



the wheel

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

April 23 2015 Issue #33 Editor: Linda Logan

This Week:

What is your BMI? No – it is not a networking group! It is your Body Mass Index. Your BMI is the measurement of body fat based on height and weight that applies to both men and women.

Rick Rodriguez from Nutrishop West Covina, and Glendora, will give us a health lesson. What can you do to improve your health?

LAST WEEK: District 5300 Regional 4 Way Test Competition was a delight. We have a bunch of talented young people in our communities.

The winner was from Glendora Rotary, and will now compete at the District Conference finals.

Tricia Vagt did a great job planning this program – thanks for your hard work.

NEXT WEEK:

A surprise performance

From the Boardroom: Did you know – According to the Rotary Constitution, members must attend or make up at least 50% of club regular meetings or satellite club meetings, or engage in club projects, other events and activities for at least 12 hours in each half of the year, or a proportionate combination of both? Article 12 Sec 4 pg 206

Board 2015-16 Retreat Report - Last weekend, your incoming Board of Directors met in San Diego’s Little Italy District to plan the upcoming year.

The meeting was very productive and I personally was surprised we got through the packed agenda.

We have set the following dates for activities:

- Thursday, July 2- Andrew’s first meeting
- Saturday July 25- Chili Cookoff
- Saturday, August 8 History Dinner
- Thursday, August 27 District Governor Randy Pote visit
- Saturday Sept 19 District 5300 Rotary Basics meeting (CA)
- Saturday October 10 tentative – Thunderfest parking
- Friday Nov.6 – Nov 15 Field of Valor
- Saturday, Dec 5 – Covina Christmas Parade
- Thursday, Dec 17 – Christmas Luncheon
- Dec 14- 19 Covina Cares
- Dec 24 – Dark
- Dec 31 – Dark
- January 30-31 President’s Advance
- February 7, 2016 Superbowl party
- March 19 or 26, 2016 Fun Run
- April 23, 2016 Fellowship and Accomplishment Dinner
- May 21-22, 2016 District Conference San Diego
- May 28-June 1, 2016 International Convention Seoul Korea
- June 25, 2016 – Andrew’s Kickout

The Board will meet every 3rd Wednesday at the McIntyre office at noon. If you want to attend, please let us know in advance, as lunch will be served.

MEMBERSHIP MOMENT: Why did you join Rotary?

This very question was posed to all of your current and incoming board members. Here are the responses:

1. Somebody of prominence and good standing asked me
2. Fellowship
3. Community Involvement
4. Family Association
5. Feeling good & Giving back
6. Leverage ability to do create a better community through group effort
7. Mismanagement of previous Service Club
8. Support Veterans
9. The more you give, the more you get

If you know somebody who would make a good Rotarian, submit their name to the club.

CALENDAR OF EVENTS 2015:

May 14-17 District Conference – go to District5300.org to register

June 20 Kick Out 5:00 PM Andrew and Lisa McIntyre’s home
349 Calle Canela, San Dimas

