



the wheel

Covina Rotary Club - District 5300 - Chartered March 8, 1923

March 31, 2011 Issue #36 Editor: Dan Banh

This Week:

Nancy Anderson and Karl Urlic from Citrus Valley Health Partners will talk about “Breath Savers”, a follow-up program for participants in the Pulmonary program. Nancy is the Supervisor/Coordinator of Pulmonary Rehabilitation Center at CVHP where she has been for more than 25 years. She first worked in Cardiac Rehab then Home Health. In 2006, Nancy became Supervisor of Pulmonary Rehab and advisor to Breath Savers support and educational group. Nancy has a B.A. in Human Biology from Stanford in 1977 and Physical Therapy from University of Pennsylvania in 1981. Karl has been a member of Breath Savers since 1999 and President since 2004. Karl is a long-time resident of West Covina. He’s a graduate of West Covina HS and Mt. Sac.

Next Week:

Bring your dollar bills! You’re going to need it for this exotic program. No, not for that! Shame on you! The dollar bills are for the origami that you’re going to be

making. Yes, the origami master- Ron Fujioka (former member of the club), will be here to show us how. Please try to keep up.

Last Week:

Unfortunately, our regular scheduled speaker was a no show. Fortunately, we have reliable members who we can always count on to step and improvise. A big round of applause for Gordon, Craig and Richard! Why, they were just as entertaining as Larry, Moe and Curly; or was it Manny, Moe and Jack. Regardless, Craig gave us an update on the Y. The Healthy Living program was implemented to combat obesity which has been very popular among all ages. Richard informed that Mt.Sac will have a new president soon. No wonder we haven’t seen John in quite awhile.

.....
Congratulations to Lina, Lisa and Linda...

*Lina was nominated and recognized by Assembly member Roger Hernandez of 57th district as Woman of the Year from Covina.

*Lisa was selected as President of the YMCA Pacific Region which covers nine states.

*Linda was nominated for the Women of Achievement Awards which is coming up in May.

.....
Did you see “Dancing with the Stars” last night? Most people did not believe what they saw! Yes, it was President Obama and his arch-nemesis, Sarah Palin

teamed up for an unbelievable, one-time only performance. After the show, a reporter asked why they both decided to appear on the show together. President Obama answered, “People wanted CHANGE when they voted for me and this is one of those changes. I wanted to show America that not only that I can play basketball but I can dance just as well. Beside, Sarah is much lighter on her feet than Michelle.”

Palin politely added, ‘I just want America to know that we can be civilized people and can get along just fine outside of political arena; even though, I don’t believe that he was born in U.S....”



Disclaimer: This fabricated story is intended for entertainment only and it is not to be sold to the tabloid for monetary gain. Views expressed here do not necessarily reflect those of CRC members. April Fool!!!

