Roy Shlemon, Editor
Date: November 5, 2026

EXCHANGE
THE EXCHANGE CLUB OF NEWPORT HARBOR, CA

Ph: 949-874-7966
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MEETING HIGHLIGHTS: The meeting was called to order by President **Leo Fracalosy** at the Bahia Corinthian Yacht Club. Approximately 31 members and guests attended. Leo led the Pledge to the Flag; and **Fran Murphy** provided the Prayer. This meeting was the fifth Thursday of the month, and so we were delighted to welcome special guests; in this case, **Paula Kruse**, the widow of our long-time member, **John Kruse**. Leo pointed out that the Kruse estate had gifted substantial funding to the Club leading to establishment of the **"John Kruse Memorial"** garden at the Back Bay High School.

GUEST SPEAKER: Unfortunately, our scheduled guest speaker was unable to attend, but Leo pointed out that our best and often most informative speakers are our own members! Accordingly, our youngest member (second time around), **Ed Romeo** regaled us with the current happenings at the Oasis Senior Center, passed out the latest Oasis Newsletter, and informed us about Thanksgiving dinner and other forthcoming Oasis events.

ONGOING EVENTS: Gary TeWinkle ambled up to the podium and announced the winners (and losers) of last week's football pool. **Claudette Mekalian** – alas – had the lowest score but nevertheless got her three dollars returned! Then, after an exciting discussion about tiebreakers, the grand winner turned out to be none other than **Ed Romeo**, who will undoubtedly be saving his winnings for another Century of good living. And we welcomed back our long-missed Football Commissioner, **Mike Gertner**, who graciously gave his blessings to Gary's Football Pool work. Mike is recovering from a stroke but now nicely doing well thanks much to **Jan**, his wonderful wife/nurse/companion! You're looking good Mike; carry that big stick around (cane) to fend off your many admirers; and thanks for joining us!



And speaking of rainy days: we haven't had any recently, but the general flurry of conversation resolved around the recent, and ongoing high tides! **Ross Stewart** and **Seymour Beek** related stories about their on-going flood challenges down the Peninsula and on Balboa Island, respectively, and **Roy Shlemon** noted the difficulty of accessing his condominium garage at the height of overflow along the Rhine Channel. The combination of our current El Nino, King tides and water-warming/expanding Kelvin waves makes for headaches but also for good conversation! Fortunately, these exceptional high-tide events did not coincide with winter storms! But that good luck may not be long-lasting, because exceptionally high tides are forecast for Thanksgiving, Christmas and the Martin L. King holidays.

Shirley Lashmett announced that the South Orange County Exchange Club is now holding their 23rd Annual Charity Event. This will take place on Saturday, November 14, 2026, at the St. Killian Catholic Church in Mission Viejo. Two dinners are included in the $ 120.00 donation price. The Grand Prize: $ 5,000.00; two second prizes of $ 500.00; a third prize of $ 200.00, and 13 consolation prizes of $ 100.00 each. Please make your donation check payable to: CA/NV District Exchange Club Charitable Foundation, Inc. Winners do not need to be present!



Ross Stewart asked for volunteers to assist this coming Saturday, at the City Yard for preparation of our 2027 Field of Honor (FOH) flags. **Lydia Ledesma-Reese,** Chairperson of the FOH Fundraising Committee, described the on-going activities and schedules to identify and raise corporate funding for the FOH. Lydia, **Cynthia Strasmann** and **Richard Swinney** encouraged all of us to help identify corporate sponsors; apparently there are many Defense Contractors who do business in Orange County, and we have heretofore generally not contacted these folks.

And now for the meeting "coup d'etat" (minus accent marks): Leo introduced our guest **Paula Kruse** who gave us a brief background about her humble origins and about her marriage to **John**, about living in Newport Beach, and about the long support for the Exchange Club.

Paula pointed out that her parents were married in 1929 but immediately lost all financial assets during the Big Depression. Her father worked at a desert mining camp where Paula was born. The mining recovered minerals associated with ephemeral dry lakes (playas) where economic salts would seasonally precipitate. Among these salts was fluoride, so abundant in the water that she drank as a youngster. Paula reported that to this day she has had only one small tooth cavity! Presumably that was an unplanned benefit of early-life desert living. But Paula came to Los Angeles for school, and eventually met and married John, then a young naval officer, and they lived happily for the next 65 years! Thank you, Paula; what a great story!

Our meeting wrapped up with **Lauretta Stansfield** providing us with a "**Emergency Medical Form**" from the Newport Beach Fire Department. On this document, one can list emergency contacts, insurance, and medical information. This is particularly useful for those who live alone. The completed document can be readily affixed to your refrigerator via small magnets. Better safe than sorry!



And finally, Shirley Lashmett stepped forth into the limelight once more with the raffle tickets winners, namely: **Mike Newcomb** and **Gina Lesley**, respectively! A fine luncheon and a great meeting were had by all.





Shirley Lashmett

Holiday Party

December 5 @ 5:30 PM
Check your email for Evite and RSVP



THE EXCHANGE CLUB OF NEWPORT HARBOR

UPCOMING EVENTS

DATE	SPEAKER/SUBJECT
Nov 5	**Robyn Grant, City of NPB City Council Member**
Nov 12	**11:30 AM - One Nation Under God | America250 Celebration | Keynote Speaker, Cory Vigil**
Nov 19	**Business Meeting - No Guests Please**
Nov 26	**Thanksgiving - No Club Meeting**



President
Leo Fracalosy

Lunch will be served at next Thursday's meeting at 12:20 p.m. You will be emailed an invitation before the meeting. Please notify Lisa Jelke by Sunday evening if you are planning on attending.

