

Club Meeting

Villa Park
 Meets at Villa Park Civic Center,
 City Hall Council Chambers
 17855 Santiago Blvd
 Villa Park, CA 92861
 Time: Thursday at 07:00 AM

Club Leaders



Charlie E. Gallagher
 President



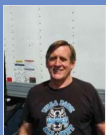
Pamela Jean Dunn
 Vice President



Paul W Vann
 President -Elect



Jay Applebaum
 Secretary



Craig Beinlich
 Treasurer



Daniel E. Gray
 Membership Chair



Jay N. Lieberman
 Rotary Foundation
 Chair

Robert Frackelton
 Sergeant-at-Arms

Health and Longevity with Kim Froeschner

By Jay Applebaum on Thursday, August 3, 2023



Opening:

Invocation: Pam Dunn
 Pledge: Kelly McBride
 Four Way Test: Paul Vann
 Song: Brady Fendt- Take Me Out to the Ball Game
 Greeter: Paul Vann
 Secret Greeter: Don Ware
 Sgt-at-Arms: Robert Frackelton
 President: Charlie Gallagher

Guests:

Gil Gray- Father of Dan Gray
 Alic Shiozawawa- Rotary Club of Placentia
 Cowabunga BBQ N' Beer Festival- 4-9pm Sept 16 - Kraemer Park for tickets:
www.rotarycowabunga.com
 or 714-875-5975 - Food Beer Music Fun
 Hector Ben Jumia - Guest of Charlie Cosmas
 Guy Hansen-Guest of John Valentine
 Kim Froeschner- Speaker
 Olla Al Asadi
 Leen Al Asadi- local Girl Scout who will locating AEDs in Villa Park as her Silver Project
 DR Salerno-Guest of Charlie Gallagher

Birthdays/Anniversaries

Happy Birthday!

August:

2nd- Ken Miller
 8th- Al Verkuylen

Happy Anniversary!

July 30th - Jay & Gail Lieberman
 August 4th- Roy & Michelle Berelowitz



iPast President



James Stephen Ashley
Club Service Chair



Roy Berelowitz
Community Service Chair



Mark Kammerlohr
Youth Service Chair



Marjan Roshangar DDS
Vocational Service Chair



Chad James Zimmerman
Youth Service Chair



Michael H. Brunhofer
International Service Chair



Vito A. Canuso III
Past President
Peace Ambassadorial Chair

Account Leaders



Roy Jefferson
District Governor

Birthdays

- Albert G. Verkuylen
August 8th
- William E. Baker Jr.
August 19th
- Bob M. Connell
August 30th
- Lesslie Giacobbi
September 1st

Wedding Anniversaries

- Roy Berelowitz
August 4th
- William J. Campbell
August 19th

Events

Upcoming Dates:

August:

- 8th- September to Remember Committee Meeting - 5pm at Steve Stern's home
- 12th- Interact Beach Institute
- 15th - 1st President's Dinner-
- 22nd- VP Rotary Board Meeting - Rockwell's 5:30pm

September:

- 1st- District Booth at Orange Street Fair
- 16-17th - Troop 850 Banana University
- 17th - September To Remember

Update on SePaul Harriptember to Remember:

September to Remember

What do the tickets include?

*Entry sparkling wine
Wine & Soft Drinks Included, Beer*

*Charlie's Chef paired the wine with the menu
Appetizers, Entree and Desserts catered by Citrus City Grille
Charlie has gone Above and beyond!!*

*Live Music by MacZ
Magician
Wine Wall
Silent and Live Auction
Beautiful Venue*

Paul Harris Awards!!

PAUL HARRIS FELLOW

ROTARY INTERNATIONAL

Jay Lieberman

Jay Lieberman

No Events found
Speakers



Paul Vann gets his Paul Harris Award



Len Silberman get Paul Harris +3



Vito Says, "Kindness was last month now shut up and listen"

A Rotary Minute for Peace - LISTENING

Listening to understand: When you ask a question, it is important to listen carefully to what the person is saying. We can sometimes be fixated on what we are going to say next, or when it's our turn to jump back into the conversation, but try not to think about what you are going to say next.. Your focus is on them and their perspective rather than your own.

Reflect & respond to the reply: Keep the conversation going by responding in a way that connects with what they just said. You can try to restate in your own words what the person said, share what you think or feel about it, or ask another open-ended question that connects with what the person just said.

The benefits of listening are wide-ranging and immensely powerful. Only with effective listening can you understand others; enhance relationships; persuade or sell effectively; lead and inspire a team; or learn from others. Listening is the access to your desired outcomes - and it's key for your wellbeing too!

Happy Bucks:

Don Ware-Is glad to see Elliott Brender doing so well following knee replacement surgery

Milt Stamos- Commented on Robert Frackelton's recent travels

Vito Canuso- Praised Charlie Gallagher for his work on the September To Remember event. Vito purchased a table.

Marc Hurd-Happy to be here missed 2 weeks

Lesslie Giacobbi- Thanked Milt Stamos for helping her with a tax problem.

Brady Fendt- Will be singing with the Pacific Chorale

Dan Gray Is happy his dad is here today.

Chad Zimmerman-Has more tomatoes, and no, he should'nt have to spin the Wheel of Misfortune!

Steve Stern-Thanked Mike Brunhober, Charlie Cosmas, Dave Holler and Pam Dunn.

for help with the fundraiser.

Pam Dunn-Thanked Jay Applebaum for the newsletters and wished him well on his upcoming vacation.

Rima Nashashibi- Helped solve a labor human trafficking situation.

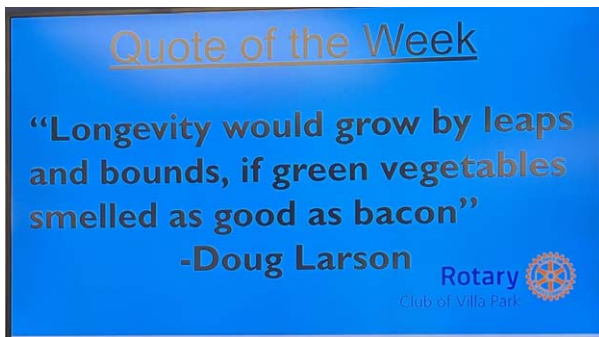
Speaker: Kim Frueschner Health and Longevity

Kim stressed that the key to health and longevity is staying fit and eating well. She has over 25 years experience as a fitness, health and wellness professional and life coach. She is the owner of Fitness of America located at 8412 E Chapman Ave, Orange and can be reached at skim@fitnessofamerica.com.



Kim and Charlie

Final Quote:



National Night Out



Tuesday Night at Villa Park