

**Welcome**  
**Members and Guests**  
**to the meeting**  
**of the**  
**Rotary Club of Placentia**



*No May Anniversaries*



- 5/5 *Gae Wood*
- 5/7 *Nelida Mora*
- 5/11 *Nate Forrest*
- 5/14 *Hugh Wood*
- 5/15 *Sue White*
- 5/29 *Ward Smith*

Today's Program:

**Chadrika Bhakshi &  
 Jolie Yang -  
 RYLA 2023**

\*\*\* Upcoming Programs \*\*\*

- May 30 *Jarvis Levison - Productivity & Time Management*
- June 7 *Club Assembly*
- June 14 *Club Foundation Board & Club Board elections*
- June 21 *\*dark\**
- June 28 *tbd*
- July 5 *Club Assembly*
- July 12 *tbd*
- July 19 *tbd*
- July 26 *tbd*



*Club Anniversaries*

*5/4/2017 Al Shkoler*

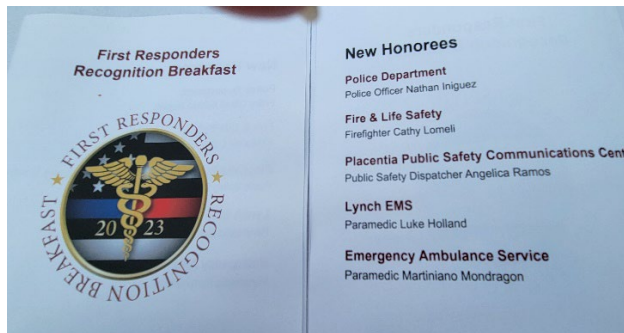
Upcoming Events

- Wed 5/24** **Cowabunga planning meeting**
- 5/27 – 5/31 RI Convention @Melbourne
- Mon 5/29 Health Fair @ Kraemer Park
- Tu 5/30 VHS Seniors Awards Night
- Fri 6/2 – Plac Palooza Music Festival
- Sat 6/3
- Fri 6/16 SJC Golf Tournament
- Tu 6/13 El Camino Real HS graduation
- Fri 6/23 District Transition Dinner
- Sun 6/25** **Club Demotion Party**
- Sat 7/15 TOP Soccer
- Tu 8/1 National Night Out
- Th 8/17 Taste of Placentia

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**Club & Community News**

*The annual First Responder Appreciation Breakfast was held in the newly-cleared Old Town area. The background stories of each of the honorees were moving and truly demonstrated why each were selected by their organizations. There was a nice turnout by members of the community and community organizations.*



*Carolyn Anderson visited our club on behalf of Love Placentia and presented us with an appreciation plaque and extra tees.*



*LOT 318's 3rd Annual Health & Wellness Fair is on Memorial Day (Monday 5/29), at Kraemer Park. We will be setting up the perimeter fencing as well as being one a sponsor. We are also hoping to have an info booth.*

*Hugh is collecting suitcases and wheeled duffle bags to donate to Not Just Tourists.*

*You can help steer our club, and expand our reach! Be sure to signal any interest you may have in serving on next year's board, foundation board, or another leadership capacity in our club!*

*Save the Date! Our Club Demotion party will be at Kevin & Lorraine's home on Sunday 6/25 from 1:00 – 5:00 pm.*

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**District News**

*Dan Ouweleen's transition dinner will be on Friday 6/23, at the Santa Ana Elks Lodge from 6-11 pm. Recognition awards, music, dancing, and, of course, good food are to expected! Register on the District website.*

Last Week's Program

## Les Whitney - Dealing with Terminal Cancer

Les is a member of San Clemente Rotary who, in 2019, was diagnosed with Stage 4 lung cancer. Since then, he has undergone various treatments, and had been doing relatively well. Unfortunately, he has recently suffered some setbacks.

However, his message was not about suffering through cancer treatments and the resultant physical difficulties, but about recognizing, acknowledging, and appreciating the positives.



Les stated that so much good has happened, and that so much is dependent upon one's attitude, focusing on what he CAN do, not what he CANNOT do. He shared his 6 lessons with us:

- 1) Accept the diagnosis, and not dwelling on the negatives, which leads to a sense of peace
- 2) Dialogue - the diagnosis impacts everyone in his life (wife, children, parents, siblings, friends). Create a space for everyone to express their feelings and thoughts about how they will be impacted, how they feel, give them a chance to start healing.
- 3) Choice - either be miserable and stop living OR choose to do something you WANT to do, to make your remaining time happy, joyful
- 4) Re-examine your priorities and expectations. He begins each day with the philosophy "if I have 3 years to live, what's important to me?"
- 5) Les also stressed that we all need a support system and caretakers to ease our lives. Be sure to express gratitude and appreciation to those people in your life.
- 6) Be present everyday - find the small perfect moments

He has written a book "Cancer's Gifts - A Loving Journey Toward the Final Chapter".