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## EDITOR

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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](http://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

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Barry Rassin  
East Nassau, Bahamas

District Governor:  
John Chase  
Boulder City, NV

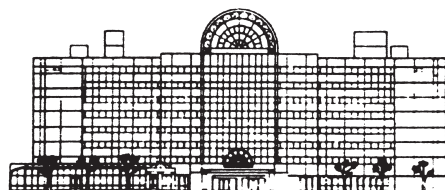
Founded 1921  
Club #797

[www.pomonarotary.org](http://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!

# the fellowe

## THIS WEEK'S PROGRAM

Sep 25 - Ray Adamyk - Spectra Company

## FUTURE PROGRAMS AND EVENTS

Oct 2 - Chris Burns - Boys Republic

Oct 9 - Students

Oct 16 - Miguel Hurtado - PUSD

Oct 23 - Linda Vogel - Trip to Iran

Oct 30 - Jeff Johannson - Pomona Hope

Nov 6 - Benita DeFrank - Pomona Housing Authority

Nov 13 - Students

## WEEK (Sep 18<sup>th</sup>, 2018)

## GUESTS AND VISITING ROTARIANS

Rotarians **Mark Carson** and **Lyn Childress** from Claremont joined our meeting. **Jim Stillinger** joined Ron Vander Molen and **Rosalia Urzua** joined Karli Tanner.

## PRESIDENT'S MOMENT

"Service to others is the rent you pay for your room here on Earth."

~ Muhammad Ali

## ANNOUNCEMENTS

• The District is looking for 16 volunteers to help out



at TLC from November 30<sup>th</sup> until December 2<sup>nd</sup>. Contact Jeff Keating for an application. We need to find enough facilitators soon so that we don't need to reduce the number of attending student.

- Pilgrim Congregational Church is hosting a wine tasting event on September 30<sup>th</sup> from 4 to 6 p.m. The \$20 tickets include the tasting and hors d'oeuvres. Reservations can be made with Beth Brooks.
- We will be feeding the homeless September 25<sup>th</sup> at 5:30 p.m. at the Pomona Armory. If you are available to help out, contact Carol Wilt for information.
- The SGV Economic Partnership is presenting the San Gabriel Valley Developers Summit on September 28<sup>th</sup> from 9 a.m. to 12 p.m. at the Sheraton Fairplex Conference Center.
- Pomona Hope's Annual Awareness and Fundraising Gala will be on October 13<sup>th</sup> starting at 5:30 p.m. at Kellogg West, Cal Poly Pomona. Contact Clive Houston-Brown to join our Rotary table.
- The NCNW is presenting their Bethune-Height Recognition Luncheon on September 22<sup>nd</sup> from 11:30 a.m. until 3:00 p.m. including a choice auction, the \$20 tickets for which include a \$5 Starbucks gift card and support STEM education for African-American women.
- Our club is looking for a new secretary. It is one of the most important positions in the club and a great opportunity for a dedicated member to make an extremely valuable contribution to our club.

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/PRotary91818>  
or scan QR Code



Sep 25<sup>th</sup>, 2018

## MEMBER RECOGNITION - Gary George

- Thank you to **Janet Roy** for sharing her Rotary moment when her professor suggested to her that getting engaged in service for the community would be a great way to get involved and she immediately thought of Rotary as the best platform to do so.
- It was great to see **Hector Rodriguez** and **Tom Hsieh** at the meeting today. We missed you!

## PROGRAM - Katie Strong - USA Strong

On May 29<sup>th</sup>, Katie Strong gave a short presentation at our meeting about her plan to run 2,558 miles from Oregon to Washington, DC to raise awareness of the struggle that many veterans face when trying to reintegrate into society after they return from service. Many of them are diagnosed with Post Traumatic Stress Disorder, or PTSD, and need urgent medical and emotional support. The burden is so great on many of them that an average of 22 veterans commit suicide every single day, a number that could probably be greatly reduced if these veterans were able to receive a service dog to assist them in situations of acute emotional distress. Unfortunately, service dogs are not a treatment that is officially supported by the VA, which leads to very scarce availability and wait times that are often too long for a timely intervention to prevent a suicide. Katie has recently completed her run, a dangerous and

painful, but highly inspiring endeavor that took her from 100-degree days in Oregon to lightning storms in Pennsylvania, from tornados to the very thin air at 12,000ft of elevation when crossing the continental divide, and from being chased by a cow and hunted by a cougar to having to use her black-belt karate skills to protect herself from a redneck assailant. Along her route, Katie planted 22 American flags at the end of each day to commemorate that day's veteran suicides. She described how hard it was for her, after only 3 months of running, to settle back into her routine at work and into the Los Angeles bumper-to-bumper traffic after not having driven herself at all and seeing only very few cars during her trip. This gave her a small glimpse at the challenge that this process must pose for veterans after many more months of service under the most horrific of circumstances in many cases. Katie is hoping to continue raising money to help provide veterans with service dogs and is asking us to consider a contribution. She is also in active talks with a congress woman to try to craft a bill that will add service dogs to the services provided by the VA.



**GOOD FOOD**  
+ **GOOD DRINKS**  
= **GOOD FUN**

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