

### 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



Robert Frackelton  
 President



Pamela Jean Dunn  
 Vice President



Charles E. Gallagher  
 President-Elect



Jay Applebaum  
 Secretary



Craig Beinlich  
 Treasurer



Jay N. Lieberman  
 Rotary Foundation  
 Chair



Paul W Vann  
 Membership Chair

Vito A Canuso III

### Successful Aging

By Jay Applebaum on Thursday, March 2, 2023



### Welcome New Member Candace Chromy Cub Scout Pack 850 Opening:

Invocation: Greg Mills  
 Pledge: Paul Vann  
 Four Way Test: Charlie Gallagher  
 Song: Brady Fendt/ Robert Frackelton- Four Leaf Clover  
 Greeter: John Valentine  
 Secret Greeter: Mark Kammerlohr  
 Sgt-at-Arms- Dale Dagley  
 President: Robert Frackelton

### Guests:

Maureen Dunn  
 Stephen Woody-Pack 850  
 Jose Dalpart- Pack 850  
 Sue Ingebretson with her daughter and Son-in-Law

### Birthdays/Anniversaries:

**Happy Birthday!**  
**February**  
 25th- Elliott Brender  
 26th- Pam Dunn and Len Silberman  
**Happy Rotary Anniversary!**  
 Jay Applebaum 20 years.

### Upcoming Dates:



iPast President



Roy Berelowitz  
Community Service  
Chair



Marjan Roshangar  
DDS  
Vocational Service  
Chair



Jose F. Vargas  
Club Service Chair



Chad James  
Zimmerman  
Youth Service Chair



Dale Dagley  
Sergeant-at-Arms



Michael H. Brunhofer  
International Service  
Chair

### Account Leaders



Dan Ouweleen  
District Governor

### Birthdays

Charles E. Gallagher  
March 14th  
Robert Frackelton  
March 22nd  
Chuck Niemann  
March 24th

### Wedding Anniversaries

William E. Baker Jr.  
March 11th

### Events

No Events found

### Speakers

### March:

8,0, 20th - CPR Training - Villa Park City Hall - 5:30pm -8pm Pizza provided  
11th- District Training Chapman University- 7am  
14th- Villa Park Rotary Board Meeting  
21st- District Leadership Forum  
30th- 5th Thursday - OC Wine Mart 5:30 pm - no morning meeting  
**April 8th**- End Polio Chili Cookoff Santa Ana Zoo -Noon  
**May 1st**- VPHS Football Golf Tournament  
26th- VPHS Car Show  
**Sept 17** - September to Remember Fundraiser

### CPR Schedule/ Enrollees

<p><i>\$20 Co-Pay per Member \$90 per Non-Member</i></p> <p><b>CPR Wednesday, March 8<sup>th</sup> at 5:30pm City Hall:</b> John &amp; Liz Valentine Stephen Ashley &amp; Risa Scott Jim &amp; Carolyn Reichert Jay &amp; Terry Applebaum Al Verkuylen Paul &amp; Donna Vann Lesslie Giacobbi Robert Frackelton</p>	<p><b>CPR Thursday, March 9<sup>th</sup> at 5:30pm City Hall:</b> Vito &amp; Renee Canuso Roy &amp; Michelle Berelowitz Marjan Roshanger Bill Underwood Charlie Cosmas Brady Fendt Charlie Gallagher Don &amp; Rochele Ware Marianne Koepnik Daniel Gray Greg Mills</p>	<p><b>CPR Wednesday, March 20<sup>th</sup> at 5:30pm City Hall:</b> Craig Beinlich Jay Lieberman Pam Dunn</p>
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### Induction Candace Chromy Paul Vann



Robert, Candace, Paul and sponsor Diane Rothi

### Principals of the Day

VPHS Jose Vargas  
Cerro Villa - Robbie Pitts

### VPHS Update- Dennis McCuiston-

- The Cheer Team took # 1 in the US in another competition  
- The girls soccer team is in a semifinal for the state finals at Saddleback College tonight.

