



MILLWORKS



Welcome back President Kristan!

Solvang Rotarian Dr. Ryan Arnold's program on preventative medicine proves one of the best health benefits is laughter with fellow Rotarians. We all knew that!



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Mark Your Calendars

Programs & Events

July 28, 2026 - Next meeting program:
To be determined

July 29, 2026 - Wednesday - Rotary Redcoat night at Solvang Festival Theater for "Frozen." See Past President Frank.

September 11, 2026 - Comedy Night Dennis Regan, Owen Andersen Bangs Out.



Here's President Kristan 2026-2027!

Millworks Message

Third week of Solvang Rotary of **President Kristan's** reign and still surviving!

Thank you **Dr. Ryan Arnold** for your excellent program on the nine pillars of health and his preventative philosophy of living.

As the founder of CLAVA Health Longevity Lab, **Ryan** shared his impressive education resume and the story of his time in the emergency room in Philadelphia during a community run trying to save a patient with a heart issue that could have been prevented. His interest in functional medicine began and the goal to really get to know your patient.

Loneliness is one of the biggest health issues people face today. So, show up at Rotary. Your life depends on it!

Thank you **Brad Mann** for his great three minute occupational talk. What a worker, athlete, educator, minister, client placer, consultant, and achieving young man. He has mastered human relations. See page 4.

Past-President Frank is heading the takeover at Solvang Theaterfest on Wednesday, July 29, 2026 for "Frozen." Great show and fun way to see the play while helping Solvang Theaterfest. Call Frank to let go of your Wednesday night sitting at home plans for a free show while helping the theater. Let it go. Let it go.

It a pleasure to serve as your Millworks Editor. I look forward to writing about the your achievements and our club.

Yours in Rotary Service

- *Millworks Editor Allan*

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Prayer and Pledge led by:
Bill Chillingworth

Songmaster & Guitarist:
Brad Mann
Old Grey Mare

Jokemaster:
None

Birthdays:
None

Wedding Anniversaries:
None

Rotary Anniversaries:
Robb Kennedy July 22, 2026
sponsored by Frank Smithson

Guests:
E. Russel Smith
Diana Ward
Roger - Landa's guest
Tamara Arnold

Three Minute Occupation Talk:
Brad Mann

Fines:
\$100 - Steve Palmer - Trip to England Coast to Coast hike, Yankee- Dodger Game in Yankee Stadium, Successful Parade
\$25 - Valerie Kissel - parade success
\$50 - Bill Chillingworth, - Art Kaslow - celebrity on Next Door
\$50 - Art Kaslow - Explaining his celebrity status on Next Door
\$21 - Elizabeth Breen, Sold a house in Lompoc first time buyer, Heather Bedford's birthday.



The Solvang Rotary Club Foundation grants: A Big Fat Check for \$500 to Stuart C. Gildred YMCA

That check is so big it needs to join the “Y”



Elia Gonzalez Guerro and Megan Green of the Stuart C. Mildred YMCA accept a \$500 check from the Solvang Rotary Club Foundation for their scholarship program from Foundation President **Allan Jones**, and Grant Chairman **Art Kaslow**.

L-R - Elia Gonzalez Guerro, Megan Green Allan Jones, Art Kaslow.

Announcements

Steve Palmer - Declaration of Independence signing

Elizabeth Breen -Group 9 BBQ and upcoming events on tables

Valerie Kissell - Backpack donations for PHP and Coastal Pacific Transportation at the YMCA.

Dr. Bobby Brugnone - New calendar app coming out for club.

Past Pres Frank Smithson - Solvang Festival Theater Red Coat Ushers takeover July 29, 2026 for “Frozen”

Dennis Regan Comedy Night
September 11, 2026. Get your tickets and be a sponsor. Call **Allan Jones** for details. Thank you **Phillip Tabyanan** and Plus Property Management for being our latest \$1,500 Generous Sponsor!



KRISTAN MORRISON,
PRESIDENT
2026-2027

Our President Kristan, grew up in the valley, Went to USC, worked from fellow valley resident President Ronald Reagan.



STEVE PALMER
PRES-ELECT
2027-2028

He can do it all, married to Lisa, runs our parades, sells our fundraiser tickets, three excellent sons, hikes the world.



