



"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

March 1, 2007

Editor/Distributor: Cyndi Quebbemann

Next Week: March 08 – Ron Popp – Rotary Club of Arlington Heights Strategic Planning

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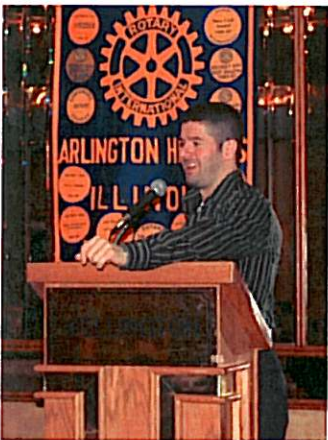
Programs: Tim Corrigan

Last Week's Speaker

Traditional Chinese Medicine

Article by Bob Nash. Photos by Rick Koebernick.

Joe Musolino introduced this week's speaker. Dr. Zhu is a colleague of Joe's at First Health Associates, where she is the head of their new Traditional Chinese Medicine (TCM) department.



For over 2000 years, TCM has been used to diagnose and treat illness based on an individual's unique symptom origin. TCM's foundational concept is "Qi" (pronounced chee), loosely translated as energy and its effects on physiological function and health.

For over 24 years, Dr. Zhu has been treating patients with allergies, migraines, stress disorders, respiratory distress, digestive issues, and women's health.

Utilizing a TCM holistic system, Dr. Zhu evaluates the body's physiology and works to restore system harmony naturally through acupuncture, herbal remedies, therapeutic massage, therapeutic manipulation and energy work. She



Yu Zhu, OMD
First Health Associates

doesn't just treat the symptom, but identifies, then and treats the cause of the symptom, thus rebalancing the body to prevent future occurrences

Dr. Zhu received her M.D. from Gansu College of Traditional Chinese Medicine, where she also served as Director of the Acupuncture Technique & Research Unit. She completed her post-doctorate work at the Shanghai University Chinese Medicine and Pharmacology.

She taught TCM at various medical centers and Universities in Sweden and Israel, and served as Chair of the TCM department at the Atlantic University of Chinese medicine in Ashville, NC.

Dr. Zhu has authored 18 academic papers and 5 books on TCM.

Other Club News

New Members to be voted on:

Jon Nelson of the Boy Scouts

Linda Borton of NW Community Hospital

Making Up is (Not) Hard to Do!

By Ron Crawford, Club Secretary

Our club is setting a goal to improve attendance to a level of 80% (currently around 60%). If you must miss our club's meeting, you can help by "making up" at another club. It's very simple- all you do is visit another club on their meeting day and have lunch with them. And it's free! When you visit the other club, you will meet other Rotarians, who treat you as their guest. You pay for your meal in cash and the back of your name tag is a make-up card, which

when you present it to our club secretary, gives you meal credit for the meeting on your next quarterly bill.

It's interesting to see how other Rotary clubs run their meetings. Maybe you can bring back some ideas for our club.

Here are some of the other clubs in the area and their meeting days and times:

Arlington Hts Sunrise, Tuesday 7:15 am,
Pappadeaux Restaurant, 798 Algonquin Rd.

Buffalo Grove, Thursday 12:15, Lou Malnati's, 85 S.
Buffalo Grove Rd.

Des Plaines, Friday, 12:15, Grazie Ristorante, 1050
Oakton St.

Elk Grove Village, Thursday 12:15, Charlie's
Charhouse, Devon & Rohlwing Rd.

Lake Zurich, Friday 12:15, Di Piero Ristorante, Rt 22
Downtown

Long Grove, Tuesday 7:15 am, The Seasons of Long
Grove, 314 Old McHenry Rd.

Mt. Prospect/ Prospect Hts, Monday 12:15, Mr.
Peter's Banquets, 1273 N. Rand Rd.

Mt. Prospect Sunrise, Friday 7:30 am, Double Tree
Hotel, 75 W. Algonquin Rd.

