



## AMERICA

My Country 'tis of thee,  
Sweet Land of Liberty,  
Of Thee I sing.  
Land where my fathers died,  
Land of the pilgrims' pride,  
From every mountain side,  
Let freedom ring.

## VERMILION GRACE

Let us pause in the rush of the  
fray  
And reflect on our duties so high  
We confess and exalt Thee today,  
We beseech Thee thy care,  
God most high.



## SMILE

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, so  
Smile and the world smiles with you  
Sing a song!

## HELLO

Hello, Hello, Hello  
What a wonderful word hello,  
Hello, Hello, Hello  
You will hear it wherever you go.  
Strangers like your friendship  
When you greet them;  
So smile and say hello  
When you first meet them.  
Hello, Hello, Hello,  
What a wonderful word Hello!

## BIRTHDAYS & ANNIVERSARIES

Happy Birthday to you  
Anniversary too.  
Have a great celebration  
Love and Joy all year through

is nothing new in Podiatry. Dina answered some of the questions written out by the members beforehand. She talked about the "stinging sensation" in a person's heel as a probable nerve problem. She said that foot health in general is very important. Dina stressed that when buying one's shoes, it is very important to go to a qualified sales person who will take the time to correctly fit you. She said if you don't have foot problems, this isn't quite as important as one who is bothered by their feet. Dina said that when being fitted for new shoes, the shoe should not bend in the middle and it should have good arch supports. Leather is better than Vinyl. She was asked about calluses, bunions and corns on the foot. Dina said calluses and corns are similar. The question of running barefoot was answered by Dina, saying that she wasn't opposed to it. Running in the sand is good conditioning. Thanks, Dina, for this very informative talk.

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There are 8 who hope to participate. Dusty Woodcox from Antwerp, is going to Germany; Elizabeth Rege-danz from Van Wert, is going to Japan; Erica Dahlby from Ontario, is going to Austria; Hayley Feichter from Antwerp is going to Germany; Henry Craig from Sylvania is going to Brazil; Shelby Frideger from New Bremen is going to Croatia; Stephanie Micham from Maumee, is going to Japan.

For these students, the friendships they make at these meetings will, in many cases, remain with them in the years to come. This is a part of the Rotary exchange experience. As these students grow and move into the next phase of their life they will take their international friendships with them. This will all help to build World Peace and Understanding, for all of us in the future.

The accompanying photo was one where they wanted to pose "crazy." I love it!

## Up-coming Programs

- Feb 11th Chairperson: Pat Stein  
To be announced
- Feb 18th Speaker: Rev. Mike Lavelle  
Subject: Police Chaplaincy  
Chairperson: Bob Kish
- Feb 25th Happy Birthday Rotary  
Feb 25th Speaker: Coletta Kubik  
Subject: Main Rail - Rail Fan Observation  
Chairperson: Pam Reese
- March "Perfect Attendance Month"  
Mar 4th Speaker: High School group  
Subject: four way test competition  
Chairperson: Amy Hendricks
- Mar 11th Speaker: Pres. Lynn Miggins  
Subject: Club Assembly

