



## Club Meeting

Spirit of St. Louis County  
 Meets at Higher Groundz Coffee & Tea  
 12075 Dorsett Road  
 Maryland Heights, MO 63043  
 Time: Wednesday at 07:00 AM

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## Club Leaders



David C. Mohler  
 President



Daniel Flynn  
 President-Elect  
 Vice President



David Lawrence Robinette  
 Club Executive Secretary  
 Webmaster



Ruth Randell  
 Treasurer



Ann E. Kalemeyer  
 Club Director



Mary B. Robinette  
 Club Programs Chair  
 Youth Services Chair  
 President-Nominee



Mitchell A. Wilson  
 Past President  
 Webmaster  
 Public Image Chair



Al Beinke  
 Membership Chair



Josh Michael  
 Louis Gross Brainerd  
 Service Projects Chair



Robert E. Courtney  
 Rotary Foundation Chair



E. Thomas Drennan  
 Sergeant-at-Arms



Jerry Nolen  
 Past President

## Announcements

There were several announcements for the Club this week:

A **HUGE THANK YOU** to **Dave Mohler** as he finishes up his year as Club President. We thank you for your dedication and leadership this year and your continued support of our Club and Rotary!

Our monthly **SERVICE PROJECT** will be this Wednesday, July 3rd at **Ritenour Co-Care Food Pantry**. See further in the bulletin for more information.

There will be an **Organizational Meeting** of the new Companion Club on July 9th. While this is for prospective new members to come and hear about Rotary and determine how the new Club format will be, our current members are also welcome to attend. It will be from 11:30am till 1pm, at the American Legion Hall in Creve Coeur (Olive and Ballas area). Please see **Dan Flynn** or **Josh Brainerd** for details.

## Scholarship Winners visit with Us

We were very pleased to host our Spirit of St. Louis County Rotary Club Scholarship Winners - **Samantha Haggard**, **Caleb Orozco** and **Emma Whitley**. Each received their Certificate and spoke just a bit about their future plans.

**Samantha** will be attending Maryville University and plans to become a NICU Nurse. She already has her CNA through Pattonville School District. Her inspirations were the nurses when she was hospitalized as a young child for a brain tumor.

**Caleb** will be attending Kansas State University where he plans to major in Chemical Engineering. His family is his inspiration and he knows the value of pharmaceuticals because of the hardships his family has faced.

**Emma** will be attending the University of Kansas and plans to major in Nursing, potentially as a nurse anesthetist or in the Operating Room and potentially becoming a Surgeon. Like Samantha, Emma received her CNA through Pattonville (they were in the same class together!). Her mother, also a nurse, is her inspiration.



(L-R) Dave Mohler (Club Pres), Caleb Orozco, Samantha Haggard, Emma Whitley, Mary Robinette (Scholarship Chair)

## Ritenour Co-Care Food Pantry Service Project

This week, our meeting will be our **Monthly Service Project at the Ritenour Co-Care Food Pantry**. We will NOT be at Higher Groundz and there will be no Zoom link.

Please plan to arrive at the Food Pantry about 7am for a fun-filled hour of, well, we really don't know what we will be doing, but it will be fun!

## Happy Bucks and Fines

### Happy Bucks:

- **Bryan Hercules** was happy to be on time!
- **Todd Lindley** was happy to see our Scholarship Winners present
- **Ruth Randell** was happy to be here
- **Bob Courtney** gave in honor of Howard Abrams' presentation
- **Howard Abrams** was happy to be here
- **Dave Mohler** was happy to see the students

### Fines:

- **No fines this week.**

## Last Week's Program

### Program Speaker and Recap:

Our own **HOWARD ABRAMS** was our speaker. Howard has been with the Club for a while and we finally got to hear all about him.

Some information he gave about himself:

- He was born in 1954, is married, no children, but has 3 dogs. He has 2 brothers who both have large families, so his extended family is quite large. He grew up in University City and is a self-admitted Wild Child.
- His family moved to Florida when he was 13; while there, he started his own lawn service business which was rather successful.
- His family moved back to St. Louis in his mid-teens; he attended Parkway North High School and worked for Lion's Choice.
- While he wanted to go into Social Work, he wound up in business, first with managing several Lion's Choice locations then as the manager of TGIFriday's in Creve Coeur in the mid-80s. It was there that he discovered managing fast food employees and managing a restaurant employee were different worlds. He had to change his attitude to make things work.
- He became successful at managing restaurants, hotels and similar, becoming a trouble-shooter for various firms who would send him to their 'problem' locations and he would get things on track again.
- After several years of moving all over, he left that work, moved back to St. Louis and started a home remodeling firm, specializing in basements. Almost all of his work was obtained through word-of-mouth, which is the best advertising money can buy!