Palatine, Tuesday 7:15 am, Marlowe's Restaurant,
702 W. Euclid Ave.

Rolling Meadows, Monday 12:15, La Mirage, 3223
Algonquin Rd.

Schaumburg A. M., Wednesday 7:00 am, Poplar
Creek CC, 1400 Poplar Creek Dr.

Schaumburg-Hoffman Estates, Friday 12:15, Poplar
Creek CC, 1400 Poplar Creek Dr.

Looking for other clubs in our district? Visit www.rotary6440.org and click on "When / Where clubs meet". Are you looking for clubs in another district, state or country, visit www.rotary.org, then click on "Club Locator". You can find meeting information on thousands of Rotary clubs around the world.

Member Update

Former Member Tom Maver recently passed on. Tom was a stalwart in the club representing life/health insurance, and welcoming and positive. Though a more senior member, his spirit was young at heart. His presence at meetings helped create the "fellowship" that makes Rotary work. He'll be missed. He also was a former WW II veteran. During WWII Tom was a Staff Sergeant in the Air Force, serving on Guam. Indicative of Tom's sense of humor, he commented that the war was over soon after he got to Guam; the Japanese gave up once they heard he had arrived. We sent Amy Maver our condolences.

Club President Appoints Committee To Review RI's Club Leadership Plan

Ron Popp has asked Jennifer Burnidge, Ron Crawford, Terry Ennes, Lynn Jensen, Kerry Pearson and Kris Stabler to serve on a committee he will chair. The committee will be charged with making recommendations to our club about the desirability and feasibility of implementing RI's *Club Leadership Plan*.

Background materials can be found on Rotary International's website on section about the District Assembly. (Click on the link for the District Assembly or, if need be, cut and paste the address below into your browser.)

http://www.rotary.org/newsroom/downloadcenter/training/district_assembly.html

See the *Big Wheel* for February 15, 2007 for a brief summary of RI's proposed new administrative structure for club boards.

Mardi Gras Night & Wine Tasting Hosted by Sunrise Rotary

The Arlington Sunrise Rotary is celebrating its 20th anniversary with a Mardi Gras-themed dinner, wine tasting and silent auction on Tuesday, April 3rd from 6 to 9 pm at Pappadeaux Seafood Kitchen, 798 W. Algonquin Rd. The cost is \$75. You can register at their website, www.sunriserotaryah.org.

Getting To Know Your Fellow Rotarians

Profiling Past Presidents

Photos by Steve Sampson.

Bob and wife Marcella reside in Arlington Heights and have two daughters, Laurel, 24 and Blair, 21. Bob, classification Newspaper Publishing, is a Paul Harris Fellow and has recognized several family members and friends this way as well.



Robert Y. Paddock, Jr.
Club President 1995-96

He served as president during the club's 40th anniversary year, also special because he was installed as president by his father, Robert Paddock, Sr.

Bob recalls his presidential year as one of increased attendance, strong support for the club's charitable efforts, and commitment to making the club structure work effectively. As he recalls it, there were several months with more than 95% attendance. Also in that year, the club:

- Updated the "Blue Book" photo directory
- Strengthened its relationship with the Arlington Heights Morning club
- Approved a new club flag, reflecting pride in and service to the community

There was also a very high level of international activity. Specifically, the club:

- Hosted a visiting GSE team from Sweden and supported the effort to send a team to Norway
- Renewed involvement in the Heifer Project, which gives cattle as a self-supporting form of aid for impoverished countries
- Hosted in-bound Brazilian exchange student Pablo

- Committed funds for wells in India, supported an orphanage in Jamaica and helped supply Hospital to Mexico

Locally, club members volunteered to assist with the staffing at the village's quarterly immunization clinic; "Adopt(ed)-A-Mile along Arlington Heights Road" for clean up; posted the Rotary plaque at Lake Arlington, and started support of D.A.R.E. anti-drug program in the local schools. Support was also given to the Science Olympiad, post-prom alternatives to alcohol parties, and the Special Olympics. In that year, the club contributed to a statue in the town center that recognized our policemen and firemen.

