



"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

May 31, 2007

Editor/Distributor: Cyndi Quebbemann

Next Week: June 7 – Dr. Thea Jones / Dr. Bruce Little – Animal Food Safety

Volume No. 59 Issue 21

Programs: Tim Corrigan

## Recent Speakers

### Northwest Center Against Sexual Assault

Article by Bob Nash... Photos by Bill Kmiecik, Steve Sampson or Rick Koebnick.

At our May 24<sup>th</sup> meeting, Elsie Mills gave the club a presentation about the Northwest Center Against Sexual Assault (CASA). CASA is the only non-profit, full service agency covering the North & Northwest suburbs of Cook County that is entirely devoted to serving sexual assault survivors and their partners, friends and families.



**Elsie Mills**  
*Executive Director  
Northwest CASA*

The agency offers

- Counseling for survivors and significant others
- Prevention, community education and training
- 24 hour advocacy at area police stations, courts and hospitals
- 24 hour sexual assault hotline

Alarming statistics include

- 30% of rape victims are under the age of 11 years old.
- 90% of victims under 13 know their attacker
- 90% who know their attacker, don't report it to the police.

For more information, visit their website

[www.nwcas.org](http://www.nwcas.org)



### Dream Dinners: Food Preparation in the 21<sup>st</sup> Century

Article by Bob Paddock. Photo by Rick Koebnick.

On May 31<sup>st</sup>, Heather Kang and Jonathan Baek spoke to our club about changes in how American families cook their meals.



**Heather Kang and  
Jonathan Baek**  
*Owners of Dream Dinners*

Their program whetted our appetite through a meal preparation

demonstration. Heather and Jonathan, owners of Dream Dinners explained the concept of preparing meals at a facility where much of the prep work and provisions are supplied while providing healthy, fun meal preparation alternatives for our busy lifestyles.

Their video showed friends making an enjoyable two-hour outing to prepare several weeks' of frozen meals. Featured are fresh, freezer-friendly ingredients, great recipes, high quality protein that is protected by vacuum sealing (for example, 21-day aged beef), and no preservatives, shopping or clean-up! The concept is simply "choose the desired meals from the menu, assemble, freeze, and cook at the same time as enjoying and saving."

Heather emphasized the usefulness of the service by citing surprising statistics. She said that in 1965, a family took two hours to prepare a meal; today we strive for 30 to 60 minutes. About 70% of families are

deciding what to have for dinner at 4 p.m. each day. Around 30% of those visit a store that day for potentially costlier shopping . . . or decide on other options such as which leftovers to try, or what your mom is cooking that night! Approximately 44% eat out, with many choosing the less-than- ideal health option of “fast food.” One of the problems to these approaches, she said, is our eating too much – that 8 oz. “petit filet” is actually the size of two recommended servings.

Another part of the challenge is the desire to eat together – 80% of families would ideally like to have some “bonding time” at dinner with the kids, a time for families to reinforce common values, have fun together, and do some problem solving (assuming the teens are willing to participate!).

Dream Dinners is one of a number of such services recently opened in town. Locating at 29 S. Dunton Ave (at the site of the former Hallmark store), their phone number is 847-670-3222 or on line, [duntonil@dreamdinnres.com](mailto:duntonil@dreamdinnres.com)

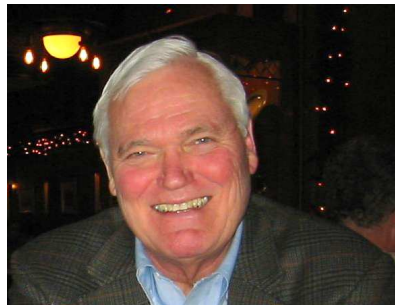


## About Our Members

Article by Lynn Jensen. Photo by Janet Jensen.

### In Memoriam

It is with great sadness that we note **Scott Davis'** passing away. He died on June 4<sup>th</sup> after a courageous battle with cancer. Scott was a model of the things that a Rotarian should be and should do. He will be greatly missed by all.



