

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



Paul W. Vann
 President



James Stephen Ashley
 President-Elect



Pamela Jean Dunn
 Vice President



Jay Applebaum
 Secretary



Craig Beinlich
 Treasurer



Jay N. Lieberman
 Rotary Foundation
 Chair



Brian Nielsen
 Membership Chair



Charlie E. Gallagher
 iPast President



Curtis J Condon
 Community Service
 Chair

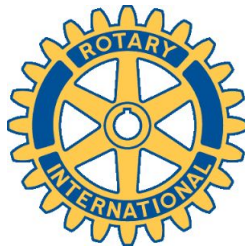


Mark Kammerlohr
 Youth Service Chair



Marjan Roshangar
 DDS
 Vocational Service
 Chair

UCI Mind



Good Morning Villa Park Rotary

July 25 ,2025

Opening:

Inspiration: Wayne Sizel
 Pledge: Greg Mills
 4 Way Test: Stephen Ashley
 Song: Greg Mills - God Bless America
 Greeter: Ed Howard
 Secret Greeter: Curt Condon
 Sgt-at- Arms: Les Malo
 President: Paul Vann

Guests:

Eunji Russ
 Megan Witbracht
 Lien Al Asadi

Birthdays/Anniversaries:

Happy Birthday!
 July 30th - Risa Scott
Happy Anniversary!
 July 23rd- Greg and Andie Mills 30 years

Upcoming Dates :

August:
 6th - National Night Out -
 8th- District Governor Visit-Chris Skorina
 20th - Villa Park Rotary Board Meeting
 31st - Villa Park Picnic and Beatles tribute band - Cerro Villa Middle School.

Areas of Service +

President Elect: Stephen Ashley
 - Attended District Training-Rotary Action Plan since 2019
 4 Areas - Impact Reach Engagement Adaptation
Membership-Brian Nielon, Chair.
 - Kevin Padilla will be inducted next week.
Club Service- Risa Scott, Chair
 - Song leader openings are available for upcoming meetings
Community Service-Curt Condon, Chair
 - Rotary Booth for National Night Out- 5-8:30pm - Villa Park City Hall
Youth Service-Mark Kammerlohr, Chair
 - Getting his committee together
Vocational Service- Marjan Roshangar, Chair
 - She is planning a community-wide event to discuss cybercrime.

**Peace Ambassador
 Luis Ortiz-Franco
 Kindness**

Be Kind to yourself. Its not just how you treat other people- it is how you extend those same behaviors and intentions to yourself as well. You can be kinder in your own self-talk and practice gratitude.





Risa K. Scott
Club Service Chair



Leslie S. Malo
Sergeant-at-Arms



Michael H. Brunhofer
International Service
Chair

Account Leaders



Christopher J. Skorina
District Governor

Birthdays

- Risa K. Scott
July 30th
- Kenneth Miller
August 2nd
- Albert G. Verkuylen
August 8th
- William E. Baker Jr.
August 19th

Wedding Anniversaries

- Jay N. Lieberman
July 30th
- Roy Berelowitz
August 4th
- William J. Campbell
August 19th

Events

No Events found

Speakers



Stephen Ashley- Risa's birthday is next week on July 30th
Milt Stamos- Commented on Charlie Gallagher's impeccable attire.
Greg Mills-Celebrated 30yrs of marriage to Andie at the Capital Grill last night.
Roy Berelowitz- Informed us that Michele's father passed away.
Robert Frackelton- Is looking for help on Tuesdays with packing food for Meals on Wheels. Risa Scott volunteered to help.
Lien Al Asadi- Got her first job at Peak Performance
Charlie Gallagher-Is the chairperson of the Eagle Scout Alumni Association. The group held an event last evening at Charlie's gun club, and it was lots of fun. He also announced that we were informed that our DDF monies were readjusted and are about \$1000 less than previously announced.
Steve Stern- Announced his best friend died last Friday Night.
Kelly McBride- is running, along with Robert Frackelton, for Villa Park City Council. **Paul Vann-** is having a 2nd Bar Mitzvah on Saturday at Temple Beth Jacob of Irvine. He will be doing the same Haftarah portion he read at age 13.

Speaker: Megan Whitbracht, PhD UCI Mind

This was an interesting presentation on Alzheimer' Disease that was first described by Dr Alois Alzheimer, a German Neuropsychologist in 1906 after observing and studying his first patient Auguste Deter. Upon her death he studied her brain and found it was reduced in size, and after examining sections under the microscope, he described neurofibrillary tangles and amyloid plaques that have become classic findings in future cases. Symptoms Include:
 Poor judgment and decision-making, inability to manage a budget, losing track of the dates or seasons, difficulty having a conversation, misplacing things and being unable to retrace steps to find them. Today, it's estimated there are 6.9 million people with Alzheimers in the US, projected to double by 2050. It is the 5th leading cause of death and costs \$360 billion in annual health costs/ \$1 Trillion by 2050. . Family history and environmental factors play an equal role. In Orange County, there are an estimated 84,000 cases, and it's the 3rd leading cause of death. 2/3 of the patients are women. Risk is increased with diabetes, midlife obesity and high blood pressure, as well as high cholesterol. Individuals with healthy hearts, regular exercise, a healthy diet, restful sleep and social interactions are less affected. There are currently 7 FDA approved medications, but most just prolong cognitive function, and don't treat the root cause. Two of the newer drugs, Kisunla and Lequambi, may actually help reduce the amyloid plaques that cause the disease. Contact: Megan Witbracht, PhD mwitbrac@hs.uci.edu or <https://mind.uci.edu>



Paul and Dr Megan Whitbracht
Final Quote:
If you see someone without a smile,
give 'em yours.
Dolly Parton