



The Normal Spoke

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Link to Rotary International <http://www.rotary.org/>
Normal Rotary web site: <http://www.normalrotary.org/>
Link to District 6490 Website: <http://rotarydistrict6490.org/> (The District Newsletter can be found on the left side of the main page)

Wednesday, January 25, 2017

Head Table: Students of the Month
Greeters: David Taylor & Ron Timmerman
Lottery: Radha Radakrishan & Matt Riehle

February Birthdays – Please bring a gift for the Birthday Auction

Alan Chapman	8
Stephanie McClellan	8
Michelle Houchin	12
Connie Gentry	15
Arthur Runyon	23
Robert Porter	25



Wednesday, February 1, 2017

Head Table: Jim Carter & Rob Cranston
Greeters: Carson Varner & Iris Varner
Lottery: Meghan Rogers & Bill Rolley
Program: Club Auction and Birthday Auction



Reporter: Sherry Hawkins

Photographer: David Taylor

Editor: Becky Goeckner



Gene Gudeman

Before the meeting Gene Gudeman was busy selling lottery tickets. The meeting began at 12:05; the invocation was given by Gordon Bidner.

January Students of the Month that were in attendance were:

- Ian McCormic (NCHS) who is a member of his school's mock trial team, scholastic bowl and is a "bus buddy" for special needs children.
- Jessica Quast (BACC) plays volleyball, is in the National Honor Society and a member of Just for Kids
- Advika Kamitar (U-High) is in cross country, soccer, is senior class president and a member of U-Build.



Gordon Bidner

Announcements:

Hank Campbell told us about a Promise Council Fundraiser featuring magician/comic Jay Alexander on January 27th at the Castle Theatre.

He also mentioned that there are now 11 Promise Councils!



State Farm Bank PRESENTS
A PROMISE COUNCIL FUNDRAISER
featuring Master Magician and Comic
JAY ALEXANDER
JANUARY 27



Judge David Taylor fined all fellow judges in honor of Judge Caisley appearing in the “Remember When....50 years ago” section of the Pantagraph. He also fined Dale Strassheim for appearing in a picture taken during the Boys & Girls Club fundraiser breakfast where he was without his rotary Pin.

Mystery Host Bill Rolley passed the \$2 onto Gordy Ropp, perhaps for convenience since they were sitting together! Or maybe for his strong auctioneer voice and his good job of leading the singing today.



Bill Rolley & Gordon Ropp

Hank Campbell not only won the \$18 **Lottery**, but he drew the ace of spades and won the pot, which he then donated it to Friends Forever.



Hank Campbell

Happy Fines:

- Dale Stassheim was happy to announce the next phase of his “retirement” and has taken a position with a Non Profit called Lifesong for Orphans.
- Angie Fulton was happy that the Salvation Army had reached their Red Kettle goal.
- Andy Copenhaver was happy to be leaving for AZ next week
- Drake Zimmerman was happy that Linda Healy is already organizing next year’s Friends Forever.
- And Jim Roselund was happy about some sports team doing something, I didn’t follow!



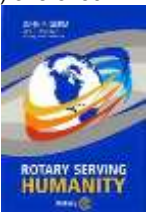
Catherine Porter & Katy

Program: Our speakers were Catherine Porter and Katy from the Center for Integrated Wellness. The \$35 million, 105,000-square-foot medically based fitness center offers preventative health and wellness programs, a sports-performance institute, an orthopedic center, an imaging center, community education and physician offices. The center officially opened on Sept. 6. About 200 people work there. Catherine Porter is the executive director and oversees daily operations for the wellness center and METHOD Sports Performance. She said, “It’s amazing to be involved in such an innovative, collaborative project, and I am excited for the members of the community to experience a deeper dive into wellness through the center.”

The center includes, McLean County Orthopedics, Advocate BroMenn Health & Wellness Center, and Method Sports Performance. A team of wellness experts will provide each member with a wellness assessment to analyze muscular strength, endurance, body composition, flexibility, sleep quality, lifestyle choices, nutrition and more.

The medical fitness approach sets the center apart: credentialed staff, physician oversight, services and programs enriched by the project partners’ collaboration. Adjoining the exercise center are a lap pool, hot tub and hydrotherapy pool for water therapy. Also adjoining are rooms for community education, cooking demonstrations, health screenings, group exercise, free weights and locker rooms. Not only will they focus on fitness, they will feature overall wellness programming, integrative medicine services, nutrition services, and programs focusing on slowing and mitigating the effects of chronic disease.

During the Q & A Ray Ropp tried to find a way to argue against exercise and diet as increasing longevity, saying we all die anyway! This reporter doesn't think he found one!

<p>The Normal Spoke is a publication of the Normal Rotary Club of Illinois - P.O. Box 333, Normal, IL 61761 Editorial Staff: Jim Carter, Art Drake, and Becky Goeckner Meetings are held Wednesdays at noon in the Circus Room or Old Main Room at the Bone Student Center, ISU.</p> <p style="text-align: center;">Officers 2016-2017:</p> <p><u>President - Jim Rosenlund</u> (spouse: Katie) 3404 Crossgate Drive Bloomington, Illinois 61704 E-mail: jrosenlu@hbtbank.com Phone: 1-309-660-9788</p> <p><u>President Elect - Hank Campbell</u> (spouse: Mary) 2319 Mabel Road Normal, Illinois 61761 E-mail : hlcampb@ilstu.edu Home phone : 1-309-530-5134</p> <p><u>Vice President – Sherry Hawkins</u> E-mail : shawkins@hbtbank.com Home phone : 1-309-531-7737 Work phone : 1-309-664-8927</p> <p><u>Secretary – Marcia Dennis</u> (spouse: Mike) 206 Cambridge Drive Normal, IL 61761 E-mail: mldenni@ilstu.edu Home phone: 1-309-454-5047</p> <p><u>Treasurer - Ryan Fleming</u> (spouse : Andrea) 301 Grandview Drive LeRoy, Illinois 61752 E-mail : ryan.fleming@commercebank.com Work phone : 1-309-823-7289 Home phone : 1-815-739-5498</p> <p><u>Sergeant At Arms- Bill Semlak</u> (spouse Joan) 3 Cheshire Mackinaw, Illinois 61755 E-mail: wdsemlak@ilstu.edu Phone: 1-309-359-8172</p>		<p style="text-align: right;">Directors:</p> <p><u>Club Service – David Taylor</u> E-mail : dtaylor@uwaymc.org Work phone : 1-309-828-7383</p> <p><u>Rotary Foundation – Ann Haugo</u> (spouse: Steve Pelphrey) 104 Kite Court LeRoy, Illinois 61752 E-mail: ahaugo@ilstu.edu Work phone: 1-309-438-3955 Home phone: 1-309-825-1534</p> <p><u>Publicity – Larissa McIlvain</u> E-mail: Larissa.McIlvain@heartland.edu Home phone : 1-309-338-7362 Work phone : 1-309-268-8125</p> <p><u>Director of Club Administration-Dayna Brown-Nielsen</u> (spouse: Adam Nielsen) 1100 Crooked Stick Lane Normal, Illinois 61761 E-mail: brownda@Unit5.org Work phone: 1-309-454-2850 Home phone: 1-309-862-3385</p> <p><u>Assistant Governor: Neal Shah</u></p> <p><u>District Governor</u> Kevin Yonce 2118 Sunview Drive Champaign, IL 61821 Email: kevin.yonce@awning-tent.com Cell: (217) 841-3731 Fax: (217) 328-5759</p>	
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