



# ROTARY CLUB OF FLORENCE

President: Jacob A. Brooks  
 Secretary: Carrie Herrmann  
 Treasurer: Michelle Owen  
 SGT-at-Arms: Shawn Carroll  
 Pres. Elect: Jim Ferguson



Mondays 12 pm at the Hilton  
 7373 Turfway Rd, Florence KY  
 Box 6027 Florence KY 41022  
[FlorenceRotary.org](http://FlorenceRotary.org)  
 District 6740



## TODAY'S SCHEDULE, MARCH 05<sup>TH</sup> 2018

- 11:45 Buffet Opens (\$14 for Buffet, Coffee, Tea, & Dessert)
- 12:15 President Jacob Brooks Presiding  
Team 9 Greeting, Prayer, Pledge and 4Way Test
- 12:30 NKY Chamber of Commerce - President & CEO Brent Cooper (Raverty)
- 1:00 Meeting Adjourned



## PROGRAMS

MARCH		TEAM
12	Club Assembly / New Member Pinning Ceremony (Ferguson)	1
19	Tattoo Removal, Inc. Prison Ministry - Josephine Martin (Froelicher)	2
26	CVG - Bobby Spann & Brian Cobb (Brooks)	3
APRIL		TEAM
2	German Immigrant Matth. Toeppen (Schickel)	4
9	Florence Police K-9 Patrol Demonstration (Froelicher)	5
16	YMCA of Greater Cincinnati - New President Jorge Perez (Brooks)	6
19	Rotary Foundation Dinner @ Triple Crown Country Club (Palmer)	
23	Teacher of the Year Program (Keeling/Team 1)	7
30	Area High School Student Scholarship Presentations (Rahn)	8

## ANNOUNCEMENTS

**SECRETARY'S REPORT 02/18:** Membership-97 active; Attendance-61.9%  
**GO PANTRY IS OUR CSP FOR 1ST ¼ :**

- ⇒ TIME donation — Sign up to help at a GO Pantry packing event to be held at Master Provisions - times TBD.
- ⇒ SUPPLIES donation — Cereal, Individual Serving Size.
- ⇒ MONEY donation — Go Pantry is working to fill GO Boxes for Spring Break. Rotarians can donate \$20 this quarter to help fill 1/3 of a GO Box, to feed a hungry child during Spring Break. That \$20 will be matched by the Foundation, up to total contributions from members of \$500 for the quarter.

**03/17 ST. PATRICK'S DAY FLAP JACKS** to support Interact of Boone County. The Valentine one brought in \$200.

**03/22 COOPER:** Once again it is our pleasure to help support Cooper High School with their senior exit presentations. This is a great way to not only support one of our local schools but you will get to visit with some of the best and brightest students coming out of our school's system. The Florence Rotary Club has agreed to recruit volunteers to help support this initiative by listening to students presentation and providing feedback. Please use the link below to see the available days and times we need to fill <http://www.signupgenius.com/go/4090c45a8ae22a0f94-cooper>.

**03/23 FLORENCE ROTARY CLUB 2018 SCHOLARSHIP APPLICATION** post-marked on or before Friday, 03/23/2018. Presented Monday 04/30/2018.

**04/19 ANNUAL FOUNDATION DINNER:** 6 pm @ Triple Crown Country Club

**06/09 DISTRICT RAFFEL:** Buy a ticket to win a 3 day-2 night visit to the Greenbrier Resort in White Sulphur Springs, West Virginia. Tickets are \$50.00 each. Only 500 tickets available. Trip Value is \$3,000. Good for one year. The drawing will be held at District Conference. All of the proceeds will go to the Foundation. If you are interested in selling tickets or would like to purchase tickets please see Woody Mueller. Checks should be made out to the Rotary Club of Ashland/Foundation.