ALLAN JONES
Lowly Millworks
Editor. Former Pig
Farmer

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Three Minute Occupational Speech



Brad Mann, the amazing people person from Kansas

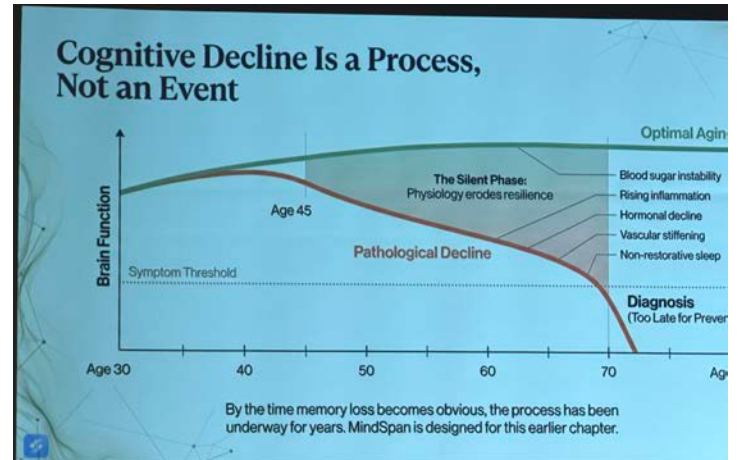
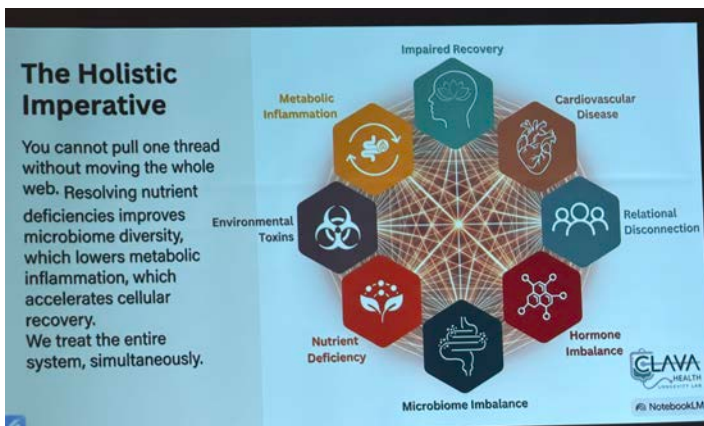
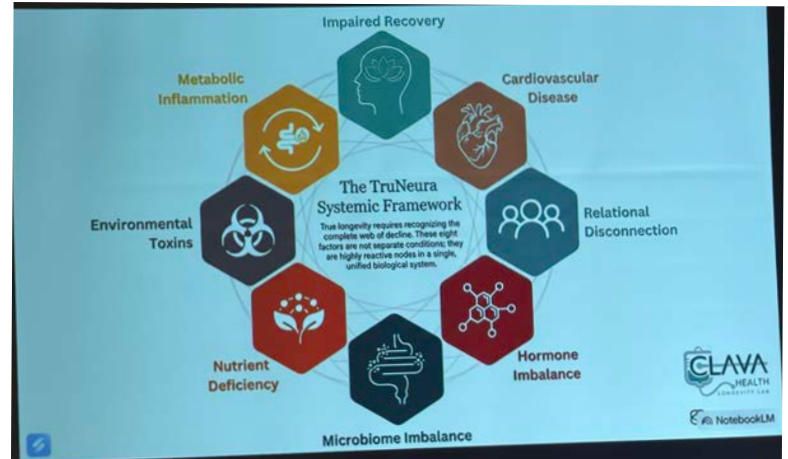
From growing up in Wichita, Kansas working for the local newspaper, mowing lawns, to elementary school teacher, umpire, coach, fleet car manager, minister, employee placement, and consulting, Brad knows people and serves, our fellow Mann, in so many ways.

Married to Aletha Mann, who happens to be Carlene Jones's sister, they now reside in Solvang and is our talented Songster and guitarist extraordinaire. He also has to confess once in a while that Allan Jones is his brother-in-law-not-by-choice.

Songmaster and guitarist, Brad always brightens up our morning with song and enthusiasm.

Thank you for sharing your occupation, life and being a part of Solvang Rotary, Brad

Dr. Ryan Arnold, CLAVA Health Longevity Lab, Thank you!





Service Above Self Rotarians working hard at the AYSO BBQ July 18, 2026.
Can you name those in the photos? Answers below. Photos courtesy of Valerie Kissell.



Top left, then clockwise: **John Adams**. **Bob Worth** and **Art Kaslow**. Past First Man **Don Kissell** and **Frank Smithson**. **Chris Lowry** and **Prince Consort Glenn Morrison**.

