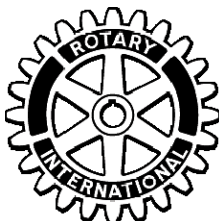


FRESH SQUEEZE



*Welcome to the
New Fresh
Squeeze!!!*

*The website has
actually been
updated!
Take a look!*

*Newsletters are
always avail-
able on the
CSR Website!!!*

In this Issue:

- Kitchen Korner 1
- Calendar Section 1
- Pres's Massage 2
- Speaker's Notes 3
- True Stories 3
- Holiday Fruitcake 3

Two Hot Rotary Dishes!

Bobbi's Beef Stew & Veggies

3 lbs. stewing beef, cubed
 1 cup water
 1 cup red wine
 1 envelope beef mushroom or onion soup
 or stew seasoning
 (1 use onion+ stew seasoning mixed)
 2 cups diced potatoes
 1 cup sliced carrots
 10 oz. package frozen peas or peas and onions
 In slow cooker, layer all ingredients in order given.
 Cover and cook on low for 8-10 hours.
 You may increase all veggie quantities with good results.



Pam's Hot Chicken Salad

8 to 10 cooked chicken tenders, cut up
 1 bunch celery, sliced
 2 jars of sliced mushrooms
 2 cans sliced water chestnuts
 2 bunches of green onions chopped
 Mix all together with enough mayonnaise
 to make very moist (2 cups or so).
 Lawry's salt and pepper to taste, add juice of 1/2 lemon.
 Place in casserole and top with sliced almonds, cheddar
 cheese and crushed potato chips. Bake at 350 for 45 to
 60 minutes. You can make a day ahead and it is always
 better as flavors will blend together.



Upcoming Events and Dates

- Mar. Programs: **Morgan** Setup: **Metz** Raffle: **DeLach**
- Apr. Programs: **Uptergrove** Setup: **Skurow** Raffle: **Perez**
- May Programs: **Falls** Setup: **Femino** Raffle: **Femino**
- Jun. Programs: **Kemp** Setup: **Mejia** Raffle: **Pampu**
- February 26 — Auction Planning Meeting @Coco's 6pm
- March 24 — Auction Planning Meeting @Coco's 6pm
- April 21 — Auction Planning Meeting @Coco's 6pm
- May 15 — The Mardi Gras Auction
- June 26 — The Big Kickout

The President's Message

What is the Family of Rotary?
Rotary International is trying to create awareness about the Family of Rotary. It has to do with the extended family of all of our members. It means keeping in contact with current and former members about what is going on in their lives, "lending a hand" when



needed. We have had some health concerns or deaths in the family with a few of our members this year. How many of us have picked up the phone to offer our thoughts and prayers to our fellow members. We are a great bunch of men and women, let's do all that we can to help and support each other. What does the Family of Rotary mean to you?

We have a excellent opportunity to raise additional money for Operation Santa Clothes. Gary McMurtrey, who is a school psychologist at Merwin Elementary and South Hills High School is competing in the IronMan compe-

tion. Janus Capital Group will match dollar for dollar all donations that Gary raises, he has set a goal of \$5,000, so far he has raised \$1065.00. Please let all your friends, family and co-workers know they can donate online until June 26th. Just go to the Covina Sunrise Rotary website and click on the link there. We all talked at the assembly meeting about the need to find more sponsorships for OSC, well here is a great opportunity. Let's run with this and make sure Gary meets his goal. Thank you Gary McMurtrey for "Lending a Hand".

— John

Today's Program:

Ann Savage from the Mt. San Antonio College Planetarium will be here to talk about billions and billions of things.



Coming Up:

February 24th: Four-way contest featuring some smart kids.

March 2nd: Henry's still looking...

Darndest Kids Say The Things

A three year old walks in to the bathroom as her pregnant mother is entering the shower and says, "Mommy, you're getting fat!"

The mother replied, "Yes, honey, remember that Mommy has a baby growing in her tummy." "I know", replied the girl, "but what's growing in your butt?"

A Kindergarten pupil told his teacher he found a cat but it was dead.

"How do you know it was dead?" asked the teacher.

"Because I pissed in its ear and it didn't move" said the child innocently.

"You did WHAT?!" the teacher exclaimed in surprise.

"You know," said the boy, "I leaned over and went 'Pssst!' and it didn't move."

A little girl goes to the barber shop with her dad. She stands next to the chair while her dad gets his hair cut, eating a snack cake. The barber says to her,

"Sweetheart, you're gonna get hair on your Twinkie."

"I know", she says, "and I'm gonna get boobs too!"

The Donated Bike Cycle!

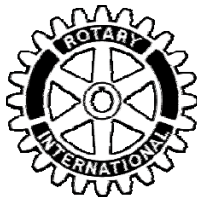
Virginia and Mark Contreras won a boys bike from the Sheriffs Dept and donated it to Operation Santa Clothes. OSC then recently donated it to Cedar Grove Elementary School for a fundraiser they will be holding for one of their students who has leukemia. The bike will soon be raffled off and the ticket proceeds will go toward the child's medical expenses.



COVINA SUNRISE ROTARY
DISTRICT 5300

Post Office Box 1875
Covina, CA 91722
(626)331-0701

Email:
news@covinasunriserotary.com
Editor: Terry Wysocki



The Greatest Sunrise Rotary Club in Covina

Visit our website at:
CovinaSunriseRotary.com

2003-2004 Board of Directors

John Pellizzon, President
Shirley Von, Vice President
Ed Cooper, President Elect
Vikki Stapleton, Secretary
Bill Hubbert, Treasurer
Robert Avila, Dir., Club Service 'A'
Terry Wysocki, Dir., Club Service 'B'
Owen King, Dir., Community Service
Laura Pampu, Dir., Vocational Service
Don Boline, Dir., International Service
Pamela Pomeroy, Exec.Dir., O.S.C.
Tim Burlingame, Chmn., Tex Everson H.E.
Don Crouse, Chmn., Paul Harris Foundation

Make-Up Meeting Places

Covina Rotary
South Hills CC, Thursday 12pm
West Covina Sunrise Rotary
South Hills CC, Wednesday 7:00am
West Covina Rotary
South Hills CC, Wednesday 12:15pm
San Dimas Rotary
Rancho Park Villa, Wednesday 12pm
Duarte Rotary
Denny's Duarte., Wednesday 7:30am
Diamond Bar Rotary
Royal Vista Golf C., Tuesday 12:10pm
Glendora Rotary
Continental Restaurant, Tuesday 12pm

Meeting Time: Tuesday 7:15am
South Hills Country Club
2655 South Citrus Avenue
West Covina, CA 91791

Board of Directors meets every
second Wednesday at 7:15am at:
Coco's Restaurant
Azusa Avenue at Badillo
Covina, CA 91723