**Norman Scott Davis**  
1937 - 2007

At six foot six, Scott was larger than life, with a real zest for living. He loved people and always enjoyed events that brought them together for work or fun. Scott was always the first to lend a helping hand to anyone in need.

His wife Wendy wrote on the CaringBridge website that she

“ . . . was with him for the last 48 hours [of his life], most of which were good and happy. He was content, unafraid, grateful and almost relieved. Our lives were blessed with your kindnesses and friendship, a never ending stream of strength and love, and support from all of you and especially our family. Our boys [Scott, Stuart and Chris] and all their families were with him [at the end].”

A memorial service will be held at St. Simon's Episcopal Church on Kirchoff Road in Arlington Heights on Saturday, June 9 at 11 a.m. There will be a private interment later. Memorial donations may be made to St. Simon's Episcopal Church in honor of Scott Davis.



### Mike Silverman Back From The Cleveland Clinic

Article by Lynn Jensen. Photo by Steve Sampson.



Mike Silverman has just completed a battery of tests at the Cleveland Clinic's cardiac unit. As a result of this evaluation, Mike has been advised that he will need a heart transplant as soon as possible. Our thoughts and prayers are with him, and his family.



## Club News

Articles by Bob Paddock, excepted where noted. Photo by Rick Koebnick.

### Update From Service Projects–Community (SP-C)

Bob Nash gave the club an update on a Community Service Projects that will require help from Rotarians throughout the club.

- The Rotary Float for the 4<sup>th</sup> of July Parade is being overseen by Bob Nash. Organizer **Bob Morman**



paid a happy fine for Bob's help in taking on this responsibility. If interested in helping, contact Bob Nash.

- **Immunization Clinic** volunteers are needed on June 18 from 4:45 pm until about 7:00 pm to help the Village Nurses with the clinic. The clinic is held at the Senior Center at the southwest corner of the intersection of Central and Arlington Heights Road. To lend a helping hand, please contact Bob Nash.



Bill Hoff offered the club free tickets to a *Get Motivated!* Seminar that features such speakers as Zig Zigler, Colin Powell, Lovie Smith, Rev. Robert Schuller, and Steve Forbes. The Seminar will be held June 11 at the Allstate Arena from 8:00 am until 5:00 pm. Contact Bill Hoff for tickets on a first come, first served basis as long as the tickets last.



Contact our **President, Ron Popp**, for information on how to participate in a golf outing that will benefit the District 214 Community Ed Foundation and Mt. Prospect Parks Foundation. The event will be held June 15, 2007 at the Mt. Prospect Country Club. The Arlington Sunrise Club seems to feel they are better golfers than we are, so if you want to prove to them otherwise, this outing may just be the place to do it.



Kerry Pearson is distributing separately the following documents for the club members' review and vote on June 14:

- A Notice to Members Of Proposed Bylaws Changes (Requiring the Club's Approval)
- The Proposed Bylaws for the Rotary Club of Arlington Heights (June 2007)
- The Rotary International Constitution for Individual Rotary Clubs
- The Rotary Club of Arlington Heights Board Slate for 2007-08

If you have any questions, please contact Kerry Pearson or Ron Popp directly.



## Update From Club Administration

Article by Lynn Jensen.

Lynn Jensen gave a brief report summarizing the activities of our Club Service Committee, which is responsible for the effective and efficient operation of the club. The proposed bylaws that will be put before this club for vote shortly will include a somewhat different club structure recommended by Rotary International (RI) as a way to increase membership and involvement.

In this new structure, Club Service will be renamed the "Club Administration Committee" and retain most of what is part of the current Club Service "Avenue of Service." These functions include: overseeing the strategic planning process, programs, newsletter and website as well as organizing the house keeping activities of "room set-up, greeters and attendance and room take-down."

In the new RI structure, the five standing committees—Club Administration, Membership, PR & Special Events, Service Projects (Community, International and Vocational) and Rotary Foundation—will be the place for each respective area that priorities are set, projects are developed and leadership is provided. However, members from all of the four other committees will be expected to participate and help.