Throughout all of that, his Social Work and Community mindset kept working on him. He eventually got into politics and is now with the City of Maryland Heights as one of the two Ward 1 representatives.

The one large take-away he left us was to LISTEN - the most important person is NOT the customer, it is each and every employee. If you LISTEN to them, you will find out how to fix any issue.  
Howard - thank you for your presentation and for giving us a glimpse into your life.

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#### Ponderables....

### I absolutely love this. All of it ❤️

1. Compliment three people every day.
  2. Watch a sunrise at least once a year.
  3. Be the first to say, "Hello."
  4. Live beneath your means.
  5. Treat everyone like you want to be treated.
  6. Never give up on anybody. Miracles happen.
  7. Forget the Joneses.
  8. Never deprive someone of hope. It may be all he has.
  9. Pray not for things, but for wisdom and courage.
  10. Be tough-minded but tenderhearted.
  11. Be kinder than necessary.
  12. Don't forget, a person's greatest emotional need is to feel appreciated.
  13. Keep your promises.
  14. Learn to show cheerfulness, even when you don't feel like it.
  15. Remember that overnight success usually takes about 15 years.
  16. Leave everything better than you found it.
  17. Remember that winners do what losers don't want to do.
  18. When you arrive at your job in the morning, let the first thing you say brighten everyone's day.
  19. Don't rain on other people's parades.
  20. Never waste an opportunity to tell someone you love them.
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## Upcoming Meetings

Meeting Dates and Program:

You will see the Weekly Program individuals below. Please notify [Mary Robinette](#), our new Program Chair, of your program, so the calendar and newsletter are current. Also, if there are any specific 'technical' needs the speaker requires, please let Mary know.

Program Assignments, Rotary Year 2024-25, July through December 2024 (Rev June 22 2024)

Date	Meeting Chair	Revised Meeting Chair	Speaker & Topic
July 3 2024	SERVICE PROJECT		SERVICE PROJECT
July 10 2024	Mary Robinette		Ritenour Scholarship award recognition and Club Officer installation
July 17 2024	Tom Drennan		Rotary Bike rides - Ride for MESA (medical equipment sent abroad)
July 24 2024	QUARTERLY CLUB ASSEMBLY		
July 31 2024	EVENING SOCIAL		
August 7 2024	SERVICE PROJECT		7 am Service Project. 11:30 am Inner City Meeting at Creve Couer American Legion: Amy Shaw - Channel 9 President and CEO
August 14 2024	Dan Flynn		District 6060 Disaster Response
August 21 2024	Bryan Hercules	Al Beinke	Kevin Amstutz, Major Gifts officer - UCP Heartland supporting people with disabilities
August 28 2024	Jim Law		Angela Gabel, Executive Director - An Introduction to the Ritenour Co-Care Food Pantry
September 4 2024	SERVICE PROJECT		SERVICE PROJECT
September 11 2024	Todd Lindley	Dave Mohler	Tracy Bono, Field Development Executive - Scouting: Changing our World by Connecting Youth with Nature
September 18 2024	Ruth Randell		Rhonda Hamm-Niebruegge, Lambert Internation Airport Director - Lambert Airport updates
September 25 2024	Andy Rimmel		
October 2 2024	SERVICE PROJECT		SERVICE PROJECT
October 9 2024	Josh Brainerd		
October 16 2024	Dave Robinette		District Governor visit - Jerry Nolen
October 23 2024	QUARTERLY CLUB ASSEMBLY		
October 30 2024	EVENING SOCIAL		
November 6 2024	SERVICE PROJECT		SERVICE PROJECT
November 13 2024	Bill Strohmeyer		
November 20 2024	Mitch Wilson		
November 27 2024			Day before Thanksgiving - no meeting
December 4 2024	SERVICE PROJECT		SERVICE PROJECT
December 11 2024	Howard Abrams		
December 18 2024	Al Beinke	Bryan Hercules	
December 25 2024			Holiday - no meeting