

**Birthdays & Anniversaries**  
**Upcoming Programs**  
**Announcements**

**Jimmie Cannon's Valley Jazz Band** will be performing at the Southwest Performing Arts Theatre Saturday, December 11<sup>th</sup> at 7 PM. Bring a nonperishable food item for donation. **Sal Ortiz** will be playing his horn!

Next week we will have a **Christmas Party** with a special appearance by "**Santa**". Mary Miller is decorating and asks that we bring a wrapped gift for the gift exchange. Spend about \$10. We will have dessert from The Rock.

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December 15<sup>th</sup>: Christmas Party

December 22<sup>nd</sup>: We will be **DARK** for Christmas

December 29<sup>th</sup>: Regular Meeting, Program to be announced

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**December Birthdays:**

3<sup>rd</sup>: Richard Mendoza

10<sup>th</sup>: Eddie Gee

21<sup>st</sup>: Victor Nava

26<sup>th</sup>: Don Shank

**Wedding Anniversaries:**

13<sup>th</sup>: Richard & Maria Mendoza

18<sup>th</sup>: Jennifer & Sean Salomon

21<sup>st</sup>: Hugh & Cathy McPhink

30<sup>th</sup>: Carter & Sandra Taylor

**Club Anniversaries:**

1<sup>st</sup>: Bill Gates, 40 years

16<sup>th</sup>: Annette Fortier, 18 years

9<sup>th</sup>: Jeff McWane, 12 years

# This Week's Meeting

**Guests:** Lloyd Miller and Leland Foerster

**Recognitions:** **Victor Nava** has a birthday coming up, and he missed a lot of meetings. He paid \$125 to The Rotary Foundation and \$25 to the club. **Don Shank** also has a birthday coming up; he paid \$125 to TRF. **Bill Gates** has a club anniversary: 40 years, not including 10 years in the Blythe Club; he paid \$125 to TRF. **Hugh and Cathy McPhink** will be celebrating 41 years of wedded bliss; he paid \$50. **Jeff McWane** paid \$10 for his 12 years in the club. **Carter and Sandra Taylor** will celebrate their 27<sup>th</sup> wedding anniversary, no fee for Carter. **Sal Ortiz** contributed \$125 to TRF. **Teresa Valenzuela** also paid \$125 to TRF. **Clyde Shields** got "Googled"; he paid \$125 to TRF.

**Program:** Bill Gates introduced Leland Foerster. Leland graduated from UC Davis, went to graduate school, and then joined the Peace Corp and served in Columbia for 4 years. Leland's newest project is "Yes, I can eat well, be active and enjoy good health!" Leland was a volunteer interpreter at a doctor's office when he discovered that people who came to see the doctor didn't take care of themselves. Leland showed three of his short films. The first was about a family in La Mesa and a young boy who asked for help controlling his weight. With direction from Kaiser Permanente, they helped him make better diet choices and exercise more. The second was about children in a preschool in El Centro and how their teachers taught them to grow a garden and make fresh salsa with their harvest. The third film was about a new mother's decision to breastfeed and how difficult it was at first, but quickly became second nature. Leland hopes to sell these films to hospitals, clinics and health organizations. He said the hardest part was getting permission. Because  $\frac{1}{2}$  to  $\frac{1}{3}$  of all children will get diabetes, that is what his next project will be about.

**Joke of the week:** A few days before Christmas, two young brothers were spending the night at their grandparent's house. When it was time to go to bed, and anxious to do the right thing, they both knelt down to say their prayers. Suddenly, the younger one began to do so in a very loud voice. "Dear Lord, please ask Santa Claus to bring me a play-station, a mountain-bike and a telescope." His older brother leaned over and nudged his brother and said, "Why are you shouting your prayers? God isn't deaf." "I know" he replied, "But Grandma is!"