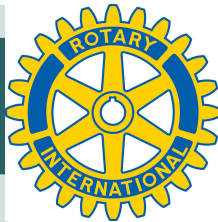


June 2, 2011  
Memorial Edition



# The Rotary Banner

## **CLUB OFFICERS**

### **PRESIDENT**

Chris Herzog

### **PRESIDENT-ELECT**

Dave Miller

### **SECRETARY**

Lori Palmer

### **TREASURER**

Cory Gallivan

### **DIRECTORS**

#### **CLUB SERVICE**

Paul Hoover

#### **VOCATIONAL SERVICE**

Rhonda Plueter

#### **COMMUNITY SERVICE**

Charlie Kunz

#### **INTERNATIONAL SERVICE**

Rod Croxford

#### **YOUTH EXCHANGE**

Dave Miller

#### **NEW GENERATIONS**

Eric Barger

#### **SERGEANT AT ARMS**

Rick Hooks

#### **BANNER EDITOR**

Larry Lacher

#### **CLUB ARCHIVES**

Rick Hooks

## **FOUNDATION OFFICERS**

### **PRESIDENT**

Erin Phillips

### **TREASURER**

Mark Speciale

### **SECRETARY**

Rose Sebastian

## **East Alton Rotary Club**

Chartered Oct. 28, 1971 District 6460

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



## Don't Worry, Be Healthy!

Dr. Paul (Hoover) was in the house last week as our distinguished speaker. He was anxious to finish his discussion on ways to live a healthy life.

Paul discussed the difference in approach to medicine and health expressed in two camps: vitalism and mechanism. Mechanism thinks of the body as a machine with various parts and functions. If something goes wrong with the system, you fix it with surgery, a pill, or some other form of therapy. In vitalism, the body is seen as a system that expresses the entire function of your life. Physical problems are symptomatic of larger life and behavioral issues that should be addressed in a more global way.

Paul suggests that we look at the issue of good health from a vitalistic point of view. Good health is about managing your life in such a way as to maintain your body and your life at peak performance. Believing that the body has an innate ability to heal itself, good health is a result of providing the best environment for the body to perform its best functions. As demonstrated with placebo testing, recovery from illness is produced as effectively from "a reasonable expectation of getting better" as from any specific pharmaceutical.

Dr. Paul's prescription for a vital and healthy life: eat properly, exercise (1 hour every day), rest, and manage stress.

## **News, Notes, Nonsense, and Nothings**

The 28 Rotarians and guests who attended our meeting last week were rewarded with a lunch of ham and green beans. Guests included Ken Harmon of the Bethalto Club, Pat Devoning of the Wood River Club, and Dawn Kordal of the Bank of Edwardsville.

Dick wore a tie worthy of a pledge and Rick had the blues. The flag was in place, but the banners were, sadly, fallen.

The fact that the four way test was down seemed to cause distress for some members who still need the cheat sheet.

Prez. Chris had trouble regaining order in the room and had to ring the bell twice to calm the crowd.

Brad arrived post-Paul, but then, so did everyone else.

A thank you note was received from Genie Keller and passed around the room for all to read.

\$45. was in the 50/50 pot for Joe and Wendell who went home with nothing more than shiny new cards.

## **MAKE UP SITES**

### **MONDAY**

#### **NOON**

- Wood River—St. John UCC, WR
- Jerseyville—Peace United Church

#### **6 PM**

- Alton-Godfrey—Alton Sports Tap

### **TUESDAY**

#### **NOON**

- Collinsville—Holiday Inn
- Granite City—Niedringhaus Methodist
- Highland—Michael's Restaurant

### **WEDNESDAY**

#### **7 AM**

- Bethalto—Red Apple

#### **NOON**

- Goshen—LCCC Center, Edwardsville

### **THURSDAY**

#### **NOON**

- Riverbend—Mac's Time Out Lounge, 315 Belle St.
- Edwardsville—First Christian

### **FRIDAY**

#### **NOON**

- Troy, Silver Creek—Pizza Man

To locate a club where you are visiting check: <http://www.rotary.org/en/AboutUs/SiteTools/ClubLocator/Pages/rid>

## **COMING EVENTS**

6/4: Rotary Night at the Cardinals

6-30: Installation Dinner—Julia's

7/21: Rotary Social night at the Grafton Winery

## **PROGRAM**

### **TODAY**

Dwynn Isringhausen  
*New Sex Offender Laws*

### **NEXT WEEK**

Brad Lavite  
Dwayne Sanders  
*Chestnut Health Systems*

## **BIRTHDAYS**

6/5: Mark Allison  
Mark Vaughn

## East Alton Rotary Club

P.O. Box 56  
East Alton, IL 62024

## Service Above Self.

### FOUR WAY TEST

- Is it the Truth?
- Is it Fair to all concerned?
- Will it Build goodwill and better friendships?
- Is it Beneficial to all concerned?

