

ROTAGRAM

WHITTIER ROTARY

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FACEBOOK.COM/WHITTIERROTARY

WhittierRotary.org

Rotary.org



TODAY

Rob Marin, local realtor and health and fitness advocate, updated Rotarians on the new “food pyramid” guidelines.

On the “Eat This” list is more protein, more allulose sugar found in dates, and more creatine powder supplement.

On the “Not That” list is less processed foods and less seed oils to reduce skin cancers.

If “seeing is believing”, then Rob is living proof of doing it right.

1924

1924 March 20's *Rotogram* announced the upcoming joint meeting of Whittier Rotary and other clubs in the basement of the First Friends Church to hear the exciting plans for the new Whittier YMCA.

Maybe current club members will help us learn where this 1924 Y was to be built. The YMCA that I joined when I came to Whittier in 1976 was on the corner of Hadley and Milton with a cornerstone date of 1948.

The current Uptown YMCA was a Safeway supermarket back in the day.

DID YOU KNOW?

Rotarians of Chilliwack Mt. Cheam, Canada, hosted 28 volleyball teams in a tournament to raise funds and have fun.

UPCOMING

Friday, March 27, 12:10
Original Roadhouse Grill

Thursday, April 9, 6 pm,
Location TBD

Friday, April 17, 12:10
Original Roadhouse Grill

Saturday, May 16, 8 am,
Rotary Mental Health
Walk Fundraiser

BIRTHDAYS

Delia Morales, March 23

Marci Ellison, March 30

Gina Lopez, May 23

Monica Peters, June 4

Trini Uriz, June 7

Bruce Lindsay, June 8