### Irvine Hebrew Day School

Installation of 3-D printers from our recent district grant



**Unpacking the #-D Printers**

**Introduction of our new Pack 850 Cubmaster  
Stephen Woody**

Outgoing Cubmaster Jose Dalprat discussed the 2022 year of Pack 850 - describing the Pack's activities. This Spring 100% of the graduating cub scouts transitioned to Troop 850 which in itself, is quite an accomplishment.



**Zipling is Everybodies Favorite**

**Special Dinner at Citrus City Grill April 4th  
Steve Stern**

This will be a special dinner for members of the club and friends. That will include: appetizers, a choice of entre, dessert and non-alcohol beverages - \$75/person includes tax/tips - Contact Steve to sign up.



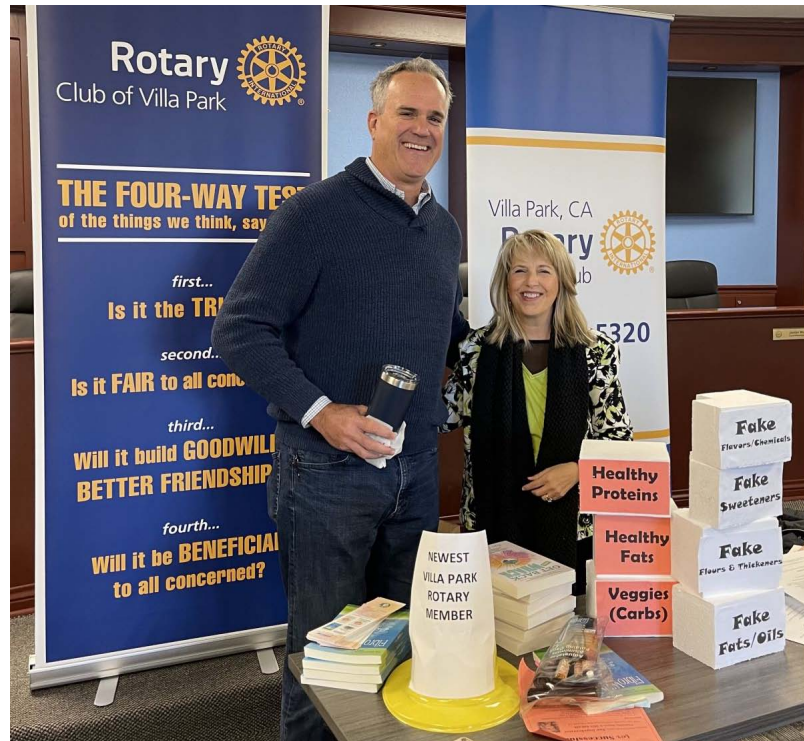
**Wheel of Misfortune**

This week' s victims included Eric Sense and bad boy Robert Frackelton.

**Speaker: Sue Ingebretson**

## Rebuilding Wellness

Sue herself was suffering from multiple health issues and after disappointing encounters with physicians began to take matters into her own hands. She was skeptical herself at the beginning, but came to realize how important proper nutrition and stress management is to one's state of health. She has discovered how important it is to eat healthy proteins, fats and vegetables as apposed to fake sweeteners, flours and flavors that we see in some of the prepared foods we consume. She encouraged drinking water in place of overly sweetened sodas. She also discussed the role of epigenetic in our lives-these are factors outside your own genetics and determines 90% of your future. These include: nutrition, touch, emotions/behaviors, environment, infection and beliefs. She also encouraged avoidance of too much sun, smoking, alcohol and sugar intake. She has published several books to help implement these positive life changes. You can learn more visiting her website [www.RebuildingWellness.com](http://www.RebuildingWellness.com).



Robert & Sue

### Final Quote:

March comes in like a lion and goes out like a lamb.