We're on the Web!

See us at:

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

Find us on Facebook

Check out our blog at:  
[eastaltonrotary.blogspot.com](http://eastaltonrotary.blogspot.com)

### From the Archives

June 4, 1992

-Pat's program speaker was the President of Greenville College, Richard Stephens.  
-Next week's speaker will be United Way rep Candy Runion (East Alton trivia-she later to become our first female member). She will talk about the upcoming "duck race".  
-Last week Charlie and Cecil introduced our scholarship students.  
-Our Installation Dinner will be on June 18th @ Sunset Hills CC.  
-EAWR Night @ Busch Stadium in on July 23rd.  
-The golf tournament will be held on June 25th @ Belk, Jim Fischer is coordinating.  
-Steve Brennegan was listed as a prospective member.

### New Rotary Peace Center

The Rotary Foundation Board of Trustees has selected [Uppsala University](http://Uppsala University) in Uppsala, Sweden, to host a new Rotary Center for International Studies in peace and conflict resolution.

During their April meeting, the Trustees agreed to negotiate an agreement with Uppsala University to house the seventh [Rotary Peace Center](http://Rotary Peace Center), which will join those in Asia, Australia, North America, South America, and the United Kingdom.

"We are excited about this new partnership with Uppsala University to take the Rotary Peace Centers program to the next level," says Foundation Trustee Chair Carl-Wilhelm Stenhammar.

"We are confident that our Rotary Peace Fellow alumni, actively engaged in peace-building and conflict prevention and resolution around the world, will agree that partnering with Uppsala University to host a Rotary

Peace Center is a winning strategy."

Uppsala University has an established two-year master's program in peace and conflict studies and a research program led by a large, internationally recognized faculty. The Uppsala Conflict Data Program is a leader in the field and will provide future Rotary Peace Fellows with the opportunity to combine informed theory with data-driven field research. The university is home to the Dag Hammarskjöld Library for peace research.

The first class of peace fellows at Uppsala will begin their studies in September 2012.

Read More at:  
[www.rotary.org](http://www.rotary.org)

### Board Notes

(From the 5-26 meeting)

-Our bank balance at the end of April was \$3456.  
-Once the final numbers are calculated, our scholarship students will be awarded around \$10,000. The highest annual amount ever.  
-The Alton-Godfrey and Wood River clubs have expressed an interest in supporting our Columbia school rebuilding project. Rotary International will not provide grant money for any building project.  
-Chef Bob will be awarded our "Business of the Year" award at the Installation Dinner later this month.  
-The Roxana High School Rotaract club charter has been submitted.  
-The initial flyer for our Lawn and Garden Show has been prepared. Rhonda received several suggestions for revisions. This flyer will be sent to potential participants for the April 2012 event.  
-The board heard a presentation about a debit/credit card a device to be used at the Lawn and Garden show. No final decision was made.  
-a 30" Rotary cog sign and mounting bracket will be purchased. It will be mounted on the Eastgate Shopping Center main signboard.

### Just for Fun

At a fabric store, a pretty girl spots a nice material for a dress and asks the male clerk: How much does it cost? "Only one kiss per yard," replied the male clerk with a smirk. "That's fine," said the girl. "I'll take ten yards." With expectation and anticipation written all over his face, the clerk quickly measured out the cloth, wrapped it up, and then teasingly held it out. The girl took the bag and pointed to the old man standing beside her, and smiled, "Grandpa will pay the bill."

### Mensa Moment

Start with the number of letters in the word for the people honored by a February holiday honoring our Chief, add the number of letters in the avenue named in the song "Easter Parade," then subtract the number of letters in the word that represents the night of witches and goblins. What number do you get?