

# New Horizons

## Club Calendar

- Jan. 15 – GWCSR Holiday Party
- Jan. 19 – Scott Schafer, The Second Mile
- Jan. 26 – Glenda Brion, Friends Assoc.
- Feb. 2 – *Club Forum*  
World Understanding Month
- Feb. 9 – Jeanette Glick-Hassis,  
Maillie Falconiero & Co.,  
Tax Update for 2011

## Today's Program

Our speaker this morning is Tanya Stroh, B.S., NSCA, ACE. Tanya is the founder and creator of *Tanya Stroh Training Solutions*, an on-line, fitness and personal training website. We often make New Years Resolutions about our health & wellness and then find them hard to keep because we can't seem to find the time. This morning, she will be discussing some easy "Resolution Solutions" that help make a big difference in as little as 3 to 5 minutes everyday with simple, small changes that add up to a fit & healthy you! She will also present a brief excerpt from her "Portion Distortion" kids program.

## GWCSR Club Program January 5, 2011



Our first meeting of 2011 was a Club Forum. Linda Raileanu also gave her

Classification Talk. Linda is President of Genuine Healthcare Resources, LLC, a healthcare firm providing healthcare advocacy, healthcare consultants and Genuine Wellness Programs<sup>®</sup>. The company website is [www.genuine-hcr.com](http://www.genuine-hcr.com).

Linda also offers Genuine Green Solutions<sup>®</sup>, including green energy as an associate of Veridian Energy. When one signs up with Veridian as their electricity provider at [www.veridian.com/GenuinePower](http://www.veridian.com/GenuinePower), 25% of the profits will be donated to support our troops through Operation Gratitude, [www.opgratitude.com](http://www.opgratitude.com).

## Rotarian News

### What's Happening in Your Business and Profession?

– Submitted by Ed Fronczkowski

#### Lenore Guthrie

When Joan Batory, Rotary District Governor, attended our meeting she stated that she met me when she was Chester County Director of Solid Waste and I used to ride on the trucks. Since many of you did not know me when I was a "business-woman," I thought I should explain. Here is my "Once upon a time..." story.

I worked for BFI (Browning Ferris Industries) for 20 years. My position was in the support center, and my area covered five hauling companies: Hershey, Reading, Telford, Valley Forge and West Grove. I did all the municipal work for the areas north, south, east and west of these hauling companies. I met with and worked with township managers and their staff to set up bid specs, put together bid packages and followed through with service if BFI won the bid. I also set up recycle programs when the state mandated

recycling. I held seminars for townships, schools and commercial customers on how to set up and maintain a successful recycling program. My days were long and wonderful. I loved my job and all the fantastic people I met along the way. BFI was a dream job: lots of schooling, training, support and a great team effort.

I would probably still be working except my husband and I did not want our grandchildren in a day care situation; so I retired nine years ago and started another dream job. We are now down to the last grandchild - Matthew, age 4. He fills my life with joy, and he is my new "boss." Instead of riding in a truck, I now sit on the floor and play with trucks. Instead of running all over southeastern Pa., I now run around in a park or the back yard. We spend our days doing whatever his imagination can create. Each day is different and fun.

I am blessed to have two daughters, two sons-in-law, one son and one daughter-in-law, eight grandchildren from age 26 to age 4, and one granddaughter-in-law. I have been married to my husband, Curtis (Skip), who has spoiled me for 56 years.

I am most thankful for a life that has been filled with love, and joy, and happiness.

## Announcements

### Rotary Holiday Party, January 15, 2011

Our winter fellowship event will be at Dawn deFuria's beginning at 7:00 PM this Saturday. Please look for an RSVP sheet that will be passed around before the party. Thanks for opening your home Dawn!

## Charter Night, April 16, 2011

### Club Website

Cynthia Ericson will be updating our website within the next week and would like to begin including a page that reflects each members charity work. It can be anything that you are doing to give back to our community – your time, funds and talent! If you have developed a non-profit cause such as Gus Mbuy's EHOBO – this would also be included.

Please give thought to all the wonderful things you are involved with and we will include it!

Please email Cynthia at your earliest convenience so we can capture all the ways you inspire others!  
[Cynthia@ericsonsms.com](mailto:Cynthia@ericsonsms.com)

### Club Newsletter

If you are not receiving the latest *New Horizons* via email each week, please submit your email address or any corrections for our list to Jeff ([jpb@bfmlaw.com](mailto:jpb@bfmlaw.com)) and to Gwenn ([mottasia@gmail.com](mailto:mottasia@gmail.com)).

## WCHE Radio —1520 AM

### Cynthia Ericson

#### This Week In Business

Live on Tuesdays from 3–4 pm

1/11 – Paul Young/Author, *The Shack* - Full Hour

1/18 – Brett Hand, Brett Hand  
Architect

Jack Gault & Sarah Deluca,  
West Chester University  
Interns

#### This Week In Service

Airs on Thursdays from 4–5 pm

1/14 – Mary & Carol - Meals on  
Wheels

Michele - RSVP

1/21 – Joan Batory - Rotary

Dolly - Domestic Violence

Go to [www.wche1520.com](http://www.wche1520.com) and click on the microphone to listen live.

To recommend a guest for the show, please contact Cynthia at [Cynthia@ericsonsms.com](mailto:Cynthia@ericsonsms.com)

## Janet Colliton and Phil McFadden

### 50 plus Planning Ahead

Remember to tune in Wednesdays at 4:30 PM on 1520 WCHE.

Fellow Rotarians Janet Colliton of Colliton Law Associates and Phil McFadden, take a lighthearted look at issues affecting seniors and their families today. The show will feature guests and call-ins.

## Rotary on the Internet

### Sunrise Website:

[www.rotary7450.org/WestChesterSun](http://www.rotary7450.org/WestChesterSun)

District Website: [www.rotary7450.org](http://www.rotary7450.org)

To access "Members" only information please use: User ID: 7450 Password: action!

## Newsletter Submissions

Please submit news items ready for publication in *New Horizons* to Gwenn Knapp [mottasia@gmail.com](mailto:mottasia@gmail.com)  
 Jeff Bryman [jpb@bfmlaw.com](mailto:jpb@bfmlaw.com)

**Note:** Regular submissions are **needed** in order to produce the newsletter regularly!

Thank you to all contributors!