



## The Normal Spoke

RI No. 3282 District No. 6490

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Link to Rotary International <http://www.rotary.org/>

Normal Rotary web site: <http://www.normalrotary.org/>

Link to District 6490 Website: <http://rotarydistrict6490.org/> (The District Newsletter can be found on the left side of the main page)

### Wednesday, August 17, 2016

Head Table: Elleke Mesdag & Vandana Naik

Greeters: Nancy Brokaw & Dayna Brown-Nielsen

Lottery: Ron Timmerman & Carson Varner

### Wednesday, August 24, 2016

Head Table: Michael Petrini & Robert Porter

Greeters: Bill Caisley & Hank Campbell

Lottery: Iris Varner & Dick Wagner



**Reporter:** Becky Goeckner

**Photographer:** Michelle Houchin

**Editor:** Becky Goeckner



Jim Rosenlund

President Jim Rosenlund rang the bell at 12:05 to start the meeting. We took a few minutes to say hello to everyone before pausing to hear an invocation given by Gene Jontry. The Pledge of Allegiance and one verse of "My Country Tis of Thee" was then led by Becky Goeckner.

Jim then invited Normal Mayor and Honorary Normal Rotarian Chris Koos to the podium.



Chris Koos

Chris Koos explained that he, Bruce Warloe and Mercy Davison as members of the Town of Normal Historic Preservation Commission were supposed to have lunch with fellow Commission member and Normal Rotarian Bob Ward. Since Bob was unable to join them for lunch because of our Rotary meeting they came to Bob!

Chris explained that they were there to recognize Bob Ward for his 25+ years of service as an architect and member of the Town of Normal Historic Preservation Commission. Bob was named an Emeritus member of the Commission and was encouraged to still attend their meetings whenever he wanted to and could. The club then gave Bob a standing ovation for his years of service to the Commission and for his 53+ years of being a Normal Rotarian!



Standing: Bruce Warloe, Mercy Davison & Chris Koos  
Seated: Bob Ward

Since the Summer Olympics in Rio are in full swing President Jim Rosenlund provided us with an Olympic Games Update:

- The United States leads with a total of 27 medals, of which 10 are gold. The USA is then followed by China with a total of 17 medals of which 8 are gold.

- In 2012 at the last summer games the final medal count found the United States leading with 103 medals of which 46 were gold. China followed closely behind with a total of 88 medals of which 38 were gold.

### Announcements:

- The Mediici Octoberfest Fundraiser, chaired by Heather Wagner & Sherry Hawkins will be on Saturday, September 24<sup>th</sup> from 2:00 p.m. to 10:00. Club members will be needed to help so please reserve that date on your calendar. More details are to come.
- We were reminded that the Rotary Leadership Institute (RLI) will be in Decatur on August 20<sup>th</sup>. The Club will pay for anyone interested in attending. Contact Jim Rosenlund if you are interested in this event.
- The Brazillionaires will be performing at the Castle Theatre on Sunday, August 21<sup>st</sup> at 4:00 p.m. This is a fundraiser to support the Lamu Health Care Clinic which is the recipient of one of our Rotary District Grants.



Dale Strassheim

- Dale Strassheim reminded us that members will be needed to carry the 50 US flags, the flags of the military branches and our Rotary banner in the September 5<sup>th</sup> Labor Day Parade. We are to gather at 9:15 a.m. beside the Coliseum in Bloomington for the 10:00 a.m. parade. More details and a sign-up will come later.



David Taylor

First time **Judge, David Taylor** seemed to enjoy being on the other side of the podium meeting out the fines rather than being on the receiving end!

He asked for today's **Mystery Host** who turned out to be Bruce Bergethon. Bruce gave the \$2 to Becky Goeckner because Becky had driven across 4 lanes of traffic to offer Bruce a ride to today's meeting. This saved Bruce from waiting in the heat for the bus since his car was in for repairs.



Becky Goeckner & Bruce Bergethon



Ed Tanton

**Lottery** winner Ed Tanton was lucky enough to win the \$10 for today but did NOT draw the Ace of Spades and so the pot of \$233 rolls over until next week.

