



The Rotary Club of Toms River

"THE ORIGINAL TOMS RIVER SUPPER CLUB"

www.TomsRiverRotary.com
www.rotary7505.org
www.rotary.org
www.sailfest.net

GREETER

Nov 13 - Mark Josephsen

INVOCATION

Nov 13 - Chris Christiansen

VISITING GUESTS

Nov 13 - Lou DeBiase

DATELINE

Nov 14 - THURSDAY - GILFORD PARK

YACHT CLUB - 6 PM - Ring doorbell and someone will let you in. Cash Bar - You need to sign in and use Mike F, or Richard or Lou's name, they are members

Nov 20 - CLUB NIGHT

Dec 14 - Wreath Across America - Coordinates wreath-laying ceremonies at more than 1,600 locations across the United States, at sea and abroad. The cost is about \$15 per wreath.

CLUB NOTES

**HAPPY BIRTHDAY
NOVEMBER BIRTHDAY BOYS
TIM P.
&
LEN**

CLUB NOTES

Nancy gave us a very informative program on Diabetes last night. Most families have Diabetes in their family. Basically, sugar cannot get into the cells in our bodies. When that happens, you get an increased appetite, increased thirst, and then whatever goes in, must come out! That is one reason why you get up during the night to use the bathroom.

She explained that if you sugar level creeps up, you can diet and exercise to lose at least 10% of your body weight. If you can do that, you can get your sugar

CLUB NOTES

under control without medication. There are several ways you can "trick" your mind about dieting. Drink a large glass of water a few minutes before eating which will curb your appetite. Another is to use a salad plate and not a dinner plate to make your meal look larger on the plate and still another is use a salad fork and child-sized knives and spoons to take smaller bites with your meal.

Another tip is to get rid of the soda and sugary drinks - peel and eat an orange instead of drinking orange juice.

CONGRATULATIONS

**Kim ~ George²
Bill ~ Jackie ~ Stacey**



VISITORS/GUESTS

Bill Kaufmann

Member of Langhorne, PA Rotary
soon to become a
RC of Toms River member

Bill Kaufmann has been proposed for membership in our club. His sponsor is President Stacey. Bill will fill the classification of E-Commerce - Marketing - and Project Management. Bill is coming to us from the Langhorne, PA Rotary Club and is a Past President. Objections, if any, should be made with our Club Secretary. If no objections, Bill shall be considered eligible for membership.

CLUB NOTES

Some upcoming events:

- The Nov. 13 meeting will be held at the **Gilford Park Yacht Club** on Garfield Avenue, Toms River, as a Regular Meeting. The club pays for the members, not the guest you might bring ... A sign up went around last night, so if you are planning on attending, call George and let him know ...

- Our visit to the **BlueClaws** is scheduled for July 8. Jere Williams has a new co-chair, PP Tony Calabrese. Toms River Sunrise and Central Ocean have been invited to go with us also...

- Gifts can be accepted already for the **Spring Fling** - see Kim, Chris or Patty for more information ...

**Have you visited our
New and Improved
Web-site?
Go to
tomsriverrotary.com
and check it out today!**

FINES - HAPPY BUCKS - ETC

P/B/J - Len, Chris, Rich, Mike F, Lou, Tim²,
Kim, Jackie

LATE - Patty and Mike

ADVERTISING \$ - Mike F

SQUEALING \$ - Rich

HAPPY-

Bob P - VERY - I got a clean bill of health from my Dr. even after Halloween candy & I'm happy to be here

Patty - After all these years in the Fire Co., I finally met Tim Polhemus

Nancy - Happy I'm back from my trip to California and Philadelphia; Not so happy I'm wearing Flip-Flops due to a broken toe & prospective new member, Bill

Chris - We had a nice dinner with daughter, Jessica and then saw "Hamilton".

Stacey - Nice Halloween Parade, we made lots of tips & on my way to Sanibel, FL

George J - Our 40th Anniversary! Alena has been away for 11 days and looking forward to her coming home & our presence at the Halloween Parade

Kim - SAD \$ - My Patriots LOST!

Len - SAD \$ - Burlington Community College closed and everything went out for bid - the place is empty! Sad to see

Bill - My 1st Halloween Parade - it was a nice parade - My wife is getting excellent care here in Toms River