



Good Morning!

Welcome to Chandler Horizon Rotary



Opening Exercises

Pledge: Kurt Rohrs
 Prayer: Theresa Clemmons
 Songs: Larry Gardner
 Sgt.-at-Arms: Jim Hoenig

Program

Lois Eitel will tell us about the Assistance League of the East Valley that has a program helping to identify and provide help for teens who are homeless and need care.

Last Week

Visiting Rotarians

Five visiting Rotarians made up with us last week: Assistant Governor Jay Jones from Superstition Mountain; Mark Thompson from Bismarck Far West, North Dakota; Tim Schaueremann from Forest Grove, Oregon; plus Cathy and Norman Derflinger from Morton, Illinois.

Missing in Action

Ten of our members were missing in action: President Tiffany Jones, Garrett Brotsma, Sunday Etukeren, Doug Hawkins, Roger Morsch, Brent Patmos, Kristel Patton, Bill Ryan, Soo-San Stevens-Clarke and Cory Whyte.

Makeups

No makeups were reported.

Songs, Fines & Such

In the absence of the President Tiffany Jones, Past President Theresa Clemmons conducted the meeting. Larry Gardner led us in song and James Caskey conducted the fine session.

John Leslie, Kurt Rohrs and Gloria Halas were late. Kurt added a buck for his mom visiting and Gloria added a buck for "keeping her seat warm."

David Loutzenheiser and Theresa Clemmons forgot their Rotary pins. Theresa added \$5 because Allegiant Airlines is going to start direct service to Kallispell, Montana, near her home.

Ron Stevens forgot his badge. He also paid a happy buck for Mark Thompson being a Tee Box sponsor in the Hole-in-One Contest.

Mark Thompson paid \$5 for an upcoming trip to Grand Forks, ND, where his granddaughter will sing with an honor choir, and for an honor for his grandson. He reported expected temperatures there would be 9-below for a high. Jim Hoenig paid a buck because he had Mark moving to Fargo.

Assistant Governor Jay Jones paid a buck because he was happy to be here. Terry Locke paid

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Thought for the Day

Why do you have to "put your two cents in" but it's only "a penny for your thoughts?" Where's that extra penny going? Taxes?



PP Theresa Clemmons (left) thanks PDG Roger Bonngard for his presentation.

Program

Our own PDG Roger Bonngard presented a program entitled, "The Power of a Breath." He noted that at our age (whatever that may happen to be) we need to understand breathing. "None of us was ever taught how to breathe," he said.

He ran us through three tests that would define our breathing habits and help us improve them. Ask Roger for more details.

One of the tests had us hold our breath for as long as we could. The longer we could hold it the better our breathing health.

Roger noted he has two breathing problems: he breathes through his mouth. And several years ago he stopped breathing during one night. He was in a sleeping bag in Mexico and not near any medical facility which caused a bit of panic.

He also had problems at the high altitude of the White Mountains. He was diagnosed with sleep apnea and has been on a CPAP machine for seven years.

He put us through more exercises, showing us how to breathe properly. "You want oxygen to go into your lungs, but not too much," he said.

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**Remember your Rotary pin...
...wear it daily with pride!**

Next Week

Opening Exercises

Pledge: Jerry Turner
 Prayer: Doug Gardner
 Songs: Larry Gardner
 Sgt.-at-Arms: Jim Hoenig

Club Assembly

Greg Thornton will conduct a Club Assembly as we continue preparations for our 26th annual Hole-in-One Contest



Future Programs

February 6

Larry Gardner

February 13

Club Assembly

February 20

David Loutzenheiser
 Classification Talk

February 27

Mike Sorce
 CEO of LiveLove

March 6

Club Assembly

March 13

John Leslie

March 20

David Loutzenheiser

March 27

Kristel Patton

Multicultural Festival

PP Theresa Clemmons announced last week that we would not be participating in the Multicultural Festival in Chandler on Saturday, January 19. Because of the holidays, we were unable to register in time to participate. John Leslie had paid for our registration. He will be reimbursed by the club for that donation. The money from the donation will go to support the event.

Rotary Leadership Academy

A Rotary Leadership Academy will be held this Saturday, January 26, at DeVry in Glendale. Secretary Soo-San Stevens-Clarke is planning to attend. If you would like to join her, let her know and she can help you get registered.