Please visit our website:
www.exchangeclubofnewportharbor.org

Spindrift

EXCHANGE CLUB OF NEWPORT HARBOR
Box 1022, Newport Beach, CA 92659-0022
Newport's First Service Club,1926 * Re–Chartered January 18, 1959

National Club Achievement Award 2009 * National Service Award 2001, 2004, 2009, 2010, 2011
National Big E Award 17 Years * District Best Club Newsletter Award 2001—2006, 2009, 2010 2011
National Club Membership Achievement Award 2005, 2009 * National Excellence Award 2009

National Awards

FirstPlace

Best ClubBulletin Editor, 2001
Best Club Web Video 2011
Best Club Public Relations 2017

CA/NV District Awards

Outstanding Club Awards
Dare to Dream Award 2026

Meets at Bahia Corinthian Yacht Club
1601 Bayside Drive, Corona del Mar
Thursdays | 12 Noon

OFFICERS

President - Leo Fracalosy
President Elect.- Richard Swinney
Vice President, Programs- Mitch Mitchell
Secretary - Lisa Jelke
Treasurer - George Lesley
Immediate Past President - Ross Stewart

BOARD OF DIRECTORS

One Year Term	Two Year Term
Marianne Amerine	Barbara Kirkham
Michael Newcomb	Gina Lesley
Lauretta Stansfield	Claudette Mekalian

AMERICANISM - TBD

Field of Honor. - Richard Swinney
Freedom Shrine - Gale Demmer
Proudly We Hail- George Lesley

COMMUNITY SERVICE - Leo Fracalosy

John Crean Book of Golden Deeds - Garry TeWinkle
Crime Prevention - TBD
Fire Prevention - Jerry Strom
Service to Seniors - Ed Romeo
Adopt a Family - TBD
Child Abuse Prevention - Richard Swinney

FUNDRAISING - Ken Dufour & George Lesley

Movie Benefit - George Lesley
Budget Committee - George Lesley/ Ken DuFour
Sports Books - TBD
Football Pool - Mike Gertner

SOCIAL COMMITTEE - TBD

Birthday Recognition - Fran Murphy
Christmas - Cynthia Strasmann
Member Welfare - TBD
Social Events/Fellowship - TBD

MEMBERSHIP - TBD

Education - Mike Gertner
Club Roster - Cynthia Strasmann
Inductions - Past Presidents
Membership Badges - Ken Dufour
New Member Orientation - Sponsors
Recruitment - All Members

YOUTH PROGRAMS - Cynthia Strasmann

Youth of the Year - Lydia Ledesma-Reese
A.C.E. Program - Cynthia Strasmann
Young Citizenship Award - Cynthia Strasmann
Patriotic Art - Cynthia Strasmann
Buddy Bench - Cynthia Strasmann
Freedom's Legacy Student Program - Cynthia Strasmann

PROGRAMS - Mitch Mitchell & Diane Daruty

Meeting Setup …….K Dufour/R Shlemon/M Newcomb

PUBLIC RELATIONS

Media Coverage - Dave Schapiro
Spindrift Editors - D Schapiro/D Daruty/M Newcomb , Roy Shlemon

INVESTMENT - Richard Swinney

ACTIVE PAST PRESIDENTS

Mike Gertner | CDM Club 67-68
Mike Gertner | 9/78-8/79
Garry TeWinkle | 9/79-8/80
Mitch Mitchell | 9/83-8/84
W.C.Fox| 9/91-9/92
George Lesley| 9/93-8/94
W.C.Fox | 1/00-6/00
Duncan Forgey | 7/05-6/06
Jerry Nininger | 7/09-6/10
Leo Fracalosy | 7/12-6/13
Wally Ziglar | 7/13-6/14
Leo Fracalosy | 7/15-7/16
Richard Swinney | 7/18 - 6/19
Ken Dufour | 7/19-6/20
George Lesley | 7/20-6/21
Mike Gertner | 7/21-6/22
Ken Dufour | 7/22-6/23
Shirley Lashmett | 7/23-6/24
Roy Shlemon | 7/24-6/25
Ross Stewart| | 7/25-6/26

ANNUAL ACTIVITY CALENDAR

JULY
National Convention
Membership Drive

AUGUST
Membership Drive
Installation 29th

SEPTEMBER
Sports Books
Membership Drive

OCTOBER
Serving with Honor Awards

NOVEMBER
One Nation Under God
Proudly We Hail

DECEMBER
Christmas Party
Families Helping Families

JANUARY
ECNH Birthday

FEBRUARY
Community Service Month

MARCH
National Exchange Birthday
Club Nominations

APRIL
Child Abuse Prevention Month
Club Elections
A.C.E. Awards

MAY
Freedom Shrine Month
GIVEAKIDAFLAGTOWAVE
Citizenship Award
Field of Honor
Patriotic Art Initiative
Youth of the Year Awards

JUNE
Milestones of Freedom
Installation Banquet