The area of Programs is perhaps one of the best for illustrating how this new arrangement will work in the coming Rotary Year. **Scott Johnson** has agreed to coordinate the Program activity, but he will need to have members of the other club committees organize programs for assigned months. The Rotary Calendar, with its emphasis on activities for each specific month, provides a framework for our club's programs in 2007-08.

For example, in the Rotary Calendar Year, August is "Membership and Extension Month." Scott and Lynn will request that the **Jim Miller and the Club Membership Committee** organize the programs for August.

This is not as onerous a job as it might first seem because in each month there will be one or more pre-set programs, such as:

- Classifications speeches by new members (which Scott will organize)
- Club Assemblies (at least one every other month, which will be organized by the President and Club Administration)
- Speakers or pre-recorded DVD programs from RI or District 6440 (to be organized by the committee responsible for that month)
- One or two, depending on the number of weeks in the month, entertaining and/or educational program arranged by the committee responsible for that month.

*The preliminary line-up for Rotary Year 2007-08 looks as follows:*

| Month | Rotary Emphasis            | Cmte |
|-------|----------------------------|------|
| Jul   | No emphasis                | CA   |
| Aug   | Membership & New Extension | M    |
| Sep   | New Generations            | SP-I |
| Oct   | Vocational Service         | SP-V |
| Nov   | Rotary Foundation          | F    |
| Dec   | Family                     | SP-C |
| Jan   | Rotary Awareness           | PR   |
| Feb   | World Understanding        | SP-I |
| Mar   | Literacy                   | SP-C |
| Apr   | Magazine                   | CA   |
| Jun   | Rotary Fellowships Month   | PR   |

Scott Johnson and the Club Administration Committee look forward to your helping in making our Programs for 2007-08 better than ever. And it goes without saying, we will continue as we have in the past working on other committees projects.

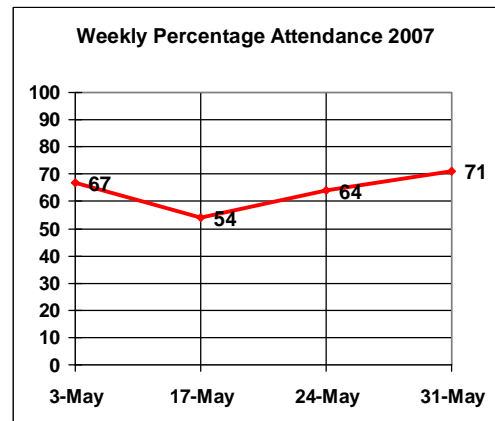


### Membership Statistics Updates

*Article by Lynn Jensen based on attendance data produced by Nick Chrisos, Club Assistant Secretary.*

We are now using the specialized software of ClubRunner to produced our membership reports

and generate statistics such as those shown in this graph.



We are to be commended in the up-tick in our weekly meeting attendance during May 2007.



### Fine Master's Corner

*Article by Bob Paddock.*

Fining by Scott Whisler included Terry Ennis regarding baseball and local schools, Ron Walter about his new friend A.G., and Ken Alger with \$20 from a pleasant trip to Las Vegas—we just wish he had won more!

Bill Hoff, the winner of the flank steak example from the Dream Dinners demonstration, owes us a Happy Fine next week if it was as good as it looked.



### Important District 6440 Dates

*Republished from Rotary District 6440 website.*

#### DG Installation Is June 28

The Rotary Club of Schaumburg/Hoffman Estates proudly invites you and a guest to attend the installation and dinner for Michael A. Erickson, District Governor 6440, 2007-2008, and Jodeen A. Benjamin, President, Rotary Club of Schaumburg Hoffman Estates.

The date is Thursday, June 28. The festivities begin with a reception at 5:30 p.m., followed by dinner at 6:30 p.m. at The Stonegate Conference Centre, 2401 West Higgins Road in Hoffman Estates (just east of Barrington Road). The price is \$65 per person with a

cash bar and dress is business attire. Please send your check to: Kathy Ahlgrim, President, The Rotary Club of Schaumburg/Hoffman Estates, P. O. Box 958121, Hoffman Estates, IL 60168-8121 to reserve your seat. If you have any questions, contact Kathy (847-359-5346 or Kathy@ahlgrimfuneral.com). An evening of fellowship and Rotary pride will be enjoyed by all attendees.