Mesa East Rotary Has Folded

We have received word that the Mesa East Rotary Club has folded. It was reported that several of their members have joined the Gilbert club. If you know of any former members of Mesa East which met at noon Monday at Superstition Springs Golf Club, you might invite them to join us and get an early start on Wednesday mornings.



Barry Rassin, President
 Rotary International
 East Nassau, Bahamas

Jim Erickson, Governor
 Rotary District 5495
 Superstition Mountain

PDG Jay Jones
 Assistant District Governor
 Superstition Mountain

Chandler Horizon Rotary Club
 P.O. Box 6173
 Chandler, Arizona 85246



Visit our website: chandlerhorizonrotary.org

THE FOUR WAY TEST
 of the things we think, say or do

1. Is it the TRUTH?
2. Is it FAIR to all concerned?
3. Will it build GOODWILL and BETTER FRIENDSHIPS?
4. Will it be BENEFICIAL to all concerned?

Color printing
 donated by
Sir Speedy
 Chandler

President

Tiffany Jones

President Elect

Greg Thornton

FOUNDATION BOARD

Jim Hoenig, Treasurer
 Pres. Tiffany Jones
 PP Theresa Clemmons
 James Caskey
 Chuy Ortiz
 Roger Morsch
 Bill Ryan

Secretary

Soo-San Stevens-Clarke

Treasurer

Larry Gardner

Immediate Past President

Theresa Clemmons

At-Large Board Members

Jim Patmos
 Doug Hawkins
 Terry Locke
 Brad Raymond

Hole-in-One Contest

Our 26th annual Hole-in-One Contest is less than a month away. We hope you are doing your part in gaining sponsors and daily prizes. When you have secured a sponsor let Golf Chair Greg Thornton know. And when you collect any daily prizes, give them to Jerry Turner.

It's also time to sign up to work your shifts during the event. You have received an email from Kristel Patton with information on Signup Genius. Please check it over and sign up for the shifts you wish to work.

Shot cards are available. It's not too early to get them into the hands of potential shooters to get them thinking about joining us for some fun.

Bruce Dransfeldt has agreed to visit area Rotary clubs to promote our event. Terry Locke and Tim Schauermaun visited the Gilbert club last week and reported they were very well received and there was interest expressed by club members. More visits are scheduled. See Bruce if you can help.

Terry has also agreed to help promote Gilbert Rotary's annual Trivia Night March 23 at 6 p.m. at the Southeast Regional Library in Gilbert.

BREATHING

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He urged us to breathe with our mouth closed. That way we will avoid breathing in carbon dioxide, and nitric oxide located in the nasal cavity as well as the stomach well. He said we can take melatonin which will help us sleep.

"Better breathing can improve your quality of life and help you live longer," Roger said.

SONGS, FINES & SUCH

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\$5 for our visitors from Illinois.

Tim Gibson paid for his daughter turning 50. Marty Herder paid \$4 for his oldest turning 19 and for a skiing trip to Telluride.

James Caskey paid \$3 for a trip to Disneyland and because the kids are back in school. Bruce Dransfeldt paid for being forgetful.

Chuy Ortiz paid for his birthday. We sang "Happy Birthday" to him.

And David Loutzenheiser won \$17 in the 50-50 drawing.

When was the last time you told a friend about Rotary?

MEMBERSHIP

	Name of Rotarian (Spouse)	Classification
* * ¶ § # ♦ ❄	Roger Bonngard (Nancy)	Printing
*	Garrett Brolsma	Child Development
* ¶ §	James Caskey	Mortgage Banker
* ¶ §	Theresa Clemmons (Jeff)	Financial Advisor
* ¶ § ❄	Bruce Dransfeldt (Jean)	Tax Preparation Volunteer
§	Sunday Etukeren (Edo)	Automotive Sales
¶ § ♦	Doug Gardner (Sharlene)	Construction Management
* ¶ §	Larry Gardner (Teddi)	Senior Active
* ¶ §	Tim Gibson (Susan)	Landscape Maintenance
§	Gloria Halas	Counseling Services
§	Doug Hawkins (DeeAnne)	Real Estate - Probate
¶ §	Marty Herder (Ann)	Court Reporter
* ¶ § ❄	Jim Hoenig	Editor
¶ §	Tiffany Jones (Emmett)	Construction Accountant
* §	John Leslie	Certified Public Accountant
§	Terry Locke (Ellen)	Education – Youth Services
§	David Loutzenheiser (Sara)	Education - Secondary
* ¶ §	Roger Morsch (Mitsi)	Property/Casualty Insurance
* ¶ §	Jesus Ortiz (Deirdre)	Senior Active
* ¶ § ♦ ❄ ❄ ❄ ❄ ❄	Brent Patmos (Trudy)	Business Consulting
* ¶ § ♦ ❄ ❄ ❄ ❄ ❄	Jim Patmos (Mary Kay)	Education – Public
* ¶ §	Kristel Patton (Carlos)	Attorney – Estate Planning/Probate
§	Brad Raymond (Sandra)	Banking – Small Business
* ¶ §	Kurt Rohrs (Claudia)	Financial Planning
* ¶ §	Bill Ryan (Sharon)	Real Estate – Broker
¶ §	Ron Stevens (Chris)	Stocks & Bonds
¶ § ♦	Soo-San Stevens-Clarke (Jolyon)	Multicultural Education
§	Greg Thornton (Rachael)	Financial Advisor
* ¶ §	Jerry Turner (Barb)	Non-profit Consultant
§	Cory Whyte (Lisa)	Real Estate – Residential

