



## The Normal Spoke

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Link to Rotary International <http://www.rotary.org/>

Normal Rotary Website: <http://www.normalrotary.org/>

District 6490 Website: <http://rotarydistrict6490.org/> (The District Newsletter is on the left side of the main page)

### Wednesday, January 23, 2019

Greeters: Gene Jontry & Mark Jontry

Lottery: Gene Gudeman & Fred Hahn

### Wednesday, January 30, 2019

Greeters: Stephanie McClellan & Larissa Mcllvain

Lottery: Linda Healy & Scott Ice



<b>Reporter:</b> Bruce Bergethon	<b>Photographer:</b> Stephanie McClellan	<b>Editor:</b> Becky Goeckner
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President Sherry Hawkins opened the meeting at 12:05. Larissa Mcllvain gave the invocation, followed by a subtly beautiful (really) version of "My Country 'Tis of Thee."

Our winter attendance continued to be small, albeit spread out over 7 tables, and there were no visiting Rotarians or guests.

Sherry shared some bad jokes about snowmen and ghosts. Greg Anvick knew the punch lines, attributing that to "having grandchildren."

**January Students of the Month** reported on their extra-curricular activities. Ella Joaquin (NCHS) is involved with Best Buddies, musicals and madrigals. Josh Nepomoceno (U High) is captain of the swim team, and is also active in track and cross country, plus the National Honor Society.



Ella Joaquin & Nancy Steele Brokaw



Joshua Nepomoceno & Angie Bubon



Ron Timmerman

### Announcements and Club News:

Ron Timmerman gave an update on the Applebee's Flapjack Fundraiser. With the anticipated winter storm, a decision will be made by Friday on whether to postpone the fundraiser, in which case Applebee's will reschedule. Table servers and other volunteers were solicited; Nancy Brokaw and Connie Gentry gave demonstrations of their tray-balancing skills.





Miranda Johns-Cummings & Connie Gentry

**Judge Larissa McIlvain** called for the **Mystery Host**. It was Connie Gentry, who awarded the \$2 to new member Miranda Johns-Cummings for being so enthusiastic and active already.



Larissa McIlvain

Ron Timmerman won the \$25 **lottery**, but there appeared to be no diminished deck from which he could draw for the big pot of over \$700. Judge Larissa moved to happy fines, during which time Marcia D. found the deck. (Unfortunately, Ron drew the Ace ... of Hearts ... so the pot rolls over, with only 11 cards left in the deck.)



Ron Timmerman



Larissa McIlvain & Marcia Dennis

**Happy Fines:**

- Greg Anvick, happy that he had purchased tickets to the ISU basketball game at our Birthday Auction
- Bill Caisley, confidently projecting an eventual change of season
- Sherry H., taking an opposite view of the weather, looking forward to more snow to make snow sculptures, and happy that her daughter will soon graduate from U of I (as a Mother's Day present)
- Elleke Mesdag, grateful that she is coping well with the snow
- Dale Strassheim, happy to be snowbirding soon
- Bruce Bergethon, back from a week in Florida and with the happy news of impending twin grandchildren

**Program:**



Dr. Andrea Braundmeier-Fleming



Our speaker was Dr. Andrea Braundmeier-Fleming, an assistant professor at SIU School of Medicine (Springfield) and a faculty member at the Simmons Cancer Institute. She also happens to be the mother of 3 boys and the wife of NRC Treasurer Ryan Fleming, who introduced her.

Dr. Braundmeier-Fleming's very informative and entertaining talk could be boiled down to the directive:

“Throw out your hand sanitizer, drink unpasteurized beer and eat cabbage!” Technically, her topic was the relation between our microbiomes and our health. A microbiome is a collection of micro-organisms that reside on human mucosal surfaces (inside and outside our bodies), including symbiotic and pathogenic bacteria.


These micro-organisms have many positive impacts on their human hosts, especially the development of our immune systems and our metabolic function, including digestion. It was clear from Braundmeier-Fleming’s talk that this is a very interesting area for medical research, not least because of the way in which microbiomes change through different human life stages. She identified a number of factors that affect healthy/balanced microbiomes; some, like gender, age, depression and environmental pollutants, can’t be controlled by the subject/patient. Others, like diet, medications, stress and hygiene are more manageable.

For instance, in the area of diet, Braundmeier-Fleming’s advice was to avoid processed foods (“bad for your microbiome balance”) and sugary foods (“super-bad”), while seeking out fermented foods (beer, wine, unpasteurized yogurt.) Similarly, stress management is helpful, and with regard to hygiene, “it’s good to be a little dirty.” Braundmeier-Fleming indicated that many of our current issues with allergies and immune system problems may be the unintended result of eliminating the “good bacteria” in our environment and our microbiomes. A fascinating program, as evidenced by the lively question and answer dialogue that followed.



**President Sherry’s Thought For the Day:**

*“Where there is hope, there’s life. It fills us with fresh courage and makes us strong again.”*  
 - Ann Frank

<p>The Normal Spoke is a publication of the Normal Rotary Club of Illinois - P.O. Box 333, Normal, IL 61761                  Editorial Staff: Art Drake, and Becky Goeckner                  Meetings are held Wednesdays at noon in the Circus Room at the Bone Student Center, ISU.</p>		<p><b>Directors 2018-2019:</b>  <b><u>Community Concerns - Club Service – David Taylor</u></b>                  E-mail : <a href="mailto:dtaylor@uwaymc.org">dtaylor@uwaymc.org</a>                  Work phone : 1-309-828-7383</p>	
<p><b>Officers 2018-2019:</b>  <b><u>President - Sherry Hawkins</u></b>                  E-mail : <a href="mailto:shawkins@hbtbank.com">shawkins@hbtbank.com</a>                  Home phone : 1-309-531-7737 - Work phone : 1-309-664-8927</p>		<p><b><u>Rotary Foundation – Angie Bubon</u></b>                  E-mail: <a href="mailto:angela.fulton@gmail.com">angela.fulton@gmail.com</a>                  Home phone: 309-530-0396</p>	
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<p><b><u>Sergeant At Arms- Bill Semlak</u></b>                  E-mail: <a href="mailto:wdsemlak@ilstu.edu">wdsemlak@ilstu.edu</a>                  Phone: 1-309-359-8172</p>		<p style="text-align: center;">  <b>BE THE INSPIRATION</b> </p>	
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