**Judge David Taylor** then kept Ed busy collecting fines from those who did NOT claim the Cubs as their favorite team! Those who aren't baseball fans of any team felt a bit put upon but in good Rotary nature offered up their \$1 anyway!

**Happy fines** were then solicited from members: Bayo Adanri, Angie Fulton for the Diabetes fundraiser in memory of her father & Meghan Rogers because her daughter starts kindergarten next week.



Bayo Adanri



Angie Fulton



Meghan Rogers

Surinder Sethi apologized for arriving late, but he wanted to be sure and introduce his guest, Latasha Papalal. Latasha is a student at ISU enrolled for a Master's degree in IT. This is the first time she has come to USA. Her father is the Past District Governor of District 3040 in India. Our district has close ties with D3040. Several members from our club and district have visited projects in D3040 sponsored by our district. Latasha is currently staying with Surinder & Narinder and will move to student housing as soon as it is ready.



Latasha Papalal & Surinder Sethi



Jim Rosenlund & Dr. Joe Norris

**Program:** Dr. Joe Norris is an orthopedic surgeon. He started his education at Illinois Wesleyan University in Bloomington so feels like Bloomington-Normal “home.” He treats all types of orthopedic conditions and focuses on sports-related injuries and arthroscopic surgery.



Today he shared with us about the Methods Sports Performance Center opening in September.

From their website: <http://methodsportperformance.com/>

“Method Sports Performance utilizes a metabolic analysis to prescribe your individual training parameters to optimize performance, minimize overtraining and reduce the potential for injury.”

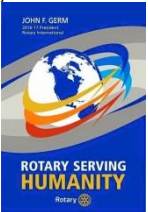
“Coming this September to Bloomington/Normal—a scientifically driven sports performance training center for athletes of any age or skill level. Method Sports Performance is an 11,000 square foot, state-of-the-art, training facility located within the new Center for Integrated Wellness located at 1111 Trinity Lane, Bloomington. By leveraging the power of proprietary programming, physician oversight, and cutting edge technology our professional coaching staff provides you with a comprehensive program, creating an unparalleled competitive advantage. Method Sports Performance provides programming customized on each member’s exercise fingerprint. Your individual program prescription is based on your goals, abilities, limitations and the results of a comprehensive movement evaluation including cellular respiration and analytics testing.”



Jim wrapped up the meeting with a **Thought for the Day** from Sanya Richards-Ross (2008 Olympic Bronze Medalist at 400 meter) – *“Failure I can Live with. Not trying is what I can’t handle!”*



Secretary Marcia Dennis always busy and always with a smile.

