



Galena ROTARY NEWS

Serving Jo Daviess County Dick Laubhan, Editor January 2006

“Feelin’ Good in Your Neighborhood” Roundtable One of the Best Ever: Consensus

“If you don’t take responsibility for controlling your life today, you should get ready to control your disease or diseases tomorrow.”

That’s what Tara Hollander, director of the Health & Harmony Program at the Galena-Stauss Hospital & Health Care Center told 155 participants in the 2006 Annual Roundtable, co-sponsored Wednesday, Jan. 11 by the Rotary Club of Galena and Galena Gazette Publications at Eagle Ridge Resort & Spa.

Hollander and eight other panelists came down hard on the nation’s – and the county’s – growing problem of obesity, in adults and children alike. Smoking took a hit, too, with Rotarian and panelist Dr. Lloyd Callaway noting that some people spend as much on their unhealthy smoking habit each month as the average monthly cost of an important prescription drug – about \$120.00.

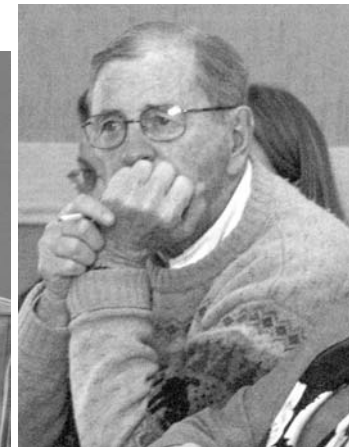
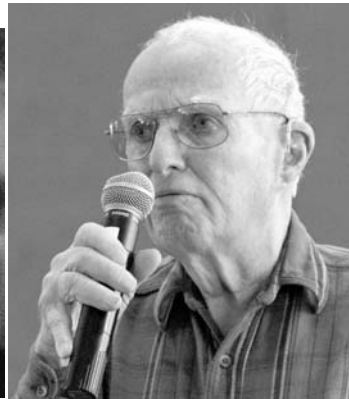
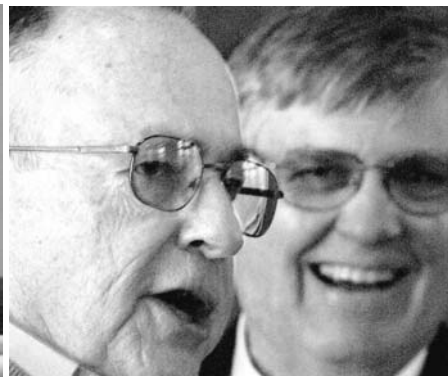
Luncheon speaker and panelist Dr. Matthew Hunsaker, director of Rural Medical Programs, University of Illinois College of Medicine, Rockford, emphasized that “at its core, healthcare is about two things: living longer, and feeling better.”

Other panelists were: Tim Winter, director of Galena Emergency Medical Services; Marty Soat, fitness director, Galena-Stauss Hospital & Healthcare Center; Heather Miller, director of Environmental Services, Jo

Daviess County Health Department; Robin Hanna, economist, Illinois Institute of Rural Affairs, Macomb; Richard Hartig, CEO and Owner, Hartig Drug Company, Dubuque, and Jeff Hill, President and CEO, Galena-Stauss Hospital & Healthcare Center.

Panelists gave their views on rural healthcare; living healthy lifestyles; the economics of healthcare in Jo Daviess County, and the pros and cons of a proposed new, \$25 million full-service hospital in Galena. Panelists responded to questions from the floor following lunch.

For an in-depth review of the proceedings *The Rotary News* suggests you pick up a copy of *The Galena Gazette*, Jan. 18 edition, at the paper’s offices. Photos on this page are courtesy of the *Gazette* and P. Carter Newton, publisher.



Top photo: Bobbie Freres advised attendees to keep a watchful eye on newspapers and national magazines for mental health news – noting a recent issue of *Time*. That’s Roundtable committee chair John Cooke in the background. **Bottom photos, from left:** Rotarian Dr. Lloyd Callaway, one of the panel of experts, had some harsh words to say about the dangers of obesity and smoking. Rotarian Don Porter queried the panel on plans for mental health care in Jo Daviess County. Dale Freres was one of our club’s “microphone providers.” Dick Woodruff was particularly interested in rural area critical health care developments. Dick Laubhan was on hand representing *The Galena Rotary News*, a monthly newsletter that he edits for the club. *Galena Gazette* photos.



Members Feel Loss of John W. Jaeger

John W. Jaeger, a long-time Rotarian who succumbed to a virulent form of cancer on Dec. 28, 2005, will be sorely missed not only by members of the Galena Rotary Club, but by many of his friends in the city of Galena and Jo Daviess County.

