



Jan 23, 2020 Club #4798 District 7120 Bulletin Editor: Trudy Hicks P.O. Box 374, Newark, NY 14513

President's Announcements



Melissa Correia took over the Presidential duties for Holly who was taking her son Ryan back to college at Oswego. Last Thursday was National Fig Newton day. Each table enjoyed a plate of cookies. Blue badges were presented to

Ryan Silver and Grace Norcott. Melissa reminded us of the Fifth Thursday Event - January 30, 2020 at 5:30 pm at Doug Kent's 'First Glass'. The cost is \$12. Payment and RSVP'S are due by January 24th. We sang Happy Birthday to 2 Rotarians celebrating on the 16th - Gail Vanderbrook and Art Williams. Melissa asked us to consider attending the February Book review at the Newark Public Library. Sharon SanAngelo will be talking about her new book, an Historical fiction about our own Hannelora Reinhardt.

Club Announcements

Kurt Werts is making great headway on the annual Spelling Bee. We are proud to support literacy in Dave Hannan's year as District Governor. Three teams include Grace Norcott, Karen Quartaro and Melissa Correia ; Ryan Silver, daughter Coral and Kimberly Meeks; the Interact team. All Rotarians are invited to the District Training in Canandaigua on April 4th.

President - Holly Kreuser
 President-Elect - Donna Johnson
 President Nominee - Melissa Correia
 Secretary - Marc Kreuser
 Treasurer - Bruce Chambers
 Sgt At Arms - Karen Quartaro
 Foundation Chair - Fred Hicks
 Immediate P President - Linda Werts
 Asst District Governor - Kevin Mooney
 District Governor - David Hannan



Upcoming Programs and Events

Jan 23 - Anne Morell-Night to Shine
 Jan 30 - Evening Social Event
 Feb 4 - Service Committee Meeting
 Feb 6 - Open Meeting
 Feb 11 - Membership Committee Meeting
 Feb 13 - Matthew Caine Newark's U.S. Postmaster

Upcoming Club Meeting Responsibilities

Date	Greeter	Cashier	Invocation
Jan 23	Kurt Werts	Linda Werts	Jean Williams
Jan 30	<i>Evening</i>	<i>Social</i>	<i>Event</i>
Feb 6	Art Williams	Jean Williams	Bob Bendix
Feb 13	Marsha Williams	John Zornow	Mary Jo Fenyn
Feb 20	Tracy Zornow	Pat Albrecht	TBA
Feb 27	Frank All	Jean Bendix	TBA
Mar 5	Bob Bendix	Stu Blodgett	Pat Albrecht

WELLNESS REPORT

Hannelora is in the hospital battling the flu. Members were asked to sign the get-well card. **Ted O'Toole's** son Sean is home following a surgery removing a malignant tumor in his Kidney. **Steve Sirkin**, a past Newark Rotarian, died this week. Friends are asked to attend a gathering at his home on Pine Ridge Drive on Sunday from 2-6. A service at the Temple was held on Monday at 11:00 AM.

HAPPY MOMENTS

Melissa is happy to have her daughter home and pleased of her winning the Newark Rotary Scholarship. Frank All remembered that Emma had won the Sharon All Scholarship of \$4,000.

SPEAKER - GRACE NORCOTT



Grace is one of our newest members. She has a job as a health coach and personal trainer. She also works with a 'Silver Sneakers' group at the Community Center. Her coaching focuses on the mind, body and spirit. January is the month that many make New Year's resolutions - to lose weight, exercise more and eat right. Grace suggested not trying too much at once. A few years ago Grace had a health scare that inspired her to loose weight and become as healthy as possible to be there for her family. The before and after picture was amazing. Keep it simple and in Grace's routine - don't count calories. Make a commitment and tell someone who will support you. We enjoyed her video using Gary and Norma as an example wanting to climb Mt Everest - set realistic goals! Grace suggested changing one habit at a time. This one's for you Fred - yogurt instead of Ice cream. GOOD LUCK!

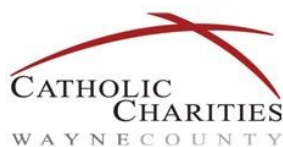
Grace will be speaking at the library 6-7 on Wednesday.



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**Fred & Trudy
Hicks**



Linda Werts

