



*Veera Korjala - Somatic IFS
Practitioner, Wellness Coach,
Ceremonialist, Retreat Facilitator,
Yoga Teacher, and advocate for
fully embodied self-expression.*

“We make a living by what we get, but we make a life by what we give.”

~ Winston Churchill

Our Guest Speaker

Veera Korjala gave an enlightening presentation on stress management. She shared different reactions that the body can have from stress. Often, we are unaware that our body is being affected. Life challenges such as moving, divorce, or someone close to us passing are major stress factors.

Veera reviewed five different responses that people can have to stress. The first response is fight, which might include irritability, tension, frustration, and aggression. The second response is flight. This may involve restlessness, worry, and a need to control or escape. This can be managed with deliberate breathing and intentional exhaling. The third response is to shut down entirely. In this case a person can't function. The fourth response is a functional freeze in which an individual goes about their life as if all is normal, but their emotions are frozen. The fifth response is to fawn. A person deals with stress in this manner by working very hard to please people.

She guided us through hands-on participation to show us how we can release stress through movement, breathing exercises, and sound. Just observing our body's response to stress can assist us in staying calmer. Awareness and compassion assist us in responding to stress.

Club News

Eric spoke about the Presidents' meeting held last Saturday in San Jose, that he and Lynn attended. It was the annual meeting in which departing presidents and in-coming presidents review District news, vote on issues for the new year, and watch a presentation presented by the host club that highlights their accomplishments throughout the year. One of the key items that was discussed and voted on was the funding of the annual District Rotary Conferences. Eric will be discussing this with us in detail at our upcoming Club Assembly meeting on July 10. He will present a plan to support the Conferences without adding increases to our club dues.

We swore in Board members, Christopher Toal (Foundation Chair) and Judy Tiktin (Membership Chair). Welcome aboard!

Dues for the 2025-26 Rotary year can be paid beginning July 1st. Please see Stef or Lynn to make a payment.

All members should now have pins and key chains. If you haven't got one yet, please see Eric or Lynn. You are encouraged to wear your pins **all the time** to show your support of Rotary and to encourage people to talk to you about it. It's a great ice breaker!

Officers & Committee Chairs

President:

Eric Snyder

President Elect:

Russell Herold

Treasurer:

Stephanie Bogatinoff

Secretary:

Lynn Snyder

Sgt-at-Arms:

Mary Beth Clark

Foundation Chair:

Chris Toal

Membership:

Judy Tiktin

Newsletter:

Rosalie Olds

PR/Website:

Lisa Levine

Programs:

Leslie Mueller

Margaret Nevins

Rotary News:

Everett Janssen

Sunshine Committee:

Hyacinth Oetke-Satur

Alberta Van Putten

Fundraising:

Rigoberto Alvarado

Club Events:

Holly Harold

Karen Martin

Bonnie Fluke

Outreach:

David Mullins

Club News (cont.)

Lynn is looking for someone to oversee zoom meetings for the benefit of our traveling and far-from-home members. She will provide her laptop and a zoom account.

At our next informal meeting on June 26th, we'll discuss fundraising ideas. There is an available list of people, through Rotary, who can help with various types of projects if we'd like their assistance. When we get ready to do a project, we can peruse the list to see if someone has expertise in that type of project. We will also talk about having club assemblies at various times throughout the year, where we will learn more about Rotary, review our own processes and discuss our short- and long-term goals.

Upcoming Events

Saturday, July 5th is our PARTY to celebrate our new Atenas Rotary Club. It will be at the beautiful home of Judy and her wife, Julia. At 11:30am we will open the honor bar where Bloody Marys, Mimosas and water will be for sale as a small fundraiser for our club. Everyone is asked to contribute a dish to share for this potluck brunch. We'll also have a DJ so get those dancing shoes ready!

Saturday, July 12th at 7pm in Belen, there will be a dinner celebrating new District Governor, Eugenia. The cost is 20,000 colones. Contact Lynn or Eric if you're interested in attending.

April 23 to 25, 2026 is this year's annual District Conference, hosted by Costa Rica (every year it is hosted by a different country in our District. Our District includes Costa Rica, Nicaragua, El Salvador and Panama). Details will be provided as they become available.

Thank You's from our President

Thank you to our "party animal committee" and everyone who assisted with making our July 5 celebration a success.

Thanks to Lynn for her translation assistance at the President's meeting Eric would have been lost without it.

Thank you to all the friendly and helpful Club representatives from all over Costa Rica who were at the official President's Meeting. Lots of whom expressed interest in helping our new club.

Member News

Judy reported that she had two granddaughters who graduated from college this spring. She and Julia closed on their house in Maryland recently. June 24th is Karen's birthday. We used Betty and Cynthia's Happy Birthday video to sing to her. Condolences to Bonnie, whose brother-in-law just passed away.

There will be no meeting July 3rd as we have our party on the 5th.

Our next regular meeting is Thursday, July 10 at Restaurante Guanacaste.