



The Cog

Rotary Club No. 3503
P. O. Box 544,
St. Marys, OH 45885
www.stmarysrotary.org
March 4, 2015

Call to Order

President Randy Elsass called the meeting to order followed by Alex Pittman offering the invocation, and the Pledge of Allegiance was recited by all. We were visited today Jan Heinrich and Karen Elsass and our media friends from WLIO.

Song

Jeff Squire led the group in song today as we all sang "All Hail to Rotary." There were no birthdays.

Happy Dollars

Randy was happy to be back in the USA from Australia after weather delays and for a great Australian adventure. Jeff Vossler was happy for his chance at the Queen and a successful LIA event. Alisher was happy for his Dad's visit, Sue Pittman for the Business Person's Breakfast the first Thursday in April and the big

public library article in the Rotarian, Chris Honefanger for the Friends of Scouting kick-off event and Dick Hudson for being back with the club with a reminder to get your PSA check.

Fines

Jon Hall did the fines today. He exempted Dick from all fines. He fined Jeff Vossler for not noticing his beard until now, Ellen for being too far away from her usual seat, Sue Pittman for taking his fine, Alex Pittman for sitting next to her, Jeff Squire and Zach Ferrall for the law firm meeting at the front table, Robbie Burke for Votto still out, Randy for not skiing enough this winter and anyone who has not been to a high school basketball game.

Announcements

- Sign up for the Kroger rewards card. We received about \$74 this quarter. Kathy Sampson will email details on how to register.
- This Thursday those who can are invited to the Eagles basement to help Gary Newton prepare materials for this weekend's PETS.
- Many dates are coming up: May 2 is RLI, March 28 is Grants management seminar, March 21 is the Lima Club Centennial Dinner, and May 2 is Prom Promenade. Mark your calendars.

Program

Kathy introduced Andrea Cahill as our speaker today.

Andrea started Hot Brass Personal Defense about three years ago as an outshoot of the training arm of a consulting firm that she and her husband started. It focuses on women and trains in fire arm and non-fire arm self-defense.

Today she wanted to focus on the Hard Target program that she offers. It is aimed at high school aged girls and trains in physical self-defense and verbal skills to shut down unwanted advances. Girls are naturally afraid of offending people and sometimes they don't effectively communicate their true feelings. We are lucky to live in an area of the state without much violent crime, but our children go away and need to be prepared for life in a more dangerous environment.



She role plays and discusses possible scenarios with the students and trains them to be prepared and to respond. She teaches them to Observe, Orient, Decide and Act

(OODA Loop). Criminals use this to locate targets and people can use it to avoid being targets. She teaches about tools for self-defense, like a kubicon on the keychain and pepper spray training.

Robbie Burke volunteered to show some of the techniques to break a strong wrist grip by moving her arms in a circular motion. She showed how to defend and escape when pushed against a wall. She took questions from the club.

Queen of Hearts

Don Hinckley won the drawing but drew a Joker. Allen Basket was the \$5.00 winner.

Upcoming Program

3/11 John Pfeffenberger
3/18 Dane Marsee

Upcoming Greeters

3/11 Gary Newton
3/18 Kraig Noble
3/25 Alex Pittman

** Please note: All Rotarians scheduled to greet, please be in place by 11:30 a.m.*

The meeting was adjourned after recitation of the "Four Way Test".