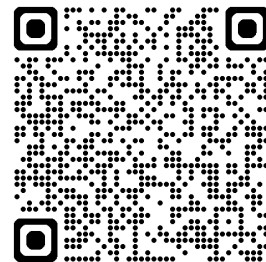


WED, SEPT 16 · 4:00 PM

HANS CHRISTIAN ANDERSEN PARK · SOLVANG, CALIFORNIA

CATERED BY WHISKEY & RYE

Tickets are \$15 Each on Eventbrite
Buy your tickets by September 7th!



REMEMBER!

Bring yourself, your appetite, your
favorite beverage (BYOB) . & a lawn chair!

CORN HOLE & GAMES



Get ready for an afternoon of
fun and games that everyone
will enjoy at our Rotary BBQ!

**HOSTED BY
THE SOLVANG
BREAKFAST
ROTARY CLUB!**



QUESTIONS? ASK ELIZABETH! (805) 350-1182

Get your nominations in by July 27, 2026. Solvang Rotarians encouraged.

[View in browser](#)



SANTA YNEZ VALLEY FOUNDATION
Champions of the Valley

Honoring volunteers who uplift others and help our community thrive

CHAMPIONS OF THE VALLEY

October 11, 2026

For more than 30 years, *Champions of the Valley* has celebrated the extraordinary volunteers of the Santa Ynez Valley and Los Alamos who quietly give their time, talent, and heart to uplift others and strengthen our community.

Join us on **Sunday, October 11, 2026, at 4:00 p.m.** at **Camp Carmina in Los Olivos** for this cherished community tradition. More than an awards program, *Champions of the Valley* is an opportunity to recognize the power of volunteerism and honor those whose service inspires us all.

Nominations are now open! We invite you to nominate an outstanding volunteer, become an event sponsor, and join us in celebrating the individuals whose service makes our communities extraordinary places to live, work, and thrive.



Know a volunteer who goes above & beyond? We want to celebrate them!

Champions are nominated by community members like you!

**NOMINATE
A
CHAMPION**

Is there a youth whose passion and dedication is making an impact?

**NOMINATE
A
YOUTH**

Honorees are selected by a committee of past recipients and Santa Ynez Valley Foundation board members and will be announced in late August. They will be recognized at the Champions of the Valley celebration on October 11th.

Each adult Champion receives a \$1,000 grant from the Santa Ynez Valley Foundation to direct to the nonprofit organization of their choice, extending the impact of their volunteer service. Youth Champions, students in grades 9–12, receive a \$1,000 scholarship to support their educational goals.

Nominations are open through July 27.

Help us shine a light on those who give so much!



Dennis Reagan Comedy Night Sponsors and Program.

COMEDIAN

DENNIS REGAN

OPENING ACT: **OWEN ANDERSEN &**





FRIDAY, SEPTEMBER 11
DOORS AT 6:30PM | SHOW AT 8PM
SOLVANG FESTIVAL THEATER



solvangtheaterfest.org
(805) 686-1789
info@solvangtheaterfest.org

SCAN FOR TICKETS:



Benefiting Rotary Club of Solvang & Solvang Theaterfest

Really, Really Generous Sponsors



Really Generous Sponsors



Generous Sponsors



We need a few more sponsors. Do you know of anyone?

Comedian Dennis Regan
Opening Act: Owen Andersen & Bangs Out!
Sponsorship Opportunities

Really, Really Generous Sponsor: \$5,000

- Up to 16 Tickets and VIP reception with **Dennis Regan and the Bangs Out Cast** before the show with food and drink by **Whiskey n' Rye**
- Prime seating at the event
- Really, Really Sponsor Identification -- signage with name & logo at event
- Live onstage mentions during the show
- Presenting Sponsor recognition in our e-Newsletter blasts sent to more than 3,000 patrons
- Logo displayed on all event promotional materials
- Full Page Advertisement in Event Program

Really Generous Sponsor: \$2,500

- Up to 8 tickets and VIP reception with **Dennis Regan and the Bangs Out Cast** before the show with food and drink by **Whiskey n' Rye**
- Prime seating at the event
- Really Generous Sponsorship Identification -- signage with name & logo at event
- Live onstage mention during the show
- Recognition in our e-Newsletter blasts sent to more than 3,000 patrons
- Logo displayed on all event promotional materials
- Half Page Advertisement in Event Program

