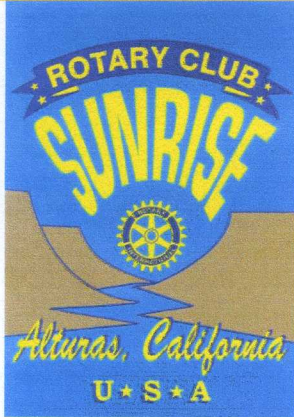


THE WEEKLY HASH

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Alan Cain

Assistant Dls. Governor:

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Frieda Dubois

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Dwight Beeson

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Paul Bailey

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Dwight Beeson

Carol Callaghan

Frieda DuBois

Dan Silveria

Sandy Stevenson

Bill Wilson brought friend and fellow cowboy, Stig Hann in for a great program on, of all things, skydiving!

The basics of skydiving must be known to every new skydiver before he attempts to sky dive. There could be nothing more exciting and adventurous than jumping out of an airplane from high altitudes and falling directly towards the earth with amazing speeds.



After one jumps from the plane, he floats in the sky watching the earth gradually come closer second by second until he eventually reach the ground and has the urge to do it one more time. The person is trained on the ground first before he could go skydiving.

But it is also true that before you can actually get 'thrilled', you must be 'skilled'. To be a good skydiver and having a fun filled sky diving experience, the person must have courage, confidence, good health, commitment, mental alertness and a twist of madness!

A person who is trained before actual skydiving is taught about the altitude awareness, how to operate the parachute, hover control, turning techniques, radio assisted landing and other important lessons for high speed free fall skydiving.

If at any time the person thinks that he could not do it, he must take the final decision before attempting to skydive and not later. But if the person has made up his mind and decides to attempt the sport, then he may head towards a good skydiving school and get started. One must choose an old learning school which has got some reputation with history and successful and safe jumps.

Skydiving takes a place in the heart and body so one must pay a visit to his personal physician and let him know about his plans and that he intend to do a program in physical training. If the personal physician agrees for it, then one must go for it. There is no need of very good body strength or stamina to learn the basics of skydiving. For more info go to:<http://ezinearticles.com/?The-Basics-of-Skydiving&id=1346148>



Happy Pot!

Seab- Autopulse challenge!

Jerry-Great Modoc Memories!

George- Repeal of Ammo law

Monica-Rotarian support of the Auto pulse fundraising

Tom-Heading south to Brazil

Paul -The lack of mud

Frieda- Fowl Hunters

Thanks Rotarian's for stepping up to the plate and donating money towards the purchase of the Auto-pulse machine for the hospital!

Sunrise Rotary not only donated \$600 dollars from our own treasury but gave over another \$750.00 out of our own pockets!

Thanks!

Service Above Self!

Program Schedule: 1/27 George Wistos, 2/3 Kimberly Anderson, 2/10 Paul Bailey

MARBLE GAME.

Seab finally did not win!



Today's Guest

Sig Hann

rotarian

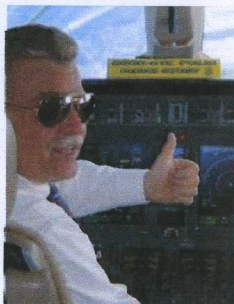


this month's cover

Rotary Tidbit:

Check out the many covers done by famous artist...in this months issue!

EVENT CALANDER



Executive meeting to be announced for February.

Snow Blast is coming soon! Or maybe not???

Look for it sometime in the first couple of weeks in February!

Get ready for Foundation Dinner and Rotarians at Work Day!

ROTARY SOCIAL SITES



<http://www.facebook.com/pages/Rotary-International/7268844551>



<http://twitter.com/rotary>



<http://www.youtube.com/user/RotaryInternational>

Check out our District 5190 Newsletter!

http://rotarydistrict5190.org/District_News_0810.pdf