At our weekly luncheon meetings, John stood out, not only because he was large in stature, but for his sense of humor and quick wit. Who can forget the repartee between John and his former U.S. Gypsum aide, Chuck Henle, recalling their working relationship from “different points of view?”

John was a frequent visitor to our board meetings, too, coming up with fresh ideas and good suggestions. Only last October he recommended formation of a Senior Focus Group that would work on getting seniors – inside and outside of Rotary – active and “revved up.” The board approved the project, now on the books for action. John was also instrumental in developing a senior citizen Web site.

In addition to his Rotary work, John was a board member of the Habitat for Humanity of Jo Daviess County; past-president and a director of the Galena Territory Owners Association; an Apple River Fort board member and Guilford Township trustee. His voice also will be missed by members of the St. Michael’s Catholic Church choir.

The Galena Rotary Club extends its heartfelt condolences to John’s wife, Helen, and his family.

President’s Message



Some important dates are fast approaching: Saturday, Feb. 11, our Valentine fundraiser at Eagle Ridge Resort & Spa is one of them. Get set for great entertainment! Also, put Saturday, April 22 on your calendar – our 20th annual “Rotary Roars for Youth” auction. Don’t miss it!

Many thanks to John Cooke for another successful Roundtable. John always gives all the credit to the committee, which does a fine job. But having been on the committee a couple of times, I can tell you that it’s John who keeps things humming.

At our Jan. 13 board meeting we decided that the immediate past-president should handle the considerable paper work involving the Rotary International Paul Harris Program. To help promote the program, International chair Rev. Bob North is going to provide two Paul Harris speakers per year; and, Vince Toepfer has volunteered as liaison with RI headquarters. Since Jack Morehead departed, the Harris program has been basically dormant. I will do the paperwork for the balance of my term

and the next full term as past-president.

And by the way, if you have not yet made your Paul Harris contribution, please get it done as soon as possible as we are well under our goal for the year. Remember, any new sustaining members (after July 1, 2005) will have their first \$100 contribution matched, so you’ll get \$200 a credit.

Also at the January board meeting we decided that the president-elect should start assembling committees and naming committee chairs as soon as new officers are elected. This will enable us to have all committee members listed in our Directory, as well as the committee chairs. The next board meeting is slated for Friday, Feb. 10, 10:30 a.m. at the De Soto House.

A final item: Phil Jackman reminds that there will be a Rotary Charitable Foundation meeting on Friday, Jan. 27, right after our regular luncheon.

I’ll be seeing you at our Valentine soiree and our “Rotary Roars for Youth” auction – maybe even in-between!

Ed Schmit



Galena Gazette photo

Students of the Quarter

The Rotary Club of Galena honored eight Jo Daviess County 10th graders as part of its Paul Kindig Student of the Quarter Award on Friday, Jan. 20. Receiving the award were (from left) Katie Krohmer, River Ridge; Devin Michel, Stockton; Cameron Stoeber, Scales Mound; Anthony Curran, Warren; Ben Hendricks, Tri-State Christian School; Ashley Ginter, East Dubuque; Josh Dupree, Galena; and Emily McLane, East Dubuque. Ginter was East Dubuque’s student of the quarter recipient for the first quarter.

THIS & THAT

Randy Downing recently provided an update on our most recent batch of out-bound foreign exchange students.

Elizabeth Erb, our 2005-06 exchange student from Lena High School, writes that she's having a "fabulous time" in Brazil and learning a lot. Elizabeth has been spending a considerable amount of time traveling around the country, but Randy notes: "Remember, she's already graduated from high school, so some classes she misses would probably be repetitive."

Our other exchange students – three this year instead of the usual one – now know to which countries they'll be going next fall, Randy reports. Jane Newton, Galena High School -- Carter Newton's daughter -- will be traveling across the border to Mexico. Cody Michael, Galena, will be following up on Elizabeth Erb in Brazil; and, Brittany Basten, River Ridge, will be jetting to Germany.

"The students don't know the exact cities they'll be living in," Randy says, "but all are excited about the countries to which they're going."

To send three students instead of one this coming year, club members raised an extra \$1000 through personal donations.

A new, eight-page color brochure, "Rotary Basics," is now available in our storage cabinet at The De Soto House. Originally an insert for Rotary International's magazine, the brochure provides a complete picture of Rotary, from its guiding principles, its Foundation work and membership responsibilities, to its world-wide programs to promote peace and

understanding among people and nations.

"We obtained a limited supply for handing out to new members," club president Ed Schmit notes, "but the brochure is also a good reminder of what Rotary is all about." He encourages active members to check out the brochure.

