

# TEMPLE CITY KIWANIS CLUB

Celebrating 78 Years  
Of Service to our  
Community



"THE CAMELLIA CLUB"  
TEMPLE CITY CALIFORNIA  
Chartered August 8, 1939

2016-2017 President's Theme  
"Let's Get Growing"

Visit us at  
[www.templecitykiwanis.org](http://www.templecitykiwanis.org)

SEPTEMBER 12, 2017 TUESDAY 12:00 P.M. VOL. 78 NO. 50

## THIS TUESDAY

Steve Terry will tell us about the Sister Cities Association. The city provides this once-in-a-lifetime opportunity for 6 of our High School students to travel to Hawkesburyshire, Australia and stay with host families for 4 weeks.

## LAST TUESDAY

Reiner Roeske was our presenter for the day, having traveled all the way from Westlake Village His topic was "How to Thrive, Not just Survive".

For more than 20 years, Reiner has been inspiring audiences with his engaging communication and speaking skills. He has been a youth pastor, university instructor, corporate leader, trainer and coach, former CPA, and Healthcare Executive.

Reiner told is own story of breaking his neck on a trampoline and being cured of 3rd stage Hodgkins Lymphoma. He is 51 years old and runs 4 miles a day, even while taking chemotherapy.

Steve Montesanti really liked him, having been a former Toastmaster. He was unlike other speakers, even though he is in the business of providing Skilled Nursing and Assisted Living help through Maxwell and Associates, he did not try and sell us anything. Some things we gleaned from his engaging talk were: Over 10,000 turn 65 each day, the Blue Zone are people over 100 years old, live like 50 until you are 80, 4 out 5 seniors have a chronic illness and 50% have 2 chronic illnesses, life expectancy for women is 84 and 82 for men.

Your body regenerates at the rate of 1% a day. The science of longevity is 10-30% genetics, and 70-90% lifestyle related. Sitting is the new smoking. Keep moving and exercising every day to improve your quality of life. Processed food is junk food, Eat slower because it takes 20 minutes for your brain to signal your stomach you are full. The three "F's" that Reiner recommends are Fitness, Food, and Fun.

TCUSD Superintendent Kathy Perini joined us for the meeting. Steve Montesanti would like you to sign-up for Ronald McDonald Meals Of Love and provide programs. Your help is needed this Friday, 5 p.m. at City Hall to move our supplies to the yard. Mark your calendar now for our annual installation of officers on Tuesday, September 26 at Pepper's Mexican Restaurant in Arcadia near the Race Track. This is one of the best Mexican Restaurants around. Attitude adjustment at 6 followed by dinner at 7. Come join the fun at \$20 a copy.

On September 21 our own Dan Snell will be honored by the LA County Fair as Temple City's Hometown Hero. A grand celebration in Dan's honor will include a community reception on The Lawn at Sheraton Hotel and a festive community parade at 5 p.m.. Please contact City Hall at 285-2171 for more details and ticket information.

Important dates for the month of September are: Birthdays-Tom McIntee on the 9th, and Helen Marston on the 22nd. Wedding Anniversary for Jim & Cheryl Robuck on the 19th. Those joining the club were Ed Chen and Bob Rodenbucher joining on September 11, 2011, and Steve Tyre on September 30, 1986.

## KIWANIS KALANDAR

September 12 - Steve Terry with Sister Cities Association  
September 21 - Temple City Day at County Fair honoring Dan Snell  
September 26 - Club Installation at Pepper's Mexican Restaurant in Arcadia  
October 14 - Car Show at Temple City Park

## QUOTE OF THE WEEK

"The mystery of government is not how Washington works but how to make it stop".

See you Tuesday, Jerry



### CLUB OFFICERS

President, Steve Montesanti  
Vice President, Mike Lepore  
Treasurer, Matt Smith  
Secretary, Ron Dorazio  
IPP, Steve Montesanti

### DIRECTORS

Bill Hohl • Jerry Jambazian  
Tom McIntee • Mike McVey  
Jim Robuck • Bob Rodenbucher

### COMMITTEE CHAIRMEN

#### REPORTING 2016-2017

COMMUNITY SERVICES  
Dan Arrighi/Ed Chen

#### PUBLIC RELATIONS

Jerry Jambazian

#### YOUNG CHILDREN PRIORITY 1

Not assigned

#### HUMAN & SPIRITUAL VALUES

Tony Euredjian / Dan Snell

#### SPONSORED YOUTH

Ron Dorazio/Bob Rodenbucher

#### YOUTH SERVICES

Ron Dorazio

#### INTERCLUBS

Matt Smith

#### ADMINISTRATION 2016-2017

#### GREETER / SERGEANT AT ARMS

Tom McIntee

#### ATTENDANCE

Matt Smith

#### BULLETIN

Jerry Jambazian

#### CAMELLIA PANCAKE B\*FAST

John Gera / Steve Montesanti

#### HOUSE & CLUB MEETING

Bill Hohl

#### MEMBERSHIP GROWTH

Steve Montesanti/Matt Smith

#### PROGRAMS

Mike Lepore

#### ROSTER & MAILING

Jerry Jambazian

#### SEFTON FOUNDATION

Mike Lepore / Steve Montesanti

Jim Robuck

#### TCK-AI Driver FOUNDATION

Steve Tyre

#### MEMBER CARE

Not Assigned

#### SOCIALS & FELLOWSHIP

Steve Montesanti

#### BARBEQUE

Steve Montesanti/Mike McVey

#### RMH MEALS OF LOVE

Matt Smith

#### CHRISTMAS

Ron Dorazio/Steve Montesanti

#### CONCERTS IN THE PARK

Steve Montesanti / Jim Robuck

### CLUBS IN DIVISION 10

#### TUESDAY

**ALHAMBRA** - 5 p.m.  
Denny's Rest. - 2nd & 4th Tuesdays  
369 W Main St, Alhambra

#### **MONTEBELLO** - Noon

Daily Brew - 1st & 3rd Tuesdays  
137 N Montebello Ave. Montebello

#### **SAN GABRIEL** - Noon

Hilton Hotel - 2nd & 4th Thursdays  
225 W Valley Blvd. San Gabriel

#### **TEMPLE CITY** - Noon

Northwood's Restaurant  
7247 Rosemead Blvd. - San Gabriel

#### WEDNESDAY

**ALTADENA-CROWN CITY** - Noon

1st, 2nd, & 3rd Wednesdays  
Altadena Community Center  
730 E Altadena Dr., Altadena

Villa Gardens - 4th & 5th Wednesdays  
842 E Villa St., Pasadena

**MONTEREY PARK** - 12:30 P. M.  
Capital Food Restaurant  
766 W Garvey Ave. Monterey Park

#### **SOUTH PASADENA** - Noon

Calvary Pres.Church  
1050 Fremont (at Oxley) So.Pasadena

**BUILDER'S CLUB** - 12:20 P. M.  
Oak Avenue Intermediate School  
Room 511 (near the lunch area)

#### THURSDAY

**PASADENA** - Noon

University Club - 1st,2nd,3rd Thursdays  
150 S. Oakland Ave. Pasadena

#### **ROSEMEAD** - Noon

Open Bible Church  
7915 Hellman Ave., Rosemead

**T. C. KEY CLUB** - 12:30 P. M.  
T. C. High School, Rm 407

#### **Rose Float Club**

Saturdays only as needed  
City Bank Basement  
315 E Colorado Blvd, Pasadena