• = Charter Member * = Past President # = Past District Governor
 ¶ = Paul Harris Fellow § = Paul Harris Sustaining Member ❄ = Major Donor
 ♦ = Paul Harris Society ❄ = Rotary Benefactor * = Arch Klumph Society

Additional Paul Harris Fellows: Sanders Achen, Judith Anick, Lee Barnes*, Christine Bonngard, Doug Bonngard, Jordyn Bonngard, Nancy Bonngard, Barb Cadle, Joseph Caskey, Stephanie Caskey, Bob Coombs*, Dede Coombs*, Gail Coombs, John Coombs, Rob Coombs, Patti Cotten, Leah Cottingham*, William Cottingham*, Zaynab Martha Cotton, Todd DeGain*, Azi Dehkordi, Don Eklund, Patrick Foley, Donald Forsythe*, Vera Forsythe, Carl Gardner*, Kaye Gardner*, Teddi Gardner, Susan Gerrow, Susan Gibson, Kylene Hathaway, Jennifer Hazelwood, Ann Herder, Amy Lynne Hinchman, Timothy Hinchman, Janis Hoenig*, Julie Hoenig, Hannah Holbert, Emory James Hyde*, Randy Kiesel, Richard Lackie*, Cindy Lewis, Phil Lewis, Richard Malcolm*, Jaslyn McGraw, John McVey*, Leanne Miller, Kathy Morenc, Nick Morenc, Cristina Ortiz, Dede Ortiz, Alyssa Patmos, Frances Hyde Patmos*, Joseph Patmos*, Kristine Patmos, Lucy Patmos*, Mary Kay Patmos, Trudy Patmos, Lori Pierce, Betsy Powell, Kristine Powell, Juliet Adelaide Rice, Kenny Rogers, Jared Ryan, Sharon Ryan, Teresa Schyberg, John Simonson, Elizabeth Jane Smith*, Chris Stevens, Bridget Valenciano, Donna Weaver, Ken Weaver*, Lisa Ryan Whyte, Jack Williams, Teri Williams, Krystal Wilkinson, David Willigrod, Pat Willigrod, Jack Williams, Amber Wills.

Additional Sustaining Members: Jensen Brent, Joy Fitzpatrick, Ana Ortiz, Jeff Ryan, Pauline Sullivan*.

* – Deceased.

NEARBY CLUBS

Rotary Meeting Information • 602-604-8221

KYRENE CORRIDOR	Monday 12:10 p.m.	Kobe Japanese Steak House
SUN LAKES	Tuesday 7:00 a.m.	Oakwood Country Club
CHANDLER	Tuesday 12:00 noon	Serrano's
MESA BASELINE	Tuesday 12:10 p.m.	Mesa Country Club
SUPERSTITION MOUNTAIN	Wednesday 12:00 noon	Gold Canyon Resort
MESA	Wednesday 12:10 p.m.	Hilton Phoenix East/Mesa
GILBERT	Thursday 7:00 a.m.	Superstition Springs G.C.
TEMPE RIO SALADO	Thursday 7:00 a.m.	Denny's
MESA WEST	Thursday 12:10 p.m.	Hilton Phoenix East/Mesa
TEMPE DOWNTOWN	Thursday 6:15 p.m.	Macayo's
TEMPE SOUTH	Friday 6:45 a.m.	Friendship Village
eCLUB SOUTHWEST, USA	Anytime	recswusa.org