



December 2023

# CLUB NEWSLETTER

[Nechicagolandpassport.org](http://Nechicagolandpassport.org)

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DECEMBER 2023

**Peace, Love, Joy and Health this Holiday Season  
and throughout 2024**



## Club Leaders

*President*

Dr. Robert Steinberg

*President Elect*

Rebecca Tanaka

*Secretary*

Ellen Young

*Treasurer:*

Katherine Buggenhagen

*Membership:*

Dr. Robert Steinberg

*International Service*

Dessie Panomitros

*Rotary Foundation*

Katherine Buggenhagen

*PR & Marketing*

Marianna Zeidler



Is it the  
**Truth? Is**

*it fair to all concerned?*

Will it build goodwill and

**Better Friendships? Will it be**

**beneficial to all concerned? And is it Fun?**

Promoting peace, fighting disease, providing clean

**water, saving mothers & children,**

supporting education, growing local economies. Rotary: where people unite, **share ideas and take action to create lasting change.** Diversity, equity, inclusion.

**Rotary Opens Opportunities. People of Action Service Above Self**

**Rotary**  
**Rotary**  
**Rotary**



# December is Disease Prevention and Treatment Month

## Mental Health Podcasts

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices.

Dessie Panomitros and Marianna Zeidler are sowing seeds for the production of a series of podcasts to talk and promote topics related to “Mental Health.” Note that they are working on **Mental Health** as opposed to “Mental Illness.” There are still a number of details to be worked out as to the format, setting, scripts, and audience for these podcasts. Suggestions and ideas are welcome.

**Mental Health Task Force:** Our Rotary District 6440 is organizing a Mental Health Task Force encouraging Rotarians to join. **Dessie Panomitros, Sharon Weingarten and Marianna Zeidler** have expressed interest in joining this initiative. The **FIRST MEETING** has been **SCHEDULED!** Anyone who is interested in this area is encouraged to attend the Zoom meeting on **Tuesday, December 19th at Noon**. You can register here: <https://rotary6440.org/event/district-6440-mental-health-committee/> Bob Anthony, a Rotarian from Naples, Florida, will be the speaker. Bob is a member of the Mental Health Initiatives Rotary Action Group, and will be speaking on how to get a Mental Health awareness committee started. Mental and emotional health are critical to our individual overall wellness and that of the communities that we serve.



Marianna’s Rotary presentations in the community are being published in the weekly Paddock Publications’ Reflejos. The goal is to increase awareness of Rotary’s Community Service and to further international understanding within the inclusive, and diverse global environment we currently live in. There is a need for a multi-language publication. 23.2% of the households in IL have reported speaking a non-English language at home. Spanish (13.6%), Polish, Chinese, Tagalog, Arabic, Urdu, Gujarati, Russian, Hindi, Korean were among the top 10 languages spoken in 2021. The Illinois Learning Standards for World Languages guide learners to develop competence to communicate effectively and interact with cultural competence to participate in multilingual communities at home and around the world. The five “C” goal areas (Communication, Cultures, Connections, Comparisons, and Communities) stress the application of learning a language beyond the instructional setting. Schools in Northern Illinois are dealing with over 60 languages spoken by newly arrived families.



## Coats for Round Lake New Arrivals

Thanks to club members **Sharon Weingarten** (*sorry, somehow not shown in last month’s newsletter*), and **Dr. Robert Steinberg** for helping keep needy families warm this winter. Contributions are still being accepted as the need for warm coats persists.

**No contribution is too small! THANK YOU!**

Plan for the next 2024 Rotary International Convention in Singapore | May 25 – 29, 2024

Visit [NECHICAGOLANDPASSPORT.ORG](https://NECHICAGOLANDPASSPORT.ORG) to register

