



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

In This Issue

Announcements

[Fifth Wednesday CHANGED to Fifth TUESDAY](#)

[Announcement from Ritenour Co-Care Food Pantry](#)

[Happy Bucks and Fines](#)

[Last Week's Program](#)

[This week's meeting Program](#)

[Ponderables....](#)

[Upcoming Meetings](#)

Club Leaders



[Daniel Flynn](#)
 President



[Mary B. Robinette](#)
 Club Programs Chair
 President-Elect
 Youth Services Chair



[David C. Mohler](#)
 Past President
 Vice President



[David Lawrence Robinette](#)
 Club Executive Secretary
 Secretary
 Webmaster



[Ruth Randell](#)
 Treasurer



[Jerry Nolen](#)
 Club Director
 Past President



[Mitchell A. Wilson](#)
 Past President
 Webmaster
 Public Image Chair



[Al Beinke](#)
 Membership Chair



[Josh Michael](#)
[Louis Gross](#)
[Braiherd](#)
 Service Projects Chair



[Robert E. Courtney](#)
 Rotary Foundation Chair



[E. Thomas Drennan](#)
 Sergeant-at-Arms

Announcements

There were several announcements for the Club this week:

Our Club will be hosting the Inter-City meeting on Wednesday, August 7th. This is **ALSO our Service Project with the Ritenour Co-Care Food Pantry.** You can attend the Service Project and come to the American Legion Hall at 11:30 for the Inter-City meeting. A flyer is attached that has all the details.

Our Club will have an **informational booth (tent)** set up on **August 8th at the Creve Coeur Concert** (Millennium Park on Mason behind the hospital). Plan to arrive around 6:15 or 6:30, enjoy the concert and visit with folks who are interested in joining Rotary.

The Club has applied for an Empowering Girls Grant to provide bicycles to women/girls in Africa through World Bicycle Relief organization. A **motion** was made by **Tom Drennan, 2nd** by **Bill Strohmeyer** to partner in this Grant. There is NO cash outlay from our Club; this is a District-provided Grant of \$500. **Motion Passed.**

Fifth Wednesday CHANGED to Fifth TUESDAY

From Mary Robinette ---

We have discovered that Millwoods' busiest night happens to be Wednesday. We have also discovered that Tuesday is the slowest night. So, in an effort to get better seating and service AND to partner with the Companion Club-in-formation, we would like to move our Fifth Wednesday from July 31st to TUESDAY JULY 30th. The time would be the same, meeting there around 6pm (or when you can get there).

If anyone does not like that date, please let Mary know at mary.robinette59@gmail.com

Thanks.

Announcement from Ritenour Co-Care Food Pantry

I wanted to follow up on a couple of Rotary items.

First, do you know if the Rotarians that volunteer on a regular basis have filled out our volunteer forms in the last year or so? I am guessing they have not but wanted to double check. If they have not, can I ask them to do that either online or the next time they are here?

Second, I may have mentioned but we are hosting an Active Shooter Training Preparedness Presentation at the pantry on August 14 at 4pm and on August 16 at 1:15pm. We are inviting a small number of community members to join us. I may have given you a flyer already but wanted to attach one just in case.

Thanks so much for all your club does for us. We truly appreciate your support.

Angela B. Gabel
 Executive Director
 Ritenour Co-Care Food Pantry
 9303 Midland Blvd.
 Overland, MO 63114
 (314) 493-6028
<https://www.rcfoodpantry.org/>

Happy Bucks and Fines

Happy Bucks:

- **Todd Lindley** came just to hear **Tom Drennan's** bike ride adventure talk
- **Jerry Nolen** has his first Official Visit done!
- **David Robinette** was happy **Mary Robinette** was getting better and should be with us next week
- **Bob Courtney** apropos of today's meeting, he saw a bunch of cyclists on the way in (none of them Tom)
- **Dave Mohler** announced that his father passed away on Sunday July 14th. We all expressed our condolences to him.

Fines:

- **No fines this week.**

Last Week's Program

Program Speaker and Recap:

This past week, we heard from our own **Tom Drennan**. Tom came back the evening before from the New York area, after doing several days - and several hundred miles! - of cycling.

He spoke about the MESA ride first - Medical Equipment and Supplies Abroad - organized by Rotary District 6600. That ride provides publicity and funding to ship 25 containers to Ukraine, as well as elsewhere in the world. These are all medical supplies needed in the area. The Clubs in that District provide support for the ride in several different ways, including providing home-hosting and meals for the riders. The ride raises about \$25,000 per year in funding and covers about 250 miles over a 5 day period.

Tom also talked about the PALM ride - Pedal Across Lower Michigan. There are between 400 & 500 riders that take part in this event. It is not a Rotary event, but a lot of fun to do and through some pretty scenery. Unfortunately, this year was rather stormy, but the riders persisted. At one point, a local High School opened up to provide shelter and food; and yes, it was 'typical' cafeteria food!

Tom also talked about time he and Joy (his wife) spent riding this summer as well as his Erie Canal Bike Ride. This one was from Erie to Albany, NY and covered some rough terrain. Parts were quite difficult, but he persisted.

We are very thankful to Tom for his dedication to cycling and Rotary. It is always fun to hear about his latest adventures.

This week's meeting Program

This week is our Quarterly Club Assembly. We will hear a wrap-up from Dave Mohler on the past Rotary year and make plans for this coming year. Your input is greatly appreciated, so plan to attend.

Ponderables....

Thoughts to live by....

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 when 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.

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 30 2024	EVENING SOCIAL		NOTE NEW DATE - 6pm @ MILLWOOD SPORTS BAR
August 7 2024	SERVICE PROJECT		7 am Service Project.
August 7 2024	Inter-City Meeting		11:30 am Inner City Meeting at Creve Couer American Legion: Amy Shaw - Channel 9 President and CEO
August 14 2024	Dan Flynn	TBD	TBD
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	Jerry Nolen	RYLA Students' Experiences
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	Dan Flynn	District 6060 Disaster Response
December 18 2024	Al Beinke	Bryan Hercules	
December 25 2024			Holiday - no meeting