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Gaby Curtis
Wayne Kuhn
Rushi Panchal
Mark York



July 09, 2026
Editor Joan Darling
Pictures Joan Darling



President Patrick Nelson

Rotary

Club of Hanford



2026–2027 PROGRAM PLANNING DISCUSSION

Help Us Build a Great Year of Engaging Programs!

Please discuss the following questions with your table.

Select one person to record your table's ideas.

One completed form per table, please.

Date: _____

Table #: _____

1 What type of speaker or program would your table most like to see this year?

2 Is there a speaker or organization you would recommend inviting?

3 Is there a past speaker you would enjoy hearing again?

PROGRAM IDEAS BY CATEGORY *(For Reference)*



Fellowship



Community



Business &
Vocational



Government &
Public Safety



Rotary
Focus



Special
Interest

Thank you! Your ideas will help shape our 2026–2027 Rotary programs.

Thank you to everyone who participated in our 2026–2027 Program Planning Assembly. Your ideas, suggestions, and enthusiasm will help shape another year of engaging meetings, meaningful service, and enjoyable fellowship.

Thank you to President Patrick for leading our discussion, and to every member who contributed ideas and recommendations. We appreciate your participation and look forward to putting your ideas into action.

Together, we're building our Rotary year!

In Rotary Service,
Lori Bentley
Club Administration
(M) 559.772.7230

Today the program was Patrick discussing with the members his vision for the year. There were table exercises to decide what programs we want for his year.











News you can use!

Kim Komando and Perplexity AI /Source

If I send a picture of my dog can you tell if she's in pain

2 steps completed >  perplexity

Yes — I can help **look for signs of pain** in a photo, but I can't diagnose it from an image alone. Dogs often hide pain, and clues can include posture, limping, facial tension, reluctance to move, or unusual behavior. [vet.cornell](#) +1

What I can tell you

From a picture, I can point out visible warning signs such as:

- Hunched or stiff posture.
- Head held low.
- Ears pulled back or a tense facial expression.
- Favoring a leg or avoiding weight on one side.
- Visible swelling, redness, or a painful-looking wound. [akc](#) +1

What to send

A clear photo helps most if it shows:

- Your dog standing and sitting.
- The face, body posture, and legs.
- Any swollen area, wound, or limping side.
- A short video can be even better if she's moving normally and then stopping or favoring one leg. [vet.cornell](#)





News you can use cont.

When to call a vet

If she has limping, won't eat, is unusually quiet, is panting at rest, keeps licking one spot, or reacts badly when touched, it's worth contacting a vet promptly. Do not give human pain medicine, since that can be dangerous for dogs.

Common behavioral changes in dogs that may signal pain include withdrawal from family, irritability, increased clinginess, and reluctance to be touched. Other common signs are restlessness, pacing, reduced play, decreased appetite, and changes in sleep patterns. `cornell +1`



My dog
Bella!

-
- Restlessness, pacing, or trouble settling down.

`cornell +1`

Other clues

Pain can also show up as panting at rest, a tense facial expression, or a change in posture such as hunching or holding the head low. Some dogs also become less social, sleep more, or have accidents indoors because movement is uncomfortable.

Ingredients

- ☐ 16 ounces penne pasta

For the grinder salad dressing

- ☐ 1/2 cup mayonnaise
- ☐ 2 tablespoons red wine vinegar
- ☐ 2 teaspoons minced garlic
- ☐ 1 teaspoon sugar
- ☐ 1/2 teaspoon dried oregano
- ☐ 1/2 teaspoon salt
- ☐ 1/2 teaspoon black pepper
- ☐ 1/4 cup grated parmesan cheese

Recipe Corner



***Make
it!***

Instructions

- 1** Cook the pasta per package directions. Once done, drain and rinse with cold water to cool pasta, then drain again.

To make grinder dressing:

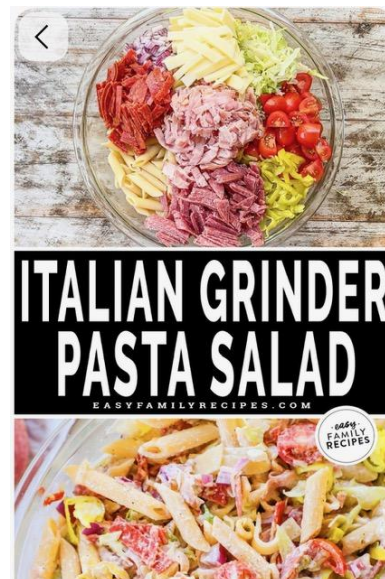
- 2** Whisk together all dressing ingredients until the mixture is smooth. Set aside.

