



The Normal Spoke

RI No. 3282 District No. 6490

June 19, 2019 Volume No. 70 Issue No. 48

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, June 26, 2019 - ISU Bone Student Center – Braden Stage

****Use west entrance****

Greeters: Linda Healy & Miranda Johns-Cummings

Lottery: Matt Riehle & Ray Ropp



Wednesday, July 3, 2019 - ISU Alumni Center

Greeters: Gene Jontry & Mark Jontry

Lottery: Bill Rolley

Reporter: Dianne Schultz	Photographer: Art Drake	Editor: Becky Goeckner
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Even though we were missing some “key players” at our June 19th meeting, several Rotary members stepped up to fill the void! President Sherry Hawkins was unavoidably absent, and called on John E. Bishop to convene and facilitate our meeting. Marcia Dennis was unavoidably absent, and Becky Goeckner filled in for Marcia at both the sign-in table and in sharing some correspondence received by the Club. Elleke Mesdag and Jack Moody provided the ticket sales for today’s lottery. Dianne Schultz recorded the minutes, and Fred Hahn was the photographer. Great teamwork!

John convened the meeting, and called on Surinder Sethi to deliver the Invocation. Surinder noted that it is the 70 year anniversary of the Normal Rotary Club’s existence. Pledge of Allegiance and patriotic singing ensued, and was joined by all.

A flurry of Announcements were shared....so much going on inside and outside our Club!

Announcements and Club News:

- Dayna Brown-Nielsen reminded us that we still had an opportunity today to contribute cash donations towards the School Marker Drive. We are doing this in collaboration with the Sunrise Rotary, and it will benefit the school supplies being assembled as part of the Back 2 School Alliance’s backpack drive.
- Bill Semlak passed around a sign-up sheet for participation in the clean-up for our Adopt-A-Highway location, to be held this Saturday (June 22nd) at 9:00am. Our stretch of road is on the Yuton Road, a couple of miles past the elevators...look for the Adopt-A-Highway sign on the road.
- Art Drake gave an impassioned plea for volunteers to sign-up to be the reporters and photographers for the Spoke. Dianne’s reporter duties will end with our last meeting in June, so if we like our Newsletter (and I sure do!), we need some volunteer assistance for the upcoming month of July (both for reporters and photographers).
- Hank Campbell reported on the Friends Forever Committee’s preparation for the arrival of our guests on July 9th, with attendance at our Normal Rotary meeting on July 17th. Club members Linda Healy and Drake Zimmerman are also on this committee, and Hank recognized their efforts in making the detailed plans that are needed to make the visit a smooth success! Hank indicated that there is about a \$2700 budget shortfall in covering the expenses associated with this trip. Please consider how you might assist with that shortfall.

- John A. Bishop shared that Gene Gudeman had double bypass surgery, and John had gone to visit him. So far, his recovery is going well.
- Drake Zimmerman gave a shout out and many thanks to Ray Ropp (and Carol) for a fantastic evening out on their farm. A hearty round of applause was given, with much enthusiasm expressed for how much fun we had, and for our hosts' generosity!
- Becky Goeckner (on behalf of Secretary Marcia Dennis) shared thank you notes from Laura Furlong and George Farnsworth who each had received recognition awards from our club for their community service. There was also a thank-you letter from The Baby Fold, thanking the club for a \$250 donation and an in-kind donation of books to support The Baby Fold's literacy efforts in the Healthy Start program.

John E. Bishop proceeded with the regular meeting, sharing that on this Day In History, the troops left Valley Forge (1778), Slavery was Outlawed (1862), and Slaves were finally freed in Texas (1865).

Bruce Bergethon served as the **Judge**, and called forward Surinder Sethi as the **Mystery Host**. Surinder bestowed the coveted \$2 bill to Dianne Schultz,....thanks Surinder! (*Editor's note Surinder chose Dianne as she was the newest member present and already hard at work serving the club*)

Lottery Sales for the day produced \$18 in the Small Pot, which was luckily won by Drake Zimmerman. Then his luck ran out, as he did not draw the winning card for the Big Pot of \$369!!!! Better Luck Next Time.....

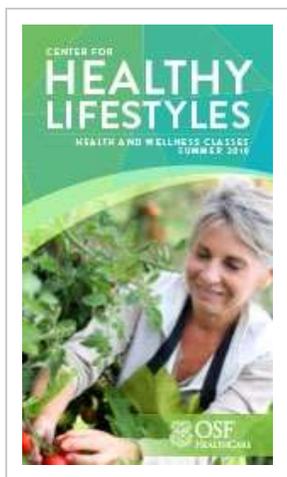
Happy Fines were offered up as follows:

- Drake Zimmerman was happy about the rotary trip to Germany...although he did comment that he was a bit disappointed in the quality of bratwurst available!
- Bruce Bergethon was doubly happy as he has welcomed his two new grandsons, August and Henry, into the world. Wow....TWINS!!!!
- Greg Anvick was doubly happy too, but not with twins....he celebrated both his birthday and his anniversary!
- Dale Strassheim was extremely happy that his grandson was one of the winners of the cow judging contest out at Ray Ropp's farm!
- Hank Campbell shared his happy thoughts about the progress being made on the "Dreams Are Possible" facility.
- Becky Goeckner expressed her happiness about her Puerto Rican "granddaughter", Fabiola, arriving for a visit. She will be interning at Town & Country Animal Hospital for the summer and staying with the Goeckners.

