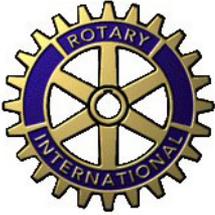


FRESH SQUEEZE

Volume IV, Issue V

NOVEMBER 1, 2016



Welcome to the Old, New, Reborn Fresh Squeeze!!!

NOW IN COLOR!

"When I was a boy I was told that anybody could become President. Now I'm beginning to believe it.
—Clarence Darrow

VOTE!

Early and Often

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Rotaplast Heroes in District

CSR had the pleasure of welcoming PDG Roger Schulte last month to speak about District 5300's Rotaplast Project. Now about to start their 4th mission, members from around the district, along with medical professionals, will be traveling to Peru, where large numbers of children suffer from cleft palette and lips. Surgery required to repair these devastating maladies takes only about 90 minutes but will change the lives of these kids forever. Here's a pic of Roger with a patient.



Rotary Nite-Out a Success!



Manny Perez has really gotten into generating interest in his **Rotary Nite Out** activity. Every month, a local restaurant is selected that has been benevolent to the needs of CSR. And every month, a large number of CSR members get together for a night of great dining and fraternity (and sorority). Here, the Bread & Barley tavern has a full house of sated Rotarians going wild. Just one more of the ways CSR pays it back to the community!

Field of Valor Waves Again

Our Club has worked on this project with the Covina Rotary since its beginning and it fosters great relations between our Clubs. This year, they are a bit short handed and really in need of our help. This is a great project that benefits our community so if you can lend a hand, the spirit of Rotary will shine. Please contact Brad Manning at coach1326@aol.com to see what you can do to help out this year. Also, be sure to attend the Community Lunch at 11:30am on Nov 10 to see a great program at the field.



The President's Gems & Jewels

October was a great month for our club, starting with our community event Thunderfest, where we hosted the beer and wine garden (thank you Galen) and raising almost \$7000.00 for our club. Thousands of people were in Covina with cars, hot rods and business booths. We have a big presence there and yes the Rotary EZ up was up and standing proudly. Thanks to the members that went to the Rotary peace conference, which was eye opening for many of us...incredible speakers from Christians, Muslims, Rabbi, Monks and other affluent people speaking of peace in our world and how Rotary can make a difference! Barbara started her community service project by making blankets at Tin Frogs with many lady Rotarians and volunteers and, yes, you're truly was also present. We had our monthly mixer at Bread and Barley, thanking them for their sponsorship with wine, brew and good food. The lady Rotarians have been stepping up with crafting parties, some of us are wondering if there are some Chippendale dancers present for entertainment. They sure come to Tuesdays meeting with energy and excitement!! Come on Terry, where are the Beer Parties? Past DG Roger came and spoke about cleft pallets and heard how much our Club does and he said, "we don't do half of what your club does and contributes and we are triple your size" Judy politely said, "and yes this was a slow month for us too"!!! CSR leaving our mark— Here is a to a busy upcoming holiday season!



Making a Rotary difference, — *Robert*

Rotary Recipe Roundup

Pam's Xmas Morning French Toast

1 cup brown sugar	½ cup melted butter
1 Tbs and 2 tsp Cinnamon	3 tart apples peeled and sliced
½ cup dried cranberries	1 loaf French bread
6 eggs	½ cup milk
1 Tbs vanilla	



Combine in a 13"X9" pan the mixture of brown sugar, butter and 1 Tbs cinnamon. Toss together apples and cranberries....spread on top of brown sugar mix. Evenly arrange sliced bread on top
Mix eggs, milk, 2 tsp cinnamon and vanilla
Pour over and refrigerate overnight
Cover with foil and bake 375 for 45 to 50 mins. Check.
Uncover and bake 5 mins longer.

**Recommended by French Toast Connoisseur Wysocki*

Speaking About That...

TODAY: Bob Conley, BedrockLeadership.com

TOPIC: Guiding youth to a career path.



The Line Up:

11/08 ELECTION DAY— Plus Jimmy Weldon— Birth of the Star Spangled Banner

11/15 PDG Miles Petroff— Rotary Foundation

11/22 Bob Donnelson— Matchbook collections through history

11/29 Ana Interiano — YWCA San Gabriel Valley

12/06 Michael LaFond— Magician

12/13 Janie Duncan — The History of Buttons

Gratuitous Clean Joke of the Month

Two hunters are out in the woods when one of them collapses. He doesn't seem to be breathing and his eyes are glazed.

The other guy takes out his phone and calls the emergency services.

He gasps: "My friend is dead! What can I do?" The operator says: "Calm down, I can help. First, let's make sure he's dead." There is a silence, then a gunshot is heard.

Back on the phone, the guy says: "OK, now what?"

Calendar of Upcoming Events

11/24 Thanksgiving @ Rayne 10am.

12/03 Covina Christmas Parade w/ Rotary Float! 6pm.

12/10 Covina Downtown Wine Walk 2pm.

12/18 CSR Holiday Party @ Potter's house. 3pm.

12/20 DARK— Holiday Breakfast Meeting moved to 12/21 Wednesday.

12/27 DARK for the Holidays.

Hugh's History Hutch:

Besides the amazing charitable works of CSR, our members enjoy great social events like our Los Angeles Historic Walking Tours. Steve Slakey of LVU has taken our members on train rides deep into the



hidden side of downtown LA architecture and Bunker Hill and has planned to do another tour in spring 2017. This time his theme will be *The Lost Subways of LA*. Don't miss it!

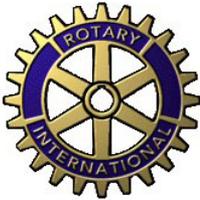
The Back Page Story: Crafty Ladies

They complained that the “Official CSR Beer Club” was designated as a *males only* organization. But that was before Barbara Brusca decided to get the Ladies of Rotary involved in an elite group of their own. Here’s the scoop in this *Fresh Squeeze Exclusive* report: Several of our sisterns have come together with a few ’R Futures members to spend an occasional evening of social interaction along with creative construction of various craft projects. Ostensibly, male members are invited (wink, wink) and it has been reported that a few Beer Club members are considering defection to the Craft Club!



The Squeeze Goes Full Color!

Starting with this issue, the Fresh Squeeze is now published in full, glorious, mind-bending **COLOR!!!** However, you may not have noticed this amazing development, because our printing department still uses black and white printers! There is a Go-Fund-Me venture in the works for a color printer, but in the meantime, work is proceeding at a feverish pitch to upload the vast library of Squeezes to the website, where they will soon be available to be viewed in all their polychromatic glory.



Covina Sunrise Rotary -Second to None

*Visit our website at:
CovinaSunriseRotary.com*

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District 5300
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Covina, CA 91722
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Email: csr@covinasunriserotary.com

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

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