Generous Sponsor : \$1,500

- Up to 4 tickets and VIP reception with **Dennis Regan and the Bangs Out Cast** before the show with food and drink by **Whiskey n' Rye**
- Prime seating at the event
- Signage with name & logo at event
- Generous Recognition in our e-Newsletter blasts, sent to more than 3,000 patrons
- Logo displayed on all event promotional materials

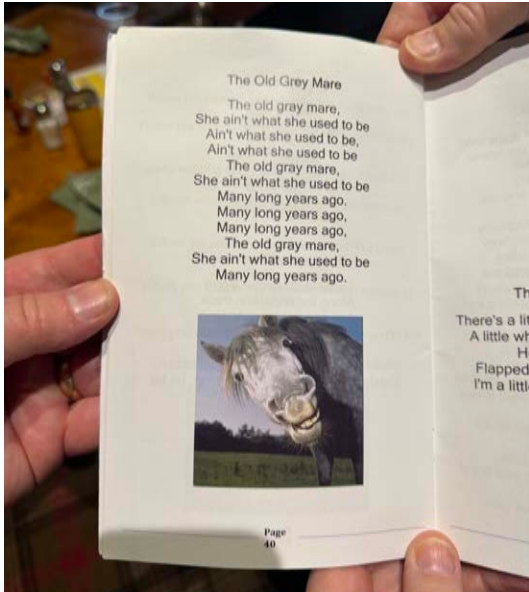
*To secure your sponsorship for this exclusive event, please contact:
Allan Jones at 805-245-1780 or Chantel Green at 805-686-1789*

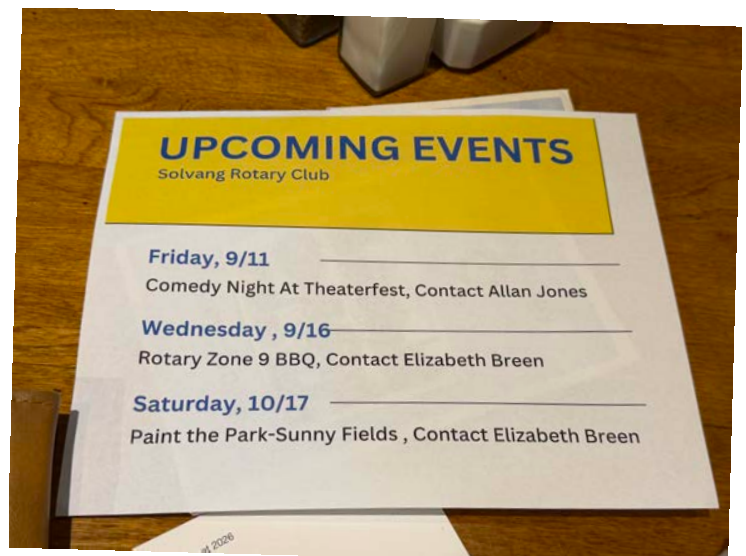
Solvang Festival Theater is a 501(c)(3) tax-exempt agency.

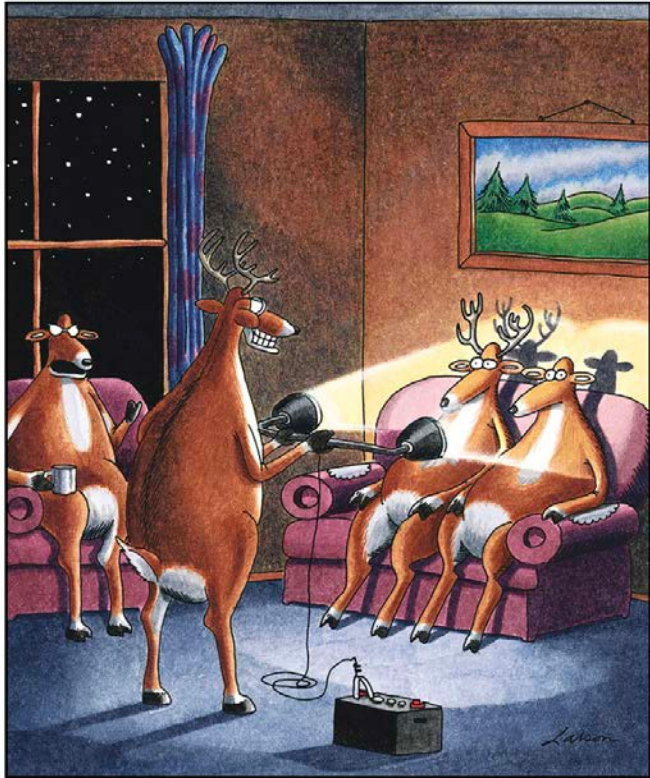
Your sponsorship may be tax deductible. Please consult your financial advisor. Federal Tax ID# 95-3612715



