

Rotary Motto

Service Above Self

4-Way Test

Of the things we think, say or do:

Is it the truth?

Is it fair to all concerned?

Will it build goodwill and better friendship?

Will it be beneficial to all concerned?

Avenues of Service

Club Service

Vocational Service

Community Service

International Service

Youth Service

ROTARY NOTES

JANUARY 21, 2026

A publication of the Rotary Club of Warren

ASSIGNMENTS

GREETERS & REGISTRATION

January, 2026 - Ray Sinchak
February, 2026 - Ray Sinchak

INVOCATION

January 28, 2026 - Lauren Kramer
February, 2026 - Judy Masaki

FELLOWSHIP (1st & 3rd Wednesdays)

February 4 & 18th, 2026 - Judy Masaki
March 4 & 18, 2026 - Christine Cope

MEMBER SPOTLIGHT (2nd Wednesday)

February 11, 2026 - Marilyn Pape
March 11, 2026 - Lauren Kramer

MAGAZINE REPORT (4th Wednesday)

January, 2026 - Lauren Kramer
February, 2026 - Judy Masaki

SPEAKERS

- 1/28/26 - Kristy Boone, Direction Home of Eastern Ohio/Family First
- 2/4/26 - Trumbull Tourism/America's 250th Anniversary
- 2/11/26 - Tour at Warren Family Mission
- 2/18/26 - Angel Williams, The Small District
- 2/25/26 - The Wolves Club of Trumbull County
- 3/4/26 - Tour at Clover Recycling

Areas of Focus

Peace & Conflict
Prevention/
Resolution

Disease Prevention &
Treatment

Water & Sanitation

Maternal & Child Health

Basic Education &
Literacy

Economic & Community
Development

The Environment

Club Officers

President
Tony Iannucci

President-Elect
Alicia Adams-Angelo

Vice-President
Meghan Reed

Secretary
Judy Masaki

Treasurer
Cheryl Oblinger

Past-President
Cindy Matheson

Board Members

Mike Bollas
Eric Knoth
Lauren Kramer
Robin Martorana
Marilyn Pape
John Perdue
Ray Thomas



Father, fill my heart with gratitude.

Help me notice Your goodness in everyday moments.

Thank You for Your love, protection, provision, and grace.

Even when life feels uncertain, remind me of all You have already done.

Let gratitude shape my thoughts, words, and attitude.

Teach me to appreciate the blessings, lessons, and people You place in my life.

May thanksgiving draw me closer to You daily.

Amen.

(Offered by Diane Sauer)



Rotary Club of Warren
Foundation Board

*President
Ted Stazak*

*Vice-President
Meghan Reed*

*Secretary
Judy Masaki*

*Treasurer
Cheryl Oblinger*

*Andy Bednar
Tony Iannucci
Denise May
Kim Straniak*

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Warren, OH 44482

Our Website:
www.warrenrotary.org

If you have any
suggestions about our
newsletter, or if you
would like to become a
sponsor, please
contact:

Judy Masaki



To kick off Fellowship this week, Julia Wetstein led Warren Rotarians in a sing-along to the humorous tune, *On Top of Spaghetti*. Music was provided via a video recap of Julia and a comedian's performance at this year's Senior Showcase. Yep, Julia was dressed as spaghetti and meatballs!



Next, Diane Sauer welcomed Visiting Rotarian Rich McCafferty from the Cortland club, as well as Ken LaPolla's guest, Dr. Rebecca Ortenzio Lee, a new orthodontist in town and a retired Captain in the United States Navy.

Finally, Diane ended Fellowship by introducing us to the following lesser known Knights of the Roundtable:

- The knight who was afraid to fight - Sir Render
- The knight no one believed - Sir Real
- The knight too big to sit at the table - Sir Round
- The knight who designed the table - Sir Cumference
- The undercover knight - Sir Veillance
- The knight who exceeded expectations - Sir Passed
- The knight who was never killed in battle - Sir Vivor
- The knight who showed up unexpectedly - Sir Prize

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- The knight who overcame obstacles - Sir Mount
- The knight who performed in the three rings - Sir Cus
- The knight who kept the maps up to date - Sir Veyor
- The knight who drank too much - Sir Rhosis



A SPECIAL BOARD OF DIRECTORS MEETING has been scheduled for Wednesday, January 28th at 1:00 p.m., immediately following our weekly club meeting. All Board members should plan to attend.

