



“Create Hope in the World”

Vol. 70 No. 9 CLUB 1085 The Rotary Club of Sugar House The Sweetest Club in Rotary District 5420 November 16, 2023

<http://www.sugarhouserotary.com>

PO Box 526102, SLC, UT 84152 Thursday Noon, In Person meeting and Zoom

OPENING – 12:15 PM

Conducting Gene Davis
Pledge and 4-Way TBA
Thought TBA
Music Merrill Smith

SMILE, SING A SONG

Smile and the world smiles with you,
Sing a song.
Don't be weary,
Just be cheery all day long.
Whenever your trials,
Your troubles and your care
Seem to be more
Than you can really bear,
Smile and the world smiles with you.
Sing a song.

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**



**CREATE HOPE
in the WORLD**

Aaron Ogden

I'm Aaron Ogden, and I'm a native Utahn. I was raised in a family that actively embraced an outdoor lifestyle, using the four distinct seasons of Utah to become proficient at many outdoor activities. I graduated from the University of Utah in Exercise Science, and since sitting at a desk was not in my make-up, I pursued a career in health and fitness.

I'm a certified personal trainer through the American College of Sports Medicine, Reebok Neuromuscular Training, and a herbalist from the School of Natural Healing. I'm also a Wilderness First Responder.

I'm dedicated to my self-development using continued education, community service, and physical activity that pushes my abilities. Some of my adventures include backpacking for six months across Alaska with many adventure races, including the World Championships and whitewater kayaking. I've kayaked on more than 100 rivers, including the Colorado River through the Grand Canyon. Each of these adventures connects me to my authentic self.

I've worked with many people and demographics throughout the years. I am continually amazed at how many people simply exercise for their health but then do nothing to reward themselves for the effort. For this reason, I founded KOLifit, a company that prepares people with the fitness level and skills to accomplish amazing things outdoors. My passion is to help people use their fitness to experience life in the great outdoors.



My spirit animal is the Bear Cub: Work hard, play hard and learn all you can.

**Sugar House Rotary Club
Leadership Team**

2013-2024

President	Gene Davis
President Elect	Paul Halliday
Dir. International	Brandon Briggs
Dir. Membership	Tom King
Dir. Communications	Dale Lambert
Dir. Community Events	Monika Fleckenstein
Dir. Foundation	Errol EerNisse
Sgt. At Arms	Barry Bank
Secretary/Treasurer	David Baranowski

Upcoming Meetings

3rd Thursday November 16: Bonus Meeting Aaron Ogden – physical and mental health

3rd Thursday November 16: Wrapping Christmas presents at the Columbus Center at noon. Go over after Rotary meeting.

4th Thursday November 23: Thanksgiving. No meeting.

Saturday December 9: Celebration party for Todd Suekawa. He's turned 60 although he doesn't look a day over 50 something. Menu is Swedish meatballs and red cabbage with red potatoes. Desert is a cookie exchange. Bring cookies to exchange and be creative. Start time is 5:30 at Todd's house 169 B Street, Salt Lake City.

2nd Thursday December 14: Holiday Social at Westminster College. 6:00 pm cocktail hour in the Richter Alcove and 7:00 pm dinner in the Tanner Atrium. Park in the garage and go right into the building.

Saturday December 16: Bell ringing for Salvation Army at Smiths 900 East 2100 South.

4th Thursday December 28: Noon Roundtable social meeting at Fiddler's Elbow, formerly Salt Lake Pizza and Pasta. This is the front part of the building.

2nd Thursday January 11: Board meeting 11:15 at Forest Dale

2nd Thursday January 11: Business meeting and birthday salute.

4th Thursday January 25: TBD