



MEETING HIGHLIGHTS

October 26, 2023

Economic and Community Development Month

Sergeant-at-Arms: Paul Perreault

Greeter: Michelle Webb

RotaryMaster: Tom Lindsey, "The Star Fish Story"

AV & Hospitality: Isabelle Roethe, Sandy Davis

Food & Beverage: SIPPS Eatery, Jerry Holtzman, Director



COMMUNITY CENTER

Today at our Action Packed meeting :

✓ **JAY SCHLUM WINS RAFFLE JACKPOT \$365, SPEND WISELY!**

✓ **Community Service Projects and Socials Get-Togethers!**

- **Oct. 21st:** Make-A-Difference Day SUCCESS! Great work by Jeff and Rotarians!
- **Nov. 4th:** Friday Breakfast, hosted by Past-President Scott Sommer, Georgies!
- **Nov. 7th:** Chamber of Commerce 3rd Turkey Drive. Extended Hands Food Bank
- **Nov. 9th:** Pre-Trashy Kick-Off HH, 4:30-6:30, Euro Pizza Cafe, Sandy Davis
- **Nov. 10-12th:** Art Festival Trash Days! Jack Reynolds sending assignments
- **Nov. 17 or 18:** Community Center Holiday Tree set-up - **DECORATORS NEEDED!**
- **Nov. 23rd:** Thanksgiving Rotary Float **"THE WEST KEPT SECRET"**
Sofarita's Patio to watch the Trotters & Parade!
- **Dec. 14th:** Holiday Party, Save the Date, Eagle Mountain 5:30-8:00pm

✓ **Four Peaks Rotary BLUE ZONE 4-WEEK PROJECT Underway!**

A 4-week Lifestyle Plan for a Longer and Better Life! BBP1%

Rotarians, Spouses, Partners, Family, Community all welcome to participate!!

Challenge Books still available, contact Julie, 708-267-5266

✓ **Speakers: Debbie Romano, Fountain Hills Healthy Heartbeats**

Personal Health Stories by: Dr. Chris Condon, Isabelle Roethe & Debbie Clason

Topic: Four Peaks Rotary Blue Zone Project, a 4-Way Test P.A.R.T.Y. with the Power 9!

Weekly ZOOM Check-in, Guidance, Q&A Sessions during the 1st 4 weeks COMING!!!!

The collage includes three main elements: 1) A book cover titled 'Secrets of the Longest-Living People' by Dan Buettner. 2) A book cover titled 'The Blue Zones Challenge' by Dan Buettner, described as 'A 4-Week Plan for a Longer, Better Life'. 3) A photograph of a woman in a field with a heart graphic, titled 'Fountain Hills Healthy Heartbeats'. To the right of the photo is a list of 'Practice the Power 9' habits: 1. Move Naturally, 2. Know Your Purpose, 3. Down Shift, 4. 80% Rule, 5. Plant Slant, 6. Wine @ Five, 7. Family First, 8. Belong, 9. Right Tribe. A small text box explains that the project is based on the 'Power 9' habits from the original Blue Zones.

✓ **Foundation Grant Presentation**

\$5,000 Presented to Ginny Paulsen

Foster Your Future

- Funds financial & educational needs for young adults aged out of foster care to become self-supportive.
- Champion Jay Schlum

✓ **Join in the UPCOMING Party's!**

Spooky Halloween Fun at Jay Schlum's Home

Saturday, 10/28 7:00pm - Midnight

Arizona Diamondbacks World Series Game 3

Monday, 10/30 4:30pm - over!

Saddle Bronc

