

Motorola Austin Alumni Club:

General Meeting: November 13, 2018, at the North Lamar Senior Center

Mike Coley called the meeting to order at 10:08 AM.

Mike said “Thank You” to all veterans.

Secretary’s Report: The **Minutes** of the previous general and board meetings were published in the newsletter, and approved by the membership.

Treasurer’s Report: Obie reported we are down \$489.68 since August, mostly due to the deposit for the Christmas Party at Maggiano’s

Christmas Party: Obie reported that the party is scheduled for Dec 11, 2018 at Maggiano’s from 11am-2pm. Cost is \$35 each. Payment or commitment to attend is due by Dec. 1. We will have a larger room this year.

Election of Officers: The slate was as follows:

President	Mike Coley
Vice President	Jim Binneboese
Treasurer	Obie Hasty
Secretary	Janet Tidwell volunteered to replace Jules Campbell

They were elected by acclamation.

Continuing their role in Volunteer Positions:

Newsletter	Danna Redford
Membership	Warren Wiemann
Picnic	Wayne Harned
Website	Ray Voith

Members are welcome to attend the board meetings, usually held on the second Tuesday of the first Month of each quarter, at the North Lamar Senior Center.

Verify the date with a board member before attending, as it sometimes changes.

Programs: Mike introduced our speaker, Bill Pfaff, who had a 30 year career at Motorola/Freescale, before his second career as a Math & Physics High School teacher. Bill’s Topic was “**Fit for Life**”.

Bill has run 41 Capitol 10K’s, 5 Marathons, Spartan Races (obstacles), a Pflugerville Triathlon, Pike’s Peak Assent (1/2 marathon) and Motorola Marathon’s from 1992-2015.. His goal was to break a 9 minute mile. It took him 3 marathons to meet, and he said he can “Race a ½ marathon, but Survive a full marathon” Runners speak of “The Wall”, where the body runs out of easy glycogen and lactic acid builds up”. Bill Recommends the Capitol 10K for a fun race (about 6 miles).

Bill remarked “We have three precious commodities: Time, Money, and Health!” Leading causes of death are Heart Attack 25%, Cancer 21%, COPD 7%, Stroke 6%, Alzheimer’s 6%, all other causes 39%. Major cancers are Breast & Colon, due to lifestyle, obesity, etc.

The “Magic Pill” is exercise to improve Energy and Thinking. His recommendation is for 150 minutes/week aerobic, and 2 muscle strength trainings/week. Exercise can include walking, swimming, biking, golf on foot, dancing, yoga, etc. Variety helps, and join a group, such as, Silver Sneakers, YMCA, Camp Gladiator, etc. “If you haven’t been exercising, ask your Doctor first, and ease into it.”

Bill recommended the following books: “Born to Run” by Chris McDougall, and “Chi Running” by Danny Dyer. In Chi running, lean forward, hit mid-foot vs. heel, and use a high cadence of 2 to 3 strikes per second.

Scholarship: Jim Binneboese thanked the membership for supporting the program, named in honor of Gary Daniels. We had four, highly qualified applicants who were evaluated for program of study/purpose, volunteer/community service, personal goals, and academics. Our 2018 winner was Aaron Barlow, who was granted \$2,500, toward tuition at University of North Texas, Dallas

Our plan for 2019 is select candidates in June, and make the Award in August

Website: <http://www.maacweb.org/index.html>.

Our newsletters are posted on the web.

Please let us know of any changes in your name, address, email, phone, etc.

In Memoriam: We are saddened to report the loss of Ross Dewhurst, Jerry Moench and Dave Cheatham.

The meeting adjourned for pizza and bingo at 11:21AM.

Respectfully Submitted,
Jules Campbell, Secretary of Motorola Austin Alumni Club