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POMONA ROTARY

740 N. Garey Ave.

Pomona, CA

91767-4614



"Service Above Self"

MAKE-UP LOCATIONS

TUESDAY:

COVINA - Sunrise 7:15 am
South Hills Country Club
2655 N. Citrus Ave., West Covina

RANCHO DEL CHINO - 7:15 am
Papachinos Grill & Greens
14501 Ramona Ave., Chino

WALNUT VALLEY - 7:15 am
The Diamond Bar Golf Club
22751 Golden Springs Dr., Diamond Bar

WEDNESDAY:

CHINO - 12:00 pm
Chino Community Building
5443 B. St., Chino

CLAREMONT - Sunrise 7:15 am
St. Ambrose Episcopal Church
830 W. Bonita Ave., Claremont

SAN DIMAS - 12:00 pm
Via Verde Country Club
1400 Avenida Entrada, San Dimas

UPLAND - 12:00 pm
Landecena Community Center
1325 E. San Bernardino Rd., Upland

WEST COVINA - 12:15 pm
South Hills Country Club
2655 S. Citrus Ave., West Covina

THURSDAY:

COVINA - 12:10 pm
South Hills Country Club
2655 S. Citrus St., West Covina

LA VERNE - 7:30 am
Univ. of La Verne President's Dining Room
1950 3rd St., La Verne

ONTARIO - 12:00 pm
DoubleTree Hotel
222 N. Vineyard Ave., Ontario

FRIDAY:

ARCADIA - 12:00 pm
Embassy Suites
211 E. Huntington Dr., Arcadia

CLAREMONT - 12:00 pm
DoubleTree Hotel
555 W. Foothill Blvd., Claremont

or go to:
www.rotary.org



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**ROTARY:
BE THE
INSPIRATION**

Official Bulletin
Pomona Rotary Club

President's Theme:
*Inspiring others
through leadership,
teamwork, and compassion*
Jeff Keating, President

Rotary International President:
Barry Rassin
East Nassau, Bahamas

District Governor:
John Chase
Boulder City, NV

Founded 1921
Club #797

www.pomonarotary.org

The Four-Way Test

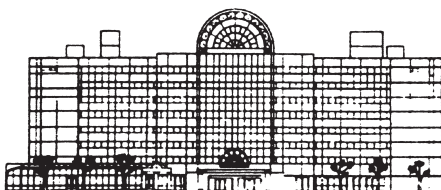
of the things we think, say or do.

First - Is it the TRUTH?

Second - Is it FAIR to all concerned?

Third - Will it build GOOD WILL
and BETTER FRIENDSHIPS?

Fourth - Will it be BENEFICIAL to all concerned?



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What do we do? Improve people's lives! Where do we do it? Locally and globally! How do we do it? Through service!

THIS WEEK'S PROGRAM

Aug 21 - District Governor John Chase

FUTURE PROGRAMS AND EVENTS

Aug 28 - Daniel Wilson - WesternU

Sep 4 - Jill Dolan - Mt. SAC

Sep 11 - Students

Sep 18 - Ginger Corwin - Self Help

Sep 25 - Ray Adamyk - Spectra Company

Oct 2 - Chris Burns - Boys Republic

Oct 10 - Students

WEEK (Aug 14th, 2018)

GUESTS AND VISITING ROTARIANS

Rotarian **Gerhard Haimerl** from Germering, Germany joined our meeting. **Dennis Farley** joined his wife Tami Farley. **Norma Quinonez** joined her husband Andrew Quinonez.

AROUND THE CLUB

Rotarian Gerhard Haimerl visited our club. He is the president of the Rotary Club in Germering, Germany. He is in town for a summer school student exchange program that he helped establish between Cal Poly Pomona and his local university, the Hochschule Biberach, Germany. He exchanged club banners with president Jeff Keating.



PRESIDENT'S MOMENT

"Everyone can be great because everyone can serve. You don't have to have a college education to serve. You don't even have to make your subjects and verbs agree to serve. You only need a heart full of grace."
~ The Rev. Dr. Martin Luther King, Jr.

ANNOUNCEMENTS

- Hot August Night is this Saturday, August 18th. If you haven't made your reservation yet, please do so as soon as possible with Beth Brook. Dress code is classy casual.
- District Governor John Chase will be visiting our club for our meeting on August 21st. Let's all try to attend! The general meeting will be preceded by a special board meeting starting at 11am.
- Andrew Quinones is looking for volunteers to help out at a picnic for foster children and their families that he is helping to organize at Legg Lake Park in South El Monte on September 8th.
- This year, the \$120 contribution for the Rotary Annual Fund was included in the dues bill and therefore paid automatically if you have automatic deductions set up. Please note the these \$120 are only the minimum donation. More is always welcome.

MEMBER RECOGNITION - Gary George

- Thank you to **Steve Graber** for sharing his Rotary

Rotary is a dynamic community service organization which supports charitable causes locally and world-wide. Rotary International has over 1.2 million members in over 100 countries.

Care to see all photos from last week?
They can be viewed and downloaded from here:
<http://bit.ly/PRotary81418>
or scan QR Code



Aug 21st, 2018



Moment, when he got to see Percy Chu speak live at Rotary's 1994 Taipei convention in Taiwan.

- Thank you to **Beth Brooks** for reminding us of Sanford Newton who was the first to tell her about Rotary long before she joined.
- Congratulations to **Dr. Ed Cabacungan** on his daughter's involvement in the start-up of a movie production company and his appearance in their first film, which will premier at Sundance Film Festival.

PROGRAM - Juanita Preciado-Becerra - Diabetes

Pomona is often called ground zero for diabetes in America with an estimated 34% of the population suffering from pre-diabetes and around 10% of all hospitalizations caused directly or indirectly by the illness.

To combat this situation, Pomona Valley Hospital Medical Center, ParkTree Community Health Center, the Community Translational Research Institute, Claremont Graduation University, and PVHMC's Family Health Center have formed a partnership called "Stopping Diabetes in its Tracks", for which they have been able to secure \$750,000 in funding from the UniHealth Foundation.

This partnership provides free community diabetes screening events aiming to screen 1800 residents by performing lipid panels, A1C tests, BMI-, height-to-weight-ratio-, and waist-to-hip-ratio-assessments, as well as blood pressure checks. These screenings do not

result in a definitive diagnosis or a prescription for medication, but rather a recommendation or referral to a specialized follow-on program. These include diabetes prevention programs to help delay or prevent the onset of diabetes in at-risk individuals, or self-management programs to assist patients already suffering from diabetes with maximizing their achievable quality of life. Since effective life-style-changes to prevent or delay the onset of diabetes are often very challenging to implement, the diabetes prevention program spans over 10 months, consisting of 16 weekly classes in the first 4 months followed by 6 monthly follow-ups thereafter. Pomona is the first community in the US to undertake such a broad-scale effort to combat diabetes and other hospitals and communities are already taking interest and are considering using Pomona as a model. To fulfill their mission, Stopping Diabetes in its Tracks is always looking for partners to host sites for screening events or classes and for partners with a parallel health mission as well as for opportunities for promotion of the effort, for example via social media.

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