Bob and his family have remained active in Rotary:

- Hosting two exchange students--Elaine from Brazil and Ivan from Mexico.
- With PDGs and Tadashi Enami, Bob updated the District History last year, a publication his father had produced years earlier. Bob continues to serve as District Historian and advises on PR matters.
- Worked, most recently with daughter Laurel on the District service trip to Guatemala, getting to better know Wendy and Scott Davis and Ron Crawford, as well as folks from other clubs.

A graduate of "still-standing" Arlington High, he started college at Lawrence University, Appleton Wisconsin, suffered 1960's "what's-it-all-about" angst, leaving school to become a VISTA volunteer (Volunteers in Service to America), community organizing, tutoring, and development of low-income credit unions. He also served in the Army in Vietnam and Ft. Bragg. He went back to Lawrence with alternating semesters of work and study, earning a teaching certificate and a BA in Psychology and Economics. He says he took an "anti-senility regimen" later in life, getting his Masters Degree from Northwestern University.

A fourth-generation in the family business, Bob is Vice Chairman of the Board and Executive Vice President of Paddock Publications, Inc., publisher of the *Daily Herald*, *Reflejos* (a bi-lingual Hispanic Journal) and *BeepCentral.com* (a web site for young adults).

He began at the paper doing odd jobs and, as he puts it, "making a pest of myself" while attending grammar, then high school. Throughout his career there, Bob served stints in most departments of the paper--production, circulation, editorial, advertising, administration, job printing, accounting and human resources, getting a well-rounded view of the "newspaper business" and preparing for his current role. "It's an exciting time in the industry. We're working hard to keep up with changes in our society, and still serve our communities," he said.

Bob has been involved in many communities, philanthropic and professional groups. The list includes such organizations as the United Way (local and regional), YMCA, several area chambers of commerce, and service organizations. He has counseled ex-offenders as well as tutored and worked in an anti-gang organization (BUILD) in Chicago. He is currently President of the Cook County Suburban Publishers Association, a member of the Family Owners Committee of the Inland Press Association, a member of the Village Bank & Trust Community Advisory Board, Vice President of the Metropolis Performing Arts Center, and a Trustee of Roosevelt University.

"Rotary has been a good friend," says Bob. Especially meaningful have been the hosting of exchange students, foreign experience with his daughters, making up meetings at other clubs, our own local service projects, and our local club members.

Meeting New Members



*Robert Nash
Member Since 2006*

Bob Nash joined the Rotary last year with a sponsorship from Michael Silverman. Bob has assisted in the Thanksgiving Dinner Project and is looking forward to contributing in more worthy programs in the future.

Bob is married to Kristi who is a Technology Program

Manager for Morgan Stanley Chase's US headquarters in Chicago. They have 4 Children: Whitney, Gloria, Grant and Kristen, ranging in ages from 16 to 23 years old.

Until recently Bob's family had resided in Arlington Heights for 12 years. They decided to acquire a home on a small lake in Tower Lakes Barrington, where they enjoy canoeing, kayaking, swimming and sunset views. Bob and Kristi are active in their community as members of the Social Committee for the village. While living in Arlington Heights, Bob was an Assistant Boy Scouts of America (BSA) Leader and Soccer Coach.

Bob has played the guitar since childhood. He has his own jam band as well as supporting the music programs at Hope Lutheran Church in Long Grove and Christ Church in Vernon Hills. He and his wife have both held Trustee and Board positions at Hope Lutheran Church and chaperoned youth mission trips.

Bob holds a Bachelor of Science Degree in Marketing from Northern Illinois and has attended the Graduate School of Business at DePaul University. He added greatly to this "educational portfolio" when he received his Private Pilot license in 1999.