Program:

Our Guest Speaker was Erin Kennedy, the Director of the Center for Healthy Lifestyles, at OSF. Erin has worked at OSF for 20 years. The Center for Healthy Lifestyles is located at the main OSF campus. Erin finds her work very enjoyable due to the variety of educational classes and services offered through the Center. They received a special \$10,000 gift in 2017, with the donor desiring for the gift to be designated for something that would support cardio-vascular health.

The Center for Healthy Lifestyles' mission is to assist members of the community in achieving healthier behaviors and making informed health care decisions. This is achieved through comprehensive prevention, education, counseling, and diagnostic services.



Erin Kennedy

In 2018, the Smart Meal Program was launched, which helps promote healthy meal preparation through education, and a recipe provided with a “kit” of ingredients to prepare the food. The food kits are designed to have a long shelf life. These meals will be low in fat and sodium, and high in fiber. The kits are provided one time a month, and also are accompanied with some light reading material related to healthy living/healthy eating. Ingenious!!!! Erin also indicated that this new program fits well with McLean County’s Health Implementation Plan, as we continue to see a need to decrease cardio-disease and diabetes in our county. The Smart Meal program has donated over 1500 meal kits since 2018, and they are also taking the program “mobile” with presentations on site at The Boys and Girls Club.

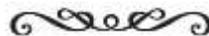
There was a brief Q & A from the audience. Regarding why people are attracted to this program, Erin reported that about 14% of our population is food insecure, so the ability to get ideas and ingredients for a healthy meal is attractive to many. Also, she indicated that some of the top health issues in our County are stress/anxiety related, and that stress can be a root cause of unhealthy eating and weight gain. There was interest in if the recipes were available to be shared on-line, but they are not currently posted on the web site. Bruce shared his experience with cardio rehab, and the unpleasant nature of bland diets. He appreciated the attempt to make these meals tastier, but wondered about the lack of fresh fruits and vegetables in the recipes. Erin indicated that they try to design the recipes with ingredients that will fit a variety of circumstances, such as people who may have limited or no access to traditional kitchens and cooking equipment. There were some questions that were more about nutrition, dairy intake, need for hydration, etc and it was suggested that OSF could do a follow-up visit with our club that could focus more on nutritional aspects of food if there was interest.

Erin provided some brochures that listed out a calendar and description of many, many educational offerings from the Center for Healthy Lifestyles. They also offer a variety of activities that can be brought into the workplace as part of their Corporate Wellness Partnerships. Thanks to Erin, and to OSF, for providing such a great resource to our community!



Thought For the Day:

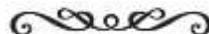
*All the great things are simple, and many can be expressed in a single word:
freedom, justice, honor, duty, mercy, hope.*
Winston Churchill



A note from Marcia Dennis:

Mike and Marcia Dennis have had a busy week. On Tuesday, Mike had knee replacement on his right knee. Procedure went well. Wednesday about 5 am, he noticed some mild chest pains. Tuesday at 1:00 he had heart catheter surgery done. Doc found two shady looking areas in the heart, so put in two stints.

Today is Friday and we are being discharged from St. Joes OSF. Due to the double whammy, Mike needs two people to help him stand up and walk. Therefore, he will be going to rehab at Heritage nursing home in Normal. He should be there 10 to 16 days. After that he should be able to walk back to our house. In three months, we’ve had two knee replacements and two stints. We asked if they were having a two for one sale, but no such deal. Thanks for all the prayers and good thoughts.



An Update on Malaria Initiatives in Africa
from Rotarian Dr. Emma Bruce, Chairperson District Subcommittee on Malaria:

In The Gambia: *I want to target villages where they cannot afford mosquito window nets to prevent the mosquitoes from going into the house. In the rural areas of The Gambia, the weather is very hot so they have to keep the windows open at all times, and despite sleeping under mosquito bed nets, mosquitoes have easy access into the home. When you are not sleeping but still in the house etc sitting down to chat with family members or eating, you can still get bitten by a mosquito that will cause malaria.*

*We do have a **Zero Malaria Plan** for The Gambia. As you know, the rainy season of The Gambia is about to start and it spans for 3 months (until September) This is when malaria hits the population of The Gambia, the hardest, because there are lots of the stagnate water left on roads and yards all across The Gambia after it rains and this creates lots of mosquito breeding sites. Therefore we in Rotary District 9101 National Malaria Committee The Gambia, have set up the following plans to combat malaria for this year's rainy season with the following activities:*

- a) Sensitization of Pregnant Women, Mothers and Caregivers at local community health centers during Pre-natal consultation days and pediatric outpatient clinics.*
- b) Evening activities at local meeting places of populated communities to educate the public about malaria prevention and control*
- c) Go to schools in the communities and encourage the children to play an active role in malaria prevention and control in their communities and teach them how to prevent themselves and their families from having this disease*
- d) Partner with the National Environmental Agency and National Malaria Control Programme in doing home visits to do residual spraying and larvicides treatments*
- e) Mobilize the communities to come out and clean their surroundings to evacuate large stagnant water and clean the drainage system in their communities.*
- f) Put up posters with pictures (can be cartoons) that encourages adopting good behavioural practice of malaria prevention and control. To be posted in school, offices, health facilities, businesses etc*
- g) We also want to train the Rotarians and Rotaractors in the National Malaria Committee The Gambia on how to engage a community to spread the word about malaria prevention so that they can have an active participation in these activities.*



The Normal Spoke is a publication of the Normal Rotary Club of Illinois - P.O. Box 333, Normal, IL 61761
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