



Rotary Gastonia East

Service Above Self since 1970



END POLIO NOW

Bingo: Brad Drury

Prayer/Pledge: Sheree Hall

Health & Happiness: Jim Funderburk

Sgt.-at-Arms: Julia Allen

Welcome to our April 11, 2016 meeting

We are glad you are here!



Selina Byrne
RoboGaston
Hawk's Nest
RoboHawks

Happy Birthday This Week



April Club Anniversaries

Dick Akers	3
Jim Funderburk	22
Sonya McGraw	14
Paige Morgan	14
John Stanley	38

NEXT WEEK:

District Conference
Extravaganza
DG Ineke Wilson &
Beth Trotter



www.facebook.com/GastoniaEastRotary

<http://www.gastoniaeastrotary.org/>

Upcoming Events

Monday, April 18	Ineke Wilson & Beth Trotter	District Conference Extravaganza
Monday, April 25	Cheryl Rhoades	Gaston Dance Theater
Monday, May 2	Becca Clopp, BSN, RN	Cancer Detection – CaroMont Cancer Center
Friday, May 13	Summer Concert Series	Rotary Pavilion 6 PM
Saturday, May 14	CaroMont Community Challenge	Stuart Cramer High School 7:30 AM

The individuals listed below are responsible for the Prayer/Pledge and calling Bingo on the assigned dates. **If you cannot attend on the date requested, please delegate your responsibility to another club member.**

<u>Date</u>	<u>Prayer/Pledge</u>	<u>Bingo</u>	<u>Sgt.at Arms</u>	<u>Health & Happiness</u>
April 18	Rick Houser	Jason Ramey	Julia Allen	Jim Funderburk
April 25	Jason Ramey	Natalie Tindol	Kathy Gallman	Jim Funderburk
May 2	Natalie Tindol	Craig Lowry	Jerry Roche	Kelly Morris
May 9	Julia Allen	TJ Wilson	Monte Monteleone	Kelly Morris

CaroMont Health Community Challenge!

CaroMont Community Challenge set for May 14th

For the third year CaroMont health will host the CaroMont Community Challenge, a 5k run, 1 mile fun run, and family friendly event. Runners and walkers of all ages are welcome to attend this health and wellness experience on May 14th at Stuart W Cramer high school, 101 Lakewood Road in Belmont.

“We want the CaroMont Community Challenge to bring our community together to run walk and support one another regardless of where they are in their health journey,” said Doug Luckett president and CEO of CaroMont Health.

“Whether you are a seasoned runner or just started exercise, taking the first step is important, and we hope this event gives people an opportunity to compete, learn, or just make connections to help them improve their health and wellness. We are in our third year, and it just keeps getting better,” Luckett added.

CaroMont Health is offering a couch to 5k training program to help walkers and runners prepare for the event, There will be activities for all ages and fitness levels during the event that are sure to make this a great way to spend a Saturday morning.

The CaroMont Community Challenge is more than a race, it is a health and wellness experience for the whole family. The event will include health and fitness demonstrations, interactive fitness challenges, giveaways, prizes, and a variety of fun and interactive activities.

The 5k run begins at 8 a.m. followed by a one mile fun walk at 9 a.m. Both races will start and finish at Stuart W. Cramer High School. Registration for the 5k is \$15 per person or \$50 for a family (4 or more) and includes a t-shirt. There is no fee to participate in the 1 mile fun walk but registration is required visit www.caromontcommunitychallenge.com to register. *(article from Gaston Gazette)*

WANT TO GO?

MAY14, 2016

7:30 AM

Stuart W. Cramer High School

101 Lakewood Dr. Belmont, NC 28012