Guess who won John Cooke's Jan. 13 special drawing for members who sold extra tickets for our recent "Feelin' Good in Your Neighborhood" Rountable? Yep -- none other than health care pro Jeff Hill, president and CEO of Galena-Stauss Hospital & Healthcare Center, and a Roundtable panel member. Sounds a bit suspicious, except that for the drawing Pres. Ed Schmit picked a "man with an honest face" -- our program speaker for the day, Galena Mayor Tom Brusch.

Jeff will be fine-free for the balance of our fiscal year, which John estimates will save him about \$50.00. The club's board of directors, however, is looking into the possibility of instituting a special new \$50.00 fine for something or other, to be levied at the discretion of the board.

If you don't "do e-mail," here are a few things – in capsule form – that might interest you from our Jan. 13 board meeting:

- The club has received a check for \$2160.00 from Rotary International, paying back the "seed money" we provided for Rotary's international convention last summer in Chicago. The board will check out ways the club might use the money.

- Rotary International is introducing a "Youth Protection Program" that will require "anti-child abuse" affidavits to be signed by any club members working on youth-oriented programs. The club might also be required to adopt a new youth protection training program, possibly patterned on a "Learning for Life" program originally set up by Boy Scouts of America. Incoming foreign exchange students are now required to go through the BSA program. Pres. Schmit and Phil Jackman – who has details of the program – will check out "where we go from here." Phil will give a report at the Feb. 10 board meeting.

- There's a new Rotary International "711 Club," set up to fund a permanent display in connection with the founding of Rotary by Paul Harris. The Unity Building in Skokie, IL, where Harris occupied room 711, is being demolished, but the room's door and some room contents have been taken to International's Evanston headquarters. Life memberships in the club are \$100.00, and Pres. Schmit encourages member participation.

To Make up Missed Meetings:

1. Attend a Rotary meeting in a different city.
2. Attend our board meetings, second Friday of each month.
3. Do an hour's worth of committee work.

Tell Rich Austin about any of the above. He keeps track.

Get Your Tickets! Spread the Word!

It's Valentine Dinner Show Time

Saturday, Feb. 11 at Eagle Ridge Resort & Spa

Tickets: \$35.00

Cocktails: 6 p.m. (Low, low drink prices!)

Dinner 7 p.m., featuring :

New York Salad Wedge

Pork Medallions paired with

Breast of Chicken/Chardonnay Sauce

Garlic Mashed Potatoes, Garden Veggies

Dessert Tray

Entertainment: 8:15 p.m. to 9:30 p.m

“Off the Cuff” Improv Group

YOU “set the stage” for these talented players!

See You There!

Upcoming Programs

Jan. 27 – Dubuque Regional Airport Update, Andrew Perry, Director
Feb. 3 – Classification Talks
Feb. 10 – Pending
Feb. 17 – Auction Update – Pat McCarthy
Feb. 24 – Pending
March 3 – Classification Talks
March 10 – Student of the Quarter, Eagle Ridge Resort & Spa
March 17 – Loras College President James Collins
March 24 – Turkey: Its Future in the European Union – Bob Wehrle
March 31 - Galena Health Dept. Report – Heather Miller

Greeter Assignments

Jan. 20 -- Barbara Sloan/Dr. Joe Terry
Jan. 27 – Vince Toepfer
Feb. 3 – Randy Vincent/Vicky Vondran
Feb. 10 – Doug Weeder/Bob Wehrle
Feb. 17 – Grant Westenfelder/Lois Wiennen-Knautz

Feb. 24 – Andy Willis/Romer Wilsek
March 3 – Dick Woodruff/Becky Wolf
March 10 – Dick Alexander/Sandy Aurit
March 17 – Rich Austin; Rev. Fred Baltz
March 24 – Curt Beatty/Roland Bermea
March 31 – Dwight Bischel/Larry Blankenbaker

Finemasters

Jan. 20 – Phil Jackman
Jan. 27 – Gordy Kilgore
Feb. 3 – Shirley Leliosh
Feb. 10 – Rob Wehrle
Feb. 17 – Karen Kumbera
Feb. 24 – Marc McCoy

Trivia

Jan. 20 – Skip Schwerdtfeger
Jan. 27 – Phil Jackman
Feb. 3 – Andy Willis
Feb. 10 – Lloyd Callaway
Feb. 17 – Mary Kelly-Train
Feb. 24 – Roland Imes



FYI

Galena Rotary Club, P.O. Box 52,
Galena, IL 61036. Meets every Friday at
11:45 a.m. - DeSoto House Hotel

2004-2005 Officers

President - Ed Schmit
President Elect - Duane Grenier
Past President - P. Carter Newton
Treasurer - Vicky Vondran
Secretary - Dick Laubhan

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