

Ramona Rotary Membership Roster

AGNEW, JEFF (B) 788-2123 <i>Attorney—Business Law</i>	Graeff, Robert 787-2007 <i>School District Administration</i>	Quick, Harry (PH/S) 788-2181 <i>Retired (Aerospace Engineering)</i>
BRINDLEY, STEPHEN (B) 619-339-1767 <i>Building Contracting</i>	GREENE, SHARON (MPH) (C) 788-6960 <i>Real Estate—Sales</i>	Ramirez, Amber (B) 789-0010 <i>Insurance Services</i>
Brunner, Melissa 760-440-9465 <i>Community Service</i>	Hazen, Vern (PH/S) 787-9541 <i>Consulting—Local Government</i>	RANSOM, BOB (MPH) 789-0144 <i>Retired—Building Materials</i>
Carlson, Christie (PH) (B) 787-1700 <i>Mortgage Loan Services</i>	Hemkes, Hans (B) 760-315-2274 <i>Martial Arts Instruction</i>	Renaud, Joan (PH) 788-6960 <i>Retired</i>
Chick, Greg (PH/S) (B) 788-2889 <i>Plumbing Services</i>	Jung, Craig (B) 789-1311 <i>Business Networking</i>	Robertson, Maureen (B) 789-1350 <i>Newspaper Editing</i>
Clendenen, Thad (PH) (B) 787-3206 <i>Residential Real Estate—Sales</i>	Kinney, Carol (PH) (B) 788-8148 <i>Newspaper Publishing</i>	Schiff, Pete 787-0188 <i>School District Administration</i>
CONNELL, PAT (MPH) (B) 789-9988 <i>Retired—Property Management</i>	LeMenager, Chuck (MPH) 789-4177 <i>Consulting—Land Use Planning</i>	Stafford, Ken (PH) 789-7931 <i>Retired—Aerospace Engineer</i>
DOWER, KEN (B) 760-822-8294 <i>Private Investigations</i>	Madeyski, Tom (B) 765-0642 <i>Youth Camp Management</i>	Trull, Fred Unlisted / See Directory <i>Retired—Port District Adm.</i>
FIDUK, FLOYD (MPH/S) (B) 789-8990 <i>Consulting—Finance</i>	MENNET-MARTIN, MICKI (MPH/S) (760) 420-0802 <i>Physical Therapy</i>	VAUGHN, BOB (MPH) 789-6858 <i>Retired—Aviation</i>
	Meskill, Patrick (B) 787-1113 <i>Financial Investments</i>	VERNIER, BILL (PH) (B) 789-1942 <i>Computer Training & Consulting</i>
	Murray, Bob (C) 619-316-4456 <i>Coffee Marketing</i>	WALKER, JULIE (MPH) (B) 760-591-9650 <i>Publication Design</i>
	Osio, Patrick (B) 789-0516 <i>Community Relations</i>	Woosley, Lori (B) 789-8203 <i>Youth Services</i>
	OWEN, DON (PH) 788-9349 <i>Retired—Dairy</i>	Zazas, Russ Ann (B) 788-5571 <i>Business Consulting</i>

• Leave of Absence
ALL CAPS Past President
ALL CAPS BOLD President
PH Paul Harris fellow
MPH Multiple PH fellow
S 2008-2009 PH Sustaining Member

Nearby Make-ups

Monday	Valley Center 12:10 p.m. Community Center-28246Lilac Rd.
Tuesday	El Cajon Noon East County Cmty Ctr., 195 E. Douglas
	Escondido 12:10 p.m. Calif. Centre for the Arts, 340 N. Esc. Blvd.
	Rancho Bernardo Sunrise 7:15 a.m. RB Country Club, 12280 Greens East Rd.
Wednesday	Poway 12:15 p.m. Brigantine, 13445 Poway Road
Thursday	El Cajon Breakfast 7:15 a.m. HomeTown Buffet, 350 W. Main
	Escondido-Sunrise 7 a.m. La Cocina del Charro, 525 Quince
	Lakeside/Santee Noon Jimmy's, 9635 Mission Gorge Rd.
	Rancho Bernardo Noon Bernardo Hts. Country Club 16066 Bernardo Hts. parkway
	San Diego North (Penasquitos) 7 a.m. Doubletree Golf Resort, 14455 PQ Drive
Friday	Escondido East 12:10 p.m. Sizzler, 355 N. Esc. Boulevard

HELP US FIND GOOD ROTARIANS

One of the great privileges you have as a member of our Rotary club is the right to propose new members. Share Rotary with another service-minded business person or retiree: Bring a guest to lunch! To propose a member, see Bob Vaughn or Stephen Brindley.

RAMONA ROTARY WEB SITE
Ramonarotary.org
DISTRICT WEB SITE
For RI and Rotary District 5340 information and signups, visit www.rotary5340.org.

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Chartered
April 16, 1937

PARK CLEAN-UP ON SATURDAY

Rotarians will be back at the Montecito Road park Saturday morning to do the once-a-month cleanup in the park and around the Arriba Teen Center. Grab your gloves, rakes, weed-whackers, pruning shears and come on out. **Maureen Robertson** and her team gathers at about 8 a.m., although **Don Owen** is always there first. Can you beat that?

CLUB INFORMATION

Hans Hemkes has joined the Ramona Rotary Club board as the vocational services director. He will be seeking help from those interested in any of several areas: Students of the Month, RYLA, Model UN, Third Grade Dictionaries.....

The Ramona Rotary Club board meets the first Tuesday of each month after the regular club lunch meeting. The next meeting will be Sept. 7. All members are welcome to attend.

We need someone to help with sergeant-at-arms duties next Tuesday. See **President Stephen**.

