



Rotary Club of Palos Verdes Peninsula · March 27, 2009

If You Missed Us On March 20

EAT COOKIES, LOOSE WEIGHT—REALLY!

The after-lunch program was all about the successful weight-loss program the now-svelt **Charlie Ellias** used to shed an impressive amount of weight. Sounds yummy: The Cookie Diet. But our speaker, the entertaining and informative Jay Lederman, was quick to mention that his cookies are hardly Oreos or Famous Amos chocolate chips. Instead they're all natural, high-fiber, low calorie and filling. He brought samples and yes, they are filling! Six of these cookies plus eight glasses of water and one low-fat high-protein dinner will melt away 12-15 pounds of fat in one month. So was our Five Minutes-of-Fame star **Tim Dickins**, (that's Dickins with an 'i') who humorously read us his employment application (or did he "read his humorous employment application?").

CLUB NEWS: AN APPLICATION FOR MEMBERSHIP has been received from Suzanne "Suzy" Zimmerman. She is sponsored by **Shawn Nejad** with a TBA classification. Our Board of Directors has approved her application. If you have any objection to Suzy's induction, please state them in writing and had to any Director within 10 days. ●

UPCOMING PROGRAMS

MARCH 27: Susan Liberati, update on PVPUSD

APRIL 3: Allison Clay-Duboff. Her life as an ex-patriot in Saudi Arabia.

CLUB CALENDAR

APRIL 3! Dictionary give-away. Barton Hill Elementary School, San Pedro. Immediately following our lunch. **NOTE CHANGE OF DATE.**

APRIL 30–MAY 3: District Conference, Costa Mesa. Watch for details.

PICTURED ABOVE: Ralph Manuel