



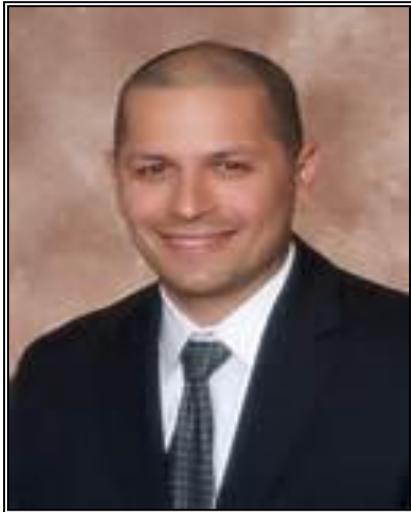
August 14, 2014 Issue # 47

Editor: Bick Harmon

Thought for the week “You become what you think”

This Week: Jon Teran, Covina Rotary President

This week is the “Club Assembly.” Come hear about the exciting things we have in store for us this Rotary year! From the Field of Valor, Fun Run, Covina Cares and all the great opportunities we have to serve as a club, the board and various committee chairs have been hard at work planning for the year ahead. This truly is an awesome club and President Jon is looking forward to this meeting. If you are new to the Covina Rotary this is a



meeting you don’t want to miss. If you are a long standing member, this is a meeting you don’t want to miss. Come to the Club Assembly to give input, to be inspired by what our club is doing and to learn about different ways you can get involved in the club. And there will be a few prizes for some lucky Rotarians. Don’t miss it!

Last Week: John Tanner, Ph.D.

Dr. Tanner had a near death experience few yrs ago that changed his life forever. He thought he was a healthy guy, always exercising. One day while he was out jogging, he suffered a sudden cardiac arrest.

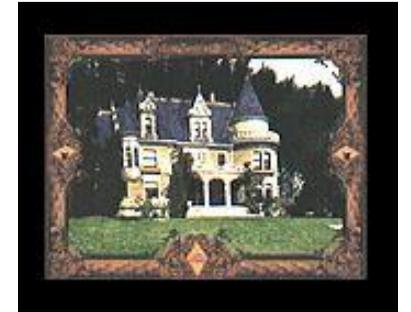


Good thing someone saw it and called for help. The survival rate of someone who has a heart attack outside hospital is only 3%. Fortunately, he recovered completely and he wasn't convinced

that heart diseases cannot be reversed. He set out to prove most traditional treatment modalities are useless such as meds, stents, CABG (coronary artery bypass graft), statins. The only effective treatment to reverse heart diseases is ideal diet. Yep, you guessed it - the boring diet of no meat or dairy and only vegetables. If your your cholesterol is less than 150 and LDL is less than 80 mg/dl, you will never have to worry for heart diseases. I don't know about you, but I was depressed after the meeting. I think I'll take my chance and continue to enjoy my normal diet - at moderation of course.

Next Week: Lou Serrano

Lou Serrano is a professional magician, marketing consultant, and keynote speaker. Over the last 20 years he's helped companies big and small create memorable and successful events nationwide. He's a frequent performer at the word-famous Magic Castle in Hollywood, and he is the author of several best selling books and DVDs focusing on the development of magic as an art and business. The Magic of Communication is an interactive presentation designed to give the attendees tools for more effective communication from the platform. As business and community leaders, the best way to motivate and inspire is through clear communication. Lou will share insight on how to grab attention within the first few vital seconds of your presentation, how to keep that attention, and how to inspire others to take action on your ideas.



Calendar of Events and important Dates

- Clothe the Kids – 8.11.14, 9:00 am – Target
- Young Ones-Celebrate International Youth Day - 8.12.14
- National Rotary Convention, Chicago - 8.13.14
- Hot August Night - Dinner party, Corvette tickets 8.16.14 to 8.23.14 NHRA Museum 1101 W. McKinley Ave., Pomona 6:00pm
- Field of Valor Meeting rescheduled to 8.26.14 at Wayne Partee’s Office.
- District Grant Process extended to 9.15.14