To assemble grinder pasta salad:

- 3** Slice the ham, pepperoni, and salami into 1/4 inch slices. Cut the provolone into thin slices or small cubes.
- 4** In a large bowl, combine the pasta with all salad ingredients.
- 5** Pour dressing over the salad and toss everything together until evenly coated.

For the grinder pasta salad

- ☐ 4 ounces shredded iceberg lettuce, (about 2-3 cups)
- ☐ 4 ounces ham
- ☐ 4 ounces pepperoni
- ☐ 4 ounces salami
- ☐ 4 ounces provolone cheese
- ☐ 1 pint grape tomatoes, halved
- ☐ 1/2 cup sliced pepperoncini peppers
- ☐ 1/2 red onion, finely diced





Happy
Dollars!





Ticket
Wayne

Badge
Lori



Happy Dollars!

Jason paid \$25 for having lunch with his mom Kim.

Joe paid \$10 for the upcoming fishing trip and he forgot to announce that Greg Baxter was in attendance.

Patrick paid \$10 as he won't be at the meeting next week as he and his family will be in Hawaii.

Bob paid \$20 for coming out of retirement to do a dental exam on his Great Grand Nephew because the little guy wouldn't let Rushi touch him.

Welcome!

Jason's mom
Kim





Meetings

July 16 Rob Bentley Hanford Insider Podcast

July 23 Fire Chief Perkins will give us a post July 4th update on what they found with illegal fireworks and the fines that go with them.

July 30 will be the club assembly.





Robert Butts will be moving out of state in a few months. He is looking for a member to take over the bookkeeping and coordinating the Guatemala project. If you are interested, please let Robert know.

Sandra left info on the tables for members to look at for future (we hope) funeral planning.

Announcements!

Morro Bay fishing trip is scheduled for September 26. See Joe for details.



A celebrity is someone who works hard all his life to become known...

And then wears dark glasses to avoid being recognized.

Birthdays/Club Anniversaries

July Birthdays

Maritza Lemus 7/4
Gaby Curtis 7/5
Nicole Lucero D'Morias 7/11
Judy Willett 7/18
John Raven 7/25
Patrick Nelson 7/28

*Happy
Birthday!*

July Club Anniversaries

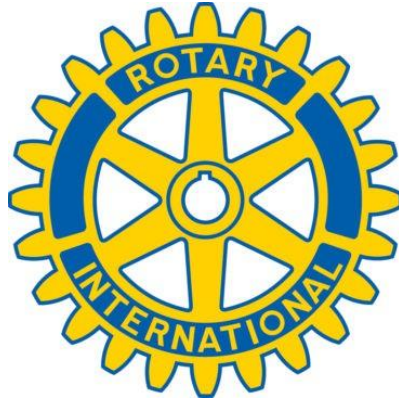
Roger Reynolds 7/1
Nicole Lucero D'Morias 7/2
Frances Burriss 7/4
Carl Nelson 7/6
Anthony Thomas 7/6
Maritza Lemus 7/27



Robert Butts/Jennifer 7/7
Steve Stout/Karen 7/16

Some newly married friends were visiting us when the topic of children came up. The bride said she wanted three children, while the young husband said two would be enough for him. They discussed this discrepancy for a few minutes until the husband thought he'd put an end to things by saying boldly, "After our second child, I'll just have a vasectomy." Without a moment's hesitation, the bride retorted, "Well, I hope you'll love the third one as if it's your own."





Monthly Board Meetings: All members are welcome to attend board meetings which occur the second Thursday of the month right after the noon meeting. Board President Patrick Nelson, President-Elect, Gaby Curtis, Vice President, Vacant, Steve Stout, Immediate Past President, Joan Darling, Secretary, Bruce Bentley, Treasurer, Member at large Judy Holwell, Joe Casey Member at large, Joan Darling, Sergeant at Arms, Club Administration ,Lori Bentley, Kathy Andes, Membership Director, and Lori Bentley Public Image Director, Director PP Victor Rosa, New Generations Director, Susan Tackett, Rotary Foundation Director, PP, Robert Butts, International Director.

Our mailing address is PO Box 11 Hanford CA 93232-0011

