



“SERVICE ABOVE SELF” - “HE PROFITS MOST WHO SERVES BEST”

The Four Way Test

1. Is it the **Truth**?
2. Is it **Fair** to all concerned?
3. Will it build **Goodwill** and **Better Friendships**?
4. Will it be **Beneficial** to all concerned?

The Big Wheel

July 15, 2008 — Volume No. 52, Issues 3

Programs: Mark Tauber

Editors: Lynn Jensen & David Schultz

July 17th Program: Greg Padovani
Veterans' Memorial Park Update

Website: www.rotary.org

The Art of Living Well By Breathing Better

Articles by Bob Paddock, Jr. Photos by Rick Koebernick.

Today's program told us, "Breathe in, and exhale like Darth Vader." It is a step toward reaching calmness to enables us to have "victory over fear." **Pam Brockman** of The Art of Living Foundation presented a program telling of this internationally-recognized organization that addresses conflict resolution through helping individuals better deal with their emotions.

It and its sister organization work to restore human values and encourage service through cooperation. It works with veterans, populations facing significant problems, prison populations, and professionals faced with handling crises. One of two techniques of stress relief were demonstrated at the meeting, utilizing one of what she calla the five sources of human energy – breath, food, exercise, sleep and inspiring support.

Teaching and actual aid service has been offered here in the U.S. during crises such as the aftermath of Katrina, and internationally in Kosovo, Kashmir, Lebanon, and Iraq. The Art of Living Foundation is an organization which shares some of Rotary's characteristics. More information can be found on its web site, www.artofliving.org, or by contacting Pam at 847-903-9674.



Christmas in July: Santa 5K Sleigh Run



In addition to being recognized for having a July birthday, Community Service Chair **Bill Kmiecik** (left), gave a big "Thank You" to all who walked in the 4th of July parade to publicize our Christmas "Santa Sleigh Run" fund raiser. Contact Bill for brochures on the event to pass out. Parade "elves" included: (l. to r, bottom row) **Tim Corrigan, Suzie Cavoto, Wendy Davis, Nancy and Bill Hoff, Bob and Marcie Paddock** and (l. to r., top row) **Ron Popp, Bill Mahoney, Ron Crawford, Bill Kmiecik, Pete Cavoto, Santa and Diane Crawford**.



meritorious parade service in that hot Santa suit. The crowd members enthusiastically waved at Jim and even asked for fliers instead of candy! Said Jim, "The best reaction to the Santa outfit I heard was, 'Oh my, it's really him!'" Looks like our Santa Sleigh Run will be a great fund raiser.

Santa in Disguise, **Jim Miller** (right), was awarded Rotarian of the Month for



Upcoming Programs

July 24 Francesca Kirk
Kenneth Young Center

July 31 Burt Jensen
Journeys:
PADS to Hope

Aug 7 To Be Arranged

Happenings at the Club Meeting

Article by Bob Paddock. Photos by Rick Koebernick.

We were happy to host Ambassadorial Scholar Applicant, **Ben Zintak**, a Prospect High School graduate currently in his fourth year at the Naval Academy. Thank you, **Bill Hoff, Wendy Davis and Lew O'Donnell** for your efforts in selecting such outstanding applicants.



President Ron Crawford reminded us that better Club PR was an important need identified in this year's strategic planning session. He challenged all of us to develop a 30 second "Rotary Elevator Speech" that we can use when asked about our organization. He set a good example by giving his brief "speech" of what Rotary is to him. He'll be asking members to do the same at future club meetings. Member involvement is key to our club's success. This year, participation on committees will be solicited by the chairs of the avenues of service. If you have the honor of being asked it's because they think you'd do a good job. Please give it a try. Your help is important and needed.



Fine Master, **The Honorable Judge Jim Ryan**, who also celebrated a July birthday, wasn't "waiving the white flag" (photo left); he was wiping his brow from raising lots of money for club service.

Happy fines included: **Pat McMahon** (below left) for his marriage followed by a honeymoon in France and Italy.

Deb Whisler (below right) for the Library's 4th of July float winning 1st place for creativity; Jennifer Burnidge for the birth of her 6 lb. baby boy and Bob Morman for his make-up meeting in Michigan.



Upcoming District 6440 Events

From District 6440 Website—www.rotary6440.org

Aug 8, 2008
White Sox Night
Aug 17, 2008
Night at Ravinia

Oct 2, 2008
District Golf Outing

Upcoming Club Events

August 18, 2008
Immunization Clinic
September 5, 2008
Steak Fry
December 6, 2008
Santa Sleigh Run

February 12, 2009
Valentine's Day Party
June 26, 2009
Installation Dinner

Corrections: Lew O'Donnell gave Paul Harris Awards to his sons, **Ronald Lewis** and **David William O'Donnell**, not to his sons-in-law.

Please note the Valentine Party is scheduled for February 12th not February 15th.

Club Member Updates

Rotarians Absent From the Club's July 10th Meeting: Alger, Baker, Berry, Cavoto, Corrigan, Dawson, Duchek, Field, Fink, French, Forncrook, Graeff, Key, Lombardo, Nuccio, O'Donnell, Ohrstrom, Passannante, Sampson, Scaletta, Schweers, Silverman, Stabler, Upmeyer, Vaswani, R Whisler, S Whisler

Guests: John Behrens (Jan Behrens); John Galway (Bill Bodinus); Ben Zintak (Ambassadorial Scholarship Applicant)

Make-ups: Wendy Davis and Bob Morman

Rotarians Terminating Membership: Ed Landwehr, Scott Johnson and Jim Murray

Greeter Schedule

July
August
September

Mulder & Schultz
Passannante & Kmiecik
Borton & Dawson

Pledge, 4-Way Test & Invocation Assignments

July Stand-In
July 17
July 24
July 31

James Ryan
Ron Popp
Kerry Pearson
Bob Paddock, Jr.

August Stand-In
August 7

Bob Nash
Joe Musolino