PROGRAMS:

Aug. 24.....	Vince Reardon / Creating, Leaving a Lasting Legacy in Work and Life
Aug. 31.....	James Garcia / Foster & Homeless Youth
Sept. 7.....	Jim Tucker / Finding Value in Your Message
Sept. 14.....	Ramona Rotary Round Table

*Program ideas? Contact Russ Ann Zazas: 760-788-5571
Remember please: Topics should not focus on politics or religion
or promote a business or the sale of a product or service.*

July 4th Future

The July 4th Coordinating Committee met last week to discuss the future of this event. Everyone agreed it needs to continue, but manpower is the big issue.

We had four groups involved, but still only six from those groups to set up the event (assisted by the football team: whew!) and only about eight to clean up. A few people did a lot of work.

Each group chair is going back to his/her group to find out 1. Does that group want to be involved, and 2. Are there at least a dozen people in that group who will agree to help the day of the event.

Rotarians, what say you?

Highlighter

**Aug. 24,
2010**

At our last meeting...

Our speaker was Yan Gao, an image consultant, professional speaker, trainer, author and educator, who talked to us about building a positive image.

Image is perception—of your self-image and how others see you. Studies show that 85% of your success is dependent on your image, with only 15% dependent on your particular skills!

Image consists of the three Vs: Visual, Vocal and Vocabulary: how we look, how we sound and what we are saying. Visual: 55% contributes to image; Vocal: 38%; Vocabulary: 7%. This proves, she said, that we need to focus on non-verbal communication: how we look and sound.

She talked about the importance of that first impression...which is formed in just 7 seconds!! Each person you meet decides in that brief span: I like, I don't like or maybe some day....“You don't get a second chance to make a first impression...If that first impression is wrong, it is hard to get it back....It is 10 to 15 times harder to change a wrong impression than to make a good one.”

Keys to good non-verbal communication: Impression, Manners, Appearance, Globalization, Empathy=IMAGE,

Globalization includes what, when, how we say things, including body language. Empathy relates primarily to our interaction with another, especially facial expressions. The face can register 10,000 expressions within one minute, Yan said.

“You are in control of your life and of your image. You have to take action and change your image.”

DOLLAR DONATIONS

Those making donations to the Ramona Rotary Foundation during the last meeting were:

Greg Chick, “Watch out, milkman! I've got four bucks!” He told us he had about 100 prison girls at his house....part of a crew cleaning brush around homes in the area.

Hans Hemkes, \$5, for his fifth anniversary.

Bob Vaughn, \$10, to thank Hans for joining the club board as vocational services director, to praise **Bob Graeff** for his plan making it possible to rehire 14 laid-off teachers, and because he will be vacationing at the beach this week.

Chuck LeMenager, \$5, because he will be in Alaska this week.

Julie Walker, \$10, because she and Jeff will be gone this week and next, to New England and a sailing cruise.

Bill Vernier, unknown amount, to be gone for two weeks to Washington, DC.

Cecilia, **Fred's** guest, \$3, because she won't be here, either.

Sharon Greene, \$5, because she WILL be here!

Guest speaker **Yan Gao**, \$3, because she was here.

Russ Ann Zazas, \$4, because she is no longer a caregiver to her husband and is back to being a wife.

Don Owen, \$2, to tease **Greg** about why he isn't advertising in Ramona Sentinel. “Can't you afford it anymore?”

Christie Carlson, \$10, via **Don Owen** because she had to leave early.

Rotary Roundup

• **Ramona Rotary Club Board Meeting:** The next board meeting will be on Tuesday, Sept. 7, immediately after the regular club lunch meeting. Board meetings are the first Tuesday of each month, and all club members are welcome.

• **Music Fest 4: Stephen Brindley** reports the committee has begun its work for our biggest fundraiser. Kiwanian Paul Tarr is chairing the event and has started meetings. The tentative date is Saturday, March 19, at Dos Picos Park. Anyone interested in working on a committee should see Stephen.

• **Membership Goal: Pres. Stephen Brindley** has set a goal of 40 members by the end of this Rotary year (June 30, 2011). That is a goal that can be met if everyone will think about who would make a good Rotarian. We need people who are community-service minded and interested in good camaraderie. If you have someone to recommend, please see **Bob Vaughn**, membership chair.

• **Wear Your Badge:** Wearing your name badge during our meetings helps newer members and guests know who you are.

• **Find out your speaker's needs in advance:** If you provide a speaker for our meetings, please find out if the speaker has any special needs or will be bringing any special equipment—or needs equipment!

MILESTONES

AUGUST BIRTHDAYS

5 Carol Kinney
9 Patrick Meskell
22 Thad Clendenen
31 Lori Woosley

AUGUST ANNIVERSARIES

13 Beth and Hans Hemkes

If you should be on one of these lists, send info to Julie Walker: julie@wc-ms.com

2010-2011 BOARD

President Stephen Brindley
President-elect Thad Clendenen
Secretary Amber Ramirez
Treasurer Bill Vernier
Club Service Joan Renaud
Vocational Service Hans Hemkes
Community Service Maureen Robertson
International Service Patrick Osio
Director-at-Large TBA
Sergeant-at-Arms Ken Stafford
Past President Sharon Greene

MEMBERSHIP PUSH

Membership Chair **Bob Vaughn** urges each of us to promote membership in Rotary. Primarily due to the economy, our membership has dropped below 35. That makes it hard to have enough volunteers or be able to raise enough money for our scholarships and community projects.

Please be on the lookout for potential members among your co-workers, customers and friends—including retired persons. “We do a lot of neat things for Ramona,” Bob reminds us, “but we need help to keep this going.”

Bring a guest to lunch!!