

Tuesday, January 21, 2025

**WE WILL SEE YOU AT TOMORROW'S MEETING!**



**OUR NEWEST PAUL HARRIS FELLOWS!**

**Congratulations to Sally Quezada and Allison Lassahn for becoming a part of the Paul Harris Fellowship! They are shown with President Sue Bowman and Rotarian Steve Collins.**



**Lewisville Noon Club Meetings**

Lewisville Meets at Bistecca - An Italian Steakhouse  
 2300 Highland Village Rd.  
 Highland Village, TX 75077  
 Time: Wednesday at 12:00 PM

**Events**

- January 22nd **Lewisville Weekly Club Meeting**
- January 29th **CLUB SOCIAL**
- February 1st **Adopt-A-Spot February 2025**
- February 1st **Adopt A Spot February 2025**
- February 5th **Lewisville Weekly Club Meeting**
- February 12th **Lewisville Weekly Club Meeting**
- February 19th **Lewisville Weekly Club Meeting**
- February 19th **Board Meeting**

**\*\*DONATION APPLICATION IS NOW AVAILABLE!\*\***

**Does your Non-Profit need donations from Lewisville Noon Rotary? Applications are now available and due on January 26, 2025.**

**[DONATION APPLICATION FOUND HERE](#)**

## JANUARY SOCIAL-INVITE POTENTIAL GOLF SPONSORS!



Our Lewisville Noon Rotary Club Social is Wednesday, January 29, 2025 (No meeting that day). Held at Angelina's Restaurant from 4-6pm. We will have appetizers and you can purchase your own drinks. This is the kick-off of planning for our Big Fore Golf Tournament, so if you know of any interested sponsors, please invite them to come join us!



### Years of Service

No Years of Service Found

### Birthdays

Charles T Ku  
February 2nd

### Club Officers

**Delila Susan Bowman**  
President  
**Gary Lewis**  
Vice President  
**Melanie Robinson**  
Secretary  
**Eyad Salloum**  
iPast President  
Treasurer  
**Mary Jennings**  
Donations Chair  
**Allison Stamey**  
Communications Chair  
**Leslie Thompson**  
President-Elect  
**Steven Cox**  
Rotary Foundation Chair  
**Rachel Roberts**  
Sergeant-at-Arms  
**Audrey L. Stansbury**  
Club Service Chair  
**Kathy M Travis**  
Youth Services Chair

## YOU'RE INVITED - ROTARY MEANS BUSINESS LUNCHEON

The first Rotary Means Business lunch meeting of the year sponsored by Cross Timbers Rotary is coming soon and all LN Rotarians are invited!

**When:** Monday, January 27th, at 11:30 AM

**Where:** Lewisville Chamber of Commerce (551 N Valley Pkwy, Lewisville)

It's a great way to reconnect with other Rotarians, meet new people, and get inspired for a successful year. Networking with others can open up new opportunities :)

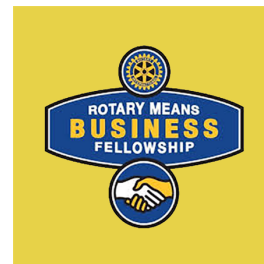
Feel free to bring a friend—whether they're a Rotarian or not! If they aren't a member yet, this is a great chance to introduce them to our group and invite them to join.

Please use the link below to RSVP so we can plan for lunch:

<https://forms.gle/>

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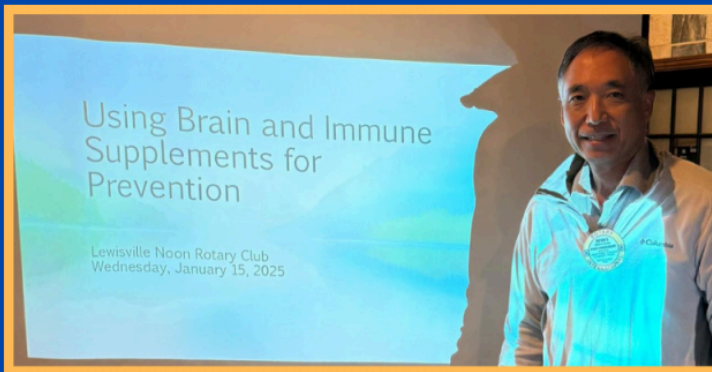
We hope to see you on the 27th!



