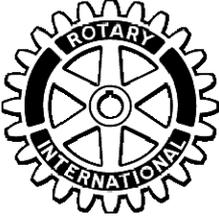


# FRESH SQUEEZE

Volume I, Issue IV

July 22, 2003



*Welcome to the  
New Fresh  
Squeeze!!!*

*Mama always  
said "life is like  
a box of chocolates,  
it's sometimes  
brown and  
sticks to your  
fingers."*

*Newsletters are  
now available  
on the CSR  
Website!!!*

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## **Row, Row, Rotary A Hit!**

Once thought to be long dead, this hot craze is the latest thing in getting pulses racing before the meeting.

President John has come up with yet another hit in his brief few weeks in office. Here, Jerry



Gaynor leads the ladies through the gauntlet while making headway toward the breakfast line.

## **Winos At Seven O'Clock!**

Last week's speaker from Trader Joe's left a good taste in the mouth's of some CSR members. Here, our favorite wine connoisseurs Hugh Ledford and Don Boline compare notes on the bouquet and both men



agree on one thing: Cabernet: it's not just for breakfast anymore.

## **Upcoming Events and Dates**

- July 26th — Pico Rivera Chartering Ceremony / Dinner
- August 9th — "The Producers" field trip
- Wednesday, August 13th — Board Meeting 7:15am @Coco's
- Saturday, August 16th— First CSR Symposium Dinner
- October 19th — Xmas in October at Kellogg Mansion
- Nov ??? — Start shopping at K Mart for Oper. Santa Clothes
- Dec ??? — CSR Christmas Party

# The President's Message

The District Governor's visit is set for Wednesday, Nov 12 at 12:10 here at South Hills Country Club. Our regular meeting on Tuesday will be moved to Wednesday and we will be having a joint meeting with the West Covina Noon Club, West Covina Sunrise Club and the Covina Noon Club. Please mark your calendars and plan to attend. Interested in getting more involved with your club? Sign up for a committee. Here is a list of some of our committees; Rotary International Centennial Celebration 2005, Chairman Hugh Ledford; Membership, Chairman Ed Cooper; Communication, Chairmen Terry Wysocki and Wes Uptergrove; VIP, Chairwoman Pam Pomeroy; Four Way Speech, Chairwoman Laura Pampu; Christmas in October, Chairwoman Shirley Von; Inter-

act Club, Chairman Owen King; Wheelchair Foundation, Chairman Don Boline; and of course there



is the Christmas party and Christmas breakfast, the Kick Out (a very important committee), History Dinner; Tex Everson, Paul Harris, community service and the auction. Avoid the rush and sign up today with the committee chairperson or I can do it for you!

Don't forget to turn in your current year pledge for fines, Tex Everson, Wheelchair and Paul Harris. Thanks to everyone for their support of our programs! Have a great week and go "Lend a Hand".  
— John

## Symposium Dinners Planned

As we learned last week, one of the definitions of the word *symposium* is "A convivial meeting for drinking, eating, music, and intellectual discussion among the ancient Greeks." So, as suggested by Westerdag, our monthly parties will be named

thusly. The first dinner is set for August 16 at the home of Terry and Sue Wysocki and there are a few signup spots left. If interested in hosting a future Symposium Dinner (of any size and structure) at your house, please see Terry.

# Today's Program:

Well, it's time to once again turn introspective and examine the lives of some of our members via the infamous "craft talk". This month, we split the ticket and have one of "us" and one of "them" (depending on where you stand). Starting off, the young and lovely Ms. Pampu will reveal things about herself that you'd never think of asking about. Then Mr. Gaynor, having many more years to choose from, will select succulent tidbits from his life experience to share with us all.



## NEXT WEEK'S SPEAKER:

Dr. Alarcon, Urologist from Monterey Park Hospital

## NEXT WEEK'S TOPIC:

Impotence and Other Unmentionables

## Truth or Fiction?

By Robert Avila, Fresh Squeeze Reporter

Did you know that at military funerals, the 21-gun salute stands for the sum of the digits in the year 1776?

## Hugh's Trivia

Scientists have determined that one pound of animal fat contains about 3200 calories. Given that, about how far would you have to run to burn off a pound of the nasty stuff? (answer



## Noon Club Needs Help

The "other" Rotary Club in town is participating in the Rotary exchange student program to help show kids from around the world how neat it is to be in America. Unfortunately, they have overbooked exchanges and could use a little assistance. If anyone is interested in hosting a seventeen year old female French student for six months of her twelve month visit, please contact Linda Logan at 332-2978.

## Rotarians Gone Wild:

The Unpublished Auction Photos



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[CovinaSunriseRotary.com](http://CovinaSunriseRotary.com)

## 2003-2004 Board of Directors

**John Pellizzon**, President  
**Shirley Von**, Vice President  
**Ed Cooper**, President Elect  
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**Robert Avila**, Director, Club Service 'A'  
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**Don Boline**, Director, International Service  
**Pamela Pomeroy**, Executive Director, Operation Santa Clothes  
**Tim Burlingame**, Chairman, Tex Everson Humanitarian Endowment  
**Don Crouse**, Chairman, Paul Harris Foundation

### **Answer to Hugh's Trivia**

Running one mile burns  
100 calories. It takes thirty-  
two miles to lose a pound.

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

Board of Directors meets every  
second Wednesday at 7:15am at:  
Coco's Restaurant  
Azusa Avenue at Badillo  
Covina, CA 91723