

# The Sun Riser

[www.sunlakesrotary.com](http://www.sunlakesrotary.com)

July 18, 2017

Rotary  
Club of Sun Lakes, Arizona, USA 

## Today's Event CLUB ASSEMBLY

### HOLISTIC MEDICINE



The first meeting of Rotary year 2017-18 was called to order by new Club President **Peter Meade** followed by a Past Club President **Frank Wiley** giving the invocation.

Our meeting speaker was Hien Nguyen, MD, who spoke about the connections of Holistic Medical practice and his medical practice as it relates to our physical, mental and spiritual being. Dr. Nguyen is CEO of Vitalyze Inc. — a healthcare data and engagement platform company focused on wellness, preventative and proactive care, instead of reactive, treatment-based care.

Vitalyze collects the one of the most comprehensive data sets about a patient from a wellbeing perspective including: genetics, blood biomarkers, lifestyle, medical, family, environmental, comprising over 3,000 data points. This data is processed by a proprietary analytics engine that analyzes the patient's data and compares it with the latest wellbeing science to both predict probability of disease, and make personalized recommendations from best practices comprehensively spanning the fields of nutritional, lifestyle, genomic, integrative and functional medicine.

Dr. Hien Nguyen is passionate about empowering individuals to great states of health and wellness through compassion, true patient centered approach and the use of innovative methods to redefine the patient experience. His expertise in lifestyle, preventive and wellness medicine has been founded in working with some of the top wellness institutions and thought leaders in the world, including as a research physician at Harvard's Mind-Body Medicine Institute.



### NEW MEMBER JON LYONS



It was a good day. **Jon Lyons** decided to join our Club — an outstanding way for us to start the new Rotary year. Jon is a life-long Arizonian and a long-time Rotarian. He and his wife live in Fulton Ranch. He retired last year after spending 35 years with Honeywell. Jon discovered there is no rest for the weary because he was no sooner announced than **Sgt.-at-Arms Dee** pounced and made him carry the bucket as she collected money from the hapless throng. It was embarrassing, but he seemed willing to go along with the task. He will be a good member.

## SUN LAKES ROTARY 2017-2018 OFFICERS

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**SUN LAKES ROTARY DIRECTORS:**

**Administration: TBN**

**International Service: Frank Wiley**

**Rotary Foundation: John McKay**

**Membership: Charles Loew**

**Service Projects: TBN**

**Education Service: Don Robins**

**Communications: Norm Noble**

**House Committee: Justin Bro**

**Youth Protection: Sandy Lundberg**

**Sgt. At Arms: Dee Rasmussen**



## PROGRAM OVERVIEW: JULY 11, 2017

Call-to-Order: **Pres. Peter Meade**  
 Pledge: **Justin Bro**  
 Invocation: **Frank Wiley**  
 Song Meister: **Norm Noble** "Don't Fence Me In"

## JULY-AUGUST EVENTS

**July 25** Sandra Hudson  
**Aug. 1** Hospice of Valley  
**Aug. 8** Alzheimer's Research  
**Aug. 15** Club Assembly

## BIRTHDAYS & ANNIVERSARIES TO BE CELEBRATED THIS WEEK:

**BIRTHDAY:** Marie Fotino July 18; Ron Meyer July 21; Jill Morse July 26  
**ANNIVERSARY:** None

## ANNOUNCEMENTS

**Terri Sanders** made a pitch for next March's **Five Day Rotary Cruise to Mexico**, leaving from New Orleans. So far, eight couples have signed up. See her if you want to get in on the fun. **Dee Rasmussen** encouraged participation in the *Child Spree* on July 15th. **Gary Whiting** announced that the Dinner/Lunch Groups are reforming for this new year and to let him know if you will participate. **Charles Loew** called forward those members who brought more than three guests each for the year. They were: **Charles Loew, Gary Whiting, Ed Anderson, Don Robins, Chuck Deuth, Peter Meade,** and **Bill McCoach.** **John McKoy** then said that these men would receive 100 Paul Harris credits each.

## HAPPY/SAD DOLLARS



"FORK IT OVER, BOYS"

As noted on Page 1, **Dee** pressed new member **Jon Lyons** into service to do her bidding. She was explicit in her instructions. (We may lose him.) **Rob Romanin** paid some money for something **Frank Wiley** said or did. Your reporter missed it. **David Mork** was happy about doubling his money in Las Vegas. **Vel Amica** paid \$5 for jokes. **Julian Pickens** paid \$2 in an attempt to stop **Dee** from telling her bad jokes. **Ed Anderson** had Happy/Sad dollars for a flood in his casita; and for a car that he gave to a grandson. **Frank Wiley** told another bad joke (can't we stop him!) **Bill Giesing** was excited



"DON'T FENCE ME IN"



OK, JON, HERE ARE MY INSTRUCTIONS . . .

about a new great-grandchild. **Roger Edmonds** told us about Christmas in July and Santa's participation in it. **Mark Grady** and **John Maxwell** gave money for something, but your reporter was distracted and missed the sources of their glee. **Colette McNally** was not pleased that her squirrels were back. She traps them, takes them away, and a day later they are back. **Howard Rudge** paid a dollar to note that he is still here and not in Colorado. Talk about the obvious.



Come get me, Colette!



SANTA IS COMING TO TOWN

## ATTENDANCE JULY 11

Members: 24  
 Sr. Members: 19  
 Frequent Visitors: 0  
 Visiting Rotarians: 1  
 Guests: 3  
**Total: 47**

## RAFFLE WINNER

**Chuck Deuth** won the Raffle but the new President forgot the cards so he only won \$10.



## SUN LAKES ROTARY FOUNDATION 2000 MISSION STATEMENT

To promote charitable giving and provide financial support for charities that are endorsed by the Sun Lakes Rotary Club or the Sun Lakes Rotary Foundation 2000.

## VISION STATEMENT

To ensure the continued sustainability of The Sun Lakes Rotary Club and the community and people that are served.

## YOU

Consider your participation in the *Legacy Guard* — a permanent fund.

## AMAZONSMILE

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