



Propeller

Rotary Club of Vallejo

June 5th 2014

Helen Peirson

The meeting was called to order by Past President Connie Howard at 12:30.

DK Karimian...led us in the Pledge of Allegiance to our Flag.

Tony Intintoli led us in song. We sang " Jingle Bells" (Christmas in June) It lifted everyone's spirit and it sounded wonderful!!!!

Fines Recognitions Happy \$\$

Happy Dollars:

JD.....\$ 20.00...for the A's being in first place

Dr. Bill Vizzolini....\$ 10.00...and asked the question...How many baseball caps does JD own?

Pete Friesen..\$ 20.00...Successful Leadership Vallejo Open

Visiting Rotarians

None

Guests

Wendy Jones

Announcements

Connie reminded everyone that tonight is Avery Green's Ribbon Cutting Ceremony at his new facility. The event begins at 5:00 pm and the Ribbon cutting will be at 6:00.

Wendy announced that the Omega Boys and Girls Club of Vallejo is donating \$ 250.00 to our club because they were unable to attend our annual Golf Tournament. Thank You Wendy!!!!!!

Bar-B- Q for Camp Venture attendees will be held on June 28th...We are all hoping that Tom Phillips will get the shopping list to us so we can get all the supplies!!!! We need help for this fun event....more information to follow...Please mark your calendars!!!

Next Tues. June 10th will be the joint Board Meeting for our club. This is the annual meeting that joins the outgoing Board and the incoming Board.. It will be

House. The 7th class graduated and another class is set to start in September.....If you are interested or can suggest someone for the class please call Pete.

Walter..\$ 30.00.....He will sadly be missing the next 3 weeks of meetings. He will be going on vacation to London!!! Bon Voyage, Walter...be safe and have fun!!!!

Gary..\$ 5.00 ..the Vallejo Minor League Baseball team is in 1st place in its Division.!

Denise..\$ 20.00..will be missing next week meeting because she is mixing business with pleasure and will be in New York!!!!

Ann...\$ 20.00...happy to back in California. She was in Maine and it rained 7 out of 10 days.

Wendy..\$ 10.00...Daughter was recently married in Oklahoma!!!! Congratulations!!!

Tom..\$20.00...in gratitude for Walter paying his \$ 10.00 IOU.....Thanks Walter!!!...Thanks Tom!!!

Recognitions

No Birthdays Celebrated

Wedding Anniversaries....

held at noon at Children's Wonderland (360 Glenn Street, Vallejo)....Please RSVP with Shane.

Pete Friesen asked us to please mark our calendars for June 26th....This will be the date for Shane's Kick-Out Dinner. It will be held at Zio Freado's ...It will be the same night as the Chamber mixer therefore we are starting a little later than usual. Our event will begin at 6:30 cocktails and 7:30 dinner. It promises to be a wonderful evening!!!!!! You will not want to miss it!!!!

Program

JD introduced our guest speakers; Darlene Hall, RN, Jediah Thighni, Justin Ally, Lilia Ignacio, Anna Wamba,RN and Evelyn Eliyapo

These wonderful people are part of the New Life Community Adventist Church. They provided a cooking demonstration then provided all of us with samples!!!! It was outstanding, delicious and GOOD FOR YOU!!! Their message was to eat better quality foods.... eliminating as much fat in your food as possible. We tasted fantastic healthy recipes... such as;

Overnight oats, Savory-Quinoa-Kale Salad, Nacho Cheese Dip (made with NO DAIRY) it was unbelievably delicious!!! And we had Eggless Banana Bread!!!!

All the recipes were given to us..... Trust me, try them out...You will love them!!! And it's good for you. Darlene Hall told us she has dropped a total of 30 pounds since she began eating these foods..... We a question and answer period that was informative and interested in Vegan cooking.

They were promoting the 3rd Annual American Canyon Health Expo that is scheduled for Sunday July 20th from Noon to 5:00.

The event will be held at American Canyon High School, 3000 Newell Drive, American Canyon, CA 94503

Scott Peterson and Mike Diaz.....They were not present but we will get them at the next meeting

Gary and Judy Salvadori will be celebrating their 45th year this month!!!!!!!
Congratulations Gary and Judy!!!!!!!!!!!!!!!!!!!! Gary was \$ 50.000 happy!!

Mystery Handshaker

Ann was the secret hand shaker...and Jeanne won!!!!

Drawing/Trivia

Connie asked the Trivia questions...What two politician died on this date (June 5th) but in different years..?

Nobody got both answers... Robert Kennedy..1968, Ronald Regan ...2004.

Meeting adjourned by Past President Connie...at 1:25.

Great Job Connie!! Thanks

They will have Live Healthy Cooking Demos and free samples and recipes.....in addition to Blood Pressure screening, Body Fat Analysis, Lung Capacity Testing and many more wonderful activities...

Thank You JD..This was a delightful presentation., In more ways than one...

Prospective Member

The following person is being put forth as a prospective member for our club:

Dr. Ramona Bishop, the Superintendent of Vallejo Schools.



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