square foot spa like facility sits on 20 acres on Pickett Road. Over the years, over 30,000 patients have been treated in the program. Gerry, who is a clinical psychologist, described how he became interested in treating the obese while working with the hospital based program at Duke. He saw a need to create a system designed to define the overweight individual's relationship with food and change this relationship. The focus is on taking an "unstructured life" and structuring it to control non-nutritive eating that is the result of bad habits, boredom and stress.



According to Gerry, the problem is so complex because it involves breaking a vicious cycle where bad eating behavior leads to guilt which leads to stress which leads to non-nutritive eating or comfort food. The Structure House program aims to break the cycle by removing the guilt and "re-wiring" the patient's relationship with food and the reactions to the cycle.

Gerry didn't plug the book too hard, so I will. It is available on Amazon.com for \$16.32 (and is eligible for super-saver shipping). As I write this there are five reader reviews of the book on Amazon, at least three of them by former patients of Structure House and they are all positive, although one of the former patients thought Gerry might have another book in him that might better capture the "depth of wisdom" of Structure House...definitely a plug for Structure House if not the book.



Since Gerry finished his presentation well before 1:30 there was time for lots of questions. I couldn't help but observe that most of the questions came from people without weight problems, in fact, several were downright skinny. Were the more corpulent among us like me still licking the frosting from our fingers or stuck in that viscous cycle? More likely, Gerry's insights rang true and the questions were more personal and not as much "how?" as "when?"

There is more about Structure House at www.structurehouse.com including some useful tools from the book such as the Structure House Diary.

... Respectfully submitted, Jay Zenner

RI Board approves Strategic Plan 2007-10

Rotary International News - 14 June 2007

At its June meeting, the RI Board approved a new mission, vision, and set of core values for Rotary International, reaffirmed that Rotary's motto is Service Above Self, and adopted the priorities and goals established in the organization's 2007-10 Strategic Plan.

Rotary's new mission reads: The mission of Rotary International, a worldwide association of Rotary clubs, is to provide service to others, to promote high ethical standards, and to advance world understanding, goodwill, and peace through its fellowship of business, professional, and community leaders.

The vision of Rotary International is to be universally recognized for its commitment to Service Above Self to advance world understanding, goodwill, and peace.

Recognizing the role that core values play in driving the direction of the organization and the actions of members, the Board approved the following values as Rotary's guiding principles: Service, fellowship, diversity, integrity, and leadership.

"These core values are all reflected in The Four Way Test," said 2007-08 RI President Wilfrid J. Wilkinson. "By adopting a specific set of core values in the strategic plan, we can provide Rotarians with more explicit standards to guide and evaluate their actions."

In addition, the Board approved the following seven priorities as recommended by the RI Strategic Planning Committee:

- Eradicate polio
- Advance the internal and external recognition and public image of Rotary
- Increase Rotary's capacity to provide service to others
- Expand membership globally in both numbers and quality
- Emphasize Rotary's unique vocational service commitment
- Optimize the use and development of leadership talents within RI
- Fully implement the strategic planning process to ensure continuity and consistency throughout the organization.

Each priority is supported by a set of goals and success indicators to measure progress being made. Look for brochures, presentations, plan implementation progress reports, strategic planning models and guidelines for clubs and districts, and other information on the strategic plan in RI publications and on the Web site in upcoming months.

More . . . www.rotary.com

Peace fellows pledge Rotary Centers support

By Janis Young, *Rotary International News*, 13 July 2007

Luis Giay, 2006-07 chair of The Rotary Foundation Trustees, thanks former peace fellows Gert Danielsen (left) and Scott Lang for their support of the Rotary Centers.



When Gert Danielsen jumped up on stage at a reception for Major Donors at the [Rotary World Peace Symposium](#) in Salt Lake City, Utah, USA, he made an announcement that took the entire audience by surprise. Out of a desire to give something back, the former [Rotary Peace Fellow](#) from Norway pledged to donate US\$1,000 every year for the rest of his life to the Rotary Centers program and challenged other peace fellows to do the

same. Inspired by Danielsen's generosity, 2005-07 peace fellow Scott Lang of the United States took up the challenge and also pledged \$1,000 annually.

A 2003-05 peace fellow at Universidad del Salvador, Danielsen currently works for the United Nations Development Programme in South Africa, focusing on making development cooperation more effective for the poor. He also mentors peace fellowship applicants from developing countries and matches them with districts in developed countries that want to sponsor candidates.

"My challenge and support reflects a keen desire to give back to the Rotary family now that I am able to do so," Danielsen says. "Giving a gift annually that I know will inspire Rotarians and others to give more and provide peace-building opportunities for even more people is a huge privilege to me."

Citing education as one of the keys to peace building, Danielsen argues against a quick fix to violence and armed conflict. "Peace needs to be built over time, and we therefore need to invest in education and opportunities in a sustainable long-term perspective," he says.

. . . Osterlund adds that he's looking forward to another exciting announcement someday: "I dream of the day when one of our Rotary World Peace Fellows wins the Nobel Peace Prize and announces during his or her acceptance speech in Oslo, Norway, that they are endowing a Rotary World Peace Fellowship to provide opportunities to future peace fellows. With the likes of Gert and Scott, my dream may be realized sooner than I had originally thought."