<p>The Normal Spoke is a publication of the Normal Rotary Club of Illinois - P.O. Box 333, Normal, IL 61761          Editorial Staff: Jim Carter, Art Drake, and Becky Goeckner          Meetings are held Wednesdays at noon in the Circus Room or Old Main Room at the Bone Student Center, ISU.</p> <p style="text-align: center;">Officers 2016-2017:</p> <p><u>President - Jim Rosenlund</u> (spouse: Katie)          3404 Crossgate Drive          Bloomington, Illinois 61704          E-mail: <a href="mailto:rosenlu@hbtbank.com">rosenlu@hbtbank.com</a>          Phone: 1-309-660-9788</p> <p><u>President Elect - Hank Campbell</u> (spouse: Mary)          2319 Mabel Road          Normal, Illinois 61761          E-mail : <a href="mailto:hlcampb@ilstu.edu">hlcampb@ilstu.edu</a>          Home phone : 1-309-530-5134</p> <p><u>Vice President – Sherry Hawkins</u>          E-mail : <a href="mailto:shawkins@hbtbank.com">shawkins@hbtbank.com</a>          Home phone : 1-309-531-7737          Work phone : 1-309-664-8927</p> <p><u>Secretary – Marcia Dennis</u> (spouse: Mike)          206 Cambridge Drive          Normal, IL 61761          E-mail: <a href="mailto:mldenni@ilstu.edu">mldenni@ilstu.edu</a>          Home phone: 1-309-454-5047</p> <p><u>Treasurer - Ryan Fleming</u> (spouse : Andrea)          301 Grandview Drive          LeRoy, Illinois 61752          E-mail : <a href="mailto:ryan.fleming@commercebanc.com">ryan.fleming@commercebanc.com</a>          Work phone : 1-309-823-7289          Home phone : 1-815-739-5498</p> <p><u>Sergeant At Arms- Bill Semlak</u> (spouse Joan)          3 Cheshire          Mackinaw, Illinois 61755          E-mail: <a href="mailto:wdsemlak@ilstu.edu">wdsemlak@ilstu.edu</a>          Phone: 1-309-359-8172</p>		<p style="text-align: right;">Directors:</p> <p><u>Club Service – David Taylor</u>          E-mail : <a href="mailto:dtaylor@uwaymc.org">dtaylor@uwaymc.org</a>          Work phone : 1-309-828-7383</p> <p><u>Rotary Foundation – Ann Haugo</u> (spouse: Steve Pelphrey)          104 Kite Court          LeRoy, Illinois 61752          E-mail: <a href="mailto:ahaugo@ilstu.edu">ahaugo@ilstu.edu</a>          Work phone: 1-309-438-3955          Home phone: 1-309-825-1534</p> <p><u>Publicity – Larissa McIlvain</u>          E-mail: <a href="mailto:Larissa.McIlvain@heartland.edu">Larissa.McIlvain@heartland.edu</a>          Home phone : 1-309-338-7362          Work phone : 1-309-268-8125</p> <p><u>Director of Club Administration-Dayna Brown-Nielsen</u> (spouse: Adam Nielsen)          1100 Crooked Stick Lane          Normal, Illinois 61761          E-mail: <a href="mailto:brownda@Unit5.org">brownda@Unit5.org</a>          Work phone: 1-309-454-2850          Home phone: 1-309-862-3385</p> <p><u>Assistant Governor: Neal Shah</u></p> <p><u>District Governor</u>          Kevin Yonce          2118 Sunview Drive          Champaign, IL 61821          Email: <a href="mailto:kevin.yonce@awning-tent.com">kevin.yonce@awning-tent.com</a>          Cell: (217) 841-3731          Fax: (217) 328-5759</p>	
		 <p style="text-align: right;">2016-2017          Rotary International President          John F. Germ          Chattanooga, Tennessee</p>	
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Alexander, Kathy PHF* HH PP	Fulton, Angie	McClellan, Stephanie B.	Sethi, Surinder PHF* PHS HH PP DHH DRY GWRY DG MD
Anderson, Todd PHF	Garret, Thomas	McIlvain, Larissa	Smith, Kevin PHF
Bergethon, Bruce PHF* HH PP	Gentry, Connie PHF HH	Mesdag, Elleke PHF*	Smith, Lindsey
Bidner, Gordon PHF* PHS MD BS GWRY HH PP PDG DHH	Gibson, Nancy	Naik, Vandana PHF*	Springer, Ron, PHF*
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Bishop, John E. PHF	Goeckner, Becky PHF* HH PP	Petrini, Michael	Tanton, Ed PHF* PPHH
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Brown-Nielsen, Dayna PHF	Haugo, Ann PHF		Timmerman, Ron PHF* HH
Caisley, Bill PHF* HH PP	Hawkins, Sherry	Radhakrishnan, Radha PHF* PHS HH	Varner, Carson PHF*

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Carter, Jim PHF* PHS HH PP GWRV MD	Houchin, Michelle PHF	Reyna, Alphonso	Wagner, Dick PHF* PHS MD BS HH PP DHH PDG
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Dietz, Larry PHF	Jontry, Mark PHF	Rosenlund, Jim PHF	Wyss, Matt
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		Rutledge, Don PHF* HH PP	
PHF – Paul Harris Fellow HH – Hall of Honor PHF* - Paul Harris Fellow/Stone PHS – Paul Harris Society	DHH - District Hall of Honor HM – Honorary Member MD – Major Donors PP – Past President	DNRY- District New Rotarian of the Year PDG – Past District Governor	BS – Bequest Society Member DRY-District Rotarian of the Year GWRV – George Wolf Rotarian of the Year