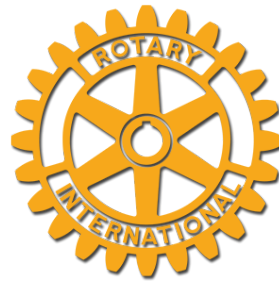


Rotary

Club of Fairfield



No story selected for story_1
No story selected for story_2
No story selected for story_3

Club Leaders



Sean Flynn
President



Douglas Williams
President - Elect



Stephen B. Layton
Secretary



Janet Barillari
Treasurer



Karla Mendenhall
Public Image Chair



Noor Deeb
Membership Chair



Rena Fortuna
Sergeant-at-Arms



Paul Greatsinger
Rotary Foundation Chair



John Hoover
Youth Services Chair



Michael Pida
Youth Services Chair



Beverly Ann Balaz
Fellowship Chair

February 27, 2023

Meeting Called to Order: Doug Williams



Prayer: John Hoover, an Irish prayer



Robert J. Vossler
Programs
Chair



Barbara Welles
Community
Service
Chair



William Llewellyn
International
Service
Chair



Patricia Matteson
Vocational
Service
Chair



Virginia A. Greatsinger
iPast
President



Stephanie D. Phillips
Assistant
District
Governor

Birthdays

Chad Stewart
July 8th
Mary Carroll-Mirylees
July 10th
Heidi Schmenk
July 10th
John Harrington
July 10th
Noor Deeb
July 11th
Richard J. Huber
July 14th
Margaret Hodgkins
August 2nd

Wedding Anniversaries

No Wedding
Anniversaries Found

Years of Service

Sheryl A
Shaughnessey



Music: Bob Price, a Rotary fellowship song



Announcements:

John Hoover: The 4 Way test speech contest will have two schools represented. Winners work their way up to the district level. \$1,000 to the final winner.

We have not had this event for a couple of years and it will be good

08-01-1988
34 Years
Richard J. Huber
08-01-1989
33 Years
Kevin Lesko
08-01-1993
29 Years
Adam Bajko
07-29-2013
9 Years
Beverly Ann Balaz
07-07-2014
8 Years
Rena Fortuna
07-07-2014
8 Years

to have it back.

John Lee mentions that the 4-way test was developed in the 1930s. It is a reminder of what Rotary is. Bill Llewellyn found the story on Wikipedia, and it is a good one.

Bill Llewellyn: We had our first golf committee meeting today and it was well attended. You do not have to be a player to participate. A big thank you goes out to Peter Ventriglia for all the help he has given in working with the Brooklawn Country Club. Their club is unsurpassed in this area for the quality of the course.

Chad Stewart: On March 6th will be a combined meeting of the club foundation anduh oh, blank notes... at 6:00pm at the Fairfield Museum. All are invited.



Ginny: The **Pillars of the Community** luncheon is on March 24. We have five awardees and expect a good crowd. This is a major fund raiser for us so please sign up on the club website. Pat Matteson suggests that buying a full table is a good idea and would be helpful introducing potential members to the club.

Presentation of Funds:

Bill Llewellyn presented a \$6,500 check to Ted & Lori Hollander for the Help Our Military Heroes. A significant amount for an important program.

New Member Induction



Bob Vossler officially brought **Mark Perlman** into the club. Mark will expand further the club experience and will be a great addition. Kudos to Bob for bringing in another worthy addition to our membership.

Speaker: Andre Jones from “Lean Life Fitness”: a good time for this topic as spring is just around the corner. This is another “wow” speaker presentation. Everyone was ‘in’ the meeting, all 35 attendees.
“Knowledge Nuggets”

1. There are nine proteins you need, among others. Carbs are fun,

Proteins are important. The older you get, the more proteins you need to keep you younger longer.

2. The numbers you need? About .5 go 1.0 grams per pound.
3. Best Proteins in order: Whey protein, Eggs (no longer bad for you?), Fish, Chicken, Turkey and then Red Meat. Nifty vitamins hide in red meat.
4. Processed foods make you pudgy. Eat natural.
5. You eat lousy foods because you are really looking for protein. Protein makes it easier not to overeat the bad stuff.
6. If you can grow it or kill it, it is probably good to eat.
7. Try killing a cookie... hmmm
8. Fat is not bad to eat. It is bad to wear. Eat fat with proteins.
9. Diet Soda vs Regular Soda- synthetic sweeteners are worse.
10. [Blueberries](#) do lots for you, other berries good.
11. Stay stable, and learn to be stable and keep your joints moving. Eat well.

So that's some of the "Knowledge Nuggets" from Andre's presentation. They are all [gold](#).

Door Prize: **Mark Perlman's** book "The Reluctant Soldier" was donated by **Sheryl Shaughnessy** and was won by **Gina Giannone**. Good start for Gina... she is a brand-new member and has already won some loot and received her badge. Rumors are about mentioning that she will be an active member... look closely, she is in the golf committee photo.

Door Duty

***** IMPORTANT *****

Please arrive 15 minutes early PROMPTLY at 12:00 noon to get set up.

Please read and follow instructions from Treasurer Janet in the cash box regarding accounting for and depositing money.

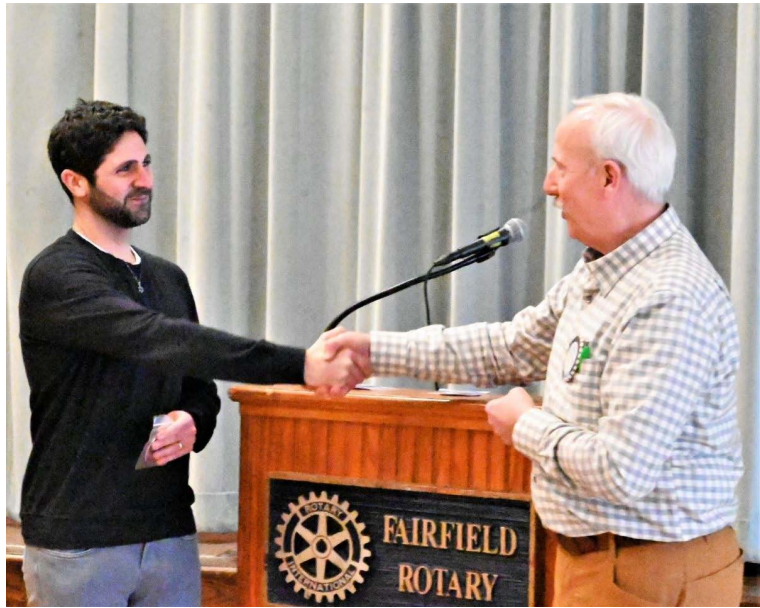
January 16, 2023

February 13, 2023

February 20, 2023

February 27, 2023

March 6, 2023	Mike Jehle	Barbara Welles
March 13, 2023	Joseph Worthington	Doug Williams
March 20, 2023	Steve Layton	Robert Russo





Smile for the Day

Spring is two weeks away.

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