

OPENING

Time: 6:00

Pledge of Allegiance

GUESTS

Karen Feldman, guest of new member Ron Feldman, and Candace Cox

VISITING ROTARIANS

None.

BIRTHDAYS

None.

ANNIVERSARIES

Brandon Elliott, 2 years.

ROVING REPORTER

Tom Youngblood

-- Congratulations to Laurie Bunn, who participated in her 26th Bayview to Mackinac race, finishing 3rd in her class.

-- John Mozena passed his driving test (which, to John's chagrin, was mentioned by Susan at last week's meeting).

-- Beth Konrad-Wilberding and Frank Wilberding just finished an 8-day vacation in Scotland, biking 40-50 miles a day!

-- After completing her current cruise to Greenland and Iceland, Michele Lindsay will be jumping on another one through Bordeaux. All to better her skills as a travel agent.

SUNSHINE NEWS

Please keep in your thoughts and prayers:

- John Maliszewski, who had a recent hospital stay due to pain where the source has not been identified.

- John and Dawn Drozd's 3-year-old grandson, who is having his tonsils removed on Friday.

OIL CAN

Postponed.

NEW MEMBER INDUCTION

-- Ron Feldman, a GP resident for 48 years, lives with his wife, Karen, in GP Farms. He is a retired VP of Tri-County Beverage, a beer and beverage distributor, and the author of his first book, *Wicked Brew*. Please make him feel welcome.

COMMUNITY SERVICE

-- T-shirt orders are still being accepted by Dawn Drozd, with a final clipboard to order one available at the 7/29 meeting.

-- 8/1. GP Chamber Art Festival. Help is needed to help artists unload their cars and set up tents in The Hill from 7:30am to 9:00am and to tear them down from 6:00pm to 7:00pm. Contact Eric Aldrich if you would like to help.

-- 8/5 to 8/21. GP/HW School Supply Collection. A list will be available by 8/5, and donations can be brought to the meetings. Contact Rebecca Fannon with any questions.

-- 8/11. Crossroads of Detroit lunch. President Dave believes there are enough volunteers for this event.

ANNOUNCEMENTS

-- A committee is being formed to organize the Club's 90th birthday party. If interested in championing this or being part of the committee, please contact President Dave.

-- Alma Kitchen Lunch Bunch. If you plan on attending, RSVP via email to Ted Everingham by 11:00am that day.

-- Please consider buying raffle tickets at our weekly meetings. \$2 for 3 or \$5 for 10. This money helps fund Scholarship Night at the War Memorial and the Passing of the Gavel, among other events.

-- If interested in hosting a dinner for the progressive dinner this fall, please reach out to Phil MacKethan by 7/24. The possible dates are 10/3, 10/17, or 11/7.

TODAY'S PROGRAM

Nathan Blackwell of Clairpointe Family Chiropractic – Strong for Life

Starting at age 30, people start losing muscle mass and bone density. To slow down the aging process, the body needs healthy stress through resistance training, body weight exercises, and walking, jogging, etc. It's recommended that moderate cardiovascular activity be done 30 minutes 5x/week, vigorous cardiovascular 20 minutes 3-4x/week, and lifting 3x/week. The lifting can be simple at-home exercises. Strong for Life, through three visits (one to assess, one to instruct, and one as a follow-up), help individuals put together independent exercise programs

Chiropractic care can work in conjunction with exercise and diet to provide a natural approach to better health. A special new patient evaluation offer is available to GP Rotary members. Please reach out to Dr. Blackwell if interested.

MEETING RAFFLE

No. raffle this meeting.

CALENDAR

Jul 29: Laura Varon Brown – Gilda's Club Metro Detroit

Aug 05: Zakary Belisle – New Member Presentation