



# Rota-Monica

Fri Apr 27, 2012

[Home](#)

Editor Scott Kunitz

If you have any comments or questions, please contact the editor.

## Upcoming Programs

Apr 27, 2012

[Dark](#)

Home Cooking for the Food Festival

May 11, 2012

[Anita DeFrantz](#)

Olympics

May 18, 2012

[Past President's Day](#)

May 25, 2012

[Dark - Memorial Day](#)

Jun 01, 2012

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Jun 15, 2012

[Craft Talks](#)

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## Upcoming Events

[International Food & Song Festival](#)

Tom & Stephanie Loo's  
Apr 29, 2012 01:00 PM

[Rotary International Convention](#)

May 06, 2012 - May 09, 2012

## Club Banners



Joan Behrens  
April 13, 2012

## Stories

[This week at Rotary - We are DARK tomorrow for the FOOD FEST on SUNDAY! Home Cooking for the Food Festival.](#)

Posted by Scott Kunitz

[International Food & Song Festival](#)

Tom & Stephanie Loo's

Apr 29, 2012 01:00 PM

[Rotary Club Meeting April 20, 2012 - Dr. Ben Weitz](#)

Posted by Scott Kunitz on Apr 20, 2012

### Meeting Cast:



At the head table, seated at far stage right of the podium we have our Invocator for today: **Jay Smith**. Next to Jay we have one of our newest members, **Matt Williams**. Stage left of the podium and here to introduce our Speaker for today, we have **Grace Wang**. Next to Grace is our speaker for today, **Dr. Ben Weitz**. Far stage left of the

Podium and here to introduce our visiting Rotarians and guests, we have **Thomas Larmore**.

Our song leader was Savi Labensart with Ken Waltzer on piano, and our greeters were Isabel Cervello & Moira Doherty.



**Visitors:** We had no visiting Rotarians.

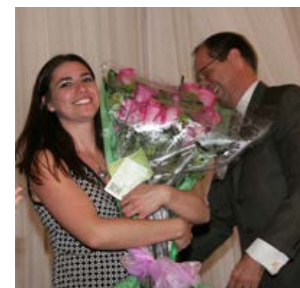
Jamie Menzies guest of Dee Menzies.

Chris Wilson was a guest of Don

Dickerson. Lee Harrison and John Ashkar were guests of Jim Rushta.

### Announcements:

- Staff Support Day - Where we honor our support staff that make our jobs possible.
- David thanked his staff.
- David thanked Savi for her support during his term and presented her with roses.
- John Bohn presented a \$3,500 grant to the Boy Scouts of America. The grant will be used to make repairs to the swimming pool at Camp Josepho.
- Judy Neveau - Club Survey time again. Please complete the survey and return. It only takes 4 minutes.





Alan Monroe  
March 30, 2012



## Club Videos

Santa Monica  
Rotary Club's  
90th Anniversary  
Slide Show

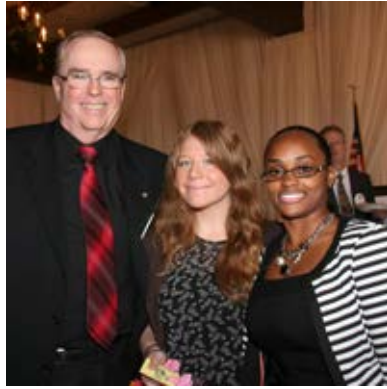
Santa Monica  
Rotary Club's  
home makeover effort  
at Upward Bound House

Puerto Rico  
District Humanitarian Trip's  
main project  
distributing 110 wheelchairs



### Support Staff Guests:

Rotarian		Guest	
David	Bohn	Joni	Ramos
		Susan	Cruz
		Brittney	Manke
Bret	Carter	Anna Karin	Nordlund
		Jennifer	Soussan
		Jill	Anderson
Isabel	Cervello	Nellie	Evans
George	Collins	Beth	England
Susan	Gabriel Potter	Carol	Hirahara
		Kathy	Ritter
Alan	Glick	Pearl	Beria
Mitch	Kraus	Jaime	Hume
Frank	Lavac	Mayra	Zambrano
Dick	Lawrence	Kathy	Irby
Tom	Loo	Bobbi	Banks
Larry	Maher	Kelsey	Greenwald
		Lea	Smith
Rick	Mateus	Gabby	Orozco
Klaus	Mennekes	Annette	Gussmack
TJ	Montemer	Spencer	Lee
		Judy	Guest
MaryAnn	Powell	Flor	Perez
Rosemary	Regalbutto	Ellen	Rabin
Laurel	Rosen	Maggie	Davis
		Jennifer	Medina
		Carl	Hansen
David	Rosenfeld	Julie	Cruz-Smith
		Erin	Sullivan
		Neferteri	Shepard
Mario	Ruiz	Claudia	Ruiz
		Joseph	Vasquez
David	Snow	Nicole	Larsen
Ken	Waltzer	Gayle	Fuhr
		Kellie	Weidenheimer



The Support Staff games were led by Grace



### **Presentation**



Dr. Ben Weitz is a certified sports chiropractor, nutritionist, and strength and conditioning specialist in Santa Monica for over 20 years. Dr. Weitz graduated from UCLA in 1983 with a BA in philosophy and he graduated from the Pasadena College of Chiropractic in 1987 as a Doctor of Chiropractic. Dr. Weitz wrote a book on back rehabilitation, *The Back Relief Book*, published in 1998, and he is currently at work on a book on sports nutrition for kids. Dr. Weitz will be speaking about how to prevent and reverse chronic diseases like obesity,

diabetes, and heart disease by adopting a healthy lifestyle.

To see Dr. Weitz's full presentation [click here](#) or view it in our new story section, accessible through our home page.

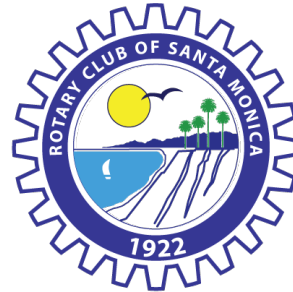
### **Thought for the Day**

"As soon as you sit down to a nice cup of hot coffee, your boss will ask you

to do something which will last until the coffee is cold.”

- truism from an unnamed executive assistant

## ROTARY CLUB OF SANTA MONICA



Service Since 1922 - Meets Noon Most Fridays  
Riviera Country Club - 1250 Capri Drive - Pacific Palisades

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