



THIS WEEK

Speaker: James Rochford
 Topic: Identity theft
 Chairman: Gordon Browning

He's back! Hope none of you had an identity theft occur this month due to the rescheduling of this program from July 1st to today. Officer Rochford has been with Covina Police Department for 16 years, assigned to the detective bureau for nine years. He works with fraud related cases that include forgery, counterfeiting, identity theft, mortgage and loan fraud and elder financial abuse. He is also responsible for computer/internet related crimes and has recently been assigned to conduct forensic searches of electronic media such as computers and mobile telephones.

LAST WEEK

Thanks, Gordon for inviting Mara Protas to bring us up-to-date on another valuable community resource. Our heart and lung health certainly qualify as useful commodities. We tend to take things for granted until they are no longer available or we suddenly become aware of a big, new need. She and her cohorts are truly lifesavers.

NEXT WEEK

Come ride across America with Mark Beck. Some of us ride a mountain bike, locally, and that's OK too.

COMING UP

Captain Bligh AKA Linda Logan announced a change in plans for the Interact beach party - the beach part of the activity was canceled and the three Interact clubs were ordered to plan a picnic in a park, somewhere - - hop to it or else. Wow, we wasted all that sunscreen.

Concert in the Park, Monday, August 2nd, 6:30 PM. The City will set up a booth and tables and chairs for 20 around the booth. Music by "Film at Eleven" begins at 7:30 PM. Cost for this shindig is \$5.00 ea., children are free, except for The Doyel boys. Covina Park is an alcohol free zone so be very discreet with your long straws and flasks

All Rotarians are invited to attend the membership development committee meeting with Harry Borak.

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New Generations Service

RI has added a Fifth Avenue of Service which recognizes the positive change implemented by youth and young adults through leadership development activities, involvement in community and international service projects, and exchange programs that enrich and foster world peace and cultural understanding.

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Do you remember?

Paul Harris, a Chicago attorney asked three friends to join him for lunch on February 23, 1905, and the world's first service club was born. They wanted to rekindle the turn-of-the-century spirit of friendliness they had known in their home towns. Word of the club soon spread and others were invited to join. They named their new club "Rotary" to describe the practice of meeting in rotation at the member's various places of business. We still enjoy the fellowship in a small city like Covina. Think about asking some business friends to join you for lunch and fun at one of our Rotary meetings. New members bring fresh ideas and enthusiasm to our club and are the life blood of a service club. Just invite them to come to lunch, the club will pay for the meal, and we hope they will like the experience.

School days, school days - - -

We said goodbye and good luck to Louis Pappas as he retired as Superintendent of the Covina Valley Unified School District. I hope we will soon be able to meet our new Superintendent, Dr. Catherine Nichols. I was interested in reviewing the current school budget prepared by Susan Hume and presented to the school board. Did you know that for the years 2007 through 2010 the summary of cuts/reductions/savings to the District budget amounted to \$18,706,069. That is a tremendous loss in three years. This was necessitated by declining enrollment and loss of income from the State. Schools have been closed, teachers laid off, support staff reduced, furloughs enacted, all to meet the mandated budget requirements. In spite of these difficulties, and because of the dedication and professionalism of our teachers and administrators, our kids are still receiving a good education. Better times will come. Please support our schools.

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Importance of Walking

Walking can add minutes to your life. This enables you at 85 years of age to spend an additional 5 months in a nursing home at \$7,000/mo.

I have to walk early in the morning before my brain figures out what I am doing. Every time I hear the dirty word 'exercise', I wash my mouth out with chocolate.

I like long walks, especially when they are taken by people who annoy me.

I do have flabby thighs, but fortunately my stomach covers them.

If you are going to take up cross-country skiing, start with a small country.

Every time I start thinking about how I look, I just find an Happy Hour, and by the time I leave, I look just fine.