



ROTARY:
MAKING A
DIFFERENCE

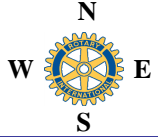
COMPASS



The Publication of the Rotary Club of Arlington North
"The Friendliest Club In Town" since June 4, 1982

January 21, 2019

www.arlingtonnorthrotary.org



January is Rotary Vocational Service Month



Today's Speaker:

Jason Kouri

*Medical Director of
Neuropathy & Pain Centers
of Texas*

Osteoarthritis, the most common form of arthritis, occurs when the cartilage in a joint – the slick, cushioning surface on the ends of bones – wears away and bone rubs against bone, causing pain, swelling and stiffness. Over time, joints can lose strength and pain may become chronic.

Unfortunately, the disease is progressive and traditional treatments – drugs, cortisone shots and surgery – are often ineffective, physically debilitating and painful. To make matters worse, many people believe there is no cure for osteoarthritis and they just have to learn to live with it.

According to Dr. Jason Kouri, Medical Director of Neuropathy & Pain Centers of Texas, advances in medical science have proven this belief wrong. The cure for osteoarthritis lies in the use of stem cells to regenerate or rebuild the cartilage destroyed by the disease. In his talk, "What You Don't Know About Arthritis," Dr. Kouri will share with your members:

**Today's Volunteers:
Greeters:**

Invocation and 4-Way Test:

Pledge:



Martin Luther King Jr. Day - 2019



This photo released by the High Museum of Art, shows Dr. Martin Luther King Jr. and his wife Coretta Scott King leading freedom marchers in Montgomery, Ala. in 1965, in a photo by Morton Broffman (AP Photo/ High Museum of Art , Gift of the Broffman Family, Morton Broffman)

Upcoming Speakers

January 28th - Club Meetings

February 4th - Jim Quick

February 11th - Mark and Tari Bauer

THE FOUR-WAY TEST

OF THE THINGS WE THINK, SAY OR DO:

1ST .. Is it the Truth?

2nd .. Is it Fair to all concerned?

3rd .. Will it build Good Will and
Better Friendships?

4th .. Will it be Beneficial to all concerned?



WHEELCHAIR PROGRAM RAFFLE!

The lucky member or guest whose ticket is pulled, gets a chance at winning ½ the Pot if they draw the **Ace of Spades**.

See Annys Laufer for tickets for the drawing.

This benefits the  on behalf of our Club.

Last Week Jackpot Winner – Warren Ehn 



January 24th -Warren Ehn/

January 31st – Lashundra Strother

February 7th – Doreen Bruner/Annys Laufer

February 14th – Greg Miller

February 21st – Need Volunteer

January Birthday's:

11th – Annys Laufer

13th – Warren Ehn

January Spouse Birthday's:

1st – Karen Bass

January Rotary Anniversary:

1st – Helen Moise (1 years)

6th – Hannah Kennedy (5 years)

23rd – Kris Hinckley (23 years)

January Wedding Anniversaries:

6th – Norma and Terry Ip (34 years)

Arlington North Directory

Adnan Bahar – Sergeant at Arms

Jim Bass- Rotary Foundation

Mike Becknal – Past President

Doreen Bruner – Family of Rotary

Joe Bruner –Membership

Stace Callaghan

Chuck Chambers – President

Warren Ehn – International Service

Andy Hagman – Vocational Service

Kris Hinckley – Treasurer/Club Service

Lucy Iovinelli

Terri Ip – Community Service

Hank Jacobs

Michelle Jefferson

Will Johnson

Jimmy Jones

Bryan Keathley

Hannah Kennedy

Annys Laufer – Family of Rotary

Kelly Lewis – New Generations

Barbara Lucas

Reg McDaniel

Greg Miller – Club Service

Helen Moise

Charlie Parker

Don Pittman - Membership

Wayne Smith – Membership

Marc Stach

Lashundra Strother – Past President

David Woodruff

**Share your Passion for
Rotary.....Invite a friend or
Business colleague to a Meeting!**