



Newsletter Date
September 23, 2010

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

PROGRAM HOSTS

TODAY

District Governor

David Parsons

NEXT WEEK

Dwynn Isringhausen

Sheriff Bob Hertz

BIRTHDAYS

9-29: Don Brandt

The Rotary Banner

Official Visit Edition

Re-form Your Health Care



Our own Dr. Paul Hoover took time to talk to the club about health reform two weeks ago. He said that the biggest impact will be on those on medicare. Payments to medicare providers will be reduced which will reduce the number of doctors willing to accept medicare patients. Currently 31% of primary care physicians do not accept medicare patients. Eventually emergency rooms will become clinics for medicare and medicaid recipients. What can we do about it? Take care of ourselves. The United States has dropped to 40th in the world in health primarily because of our poor diets and lack of exercise. Dr. Paul recommends 30 minutes per day of vigorous exercise to maintain your health. He also recommends being aware of what we eat. Many of our foods are full of toxins and preservatives. The best approach is to eat locally grown foods, more fruits and vegetables and less protein and dairy. He recommends reading Shane Ellison's Over-the-Counter Cures. Remember, disease is just lack of proper cell function. Take care of your body and your body will take care of you.

News, Notes, Nonsense and Nothings

Two weeks ago we had 20 Rotarians and guests who enjoyed Bob's turkey dinner and Mark's ice cream. Larry had Rev. Mark Moran as his guest who is a potential new member.

Rhonda wandered in at 12:10, but Brad made her look like she was early. Everyone was late by Paul time. Apparently we now know what it takes to get Paul to the meeting on time-- make him the speaker.

A thank you note from the Riverbend club was sent around expressing appreciation for our contribution of their new banners.

Kevin mentioned a correction

on the bottle cap collection. 2000 caps equals 1 hour of chemotherapy. Put your caps in the bucket on the coat rack.

Rhonda announced that all slots had been filled for the Soap Box Race including the utilization of all of our scholarship students.

Dave assessed a traffic fine for all summer speeders of \$1. Better than being caught.

Dave also reminded the club that the annual "Fly In" will be Sept. 25 at the St. Louis Regional Airport. He also invited the club to enjoy the Alton Symphony's annual Pop's and Jazz dinner and show on the 25th. Tickets are \$55.



MAKE UP SITES

MONDAY

NOON

- Wood River— St. John's 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

7:00 a.m.

- Bethalto— Red Apple

NOON

- Goshen—LCCC Center, Edwardsville

THURSDAY

NOON

- Riverbend— Johnson's Corner Restaurant, Alton
- Edwardsville—First Christian

FRIDAY

NOON

- Troy, Silver Creek—Pizza Man, 611 Edwardsville Rd., Troy

To locate a club where you are visiting check:

<http://www.rotary.org/en/AboutUs/SiteTools/ClubLocator/Pages/rid>

Allen and Charlie took a shot at the \$105 50/50 pot but lady luck was not with them.

Coming Events

10-14: Annual Steak Fry

10-22: Chili Dinner

10-28: Halloween Parade

12-9: Christmas Party

P.O. Box 56
East Alton, IL 62084

Return Service Requested

SERVICE ABOVE SELF

FOUR WAY TEST

Is it the Truth?

Is it Fair to all concerned?

Will it build Goodwill and
Better Friendships?

Will it be Beneficial to All
Concerned?

A passenger in a taxi leaned over to ask the driver a question and tapped him on the shoulder. The driver screamed, lost control of the cab, nearly hit a bus, drove up over the curb, and stopped just inches from a large plate glass window.

For a few moments everything was silent in the cab, and then the still shaking driver said, "I'm sorry but you scared the daylights out of me."

The frightened passenger apologized to the driver and said he didn't realize a mere tap on the shoulder could frighten him so much.

The driver replied, "No, no, I'm sorry, it's entirely my fault. Today is my first day driving a cab. I've been driving a hearse for the last 25

East Alton blog:

<http://eastaltonrotary.blogspot.com/>

online make-up: http://rotary.org/RIdocuments/en_pdf/eclub_list.pdf



From
the

District
Governor

Rotary International President Ray Klingensmith has let it be known that he wants to do things differently in Rotary. He wants us to get back to basics. That is, he wants us to return to the service ethic of Rotary, the very core of its mission. The recently completed Council on Legislation (COL) added a fifth avenue of service to the traditional four avenues. Club Service, Vocational Service, Community Ser-

vice and International Service are now joined by New Generations Service. This is in recognition of the positive change implemented by youth and young adults through leadership development activities, service projects and exchange programs. Membership is perhaps the most important component of a successful club. Without membership growth, the club stagnates and service projects suffer from lack of Rotarian workers and a decrease in the amount of funds raised by the various projects. This results in funding and volunteer service for The Rotary Foundation and lo-

cal charities. We have to grow to maintain our ability to impact those charities and organizations we support. Second would be giving to The Rotary Foundation (TRF). Half of all monies given to the Annual Fund of TRF come back to the district three years later in the form of District Designated Funds. These are funds we can use in your communities along with sponsoring international projects. The Group Study Exchange program is funded through TRF as well. All of us who have been to meetings with a GSE team from another country or one of our returning team members, have come away knowing that this is a special, one

of a kind worldwide program. Tied in with giving to TRF is Polio Plus. An initiative started by a Rotary Club in the Philippines to rid polio in their country, became a worldwide program of all of Rotary. Today, we are very close to our goal of eliminating polio. For those of us who grew up in the last polio epidemic era in the US and those of us who know polio victims, the eradication of this horrible disease from the face of the earth is an incredible achievement. We are extremely close. The third thing to emphasize within our District and Clubs is training. The District provides training at no charge for all officers and committee chairs.