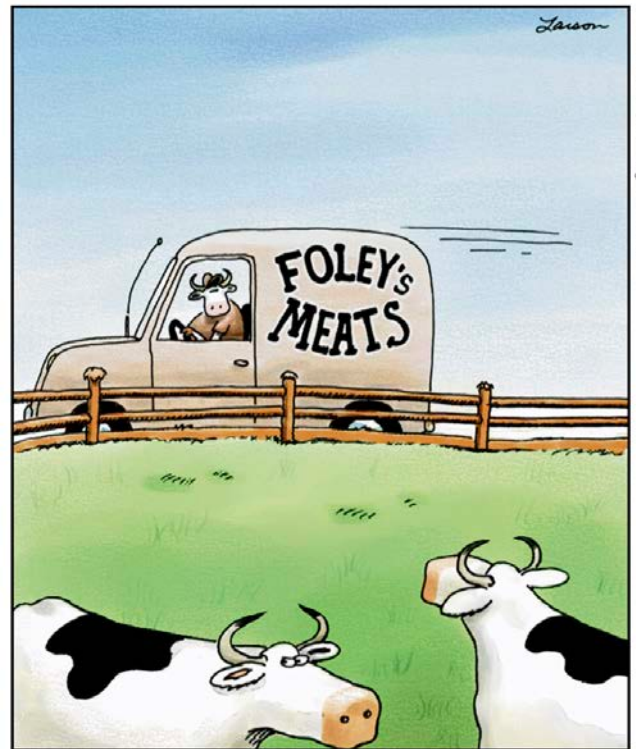




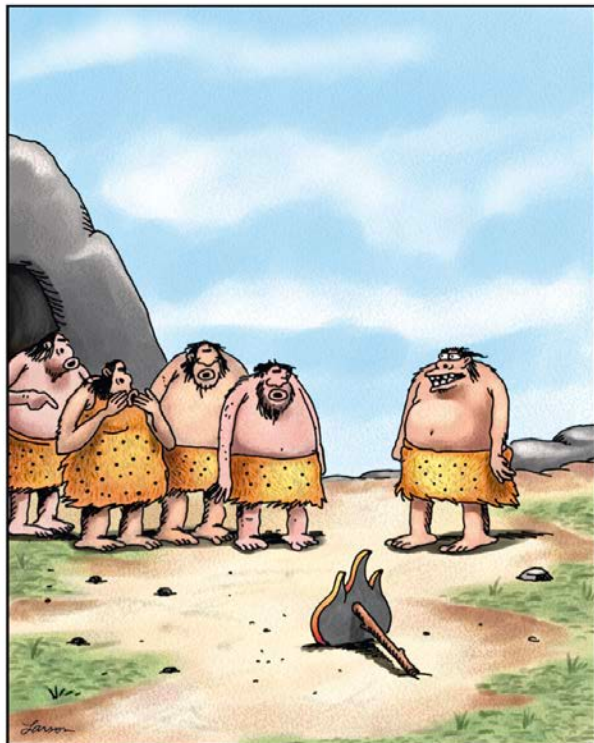




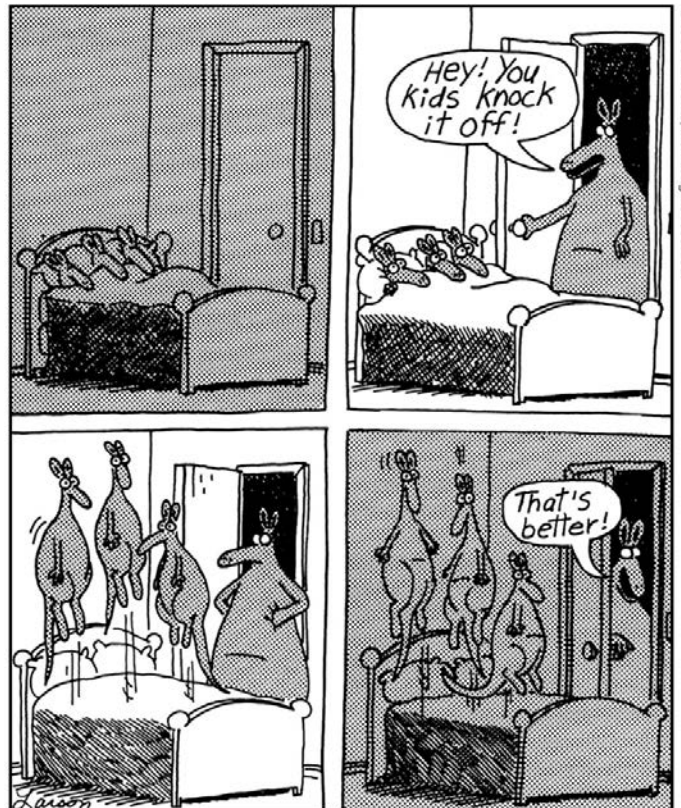
"Okay, Frank, that's enough. ... I'm sure the Jeffersons are quite amazed at your car headlight device."