**06/23-27 Rotary Toronto Convention.** March 31st last day for \$410 [online registration](http://online.registration). Take special note of the Zone 30/31 dinner cruise at <https://www.rizones30-31.org/>

 <b>Jim Garner</b> (859) 283-5151	 <b>Shawn Carroll</b> New Perceptions 859.344.9322
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 <b>Wayne Hartke</b> 859.746.3400	 <b>MARR HALLENBERG</b> WEBSITE DESIGN + BUILD 859.380.4096
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 <b>John Steffen</b> 888.746.2113	 <b>Gary Moore</b> JUDGE EXECUTIVE 859.334.2242
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 <b>Jesse Shipp</b> 859.525.7997	 <b>Mike Crane</b> KY Farm Bureau Insurance 859.586.6142
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 <b>Jacob Brooks</b> R.C. Durr YMCA 859.534.5700	 <b>GATEWAY REHABILITATION HOSPITAL</b> Frank Schneider 859.426.2400
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 <b>Dennis McEvoy</b> Past District Gov.	 <b>MASTER PROVISIONS</b> 859.474.0467
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### AD BUTTONS \$100 YEARLY DONATION

The donation is for 12 months  
 Call or email Joy Hodges  
 859-781-5060  
[mrsjovh@fuse.net](mailto:mrsjovh@fuse.net)



Webster, MATT	20
Volland, DON	24
Schickel, JOHN	29

Newsletter: [Nevillewbuchanan@gmail.com](mailto:Nevillewbuchanan@gmail.com)  
 Twitter & Facebook: [Jpile@Stingermediallc.com](https://www.facebook.com/jpile@stingermediallc.com)

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## The Scott Blanford Story

by Pat Moynahan

Scott Blanford says he didn't have a "get down on your knees" kind of faith when he let his weight balloon to 675 pounds.

But when he fell on an icy driveway in temperatures hovering around zero and couldn't get up, he appealed to God.

"There was nobody around. I thought I was going to die," Blanford said at a recent meeting of the Florence Rotary Club. "I lay there and I asked God to help me."

That was a turning point in Blanford's life, the Owensboro native said. He did find the strength to get up. And he got up with a resolve to do something about all that weight. He subsequently lost 358 pounds over the next year and a half. Simply speaking, "God saved me," he said.

"I believe He gives us the ability to do anything we want to do ... but we choose."

Although he may not be a "get down on your knees" kind of guy, Blanford said he is an "all-in" kind of guy. That's what started him on the weight gain path. He worked for 18 years as general manager at an O'Charley's restaurant and became "the best eater you've ever met in your life."

"I ate when I was happy. I ate when I was sad," Blanford said. "I ate all the time and just let myself go ... the amount of food I consumed would blow you away."

That changed after he lay helpless on his iced-over driveway and called out to God for help. He decided to undergo weight loss surgery, but that proved to be a struggle. His insurance didn't cover the \$70,000 cost. He and his then-wife prayed for help, and she promptly landed a good job that made the surgery possible.

The day after the surgery, Blanford walked about 40 feet down a hospital hallway. Each day he added to the steps and the distance. He started listening to music to motivate him to work out. He started with four songs. Now he's up to 70 songs on a typical walk through the woods. A former special forces soldier, he treats walking like a military exercise slogging through mud and heavy bushes.

"If I don't have a little blood on me (at the end), it's not a good workout," he said.

Blanford said he doesn't follow a specific diet regimen; he lacks the disci-

pline. He typically eats eight small meals a day with emphasis on protein. But the key to success for anyone who wants to lose weight is simple, he said.

"Eat less, lose more."

Blanford doesn't give advice to others on how to lose weight, but he believes what he learned from his fall will help anyone struggling with any of life's challenges.

"Believe in yourself first," he said. "Ask God for help and find what's most important to you."

"Find your own deal. Until you decide and you ask for God's help, it's not going to happen."



Left to right: State Senator Chris McDaniel, Frank Schneider, Rhonda Chisenhall, Paida Matibiri, Dave Wolfer, State Senator John Schickel, Barbara Rahn, Ian Addington, Don Volland, Adam Howard, & State Senator Wil Schroder.