## **JANUARY 15TH SPEAKER - DENNIS SONG**

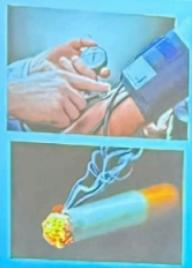
**Let's get healthy! Our speaker at Wednesday's meeting was our own Rotarian, Dennis Song speaking to us about "Using Brain and Immune Supplements for Prevention." Thank you Dennis for such wonderful, beneficial information.**

# JANUARY 15TH SPEAKER, DENNIS SONG

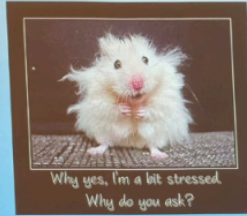


## Risk Factors

- High blood pressure
- High cholesterol
- High blood sugar
- Smoking
- Lack of exercise
- Inflammation



## STRESS



## SLEEP

WHAT'S THE BEST  
THING ABOUT INSOMNIA?



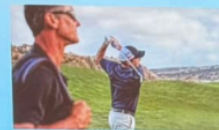
## IMMUNE SYSTEM

How To Build and Maintain  
a Healthy Immune System



## We Can't Stop Aging, But Can Slow It Down

- Exercise all parts of your body
  - Muscles
  - Balance
  - Core strength
  - Heart
  - Brain
- Brain exercises
  - Cerebral cortex
  - Reading, crossword puzzles
  - Cerebellum
  - Memorized functions (riding a bike)
  - Modified Yoga, tai chi, Medicare Ap



## Prevention is Protection

- Exercise or daily movement
  - Yoga, Pilates, Rowing, Spin classes
  - Just walk daily for 15 minutes
- Eat healthy
  - Whole foods
  - Grains, nuts & seeds
  - Fresh fruits and veggies
  - 5 different colors
  - No labels
- Take your medicine
  - Blood pressure/cholesterol/blood sugar
- Take your vitamins/supplements
- Know your numbers (blood pressure/cho)



## What supplement is Good for Anxiety, Stress and Insomnia: Pharmaceutical Grade

- Calmpsure
  - Daytime stress and anxiety
- Noctoplex
  - Insomnia



Suntheanine®  
(L-Theanine)  
Cyracos®  
(Lemon Balm)  
Valerian Root  
Magnesium  
Melatonin  
Zinc  
Vitamin B6 & B12  
Vitamin C  
Pantothenic Acid  
L-Glycine



plus Curcumin  
L-lysine  
no Melatonin

## Immune Vitamins & Supplements

Vitamin D  
*OrthoMune*  
(Vitamin C/Quercetin/Zinc/NAC)  
Probiotic  
*CofixRx*  
Betadine nasal spray



## Questions?

dennis@flowermoundpharmacy.com

## CONGRATULATIONS TO OUR LHS STUDENTS OF THE MONTH!

Congratulations to our Lewisville High School Student of the Month, Nathaniel Hancock! Joining Nathaniel is his father and mother, Gary and Rosalinda Hancock, LHS Principal Jim Baker, President Sue Bowman and Rotarian and LHS Alumni Kathy Travis. Great job Nathaniel and thank you for your leadership at LHS!



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Congratulations to Aubrey Harris for being selected as our Exceptional Student of the Month from Lewisville High School! Pictured with Aubrey is LHS Principal Jim Baker, her parents Charles and Latasha Harris, and Rotarians Kathy Travis and Sue Bowman.





## LEWISVILLE HIGH SCHOOL STUDENTS OF THE MONTH - JANUARY



### NATHANIEL HANCOCK - STUDENT OF THE MONTH



### AUBREY HARRIS - EXCEPTIONAL STUDENT OF THE MONTH



## CALENDAR OF UPCOMING EVENTS

Saturday, January 25 6pm ~ 13th Annual UNITED Tribute featuring *Dancing With Our Stars*. Let's support Rotarian Kristin Jones and United Way Denton County at the Embassy Suites by Hilton Denton Convention Center as they celebrate with Dinner, Dancing, Wine Pull, and Auction. Check with Sue Bowman to see if any spots are still available at our table.

Rotary Means Business Luncheon: Monday, January 27th 11:30am at the Lewisville Chamber of Commerce (551 N Valley Pkwy, Lewisville). It's a great way to reconnect with other Rotarians, meet new people, and get inspired for

## UPCOMING EVENTS



a successful year. Networking with others can open up new opportunities :) Feel free to bring a friend—whether they're a Rotarian or not! If they aren't a member yet, this is a great chance to introduce them to our group and invite them to join.