ASK THE RI PRESIDENT

President Wilf Wilkinson answers your questions



Q: Congratulations on becoming the new Rotary International president for 2007-08! Is there something about you that not many people know?

I have a deep belief in volunteering, which I learned at an early age. Many people know this, but what they might not know is how I got involved with volunteering. Nowadays, community service is mandatory in some schools, but that wasn't so back when I was in school in Canada. I first got involved with volunteering through the [Canadian Boy Scouts](#), beginning at age 11½. I was a Boy Scout for eight years. I worked my way up to a King Scout, which is the equivalent to an [Eagle Scout](#) in the United States.

The Boy Scouts played an important part in laying the groundwork for me to get involved in community activities and later to accept an invitation to join Rotary. Rotary now offers programs like [Interact](#), [Rotaract](#), [Rotary Youth Leadership Awards](#), and [Rotary Youth Exchange](#), which allow young people to develop an interest in their community and hopefully become Rotarians.

Community service is one of the best ways I know of to do our part to make the world a better place for our children and grandchildren. We share our love through community service — because service to the community is at the heart of Rotary. Don't pass up the chance to use the opportunity Rotary provides to make a difference.

President Wilkinson would like to hear your questions. Please [e-mail him](#), and he will try to respond in an upcoming edition of *Interactive*.

Take a kid to the ballgame – District Governor's Newsletter – July 2007



This year the annual event will be held on Sunday August 19th at Durham Bulls Athletic Park where the Bulls are playing the Louisville Bats. Game time is 5:00PM.

The per person cost for a ticket to the game, dinner, t-shirt, and goodie bag is \$20.00. Please send your checks payable to: Morrisville Rotary Club, c/o Morrisville Chamber of Commerce Bldg. 260 Town Hall Dr.. Morrisville, NC 27560. Please have your information to Greg Leighton: gleighton@nc.rr.com no later than August 6th. Or you can call Greg at 919/656-6059 if you have any questions. Thanks in advance for your help in making this a great event once again. Greg Leighton Morrisville Rotary

★ Birthdays – July 30 – August 31

7/30 David Ross	7/31 Carolyn Aaronson	
04 Hank Hurd	21 Randy Kolls	29 John Rogers
06 Patrick Baker	21 Queron Smith	30 Carl Harris
10 Dale Stewart	22 Pete Dubose, Jr.	31 Seth Jernigan
11 Marcus Hobbs	27 Mitzi Viola	31 Carver Weaver
11 Troy Livingston	29 Roz Grace	
16 J. Page Wilson	29 Warren Pope	

SERGEANT-AT-ARMS REPORT - 7/23

Speaker: Gerard Musante, PhD

Guests of Members:

Janene Tompkins Peter Tompkins
Arles Taylor Rick Jenkins

Proposed Members – 2 ND Posting

Keith B. Artin, Chief Operating Officer - TROSA

Classification: Non-Profit Management

Sponsor: Ernie Roessler

Roslyn Grace (Transfer from Washington DC Rotary Club)

Director Community Outreach

International Medical Corps

Classification: Public Relations - Communications

Sponsor: Susan Ross

July 23 – Attendance Report

Total Members	205
Active Number used for attendance	180
Members Present	101
Attendance	57.78%

Rotary – Humanity In Motion

Rotary International: 1.2 million Rotarians

32,000 Clubs in 200 Countries

District 7710: 1858 Rotarian - 42 Clubs

Durham Rotary Club: 205 Rotarians

Rotary International Calendar

July 2007 — *New Rotary officers begin their year of service*

August 2007 — *Membership and Extension Month*

September 2007 — *New Generations Month*

October 2007 — *Vocational Service Month*

November 2007 — *Rotary Foundation Month*

•5-11: *World Interact Week*

December 2007 — *Family Month*

2007-2008 RI & DISTRICT LEADERSHIP

RI President: Wilfrid J. Wilkinson

District 7710 Governor: Barry Phillips

ADG-Area 7: Karen E. McMahan

2007-2008 DRC OFFICERS

President: Toby Barfield

BarfieldT@usa.redcross.org

489-6541 (office)

President-Elect: Phil Hutchings, III

phil@hutchingscpas.com

493-1625 (office)

Secretary: Newman Aguiar

newman@nc.rr.com

201-1868 (office)

Treasurer: Kurt Preble

KPreble@VerityInvest.com

490-6717 (office)

Sergeant-at-Arms: Bill Stokes

william.a.stokes@smithbarney.com

490-7141 (office)

BOARD OF DIRECTORS

Past-President: Susan Ross 6/08

Tom Krakauer 6/08 Shelly Weitz 6/09

Jerry O'Keefe 6/08 Marilyn Walls 6/09

Carolyn Titus 6/08 Connie Campanaro 6/09

Abel Ekpunobi 6/10

Arthur Rogers 6/10

Bijoy Sahoo 6/10

Bernadette Jones, Executive Secretary

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Club Website Masters:

Newman Aguiar, Club Secretary & Website Designer

Melissa Mills, Assistant – Weekly Update