

FRESH SQUEEZE



Welcome to the Old, New, Reborn Fresh Squeeze!!!

*"The best way to find out if you can trust somebody is to trust them."
~Ernest Hemingway*

LATE EDITION

Due to events beyond the control of editorial staff, this edition of the Squeeze was not so Fresh.

In this Issue:

New Kids in Town	1
Woodstock Redux	1
Robert's Gems	2
Cooking Corner	2
Speaker News	3
Humor Page	3
History Archive	3
Calendar	3
Guest Columnist	4

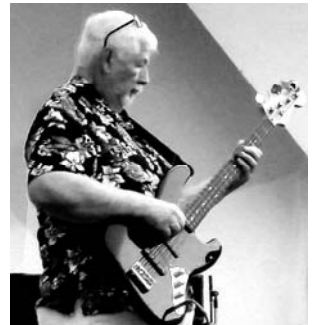
Newest Members a Couple!

CSR has recently inducted two people that have the same last name! Not exactly earthshaking since we already have the Pomeroy's and the Fullers, but even more amazing is that they are both Merchants!! Yeah, that kind too, but it's actually their last name. To not tempt fate, Sunil and Theresa decided to open a retail store in Covina, "Sunny Components, Inc." at 1370 E. Cypress. The store specializes in very high end audio and video gear. Stop by their store and get a demo of the best in state of the art home entertainment systems.



Classic Rocker Shreds!

George Fuller wowed them on July 31 with a spectacular performance at Covina Park. Last year, George won a bass guitar AND the distinction of playing with the "California Sun" band this year at the Charities Concert. A mainstay of Covina entertainment for decades, the band is comprised of some local politicians and schmoozers. Playing mostly California Surf tunes and assorted Classic Rock, they have a large following in the community. Big George took the stage in style with his new 4x12 amplifier and laid down some solid grooves!



The President's Gems & Jewels

I plan on bringing an old school tradition and new school vision this year. Our club has done so much through the years, helping the youth, our high school interact, 'R Future, OSC, to the elderly. We will continue to build on our momentum with membership in making this the best Rotary club around. My saying is "our club is second to none", which is the pride we all have for CSR. I am excited about our new board, with many years of experience, new ideas and activities which will create an exciting year!! Lastly my goal is to appreciate the Rotary Wheel, where each member is a spoke in that wheel and all are needed to roll, the difference we are making in people's lives and the legacy we are leaving in our community. Oh, and we also have fun!



Yours in Rotary,

— Robert

Rotary Recipe Roundup

Italian Sausage Ragu

- | | |
|---|-----------------------------------|
| 4 Tbsp. extra virgin olive oil | 2 28oz. cans crushed tomatoes |
| 1 large onion, diced | 2 28oz. cans diced tomatoes |
| 1 head garlic, diced | 1 Tbsp. chopped fresh basil |
| 2 ½ lbs. Italian Sausage,
(removed from casings, | 1 Tbsp. ea. oregano, salt, pepper |
| <i>A mix of hot & sweet preferred)</i> | 1 tsp sugar |

Sauté onions and garlic in olive oil until onions start to get clear.

Add sausage and brown. Add tomatoes and spices.

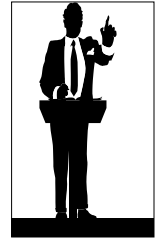
Simmer sauce for 3 hours (*this is the key to developing the flavor!*)

Makes 25 servings. Freeze in separate containers. Great as a sauce for any pasta!

—Shannon Hidalgo

Speaking About That...

Today: Phil Andreen, Ex Pasadena City Attorney.
Topic: "It's A Wonderful Lie" - tales of lies in trials.



The Line Up:

08/30: Doug Stokes, VP Irwindale Raceway— Histories and Futures
09/06: Garbis Der Yehjiayan: The RI Peace Conference— Religion's role in conflict
09/13: Curt Pringle Assoc— Community outreach for Kmart development project.
09/20: Ron Coley, UCR— Vice Chancellor for Business and Admin Services.
09/27: Art Estrella, Dir. Compassionate Friends— Parents of deceased kids support.

Gratuitous Clean Joke of the Month

Two hunters are out in the woods when one of them collapses. He doesn't seem to be breathing and his eyes are glazed. The other guy takes out his phone and calls the emergency services. He gasps: "My friend is dead! What can I do?" The operator says: "Calm down. First, let's make sure he's dead." There is a silence, then a gunshot is heard. Back on the phone, the guy says: "OK, now what?"

Calendar of Upcoming Events

08/26 Friday 7pm: Game Night @ Rayne Water
08/28 Sunday 1-5pm: Annual CSR Picnic @ Gladstone Park
09/22 Thursday 6pm: Nite out & History Dinner @ City Grill
10/01 Saturday 6am: Heavenly Horse Haven with Interact Club
10/08 Saturday 10am: Thunderfest Beer Garden

Hugh's History Hutch:

A tradition for the last 15 years and one of the highlights of each year is the annual Police, Firefighter and Community Citizen of the Year Awards. Each year the fire chief and the police chief nominate a member of their department for special



recognition and our club selects a person from the community that has contributed to our city. We invite them along with members of the dept and members of their family to recognize their achievement.

The Back Page Story: How I Came to Know and Love Rotary

I never gave much thought to becoming a Rotarian because I always understood Rotary to be exclusively for men. And certainly CSR abided by those rules for many, many years, even after women were accepted. It was Tim Burlingame who asked "permission" from the "old guard" if he could propose a woman for membership. There was much discussion but finally an agreement was made that CSR would no longer slap that sign on the door that read, "No Girls Allowed". It was Gayle Odell, a former CVUSD assistant superintendent who paved the way for the women of CSR. Thank you Gayle!!!



A few years later Judge Tom Falls asked me to join. I held out for a year or two because I thought I didn't "need" to be a member. I had been invited to join the Women's Club and the Soroptomists but it just didn't feel right to me. In truth I finally gave in so he would stop "hounding" me. And you know what? I am sure glad I did. I am proud to be affiliated (20 years now) with such a terrific bunch of people, especially the amazing women of CSR, who I admire and call my friends. It has allowed me to connect with others outside of my business affiliations, college, high school and grammar school friends. Hurray for the women of CSR. We sparkle, we shine, we are the life and worker bees of the club!

— Pam Pomeroy



Covina Sunrise Rotary -Second to None

*Visit our website at:
CovinaSunriseRotary.com*

Covina Sunrise Rotary
District 5300
Post Office Box 1875
Covina, CA 91722
(626)674-6203
Email: csr@covinasunriserotary.com

Meeting Time: Tuesday 7:15am
South Hills Country Club
2655 South Citrus Avenue
West Covina, CA 91791

2016-2017 Board of Directors

Robert Avila, President

Sal Chatfield, Vice President

Shannon Hidalgo, President Elect

Judy Starns, Secretary

Shannon Hidalgo, Treasurer

Barbara Brusca, Dir Community Service

Leslie Gonzalez, Dir International Service

Pam Pomeroy, Director Membership

Jon Pomeroy, Director OSC

Bill Higley, Director Youth Services

Dennis Duncan, Executive Director