



The Rotagram

PUBLISHED WEEKLY

ROTARY CLUB OF WHITTIER No. 859 Founded 1922

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The Rotary Club of Whittier Presents

Today's Program

Anthony Parcell

The 7 Laws of Stress Management

January 16, 2009

Janelle Rap

GINA, the Missing Persons Foundation

Meetings are Fridays at 12:10 pm

Radisson Hotel, 7320 South Greenleaf in Whittier, California

2007-2008 OFFICERS: R. D. McDonnell, President; Jeff Nickell, Vice President; Rob Settlege, Past President; Ted Zwemer, Secretary; Jim Howard, Secretary-Computer Records; Gary Pirnat, Treasurer		
DIRECTORS:	<u>2008/2010</u> Joe Baima Mike Ely Kirk Kain Mark Villalobos Mike Blackmore	<u>2007/2009</u> Humera Dadabhoy Gary Pirnat Dave Pickard, Sr. Ted Knoll Ted Zwemer
	GOVERNOR, DISTRICT 5320 Roger McGonegal	INTERNATIONAL PRESIDENT Dong Kurn Lee



Rotary Club Meeting #23
January 9, 2009
Whittier, California, USA

Opening: **President RD** rang the bell at 12:20 and another great meeting of the Whittier Rotary Club began.

Pledge: Jeff Nickel led us in the pledge to the flag.

Invocation: **Mike Blackmore** shared a devotional about people's God Given Gifts and making sure that we put them to good use.

Song: In a tribute to the greatness of our country and the fair, free election process we have just experienced **Ron Ridout** led us in singing "God Bless America".

Four Way Test: **Humera Dadabhoy** led us in reciting the 4-Way Test as we seek to remember this vital commitment we make as Rotarians. Let us continue to reach to this goal: not only memorize it, but apply in "all that we think, say and do..."

Introductions of Guests and Visiting Rotarians:

Visiting Rotarians: *None today*

Guests of Rotarians: *None today*

Rotarian Milestones

Birthdays: *Jack Marino celebrating on January 6th, and Jack McFerrin celebrating on January 9th.*

Anniversaries: *None*

Rotary Anniversaries: *None*



Announcements

Second Annual Fundraiser for the **Whittier City School District** will be a concert at Shannon Center featuring Grammy winning jazz trumpet Willie Murillo. Willie is a Whittier kid who put his musical gifts to good use and has earned national recognition. Come support the WCSD Foundation.

The **11th Annual Silver Shield Awards Banquet** honoring our local police officers will be held at the Pacific Palms Resort on Friday, February 20th at 5:30pm. RSVP to Maria Segovia to sit at the Rotary Club's table.

District 5320 Annual Conference is scheduled for March 26th through March 29th. We will be co-hosting a hospitality suite with the Buena Park club on Friday night. Any member who attends Saturday's events can get meeting make-up.

Recognitions

Happy New Year! No Recognitions, but updates were received from Carmela Franco, Jim Blaylock and Dave Hassle regarding their travels.



Program for Today

Anthony Purcell

7 Laws of Stress Management

Anthony spoke to everyone about the need to care for his/her own personal stresses in life and as leaders to watch out for the things that cause those around us to be stressed. In these difficult economic times many of us need to develop life styles of stress management. We should focus on internal factors like our health and attitudes, as well as external factors such as our careers, our working conditions and the environment.



Thank You's: Anthony was thanked by acknowledging that a book in his honor will be placed in a local WCSD school library. Members were thanked for participation in today's meeting.

A Closing Thought for the Week: "When you are in jail a Good Friend will be trying to bail you out. But a Best Friend will be in the cell with you saying, damn wasn't that fun!"
Another "RD"ism

Next Week's Program: Janelle Rap from GINA, the Missing Persons Foundation will be with us.


Closing Bell: The meeting was adjourned at 1:30.

The Secretary's Corner

UPCOMING PROGRAMS

January

- 16 Janelle Rap – GINA, the Missing Persons Foundation
- 23 Combined meeting with the Soroptimists Club (here)
- 30 Larry Wilde – The Value of Laughter

MAKEUP LOCATIONS			
MONDAY:	Anaheim – 12 noon Diamond Club, Edison Field 2000 Gene Autry Way 714-940-2000	Cerritos – 12 noon Hometown Buffet 11471 South Street 562-402-8307	Norwalk – 12 noon Norwalk Marriott Hotel 1311 Sycamore Drive 562-863-5555
TUESDAY:	East Los Angeles – 12:10 PM Tamayo Restaurant 5300 E. Olympic Blvd. 323-260-4700	Whittier Sunrise - 7:15AM Friendly Hills Country Club 8500 S. Villa Verde 562-698-0331	Santa Fe Springs – 12 noon Candlewood Country Club 14000 E. Telegraph Rd. 562-941-1228
WEDNESDAY:	La Mirada - 12:10 PM Candlewood Country Club 14000 E. Telegraph Rd. 562-941-1228	Fullerton – 12 noon Terrace Room, Hope Intn'l Univ. 2555 E. Chapman 714-879-3901	Montebello - 12:10 PM Montebello Country Club 901 Via Clemente 323-724-4500
THURSDAY:	La Habra – 12:10 PM Hacienda Golf Club East Rd., La Habra 562-694-1081	Pico Rivera -12:10 PM Dal Rae Restaurant 9023 E. Washington Blvd. 562-949-2444	South El Monte – 12 Noon Pepe's 11740 Valley Blvd 626-401-1599
RECENT MAKE-UPS BY MEMBERS			
<p>ROTARY CLUB OF WHITTIER BOX 753, WHITTIER, CA 90608</p>  <p>Meets Friday – 12:10 p.m. Radisson Hotel 7320 So. Greenleaf Whittier, CA</p>			
Rotary's Four-Way Test:		<p>Is it the truth? Is it fair to all concerned? Will it build good will and better friendships? Will it be beneficial to all concerned?</p>	