Bob has a varied background working for Fortune 500 Companies, including DEC (HP), and Rockwell. After consulting for Discover Financial Services, Motorola and C.N.A. Insurance for a number of years, Bob started his own business in 2003 with AFLAC where he now manages a District Sales office located at 1655 N Arlington Hts Rd. For the past 2 years, Bob has also chaired the Ambassador's Committee for the Arlington Heights Chamber of Commerce and was an original committee member for the CHAMPPS networking groups.

Fine Master's Corner

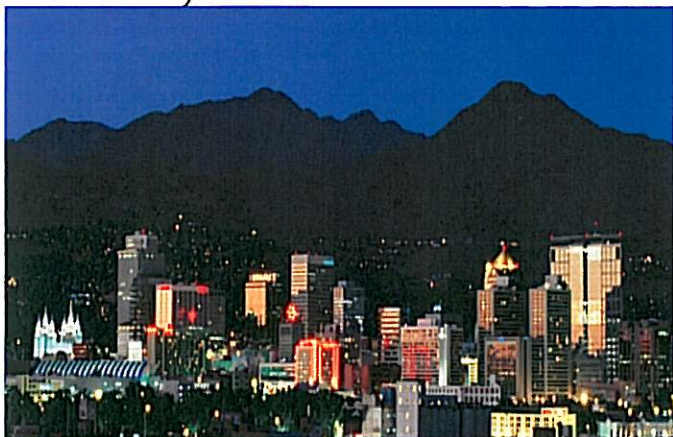
Our esteemed Past President, Terry Ennes, began his month as the Fine Master. He tested our knowledge of Iraq and learned a number of things:



- Earlier Iraq was known as Mesopotamia, which means “between the rivers”
- Civilization is believed to have begun here in the 4th millennium B.C.
- The only one of the Seven Wonders of the World found in Iraq was the Hanging Gardens of Babylon

Who would have believed that the Rotary Luncheon would provide us with a brief history and geography course on an important part of the Middle East.

From Rotary International & District 6440
 2007 Rotary International Convention
 Salt Lake City



Head to the mountains of Salt Lake City for the 98th annual RI Convention, slated for 17-20 June 2007. There, you'll join family, friends, and fellow Rotarians from around the world at Rotary's largest annual get-together. This year's convention is fun, informative, and affordable, with new features such as the World Peace Symposium.

Rotarians absent on 3/01/07

Alger, Barnish, Behrens, Berry, Billimoria, Blaseck, Bodinus, Boggs, Burnidge, Davis, French, Hassenplug, Heller, Hester, Hoff, Johnson, Landwehr, Mahoney, Malleck, Murray, Nuccio, Oakes, Ohrstrom, Paddock, pearson, Ryan, Sampson, Schweers, Seiler, Stuckmeyer, Walter, Whisler, D., Whisler, R., Whisler, S.

Pledge of Allegiance, 4-Way
 Test and Invocation

2007

March 15 – James Hassenplug
 March 22 – Marie French
 March 29 – Thomas Forncrook
 March Stand In – Michael Field

April 5 – Terry Ennes
 April 12 – Sue Duchek
 April 19 – Susan Dawson
 April 26 – Scott Davis
 April Stand In – Ron Crawford

Scheduled Rotarians are responsible for contacting their stand-in should they not be available for their assignment.

Upcoming Programs & Events:

2007

March 15 – Stacey Mallek – Classification Speech
 March 22 – AHPD Calderwood Awards
 March 29 – Jeff Grant – Home Inspection

April 5 – Open
 April 12 – Open
 April 19 – Patrick McMahon – Classification Speech
 April 26 – Mayor Arlene Mulder – State of the Village

May 10 – Rotary Raffle

Any ideas for programs? Know someone that would be a good future speaker? ...Contact Tim Corrigan at (847) 394-0266, or e-mail him at tcorrigan@corriganinc.com

If you have any announcements that you would like to see in the newsletter please email them to cquebbemann@arlingtonpark.com