Please use the link below to RSVP so we can plan for lunch:

<https://forms.gle/>

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**LNR Social - Wednesday, January 29, 2025 from 4-6pm at Angelina's Mexican Restaurant in Lewisville. Please bring any prospective sponsors for our Big Fore Golf Tournament! All district Rotarians are invited to attend!**

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Pantry Shopping with CIS - Contact [Allison Lassahn](#)

- March 5 at 1:30pm at Sam's Club - Need 10 volunteers

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Adopt a Spot – Held first Saturday of each month meeting at CVS on the corner of Garden Ridge/407- 9:00am - Contact: [Dennis Song](#)

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LHS Circle of Friends Ball - Saturday, May 3, Lewisville High School, 1098 W. Main St. Lewisville

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Big Fore Golf – Monday, May 5, 2025, Oakmont Country Club, 1901 Oakmont Drive, Corinth, TX - Contact [Rachel Roberts](#) or [Heath Schadegg](#) or for players, [Dennis Song](#).

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**June 21-25, 2025 ~ Rotary International Convention, Calgary ~ [Click here for details and registration](#).** If you're thinking of attending – even if you haven't yet registered for the convention itself, **book your hotel NOW!** Hotel rooms are limited and going fast. No fee to reserve. Fully changeable until June 2025. Click here to reserve [your hotel](#).

***Send any events you need us to help promote and/or put on social media to Allison Stamey, [stameyaa@gmail.com](mailto:stameyaa@gmail.com).***

PLEASE FOLLOW LEWISVILLE NOON ROTARY ON FACEBOOK AND INSTAGRAM

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## SAVE THE DATE! BIG FORE GOLF TOURNAMENT!

SAVE THE DATE for the Big Fore Golf Tournament. We are currently looking for sponsors and will have the website up and ready for registrations in January! Heath Schadegg that he would be contacting our LNR to serve on various committees. We need everyone to get involved and let's make this Charity Golf Tournament the best yet!



# SAVE THE DATE!

25TH ANNUAL

# BIG FORE

## CHARITY GOLF TOURNAMENT

 **Monday**  
**May 5**  
**2025** 

OAKMONT COUNTRY CLUB

MEXICAN THEMED  
BREAKFAST AND  
AWARDS DINNER

SPONSORSHIPS  
AVAILABLE!

CONTESTS AUCTIONS RAFFLES AWARDS

 **Rotary** | **Lewisville Noon Club**

QUESTIONS/SPONSORSHIP:  
Gary Lewis (469) 312-5088  
glewis@bnkwest.com

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## NEW PROSPECTIVE MEMBERS!

District Governor, Andy Eads, visited LNR a few weeks ago and asked us to start focusing on new memberships. Many of us filled out a form with potential members. We were each asked to try and find three new contacts that might want to join. The spreadsheet below is a list of what we have collected. Some of the names were hard to read, so please make corrections or additions. **Please reach out to your three and invite them to lunch and**

if someone from the board needs to reach out, let us know.

**PROSPECTIVE MEMBERS**

**SPREADSHEET** - PLEASE CORRECT AND ADD IF YOU HAVE ANYONE IN MIND.



## FAMILY OF ROTARY



- Prayers for our fellow Rotarians of the Palisades Rotary Club. We have just learned that every member of their club has lost their home! All have evacuated and are safe. Their local district has set up its own Disaster Relief Fund. If you would like to donate and see what they are going through, click [HERE](#).



- Continued prayers for Dean and Cathy Ueckert as they mourn the death of their son, James Castro.

- Prayers for Matt Michel as he recovers from Achilles surgery. He will be in a cast for around a month, so let us know how we can help you, Matt.

- Continued prayers for Rachel Roberts on the loss of her father.

- Please continue to pray for Debbie Goforth, as she undergoes chemo for a recent breast cancer diagnosis.

- Please pray for Dean Ueckert's wife, Cathy, who has a brain tumor and has started treatment. She appreciates cards but has asked for no visits or calls.

- Prayers for Bill Collins wife, Shiela to recover completely.

- Pray also for protection over Eyad Salloum's family in Syria as enemy forces continue to bomb Damascus and surrounding areas.

Please send prayer requests or praise reports to be included here to Melissa DeWitt at [mdewitt1977@gmail.com](mailto:mdewitt1977@gmail.com).

## ALL MEMBERS OF THE PALISADES ROTARY HAVE LOST THEIR HOMES



Tragic news from our fellow Rotarians in California! All members of the Palisades Rotary Club in California have lost their homes! They have all been evacuated and are now safe, but they need the help of Rotarians around the world.

The local district has set up its own disaster response fund. This fund is outside of The Rotary Foundation. I

understand the district will be applying for a TRF Disaster Fund grant.

For the latest update and ways to donate, [CLICK HERE](#).

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# JANUARY 15TH MEETING



