

Rise up, join in, *change lives!*



Club Meeting

Claremont Sunrise
Meets at St. Ambrose Episcopal
Church Parish Hall
830 West Bonita Ave.
Claremont, CA 91711
Time: Wednesday at 07:15 AM

Club Leaders



Gabe Millar
President



Devo Anderson
President-Elect
Secretary



Tim Tipping
Treasurer
iPast
President



Cindy Rainey
Club
Director
Past
President



Karina D. Anderson
Bulletin
Editor
Past
President



Dinah Felix
Club
Director



Roger Luebs
Club
Director



Gregory Ryan Ross
Club
Director



Emily A. Moultrie
Club RYLA
Chair
Club TLC
Chair

CSR Newsletter Wednesday, June 12, 2024



CRAFT Talk: Christopher Suchanek

Join us today for an enlightening Craft Talk with Christopher Suchanek, a distinguished member of the Claremont Sunrise Rotary. Craft Talks offer a unique opportunity for our members to gain insights into the lives and passions of their fellow Rotarian.

Christopher holds the position of Executive Officer at Firm Media Inc. and is a co-founder of both Project Boon and CASK Restaurant Group. His diverse professional background also includes founding Slog Records in Los Angeles, where he collaborated musically with our fellow Rotarian, Greg.

This session promises to deepen our understanding of Christopher's contributions and experiences, enriching our community ties. We eagerly anticipate your participation in today's meeting to explore Christopher's journey and contributions.

Looking forward to a wonderful session with you all at Rotary.

Inspirational Moment: Cindy or Steve

Sergeant: Tim Brayton

Highlights from Last Week's meeting:

Last week's gathering was nothing short of enlightening, starting off with the pledge from Cindy just returning from the RI Convention, Gerry with an inspirational moment, and guest speaker Laura Van Dran, a seasoned Senior Living Specialist. Laura not only gifted us delightful swag bags but also enriched our understanding with personal anecdotes about her mother's battle with Alzheimer's and the profound family dynamics involved. Her insights remind us to seek local, heartfelt guidance rather than impersonal internet solutions when finding care for loved ones.

In an interesting turn of events at our opportunity drawing, Tim may not have drawn the joker, but luck is ever-persistent and might favor him next week!

Our meeting took a festive turn as Kari, acting as Sergeant, celebrated the abundance of June birthdays within our ranks, and also highlighted Rotary anniversaries—a moment of pride and joy for our long-standing members.

We also welcomed Christy Lau, a Claremont local, who attended driven by a personal quest to navigate senior care for a parent—a testament to the relevance of our discussions.

As we continue to champion community causes, let's rally for "The Longest Day" initiative this June. The Brain Cell is offering



Luis E. Manjarrez
Attendance Secretary



Steve F. Hammitt
Rotary Foundation Chair

cognitive screenings in exchange for donations to the Alzheimer's Association. For those interested in contributing or participating, Joshua Arce is your go-to Rotarian for details.

Stay engaged, stay informed, and see you all next week for another inspiring session at Rotary!

Rotary Fun Fact: The Alzheimer's/Dementia Rotarian Action Group is a collection of Rotarians and Rotaractors dedicated to supporting the family of Rotary and our communities face the challenge of dealing with family members and citizens that are afflicted with Alzheimer's and/or dementia <https://adrag.org/about/>

Speakers by Month:

June: Rotary Fellowship - Joshua and Cynthia

06/18 @ 5:30 p.m - 8:30 p.m. Debunking at Nuno's no-host bar, members price is included, guests are \$35pp.

06/19 no meeting

06/26 Megan Mbengue on natural alternatives to medicine

July: Transition Month - Cindy

07/03 DARK

07/10 Club Assembly

07/17 TBD

07/24 TBD

07/31 5th Wednesday Angel Stadium - 2000 Gene Autry Way, Anaheim. Game time is 6:38 PM Tailgate prior to the game near the big A in the East Parking Lot near the 57 Freeway. You will be responsible for your food, cocktails, and parking.

Ticket price is \$46 per seat. This includes the service charge. Seats are in section 300, padded seats, and food and beverage service are available **for details please contact**

Cindy no later than June 5th to secure your seat and or pay for your tickets - thank you.

August: Membership and Extension - OPEN

Inspirational Moment Schedule:

06/26 Greg Ross

Sergeant Roster

06/19 DARK (debunking on 06/18)

06/26 Andy

Member's Rotary Anniversaries:

06/01/2023 Lance Pugmire

06/01/2023 Greg Ross

06/02/2010 Gerry Markie

06/06/2006 Mike O'Brien

Member's Birthdays:

06/03 Gabe Millar

06/05 Andy Dale

06/09 Debbie Lantz

06/16 Cooper Knowlton

District 5300 Calendar

06/21-24 District Conference (Cruise to Serve) Ensenada Cruise

Club Meeting Details:

Date & Time -

1st thru 4th Wednesday of the month at 7:15 am - 8:30 am.

Any 5th Wednesday of the month, we meet for an evening social event to support a local community business.

Except holidays.

Location -

St. Ambrose Episcopal Church Parish Hall

830 West Bonita Avenue

Claremont. CA 91711



Meeting Setup/Teardown

Meeting Setup/Teardown -
Early risers, we start Setup at 7am.
Teardown helpers, thanks for your help in allowing everyone to make the rest of their
day's commitments.