



MEETING HIGHLIGHTS

December 21, 2023

Disease Prevention and Treatment Month

Sergeant-at-Arms: Paul Perreaultt

AV & Hospitality: Isabelle, Sandy, Jerry & Greg

Photographer: Thank you Jay Schlum!

Today at our meeting :

✔ **Rotarian Visitor Club Flag/Pin Exchange**

Alan Zalewski

Sunriver-LaPine, Oregon Rotary Club #30398, LaPine, Oregon

✔ **Upcoming Dates:**

- **Dec. 30th (Saturday) :** Storage Unit move to Kiwainis Building! Helpers needed! Jeff Stack will be sending a separate email with details.
- **Jan. 11th (Thursday):** Club Mandatory Annual Meeting, please no guests
- **Feb. 2nd (Friday): Ghost the Musical** Opening night @ FH Theatre
Purchase on website or contact Debbie Clason
Optional Pre-Dinner before show: Location TBD
- **Feb. 17th (Saturday): 2nd Annual Community Health Fair! VOLUNTEERS!**
Keynote Speaker: Dr. Christine Swanson, Mayo Clinic
Sponsors, Exhibitors, Volunteers – See Debbie Clason
- **Feb. 23rd-25th:** Spring Art and Fair Trash Pick-up!
- **March 25th: (Monday):** GOLF. GOLF. GOLF! *See Joe Cardona.
Details & Registration NOW on Club website. Flyer forthcoming soon!
- **April 12-14th:** Chili Cook-Off at Fountain Park Amphitheatre, In conjunction with Flutter at the Fountain Charity Event (Tim Taylor & Sandy Davis)

✔ **Guest Speaker – Richard M. Mucci, MD, FACS**

Speciality: General, Vascular and General Thoracic Surgery

Topic: Syndrome X (Metabolic Syndrome)

Metabolic Syndrome affects about 90% of adults & is rapidly growing in children.

Dr. Mucci presented studies and clinical trial data over the past 50+ yrs.

revealing theories and treatments learned over the years are not correcting the root cause of many illnesses.

Jay Schlum's standout quote from Dr. Mucci, "Humans are the only species clever enough to make our own food and stupid enough to eat it"

✔ **Foundation Grant Presentation & Member Donations** **\$2,000 of GIVING TODAY, plus more... books & pajamas!**

• **Pajama Program – Arizona Chapter**

Rotarian Champion Patrick Benkowski

Thank you to all who participated on Dec. 12th with PJ sorting!!

✔ **Youth Exchange Program is back – Board Approved on 12/13!**

Manola Tounalom, Director – Dick Bauer presenting in January!

✔ **Join the SOCIAL GATHERING!** **Ghost the Musical opening night!**

Fountain Hills Theatre

Friday, February 2, 2024

Show time: 7:30pm

Flyer attached! \$30/ticket

Purchase tickets on our website

www.fourpeaksrotary.org