Eventually, Murray took the job—but his friends never did speak to him again.



Zorg dupes the entire tribe in an incident later known as "firegate."



Club Officers 2026-2027

President - **Kristan Morrison**
Past President - **Frank Smithson**
President-elect - **Steve Palmer**
Vice President - **Tom Olmsted**
Secretary - **Dennis Bales**
Treasurer - **Eileen Bristol**
Membership Chair - **Babette Grupp**
Programs - **Barbara Breza**
Public Relations/Webmaster - **Christy Wolfe**
Foundation Chair - **Tresha Sell**

Avenues of Service:

Community - **Elizabeth Breen**
Club - **Jan Clevenger/Ellen Albertoni**
Environmental - **Bobby Brugnone**
International - **Linda Johansen**
Peace Building - **Clau Orona**
Vocational - **Robb Kennedy/Frank Smithson**
Youth - Open

Seargent at Arms - **John Adams**
Joke Masters - **Bill "Chilli" Chillingsworth/Chris Lowry/Gary Riches**
Fine Master - **Valerie Kissell**
Song Master - **Brad Mann**
Millworks - **Allan Jones**

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Chris Lowry, Gary Riches
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Club Administration and
Event Chairs in addition to
Officers and Board:

Awards Chair: **Art Kaslow**
Invocation/Pledge: **Bill "Chill"
Chillingworth**
Polio Plus Drawing:
Scholarship Chair:
Grants Chair: **Dean Elser**
July 4th Parade: **Steve Palmer**

Solvang Rotary Foundation
President: **Allan Jones**
Grants Chair: **Art Kaslow**
Scholarship Chair: **Alan Hitt**

International and District Leadership 2026-2027

Rotary International President:

**Olayinka Hakeem
Babalola**

International President-
Elect:

**Larry A. Lunsford -
Kansas City -Plaza USA**

District 5240 Governor:

**Margarida Eidson -
Ventura East**

Governor-Elect:

**Scott Astrosky - Pismo
Beach Five Cities**

Asst. Governor Group 9:
Ruth Shepard - Lompoc

Can't Make the Meeting Person?

Zoom in from anywhere the world.

100% attendance is the goal.

We miss you when you are gone even though you don't think we do. We do. Your presence and participation adds special energy to our meetings.

Solvang Rotary is inviting you to a scheduled Zoom meeting.

Join Zoom Meeting

**[https://us02web.zoom.us/j/86772399267?](https://us02web.zoom.us/j/86772399267?pwd=NhWXPMGarRagR9HN4bOccVZaVsQDuC.1)
[pwd=NhWXPMGarRagR9HN4bOccVZaVsQDuC.1](https://us02web.zoom.us/j/86772399267?pwd=NhWXPMGarRagR9HN4bOccVZaVsQDuC.1)**

Meeting chat link

<https://us02web.zoom.us/launch/jc/86772399267>

Meeting ID: 867 7239 9267

Passcode: 846553

One tap mobile

+12532158782,,86772399267# US (Tacoma)

+12532050468,,86772399267# US

Join by SIP

• 86772399267@zoomcrc.com

Join instructions

**[https://us02web.zoom.us/meetings/86772399267/invitations?](https://us02web.zoom.us/meetings/86772399267/invitations?signature=juK3MR9RaoyPGcQ5A9SLBezPzEpdvDG9mAMwC9OG25EE)
[signature=juK3MR9RaoyPGcQ5A9SLBezPzEpdvDG9mAMwC9OG25EE](https://us02web.zoom.us/meetings/86772399267/invitations?signature=juK3MR9RaoyPGcQ5A9SLBezPzEpdvDG9mAMwC9OG25EE)**