



January 24, 2013 Issue #26 Editor: Irene Bourdon

This Week :

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*"I'm in the sandwich generation—my parents don't approve of me and my kids hate me."*

They don't call this the "Sandwich Generation" for nothing! Today, people are living longer thanks to modern medicine and healthier lifestyles. But, is our community's infrastructure able to meet the changing needs of our parents...and us! There are all kinds of support services and living facilities out there, but what and where are they?

Barbara Johnson is an expert in these social issues. Whether you are a caregiver or a care-receiver, you'll learn information that will help you plan for your future. After all, we all want those "Golden Years" to be truly Golden!

Last Week

OK, all together now...See, Swirl, Sniff, Sip and... Spit or Savor? What a treat it was to hear and learn about Phantom Rivers Winery and the interesting entrepreneurial journey that Steve Mathis made...from his day job as COO of Valley Imaging to his "second job" as President of Phantom Rivers Winery. Inspiring to all of us who dream of a second career or retirement hobby. And by the way, after the meeting Steve said he forgot to mention one important thing...there's no money in winemaking. He and his partners have yet to pocket any profits, which is why he said he still needs his day job. Darn! There's always the Lotto...



Membership Update:

Alex Garcia of Elite Spine, Inc. attended his first meeting last week and upon approval, will be inducted as a new Rotary member on the 31<sup>st</sup> of January. Alex's office is located in Covina.

Next Week: Vacation Planning Tips

Fran DeRuyter, owner of Covina Hills Travel will be here to give us tips and info on vacation planning. Do you know what will be the hot destinations of 2013? Do you know the benefits & limitations of booking your trip online? What things should you think about before selecting a destination or trip? (Okay...other than cost?) Get the answers to these and many more important questions so that you can plan and take the best vacation for you this year.



A Little District 5300 History

The founding of the Pasadena Rotary Club in 1920 signaled the beginning of District 5300. The District is now comprised of 69 clubs and about 3000 members in southern California and southern Nevada.

District 5300 takes pride in the Rotarians from the District who provided a tradition of leadership to the Rotary World. Our own Covina Rotarian, **Jim Speers** served on the Board of Directors of Rotary International.