



the wheel

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

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This Week:

Meet Dr. Fahed Bitar, the newest addition at Foothill Cardiology. He is board certified in Interventional Cardiology as well as Peripheral Vascular/Arterial Disease. He is a cardiologist who specializes in the area of peripheral arterial disease which involves having blockages in the veins and/or arteries from the neck down to the toes, the symptoms and problems this may cause and the treatments that are available that may prevent surgical intervention or amputation.

He will discuss various ways heart blockages can be treated and it should be very interesting; especially after the big turkey feast we all had.

Note: Dr. Bitar needs to leave at 1 pm; so he will start the program at 12:30 pm. We'll get lunch afterward.

Next Week:

It's all about Charlie! No, it's not Charlie Brown and his Peanuts gang, or Charlie Sheen and his tiger

blood; it's our own Charlie Kraal and his crabs (crustaceans, not other crabs – just to clarify). Every year, Charlie goes crabbing in Oregon and he keeps bragging how much fun it is. Hopefully we'll have fresh crab for lunch, that would be nice.

Last Week:

Hope you all had a wonderful Thanksgiving!



Now most of you probably have been hitting the gym hard trying to get back your pre-thanksgiving weight. Good luck with that! Let's face it. As we get older, our body and fat have become very good friends and it's hard to separate them. Here is an easier way: Did you know that 100 laughs a day is equal to 10 minutes of exercise?

* This will put a smile on your face...



These are members of Charter Oak Interact Club, showing off the shirts which we provided to help them in their efforts to raise money and awareness for Polio Plus. Their advisor, Mrs. Lauren Dagata (far right) has done a tremendous job inspiring these young leaders to get involved more with community services.

FOV was no doubt an incredible success, but there is no time to rest. Let's shift our focus to our next big project coming up very soon, Covina Care. Tony has been working hard putting together the logistics and he sure can use some help.

A big Thank goes out to Sue for putting together the Xmas Party Fellowship at Villa Tepeyae last Tues. night.