



The Rotary Rocket



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District 6860

Club # 51965

November 10, 2011

Col John Reitzell (Ret)



After a 28 year Army career, Colonel John Reitzell retired to Huntsville, Al. and is currently employed by Dynetics Inc., a Soldier centric Company that specializes in R&D and engineering for the guys at the pointy end of the spear. Col Reitzell served in the 82nd Airborne, the 4th infantry, the 2nd infantry, the 2nd Armored Divisions, the 173rd Airborne Brigade, and commanded the famed 1st Battalion 509th Parachute Infantry and is in that unit's Hall of Fame.

His assignments began at platoon leader level and increased in responsibility through Brigade Command. He commanded 2 Infantry Battalions of over 700 soldiers and a Brigade of over 2,500. In combat Col. Reitzell served as a commander in Light Infantry, Parachute Infantry, and Ranger Infantry. After a tour at the United States Air Force Academy as "the Army guy" where he was the Officer in Charge on the U. S. Air Force Parachute Team, The Wings of Blue, Col. Reitzell spent a year in Korea as the operations officer of the "Frontline Brigade" on the DMZ. What followed were multiple years in "black" Special Ops at Ft. Bragg, where he deployed on 36 "real World" operations in support of the US Counter Terrorism mission. Operations such as the invasion of Grenada, the response to the hijacking of TWA 847 and the seizing of the cruise ship Achille Lauro by terrorists are examples of these missions.

Tom Clancy chronicles Col. Reitzell's participation in the Achille Lauro response in the "Chase" Chapter of his book "Shadow Warriors," and New York Times best selling author W.E.B.Griffin has dedicated his new series of novels on the rising threat of terrorism to John. Col Reitzell retired in 1997, as the Chief of Staff of the U.S. Army Infantry School at Ft. Benning, and was inducted into the Madison County, Al Hall of Heroes, in 2003. John speaks professionally for the Young America's Foundation and has addressed college students on campuses across the country. He sits on the Board of Directors of the Tennessee Valley Chapter of the National Defense Industrial Association of the U.S. Army.

Congresswoman Mary Fallin of Oklahoma says about Col. Reitzell "that he should address Congress from the floor and educate the Members on the history of terrorism and the current threat" and Senator Jeff Sessions of Alabama says "I'm glad John's on our side ". Col Reitzell retired with 3 legions of merit, 4 Bronze Stars with "V" device for valor, the Purple Heart, The Combat Infantryman's Badge, Master Parachutist Badge with over 500 jumps, The Ranger Tab, and numerous other decorations from multiple services and countries. John's wife Glenda is a Gubernatorial appointee to the U.S. space and Rocket Commission and they have two grown children.

Today's Agenda

- Invocation/Pledge/Breakfast
- Introduction of Guests
- Brag Bucks
- Presentation of \$\$ to Madison Hospital Foundation
- Introduction of Veterans Day Program
- Recognition of our Veterans
- Veteran of Year Award given to Lt. Col. Troy Trulock (Ret)
- Guest Speaker Col. John Reitzell (Ret)
- Close

Together, we will Reach Within to Embrace Humanity. And in peace, harmony, and friendship, we will bring change—and a more joyful world. Kalyan Banerjee, President Rotary International

Photo's Taken from Last Meeting



Art +8 and Dennis +2 receive Paul Harris Fellowship Plus Awards



Carol Rives on Madison Rotary Club Foundation.

Note: Monies given to the Foundation are deductible.



Ron Klein on Paul Harris Fellows and PH Society



Gail Lecroy wins the Polio draw for the second time in a row. What are the odds to get past about 50 others twice and then draw the joker. Congrats!

Your diet: BLP 11/15/11

Leafy greens lower diabetes risk. Recent study: People who ate the most greens, such as Chinese cabbage, kale and spinach, had a 14% lower risk for type 2 diabetes than those who ate the least. Possible reason: Leafy greens have magnesium, an antioxidant involved with glucose metabolism. And the alpha-linoleic acid in leafy greens helps increase insulin sensitivity.

