

# Rotary Club of Sugar House



District 5420 | Salt Lake City, Utah

**"ROTARY: BE THE INSPIRATION!"**

Vol. 63 No. 8.2

CLUB #1085 The Sugar House Rotary

District 5420

February 14, 2019

<http://www.sugarhouserotary.com>

PO Box 526102, SLC, UT 84152

Thursday Noon, Forest Dale Golf Club

## OPENING – 12 PM

**Greeter:** Rich Bryne  
**Song:** FOR ME AND MY GAL/GUY  
**Pledge/4-Way:** Jeremy Lindquist  
**Prayer/Thought:** Peter Fariello  
**Guest Intro:** Dale Lambert  
**Sgt. At Arms:** Mr. Barry Bank

**Piano:** Craig Kaelin

**Conductor:** Dave Baranowski

*The bells are ringing for me and my gal/guy.*

*The birds are singing for me and my gal/guy.*

*Everybody's been knowing to a wedding they're going.*

*And for weeks they've been sewing, every Susie and Sal.*

*They're congregating for me and my gal/guy.*

*The parson's waiting for me and my gal/guy.*

*And sometime I'm goin' to build a little home for two, for three or four or more, in Loveland,  
For me and my gal/guy!*

## Sugar House Rotary Club

2018-2019

President	Margie Waltz
President Elect	Chuck Baker
Immediate Past Pres.	Errol EerNisse
President Elect Nominee	Dale Lambert
Director	Todd Suekawa
Director	Cassie Craig
Director	Dale Lambert
Sgt. At Arms	Barry Bank
Chili Open Chair	Paul Halliday
Secretary	Dave Baranowski
Treasurer	Rick Augustine

**February 23 is the 114<sup>th</sup> anniversary of Rotary International.**

**Here are some ideas for how to celebrate this momentous event!**

**\*Inform your social media followers of this anniversary by changing your Facebook cover to a birthday cake.**

**\*Encourage cub members to bring a friend to your next meeting or to hear your next guest speaker.**

**\*Sponsor a local event and use the opportunity to tell people about Rotary and about the work your club is doing in the community.**

**\*Write a story for your local newspaper about the "Service Above Self" your club has provided in its history.**

**Heidi O'Donoghue**  
**Mindfulness and**  
**Yoga Teacher**



## Calendar

2/21—Connor Estes, Spy Hop Productions

2/28—TBD

3/7—Club Assembly

3/14—Detective Cooper Landdvatter  
CIU, District 7, SLC Police

## SPECIAL FUTURE DATES

- District Conference, May 9-11
- International Convention, Hamburg, Germany June 1-5

Heidi has had a keen interest in exploring the timeless teachings of yoga and meditation since young adulthood. Sharing these teachings to help cultivate more compassion and understanding for ourselves and others brings her great joy. A registered yoga teacher since 2002, Heidi has taught yoga, meditation and mindfulness at many local studios in Sale Lake. In 2010 she opened Your Path Yoga Studio, a small private studio that she ran for seven years. Mindfulness, meditation and yoga have been the foundation of her training and life for over 20 years. She teaches Mindfulness Based Stress Reduction courses in Sale Lake and Park City; in addition, she holds an adjunct faculty position at SLCC. Heidi also offers group and private yoga classes on an ongoing basis in Salt Lake.



## WELCOME SONG

Song by Wally Williams (Former Club Member)

Welcome to Sugar House Rotary,  
We're mighty glad you are here  
We'd like to sing you a long song  
But a wrong song might appear  
So sit you down and make some  
Friends today . . . RIGHT HERE!