SAVE THE DATE: On Tuesday, February 3rd at 5:30 p.m., members are encouraged to meet at Howland Alarm's warehouse to help get our River Duck Festival ducks in order and to join together for a social to congratulate our Red Kettle Bell Ringers.

THE CHARITABLE PROJECTS COMMITTEE will meet on Wednesday, February 4th, at 11:30 a.m., prior to our weekly club meeting.

THE WARREN ROTARY SCHOLARSHIP COMMITTEE MEETING which was previously scheduled for January 28th has been rescheduled for Wednesday, February 4th, at 1:00 pm, immediately following our weekly club meeting.

THE ROTARY CLUB OF WARREN BOARD OF DIRECTORS will hold their next monthly meeting on Thursday, February 12th, at The Chophouse. Fellowship, hosted by Robin Martorana, will begin at 5:30 p.m., with the business meeting to follow at 6:00 p.m.

SATELLITE CLUB NEWS: A mixer has been scheduled for 3/24/26 at 5:00 p.m.

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at CharBenay's Wine on the River. Downtown businesses will be invited to learn about Rotary and discuss forming a satellite club.

ROTARY FOR READING 2026: Dolly Parton's Imagination Library provides free books to children under age 5, and The Trumbull County United Way is an affiliate of this program. Ohio Rotarians are taking this on as a fundraising project this year in order to make reading accessible, impactful and exciting for our children. You can support this fundraiser in three ways. You can donate through Warren Rotary and provide books to children in Trumbull County. If you donate through District 6650, donations will be split among multiple counties. You can also mail a check to: Dolly Parton's Imagination Library of Ohio, PO Box 340734, Columbus, OH 43234. Note "Rotary" in the memo line and specify the county your donation should be allocated to. Please contact Christine Cope with any questions.

BEST WISHES TO BOB HOY who is recuperating at home from shoulder surgery.

A DICTIONARY PROJECT distribution date will be announced soon!

TRIPLE JACKPOT



This week, the Grand Jackpot totaled \$86.

Congratulations to Daily Winner Diane Sauer!

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PROGRAM:
RICH McCafferty,
BODYTECH FITNESS & WELLNESS COACHING



This week's guest speaker, Rich McCafferty, graduated from Lakeview High School, completed three years of pre-dental studies at UTSA, and earned a Bachelor's Degree in Healthcare Administration from Ashland University and a Master's Degree in Applied Health Informatics from Bryan University.

Rich served in the U.S. Army as a Dental Specialist at Fort Richardson in Alaska. He has also been employed as a Service Manager at Bally Health Clubs in San Antonio and Dallas, Texas and Tulsa, Oklahoma. He later started BodyTech Personal Training in Tulsa and earned certification as a Personal Trainer through the National Academy of Sports Medicine. In 1989, Rich placed 3rd in the Men's Heavyweight Bodybuilding Contest in Texas. In 1998, he was named Outstanding Young Fitness Leader in the State of Oklahoma.

Rich current resides in Warren and owns BodyTech Fitness and Wellness Coaching. He trains at Global Fitness in Warren and Coopers in Cortland. His hobbies include scuba diving, playing bass guitar, cooking, and traveling.

Rich stated that he was referred to as "Goliath" by his own personal trainer due to his size. Due to the impression that his trainer made on him, Rich later became a personal trainer and started his second career. He once read that George Burns stated that if he had known he would live to be 100 years old, perhaps he would have taken better care of himself. Indeed, this is why Rich's mission is to train safely and effectively and encourage others to have a healthy lifestyle.

