



ROTARY'S MISSION

"We provide service to others, promote integrity, and advance world understanding, goodwill, and peace through our fellowship of business, professional, and community leaders."

Board of Directors Officers

Diane Lapiere, Co-President
Bob Tello, Co-President
Chris White, Co-Pres Elect
Rick Parker, Co-Pres Elect
Julie Marko, Pres Elect Nominee
& Board Secretary
Jim Epstein, Immediate Past Pres
Jon Kindschy, Treasurer & Club
Secretary
Kathryn Vilha, Financial Secretary
Steve Lemanski, Editorian
Dixie Schmatz, Committee
Coordination and Engagement

Directors

Mary Camp (2025)
Matt Barber (2025)
David Carmichael (2026)
John Moore (2026)
Moofie Miller (2027)
Katie Guthrie (2027)

District Governor

Julie Johnson-Haffner
(Loveland Rotary)

ADG: Dennis Foxhoven
(Sterling Rotary)

RI President

Stephanie Urchick (USA - PA)



THIS WEEK'S PROGRAM

Jun 17 - "Juneteenth Holiday" -
George Stevens

Inspiration: **Evan Hyatt**

CALENDAR

JUNE - Rotary Fellowships Month

Jun 15 - Father's Day

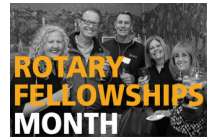
Jun 19 - Juneteenth
(Emancipation Day)

UPCOMING PROGRAM

Jun 24 - *Special Program on
Loveland Rotary Strategic Plan*

Inspiration: **Mary McCambridge**

Birthdays • Jun 21 - **Carol Stark** | **Anniversaries** •
Jun 17 - **Dick & Carol Barton** and **Chris & Dona
White** • Jun 18 - **Doug & Sheila Rutledge** • Jun
20 - **Jim & Claudia Welker** • Jun 22 - **Ted &
Kitty Nutting** *Again... What a Celebration of Life!*



Rotary Club of Loveland

Tues 12 PM | Mountain View Presbyterian Church

Website www.LovelandRotary.org

Events Calendar <https://portal.clubrunner.ca/5257/Events>

Rotary Satellite Club of Loveland

1st Wednesdays at 6:00 PM

Earl's Coffee Shop, 1421 N. Denver Ave. Loveland

Details: [www.facebook.com/
RotarySatelliteGroupofLoveland](http://www.facebook.com/RotarySatelliteGroupofLoveland)

Email: stephensongwen1@gmail.com

Rotary Satellite Club of Berthoud

2nd Wednesdays, 12:00 PM - Cornerstone Café

3rd Wednesdays, details vary - See Events Calendar

4th Wednesdays, 5:30 PM - City Star Brewery

Details: www.facebook.com/BerthoudSatellite

Email: BerthoudRotaryClub@gmail.com

P.O. Box 1144, Loveland, CO 80539

District 5440, Club 1113

Chartered in 1920 as Club 685

Jun 10, 2025
Presiding

Co-President (2024-2025)

Bob Tello
Pledge of
Allegiance
(Open) &
Four Way
Test
(Close)



Songs

Gary Camp (keyboard)

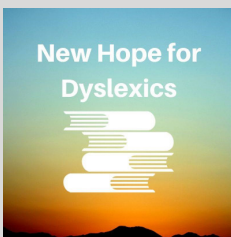
“Let There Be Peace on Earth”
& “Old Time Rock & Roll”



Inspiration

Dave Mills

*With the right instruction,
students with dyslexia can do
as well as their peers in
school!*



Thank You Aaron!

Aaron Heizer, of MVPC,
was presented with a \$500
check from
our club, in
thanks for
his reliable
service to
our club for
5 years!



ANNOUNCEMENTS

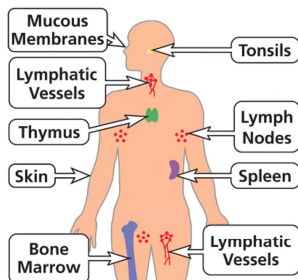
Pat Williams (*Did You Know?*): Did these past exploits
by a fellow Loveland Rotarian surprise you?

*I once rode a jeep under the
Continental Divide, and on
another occasion... rode a
scooter under the water!*



LAST WEEK'S PROGRAM

Our Immune System



- The purpose of the immune system is to **protect us** from infections and diseases.
- Sometimes the immune system makes a **mistake and attacks** its own body, usually due to an **abnormal genes producing abnormal antibodies and blood cells** (Autoimmune Diseases). Poorly functioning immune system

Our own **Dr. Bob Tello** and **Dr. David Snodgrass** treated us to a very interesting program on ① the nature of the immune system and ② steps we can take to boost it. ① *Bob explained* how different parts of our bodies are involved. New therapies involving stem cells (produced by our bone marrow) are the latest medical breakthroughs to help conquer heart failure, neuropathy, liver failure, some cancers (leukemia), and many other diseases. ② *David showed* how a healthy lifestyle involving proper nutrition, sufficient sleep, exercise, and other factors will go a long way toward boosting our immune system to (a) *protect us* from illness and disease, (b) help us *recover faster* when we do get sick, and (c) help us *live longer*. Foods that limit our immune responses are added sugars, ultra-processed foods of all kinds, excessive alcohol consumption, and trans fats.