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Prescott Frontier Rotary Club



CREATE LASTING IMPACT

Meets Wednesdays 11:30am at
Touchmark, Prescott

Making A Difference for Prescott's Kids & Beyond!

November 4, 2026

2026 - 2027 OFFICERS

PRESIDENT:

Donna Jacobs
928-800-1494

PRESIDENT ELECT:

Linda Mast
928-582-1074

SECRETARY:

Mike Hannan
415-310-2476

TREASURER:

Katheryn Tuberty
707-365-6861

PAST PRESIDENT:

Linda Sweeney
408-639-9265

CLUB ADMINISTRATION:

Duane Robinson
559-676-5168

PUBLIC IMAGE:

Lisa Doherty
312-771-7136

MEMBERSHIP:

Linda Sweeney
408-639-9265

R.I. FOUNDATION:

Rex Townsend
928-445-7700

YOUTH SERVICES:

Linda Crogan
858-344-1734

SERVICE PROJECTS:

Wendi Lancy
661-993-0691

October 28, 2026

Sandra Moffett-Adams led the Pledge of Allegiance & 4 Way Test. Steve Sischka offered an invocation.

GUESTS: Today's guests were represented by Judy Stencel, prospective member, Danielle Tomerlin & our presenter, Ray Fischer. **WELCOME!**

DRAWING: Diane Meek won the \$10 prize. Unfortunately, she drew the Two of Clubs. On November 4th, the jackpot will be \$150.00 with 47 cards in the deck. **SWING & A MISS ...**

ANNOUNCEMENTS:

- President Donna Jacobs began the meeting by inviting Don Schiller to address the audience. Don introduced a project related to the upcoming Veteran's Day Parade. The project entails preparing gift packets to be distributed during the parade. He invited his fellow Rotarians to prepare the packets during today's meeting. **NOW LET'S GET STUFFIN'!**

- Donna continued by thanking the Service Slate team along with the Frontiersman reporter. **KUDOS & THANKS ...**

- She then discussed volunteer needs for the Veteran's Day Parade float project. Please see the sign up sheet for activities & time slots. She then shared a photo of the float design prepared by Judy Garner of the Sun Up Club. Remember the club will not meet on the day of the parade (11/11). As of today, only three members have signed up to participate. **SIGN UP & SHOW YOUR ROTARY COLORS!**

- Announcements of upcoming activities were then presented. As previously mentioned, members are encouraged to attend the district's Arizona Cardinals Game & Tailgate event on Sunday (11/29) at the State Farm Stadium in Glendale. Raffle opportunities are available to support Youth programs. If you can't attend, please consider sponsoring a Youth Exchange Student. Your \$135.00 donation includes a game & raffle ticket. Then on Saturday (11/14), club members are invited to participate in the Rotary Connections training. Sessions I, II & III will be offered at the Glendale Community College. **REMEMBER ... THE CLUB REIMBURSES YOUR TUITION ...**

- Art Bierschbach was then presented with his Blue badge & a cake. Cake preparers, Josh Mireles & Kris Bautista were introduced to the audience. **YUMMO!**

- Donna continued by inviting Judy Stencel, representing the Prescott Unified School District, to receive a \$3,000.00 District Grant award. The grant will provide support for the Winter Wellness program to aid homeless students. Judy provided an overview of the program & offered heartfelt appreciation for this award. **OUR PLEASURE ... KEEP UP THE GREAT WORK!**

- In closing, attention was brought to a recent Daily Courier article that featured a photo of our Club Excellence award. **WELL DESERVED RECOGNITION ...**

Speaker: Ray Fischer, Arizona Chuan Fa Society Martial Arts

Ray Fischer "Grandmaster Ray" holds advanced rank in multiple martial arts disciplines. These disciplines include Goju Shorei, Kenpo Jiu Jitsu, Okinawan Ryukyu Kempo Tortie Jutsu & Kajikenbo. In addition, he has mastered the restorative & internal arts disciplines of Tai Qi Chuan, Qi Gongs & Seifukujutsu. Tai Qi & Kajikenbo focus on flowing motions blended with breathing emphasis. Sound & color meditation cleanse one's inner self & are woven within the safe, gentle movements that help to increase physical health, balance & flexibility. Clients often find greater mental clarity & ability to focus better. They report feeling invigorated, yet relaxed, following a practice session. These arts embody the Yin/Yang philosophy of complementary units. Seifukujutsu is an energetic therapy that focuses on opening the Meridian channels of the body. In traditional Chinese medicine, Meridian channels are invisible pathways or networks through which vital life energy, known as Qi (chee), flows to connect & regulate the body's organs. Restoration treatments may include massage with synchronized breathing aligned with movement. This practice increases the Qi energy flow to the body & harmonizes the energy between the giver & receiver. Each person is unique & may require different plans for balancing their energy to create a Life/Work balance. The goal is to restore a complete & harmonious flow of one's energy. Grandmaster Ray emphasized the importance of proper breath. He demonstrated how the belly versus the chest should expand with each breath. He invited the audience to participate in a breathing exercise that involved gentle side stretches. Following the exercise he provided a demonstration using a cane as a defensive device. He shared that while cane users may be viewed as an easy target, they can effectively defend themselves using a few basic techniques. If you are interested in learning more about these disciplines, Grandmaster Ray offers a free two week introduction. To learn more, visit www.ACSMartialArts.com **EVERYBODY WAS KUNG FU FIGHTING ...**

Sergeant at Arms: Lisa Doherty donned her pumpkin eye glasses before tricking her fellow Rotarians with Halloween hilarity. **A 2,000 POUND, 10 FOOT-WIDE WORLD RECORD PUMPKIN ... NOW THAT'S A LOT OF PIE!**

CLUB SERVICE SLATE

	<u>Nov 4th</u>	<u>Nov 11th</u>	<u>Nov 18th</u>
Set Up/Down:	Art Bierschbach	No Meeting	Linda Mast
Greeter:	Dan Beyer	No Meeting	Linda Sweeney
Check In:	Carl Marsh	No Meeting	Diane Meek
Sgt-at-Arms:	Linda Crogan	No Meeting	Kathy Nagy
Reporter:	Robert Wertz	Robert Wertz	Robert Wertz

*Special thanks to Joe Brown & Touchmark
for hosting our meetings!*

UPCOMING EVENTS

Nov 10: FRCF Board Meeting

Nov 11: PFRC Board Meeting

Nov 11: Veteran's Day Parade

UPCOMING PROGRAM

**Nov 4th: Worcester Bong:
Fort Whipple**

Nov 11th: No Meeting

**Nov 18th: Katheryn Tuberty
Options in Aging**

SERVICE ABOVE SELF