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He cited these five habits/risk factors and how they can shorten one's life:

5. **Binge drinking** can overrun the liver's ability to process alcohol.
4. **Chronic stress** is a silent killer. As a result, everyone needs an outlet such as walking, relaxing, and/or pursuing a hobby.
3. **Social isolation** is harmful. It's important to keep in contact with friends and family, even if just by phone.
2. **Lack of sleep** increases heart rate and time of recovery. Strive to get at least seven hours of sleep each night.
1. **Being stationary** leads to decreased organ function and circulation problems. Do things like placing your remote away from the couch so you have to get up and move! Also, drink plenty of water.

Rich indicated that from our 50s on, we lose muscle and our metabolic rate decreases. **The benefits of exercise include increased muscle tone and bone strength, improved posture, and less risk of falls. A well-rounded exercise program includes strengthening, cardio, flexibility, and balance activities, hydration, and good nutrition.** The trick is finding exercise that you enjoy and will do consistently. It is important to stretch prior to and after exercising, and 120 to 300 minutes of exercise per week is ideal. Muscle has memory, and even if you have not exercised in a while, once you start again, your muscles will remember the good shape you used to be in. Just be sure to clear exercise programs with your doctor.

As far as nutrition goes, Rich recommended starting out your day by drinking a few glasses of water. This wakes up your body and helps to flush out toxins. Throughout the day, drink at least six to eight glasses of water and eat .5 to .6 grams of protein per pound of your weight.

When a client schedules a consultation with Rich, he will address why the client is there, his staff will review membership options, and Rich will set up a training schedule.

Rich left us with this thought:

It's better to be the oldest individual in a gym than the youngest in a nursing home!

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PAUL HARRIS FELLOW AWARDS

The presentation of a Paul Harris Fellow recognition is The Rotary Foundation's way of expressing its appreciation for a substantial contribution to its humanitarian and educational programs. The recognition is named after Rotary's founder, the late Paul Harris, a Chicago lawyer, who started Rotary with three business associates in 1905. A world of goodwill and better understanding comes closer to reality today because several of our Warren Rotarians have made a substantial gift to The Rotary Foundation and a Paul Harris Fellow recognition may be presented.

In being named Paul Harris Fellows, Tony Iannucci, Darlene Jones, John Perdue, and Ted Stazak join a remarkable company of people throughout the world, all recognized for their commitment to Service Above Self to benefit local and international communities.

It is with great pleasure that Tony, Darlene, John and Ted were presented with the emblems of appreciation given to Paul Harris Fellow recipients - a certificate, pin and medallion. We congratulate them and thank them for their commitment to Rotary's common goals of world understanding and peace.

To date, 71% of our club members have been named Paul

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Harris Fellows at the following levels:

- Level I - 18
- Level 2 - 10
- Level 3 - 2
- Level 4 - 2
- Level 5 - 2
- Major Donors - 3



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HAPPY BUCKS



*** **Diane Sauer** was a happy winner!

*** **Cindy Matheson** offered a Happy Buck for her brother who was a bodybuilder and always believed in working and playing hard. She enjoyed our speaker. She also offered some Sad Bucks for Robin Martorana, who had to put her pet down, and for three friends that she has lost this past week.

*** **Ted Stazak** offered Happy Bucks for our speaker and our Paul Harris Fellows.

*** **Ken LaPolla** congratulated our Paul Harris Fellows. He enjoyed our speaker, And he welcomed his guest to our community.

*** **Ray Thomas** offered Happy Bucks for our speaker and our Paul Harris Fellows.

*** **Andy Bednar** offered a Happy Buck for Judy Masaki and the job she has done as our Secretary since 2017.

*** **Meghan Reed** is happy that the Ohio Department of Natural Resources has awarded \$2.3 million to the Museum of Science Fiction and Fantasy Arts!

*** **Alicia Adams-Angelo** offered a Happy Buck for our speaker.

*** **Tony Iannucci** enjoyed our speaker and is happy about our Paul Harris Fellow recognitions.

*** **Rich McCafferty** said his grandfather always advised him that there is no free lunch. He was happy to get one this week at Rotary!