

hungry) and you could be eating too much protein (the body stores excess protein as fat)

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Rotary Calendar		Team Leader	Event	Location	Speaker	Subject
September	19		Joint Meeting with Noon Club	John Muir Medical Center-Ball Auditorium	Dr. Stephen Young	JMMC Wound Care Program
	20		DARK			
	23		District 5160 Fall Assembly	Alhambra High School 150 E Street, Martinez,		Leadership Skills
October						
November						
	10		Noon Club Poker Tournament with Loaves and Fishes	St Isadore's Church Danville		

Foundation News

La Shawn will update us soon with news.



Our Annual Lunch Meeting at John Muir Medical Center Walnut Creek is Tuesday Sept 19th at Noon in the Ball Auditorium. The program will feature surgeon Dr. Steven Young and the JMMC Wound Care program. Members and guests are invited; \$17 at the door. Sign up now with President Rick

The Humor of Mureleen 925-212-3938

This is something we should all read at least once a week!!!! Make sure you read to the end!!!!

Written by Regina Brett, 90 years old, of the Plain Dealer, Cleveland, Ohio .

"To celebrate growing older, I once wrote the 45 lessons life taught me. It is the most requested column I've ever written.

My odometer rolled over to 90 in August, so here is the column once more:

1. Life isn't fair, but it's still good.
2. When in doubt, just take the next small step.
3. Life is too short enjoy it.
4. Your job won't take care of you when you are sick. Your friends and family will.
5. Pay off your credit cards every month.
6. You don't have to win every argument. Stay true to yourself.
7. Cry with someone. It is more healing than crying alone.
9. Save for retirement starting with your first paycheck.
10. When it comes to chocolate, resistance is futile.
11. Make peace with your past so it won't screw up the present.
12. It's OK to let your children see you cry.
13. Don't compare your life to others. You have no idea what their journey is all about.
14. If a relationship has to be a secret, you shouldn't be in it.
15. Everything can change in the blink of an eye, but don't worry, God never blinks.
16. Take a deep breath. It calms the mind.
17. Get rid of anything that isn't useful. Clutter weighs you down in many ways.
18. Whatever doesn't kill you really does make you stronger.
- 19.. It's never too late to be happy. But it's all up to you and no one else.
20. When it comes to going after what you love in life, don't take no for an answer.

21. Burn the candles, use the nice sheets, wear the fancy lingerie. Don't save it for a special occasion. Today is special.
22. Over prepare, then go with the flow.
23. Be eccentric now Don't wait for old age to wear purple.
24. The most important sex organ is the brain.
25. No one is in charge of your happiness but you.
26. Frame every so-called disaster with these words 'In five years, will this matter?'
27. Always choose life.
28. Forgive
29. What other people think of you is none of your business.
30. Time heals almost everything. Give time time.
31. However good or bad a situation is, it will change.
32. Don't take yourself so seriously. No one else does.
33. Believe in miracles.
34. God loves you because of who God is, not because of anything you did or didn't do.
35. Don't audit life Show up and make the most of it now.
36. Growing old beats the alternative of dying young.
37. Your children get only one childhood.
38. All that truly matters in the end is that you loved.
39. Get outside every day. Miracles are waiting everywhere.
40. If we all threw our problems in a pile and saw everyone else's, we'd grab ours back.
41. Envy is a waste of time. Accept what you already have, not what you need
42. The best is yet to come...
43. No matter how you feel, get up, dress up and show up.
44. Yield.
45. Life isn't tied with a bow, but it's still a gift."ONE HUNDRED YEARS AGO

WORD (Phrase) OF THE WEEK

Wypipo: aka white people

Slang term first listed in the Urban Dictionary in 2016. This is a term of condescension, disparagement or hostility directed by people of color at white people. Example: ““Girl wypipo are crazy, they let their dogs lick their mouths.”

The Team Assignment List

SET UP RICK CALLAWAY

GREETER ALL

SPEAKERS ALL (COORDINATE WITH RICK)

COMMUNITY ACTION PROJECTS

** HOMETEAM COORDINATE THROUGH MIKE BALL