### Fun/Walk & District Picnic - Evanston - June 10

The effort to globally eradicate polio is nearly finished. Join us on June 10 at this combined district event to celebrate the efforts and raise money through the annual Race to the Finish 5K Run and 5K Walk hosted and a Joint District 6440/6450 Picnic at the Northwestern University Campus in Evanston.

NOTE: REGISTER BY WED., 6/5, AT 10:00 A.M. FOR LOWER ADVANCE PICNIC PRICING.

Districts 6440 and 6450 will match Rotarian race entry fees, and Race to the Finish donations dollar-for-dollar, and Rotary International will match them at \$.50 per dollar. We hope individual clubs will also match their participants to add further leverage. The Race/Walk is hosted by the Rotary Club of Chicago Financial District.

Then, following the run join the Evanston Lighthouse Rotary Club and the Rotary Club of Evanston at a family buffet picnic open to all District 6440 and 6450 Rotarians, family, friends, and race participants. Start summer right by enjoying the day at the spectacular lakefront with your Rotary family. Besides the good food there are many activities planned. You can play volleyball and lawn sports of all kinds, listen to the music, or sit back and enjoy the view. Take advantage of the fishing and the bike trails along the shore by bringing your fishing poles and bicycles.

The picnic and fun activities at the Northwestern University campus will go from 11:00 a.m. until 2:00 p.m. on the Norris Center East Lawn, 1 block north of the parking deck at Sheridan & Campus Drive. The picnic goes on rain or shine.

Print a copy of an event flyer by [clicking here](#). [Click here for a map of the run/walk course and the NU campus](#). For more information and to register, go to [www.racetothefinish.org](http://www.racetothefinish.org).



### The Russians are Coming!

The 12TH ANNUAL ROTARY IN RUSSIA CONFERENCE will be held at Rotary International Headquarters in Evanston on June 8-10. The conference is to promote cooperation between the Rotary clubs of Russia and interested districts, clubs, and individual Rotarians in the United States.

The conference committee is lining up a wide array of senior Rotary leaders and staff to discuss the plans for expansion of Rotary in Russia, presentations by the Rotary International Headquarters Staff, and the development of the United States-Russia Intercountry Committee which will be chartered at the conference.

Conference Highlights (see program document for full agenda)

- Tour Rotary Headquarters
- Meet RI Headquarters Staff
- Visit Paul Harris's home
- Network with Rotarians from around the world
- Meet senior Rotary leaders
- Identify joint projects
- Learn about Twin Clubs
- Rotary Foundation Presentation
- PEP and Open World Programs
- Form Intercountry Committee
- Rotary Fellowships
- Sponsoring New Clubs in Russia

For additional information about the conference, check out the District 6440 website, call, write or e-mail, as indicated below:

PDG Jon Eiche  
3519 River Bend Dr.  
Rosenberg, TX 77471

Voice: 832-595-1398  
Cell: 713-702-2292  
Fax: 832-595-1397  
e-mail: eichej@houston.rr.com



### Important Club Dates and Information

#### Arlington Heights Club Officers' Installation Dinner

Mark your calendars. Our Club's Installation Dinner will be held on June 22 at the Meridian. As the details become available, you will receive information through the *Big Wheel* and at Club meetings.

#### New Member Proposed

Hope Newman has been proposed as a new member by her sponsor, Jim Miller, Chair of The Club Membership Committee. Hope works for GCG Financial Services.



#### Pledge of Allegiance, 4-Way Test and Invocation

2007

June 14 – Ronald Bodinus  
June 21 – Robert Blaseck  
June 28 – Bill Billimoria  
June Stand In – James Bertucci

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

#### Upcoming Programs & Events:

2007

June 14 – Open

June 21 – Pat McMahon – Classification Speech

June 28 – No Meeting

June 29 – Installation Dinner

*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](mailto:tcorrigan@corriganinc.com)*

*If you have any announcements that you would like to see in the newsletter please email them to [cquebbemann@arlingtonpark.com](mailto:cquebbemann@arlingtonpark.com)*