Best drink after a workout: Chocolate milk. When consumed immediately after a workout, low-fat chocolate milk helps athletes build more muscle than a comparable high-carbohydrate sports drinks. Drinking chocolate milk also leads to faster muscle recovery and better subsequent workouts. Also: Individuals who drank chocolate milk immediately after cycling five days a week over four weeks had twice as much improvement in their maximum oxygen uptake—an indicator of cardiovascular fitness—as individuals who drank calorie-free beverages or a carbohydrate sports drink.

Members 2011 - 2012

- | | |
|----------------------------|----------------------------|
| Elton Akins | Jim McKeel |
| John Allen | Emily McIntosh |
| Peter Alvarez | Timothy McMicken |
| Steve Baum β | Alfred Mikolaschek |
| Larry J. Becker II * | Karen Morris |
| Donna Berger 11-23 | Larry Muncey |
| Craig Brennan | Shelia Nash-Stevenson* |
| Jason Canale β | Debbie Overcash |
| Sandra Cepeda | Tommy Parker * 11-20 |
| Cee Chamberlain | Sandy Patel |
| Steve Croomes β 11-2 | David Perkins \AA |
| Pat Cross | Gene Pfeiffer |
| Jeff Cuneo | John Possel |
| Paula Cushman β | Curt Potts |
| Carla Daily 11-8 | Carol Rives |
| Fred Davey | Doug Rossetti |
| Bill Drake β | Dennis Sanders |
| Bob Driggers * | Janice Schuckman |
| Margaret D. Duncan | Art Shaw β |
| James E. Faw | Larry Smith |
| Martin Folgmann* | Amy Thompson |
| John Hardison | Taron K. Thorpe 11-20 |
| Alan Harmon | Kimberly L. Tilghman |
| Shrail Heinrich | Jerry Vickers |
| Henry Hobbs | Barry Wilson |
| Elizabeth Houssain | Charlie Wingard |
| Marc Jacobson | |
| Karen Jernigan | |
| Jeff Jones | |
| Gary Khodanian | |
| Ron Klein β | |
| Diane Korb | |
| Gail Lecroy * | |
| Alex Lutrell * | |
| Tim Mauleg | |

\AA - 90 Day - New Member
 β - Paul Harris Fellows
 β - Paul Harris Society
* - Charter Member

2011 - 2012
Club Officers

- President:**
Carla Daily
- President Elect:**
Emily McIntosh
- President Nominee:**
Steve Baum
- Past President:**
Dennis Sanders
- Secretary:**
Art Shaw
- Treasurer:**
Paula Cushman
- Club Service:**
Diane Korb
- International Service:**
Craig Brennan
- Community Service:**
Peter Alvarez
- Vocational Service:**
Jason Canale
- Sergeant-At-Arms:**
Elton Akins

Club Calendar

November is Rotary Foundation Month

Do you know about -

WEEKLY CLUB & MONTHLY BOARD MEETINGS

- 03-Nov Foundation Committee's Rpt, Carol Rives
- 10-Nov Veteran's Award, Col. (R) John Reitzell
- 14-Nov District Foundation Dinner, Birmingham
- 17-Nov Shelterbox Presentation
- 22-Nov Board Meeting, Dynetics
- 24-Nov No Meeting, Thanksgiving
- 01-Dec Int'l Convention, Early Registration Ends

Missed A Meeting? Do an online make-up meeting at www.rotaryclubone.org!

Unnecessary tests: Imaging for low-back pain. Pain in the lower back is the fifth-most common reason for doctor visits. Doctors routinely order MRIs of the lumbar spine when patients complain about back pain.

The problem: In the vast majority of cases, imaging tests are unnecessary. Low-back pain typically clears up without treatment in six weeks or less.

Exception: MRIs or other imaging test may be needed for severe low back pain or pain that lasts longer than six weeks...or when the symptoms include fever, incontinence, numbness, and tingling.

Cardiovascular screening: You don't need an annual electrocardiogram (EKG) if you don't have symptoms of, or risk factors for heart disease (such as smoking, diabetes, or a family history of cardiovascular disease).

Is it the truth? Is it fair to all concerned? Will it build goodwill and better friendships? Will it be beneficial to all concerned?