



The Rotary Club of Elmhurst *District 6450*  
**Fellowship – Understanding – Service – Ethics**

[www.elmhurstrotary](http://www.elmhurstrotary)

<https://RotaryElmhurst.givesmart.com>

**April 3, 2025**

We again welcomed **Tony Mandarin**, guest of Greg St. Laurent, for his third visit to our club.

Today's **Turnout Thursday** effort brought out 26 Elmhurst Rotarians, the best turnout since the pandemic. However, the fact that today also happened to be the 52<sup>nd</sup> day for our current split-the-pot game may also have been a factor in today's attendance.

Brian Bergher's ticket was pulled from the fishbowl today but Brian, who was one of the first to arrive for the meeting and to buy a ticket, had to leave early and missed the excitement. Credit Garry Vaccaro with safeguarding Brian's ticket. We'll find out later the exact amount Brian won and the amount sent to Rotary International for the Polio Plus eradication effort.

**Thought for the Day:** Ken Bartels shared a quote from Jimmy the Greek Snyder about good luck and bad luck or dumb luck. It was your editor's bad luck that he missed quoting the quote.

**-Fine session:** Ken started by fining Madam President \$10 for "shamelessly flexing her muscles" in front of Jon Kowrow, today's program presenter. Ken then proceeded to fine us each five dollars on topics ranging from March Madness to the colors on Greenland's flag. Arbitrary, but not capricious.

### **Announcements**

- It's not too late to sign up for the **Rotary International convention** in Calgary, June 21-25 or for District 6450's annual **District Conference April 26** at Waubensee Community College in Aurora.
- **The Power of Giving:** Register for the fundraiser at <https://RotaryElmhurst.givesmart.com>. You can buy event tickets, raffle tickets, and donate on this site. Your password from last year is still valid but if you did not sign on last year or can't remember your password, simply register on the website. It's easy and painless to

sign up with your credit card. There will be three live auction items to bid on at the event, 6 to 9 pm at the Modern Plate, 119 N York, Elmhurst (parking is available in the city garage north of the Police Station). Those not attending or buying raffle tickets are expected to donate *at least* \$300.

-Show up next week and win a *Pasalubong* (Tagalog for a gift brought back by a traveler) as **Curt Linson** presents a Powerpoint view of **Life in the Philippines**.

- The scholarship committee has recommended a winner of our \$20,000 scholarship (four years at \$5,000) and the board will vote to approve this coming week.

### **Program**

Jon Kosrow of JK Strength & Fitness on North Avenue in Villa Park gave us great tips (and explanations) on how to deal with aging. Noting that muscle mass decreases as we age, Jon stressed three areas: Movement, Nutrition, and Sleep.

Because so many of us sit for most of the day (in front of a computer, TV, or at events), our muscles tend to stiffen. In short, if we don't use them, we lose them. Women can do the same exercises as men do, perhaps at lower weight levels. Stretching is very important. Walking, biking and swimming are excellent ways to exercise as well as doing cardio and weight routines (remember to breathe while exercising). Not exercising will lead to losses in range of motion.

Jon cited the importance of protein, carbs and unsaturated fats (like avocados), concentrating on foods directly from plants and animals rather than processed items and snacks. End the day with a good night's rest. It's crucial to good health.

Thanks, Jon, for lots of good hints to healthy living.

#### **UPCOMING PROGRAMS:**

4/10 Curt Linson – Life in the Philippines  
4/17 Fundraiser!  
4/24 Business meeting

#### **FINER-THOUGHT FOR THE DAY:**

4/10 Charlie Laliberte  
4/24 Jody Robinson

## **ROTARY 2024-2025**

### **The Magic of Rotary**

#### **Rotary International President**

Stephanie A. Urchick – McMurray, PA

#### **District 6450 District Governor**

Rachael Ossyra – Aurora United

#### **Rotary Club of Elmhurst Officers**

President	Marilyn Boria
President-Elect	Greg St. Laurent
Secretary	Joe Weigel
Treasurer	Jim Clohessy
Past-President	Frank Troost
<b>Directors</b>	Al Spada
	Dave McKenna
	C. J. Merrill
	Garry Vaccaro

<b><u>Member</u></b>	<b><u>Spouse</u></b>	<b><u>Classification</u></b>
Bartels, Ken	Marge	Civic Leader
Bergheger, Brian	Carol Doyle	Retired-Museum Director
Boria, Marilyn	Phil	Retired-Library Director
Cahill, Valerie	Hal	Risk Mgmt. Director-YMCA
Carroll, Larry	Carlotta	Post-Secondary Education
Clohessy, Jim	Vanessa	Accounting-Small Business
Gorski, Maryann	Ron	Resident Artist
Harper, Mary Beth	Jim	Library Director
Hill, Collin	Megan	Retail Jewelry
Hostetler, Harry	Marie	Retired-Manufacturer
Kopecky, Rob	Cheryl	Retired Photographer
Kosik, Marilyn		Residential Real Estate
Kunesh, Dan	Paula	Industrial Supply Distribution
Laliberte, Charlie	Betty	Education-Children UP-Uganda
Libovicz, Elaine		Retired-City Treasurer
Linson, Curt	Nancy	Retired-Packaging
Lyman, Bill	Linda	Retired-Railway Management
Mason, Rachael		Business Services – Pub. Library
McKenna, Dave	Tammy	Home Construction
Mehta, Shazad		Auto Repair Service
Merrill, C. J.	Alice	Retired-Music Educator
Nichele, Joe	Kelly	Attorney
Nilles, Joe		Property Management
Pitz, Arthur	Suzanne	Retired-International Relations
Robinson, Jody	John	Financial Planner
Sakash, Bill		Retired-Industrial Distribution
Shanklin, Bill		Retired-Packaging
Slone, Joyce	Russ Weigand	Commercial Real Estate
Spada, Al	Beth	Non-Profit Management
St. Laurent, Greg	Brenda Lee	Retired-Retail Packaging
Studebaker, Scott	Mary	Healthcare Development
Sukowicz, Mark	Joan	Accounting
Troost, Frank	Patricia	Retired-Monument Company
Turnbough, Eli		Funeral Director
Tyburnski, Susan	Paul Wcisel	Hospital Development
Vaccaro, Garry	Debra	Warm Coats for Cool Kids
Weigel, Joe	Aileen	Retired - Commercial Lending

**THE ROTARY CLUB OF ELMHURST** meets for lunch at 12:00 noon at the *Elmhurst Public Library, 125 S. Prospect Avenue*, Elmhurst, followed by a program and ending by 1:30pm. **Lunch is catered except for a beverage.** The BrewPoint Coffee bar, located just inside the library, has a limited supply of drinks in addition to coffee your way.

#### **THE FOUR WAY TEST** of the things we think, say, or do:

- Is it the TRUTH?
- Is it FAIR to all concerned?
- Will it build GOOD WILL and BETTER FRIENDSHIPS?
- Will it be BENEFICIAL to all concerned?
- No. 5: "Is it any fun"? [Ted Arey]

*"Rotary International is the world's leading humanitarian service organization",* Cliff Lyda, Past Pres. of Elmhurst Rotary & Past District 6450 Governor.

**26:** The number of Elmhurst Rotarians in attendance today.

Send announcements and (corrections) for next week's F.U.S.E. to [wclyman2@gmail](mailto:wclyman2@gmail.com)

