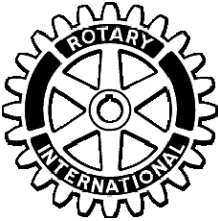


FRESH SQUEEZE



*Welcome to the
Old New Fresh
Squeeze!!!*

"One of the penalties for refusing to participate in politics is that you end up being governed by your inferiors."
—Plato

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

In this Issue:

Biker News	1
Labor Report	1
Judy's Gossip	2
Speaking Out	3
Funnies	3
RYLA News	3
Calendar	3

Rotarian Born To Be Wild!

The lure of the open road (and open cockpit) has attracted yet another Rotary member to join the ranks of CSRMC (Covina Sunrise Rotary Motorcycle Club). Current members of the Club (Metz, Skurow, Staggs, Wysocki) were pleased with the news that our own Bob C. Potter has successfully passed his motorcycle driving license exam and is now legal on two wheels (with motor attached). Last weekend he successfully attained 70mph on the Foothill Freeway while maintaining position in the pack with precision of a longshoreman. Potter's cycle fetish is but the latest in a recent puzzling series of life expanding exercises he's been undertaking. Next week: Skydiving. After that, undertaking.



Work Assignments:

If you didn't volunteer, you probably got your name picked out of the hat and it appears below. If you can't do the time, it's your job to find someone else to fill in for you.

Month	Programs	Setup	Raffle
October	Potter	Gaynor	Jackson
November	Metz	Uptergrove	Perez
December	Falls	Marino	Kemp
January '05	Jackson	Roman	Boline
February	Reichert	Metz	Pampu
March	Morgan	Jackson	Contreras
April	Delach	Skurow	Von
May	Little	Femino	Femino
June	Espinoza	Avila	Ledford

The President's Gossip Page

Good Morning Fellow Rotarians!

For some reason I am really excited about this being the 100th year of Rotary and, as fate would have it, that is the year I am President. I am really reading up on so many facts about Rotary. How many of you know about the very special significance of the number "711". No it is not a bet on a Roulette table; it is the birthplace of Rotary International. This historic room, which was the office of engineer Gus Loehr, was the location of that first meeting when Paul Harris met with several friends to discuss his new idea of a club for professionals and businessmen. When the building was to be torn down in 1987, members carefully dismantled the landmark room and placed its contents in storage. Then in 1994, the room was recreated at the RI World Headquarters in Evanston, and now is permanent part of Rotary History.



Sorry I will miss this week's meeting, but I am having a little back surgery on Thursday, the 28th and I need to stay calm for about 1 week. Hopefully if all goes well, and I am sure that it will, "I will be back", the following week. Thanks to John Pellizzon for standing in for me. Just to let you know that if he tells a joke, and there is laughter, I will find out!

So far, I am having a great time, as I was told to enjoy my year. What is really great is having so many of you helping me. Your support is what makes it all come together!

Have a great week,

— Judy

Today's Program:

Today's speaker will be **George Gleason**, Professor of History from UCLA. The topic of his discourse will be "*The Person Least Prepared to become President*".



Joke of the Week

Thanks, Manny!

A woman gets home, screeches her car into the driveway, runs into the house, slams the door and shouts at the top of her lungs, "Honey, pack your bags. I won the lottery!" The husband says, 'Oh my God! What should I pack, beach stuff or mountain stuff?' "Doesn't matter," she says. "Just get out."

RYLA Needs Your Help!

RYLA desperately needs facilitators for the last weekend of February. If you want to have a part in guiding some high school juniors in exercises in leadership and team building, this is for you. Spend the weekend with RYLA and help spread the seeds of Rotary. Check with Laura Pampu or Owen King for more details if you're interested.

The Obligatory Holiday Party:

This year's annual CSR Holiday Party is scheduled for Saturday, October 11th. Due to some technical and logistical uncertainties, the plan has not been officially firmed up yet. However, at present, it tentatively features the usual liquid indoctrination at Rayne Water followed by a dinner at Buca de Beppo in Pasadena at 5:30pm. Following that, the Pasadena Civic Auditorium has agreed to seat some of us at the play "Plaid Tidings" at 8:00. No mass transportation has been planned.

Calendar of Upcoming Events

November 2 — Shirley's Hip Replacement

November 5 — VIP Luncheon. First Friday of the month.

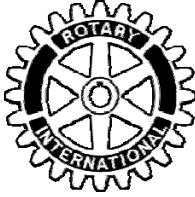
November 29 — Clothe kids at K-Mart 8:30am for two weeks

December 11 — Holiday Party

**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*

2004-2005 Board of Directors

- Judy Starns, President
- John Pellizzon, Vice President
- Owen King, President Elect
- Vikki Stapleton, Secretary
- Bill Hubbert, Treasurer
- Laura Pampu, Dir., Club Service 'A'
- Terry Wysocki, Dir., Club Service 'B'
- Galen Metz, Dir., Community Service
- Don Boline, Dir., Vocational Service
- Manny Perez, 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