



SPOKESPERSON

HOMWOOD ROTARY CLUB

Chartered 1936 - District 6450

September 29, 2004



Selected 3rd Best Club News Letter in the District

THE ROTARY FOUR WAY TEST

1. Is it the truth?
2. Is it fair to all concerned?



3. Will it build good will and better friendships?
4. Will it be beneficial to all concerned?

EVERY ROTARIAN ——— EVERY YEAR

www.homewoodrotary.org/spokes.htm

If God had wanted this newsletter to be perfect, he never would have let me do it!

In Memoriam *Mitch Overgaard* *1932- 2004*



Mitch contributed so much to the activities of the Homewood community as well as to Homewood Rotary. He was a trustee to both the Village and Park Boards, the Illinois Philharmonic Board and was the writer of the initial guidelines for the Homewood Foundation and other Rotary programs. These are just a few of the activities that received his expertise. We all will miss him not only as a contributor and resource but also as a warm and friendly person.

Jim Mahan
President, Homewood Rotary Club

CALL TO ORDER September 29, 2004

The meeting was called to order at 12:15 pm by **Prez Jim**. **Jim** cued us in singing a cappella "God Bless America". The Pledge of Allegiance was led by **Joe Commerford**, **Rich Isom** led us in reciting the 4 Way Test. In lieu of the usual Invocation Jim called for a moment of silence in remembrance of our departed members **Ernie Jones** and **Mitch Overgaard** after which lunch was served.

THE MEETING-

Prez Jim read a note he received from **Bryce Word** of PACE, the program presenter of last week He wrote that he enjoyed his visit and said, "It was truly fun." Jim also read a new exercise program for seniors that was so significant that it is included in this issue on page 4. He then introduced our program presenter Maureen Hughes RN.

THE PROGRAM- Maureen Hughes RN of-Ingalls Hospital "Joint Replacement"



Maureen is a graduate of Northern Illinois University where she earned a B.S. in Nursing. When she announced this, her fellow alums in the audience gave a round of applause. Maureen's program dealt with what goes wrong with our knee and hip joints. She graphically demonstrated what happens to these joints and how the worn out joints are replaced. She passed around actual replacement parts for us to examine while she demonstrated how the pieces went together. Much of the cause for joint replacement is arthritis related. Maureen said that unlike treating other afflictions treating joint replacement is a very personal decision mainly because it is not life threatening. Joint replacement has come a long way. It is now not as invasive as it once was and recovery from the surgery is very rapid. Hospital stays usually are no longer than three or four days. Maureen's program concluded with her accepting questions from the membership that proved without a doubt that her presentation was well received.

Announcements, Activities, Member Contributions



- Please** let **Nancy Dederer**, the *Care and Concern* committee person, know if you are incapacitated for any reason, or if you are going into the hospital. She can be reached by calling either the church (798-0490) or at home (799-2736).
- John Jansen** announced that the Homewood-Hazel Crest Numismatic Society (Coin collectors club) is selling Golden Opportunities and Entertainment discount books. This is the club's only fundraiser. Any member wishing to purchase either or both of these books can do so at the check in table before the meeting.
- Roger Bovenkerk** (This is a repeat) suggested to the members that those of us who are going to attend the Rotary Centennial and plan on staying in Chicago should get together and organize lodging accommodations so they can stay at the same hotel as a group. Roger said he would coordinate the effort. He also suggested that we should do this now so we have a better choice of hotels and accommodations. If any of you are interested or want more information, contact Roger by Email by clicking on this link rogbove1@famvid.com or call him at 708-799-4421.
- If you have an idea or a person in mind that you would like to recommend for a program please mention it to **Marv Commerford**, the Program Chair. Marv is in desperate need of ideas or suggestions. You can if you wish, click on this link [Program suggestion form](#) to obtain the form. Please return it to Marv at 17936 Gottschalk, Homewood, IL 60430-1710 NOT Geoff Slawson.

Significant Dates

October 1 - Mitch Overgaard visitation at Living Springs Church between 4 and 7 pm. The address of the church is 19051 S. Halsted, Glenwood.

October 2 - A Celebration of Life service for Mitch Overgaard will occur on October 2, 1 pm. at Living Springs Church.

October 11-(Monday evening) Installation of the Rotary Club of Channahon-Minooka. Contact Jim for details.

October 21-24, - District Centennial Conference at the Wyndham Hotel in Lisle, Illinois.

October 31- Halloween

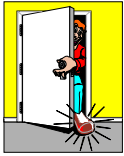


A WISE OBSERVATION Franklin D. Roosevelt

"I think we consider too much the good luck of the early bird and not enough the bad luck of the early worm."



Knock, Knock Joke Of The Week



Knock, knock.
Who's there?
Sonia.
Sonia, who?
Sonia the paper boy making a delivery

PUN OF THE WEEK



A French Chef was showing his new kitchen floor to one of his fellow chefs. His friend really admired the floor and said it was worthy of being in an emperor's kitchen. All of a sudden there was a big explosion. Someone had turned on a gas burner on one of the ranges and forgot to light it. When the two chefs picked themselves up off the floor the chef's friend said, "See, what did I tell you, your new floor is now linoleum blown apart."



Sol informed the editor that **Verva** is now in a nursing home. **Jerldean, Joe Ledwell's twin sister**, is back and forth from home and the hospital. **Joe** reports that she is courageously hanging on.
(If a member of your nuclear family or a member's that you know of is ill, no matter how minor, tell me about it by Emailing me at jcommerford@comcast.net .



The raffle this week was won by Paul McHenry

ONE LINER OF THE WEEK-

A little honey is good for you - until your wife finds out.



WISE WORDS FROM Janis Joplin

"Don't Compromise yourself. You are all you've got."



SENIOR MOMENTS WITH HARRY AND VINCE

"You know Harry," said Vince, "I was having dinner with my grandson in a restaurant in York Pennsylvania a few years back and I noticed a poster hanging on the wall that read; "Vee get too soon oldt und too late schmart," my grandson told me it is an old Pennsylvania Dutch saying. Smart folks those Pennsylvania Dutch, don't ya think?"



A WISE THOUGHT FROM-Woodrow Wilson

"If you think about what you ought to do for other people, your character will take care of itself."

Words That Could Change Your Life

“People who soar are those who refuse to sit back, sigh and wish things would change. They neither complain of their lot nor passively dream of some distant ship coming in. Rather, they visualize in their minds that they are not quitters; they will not allow life’s circumstances to push them down and hold them under.”

Charles R. Swindoll



This is our club prayer circle. All members, regardless of their religious affiliation or persuasion, are invited to participate.

The names of the people that appear below have been submitted by members who request their inclusion in our prayers.

The names will remain listed until their removal is requested.

Jeridean Hudson-terminally ill, **Helen Hale**-chronic illness, **Gary Kent**-terminally ill, **Verva Rocke**-recovering from a stroke, heart attach, and broken hip **The men & women of our armed forces**, **Mitch Overgaard**—who has passed on to meet his maker, **Jean Sherrill**-cracked pelvis **Ernie Jones**-who has passed to meet his maker .

A JOKE SUBMITTED BY CLIFF MORA



A little boy went up to his father and asked: "Dad, where did all of my intelligence come from?" The father replied. "Well, son, you must have got it from your mother, cause I still have mine."



AN EXERCISE FOR SENIORS

Submitted by Jim Mahan

This exercise is suggested for seniors, who wish to build muscle strength in the arms and shoulders. For best results it is recommended that you do this exercise three days a week.

Begin by standing on a comfortable surface, where you have plenty of room at each side. With a 5-lb potato sack in each hand, extend your arms straight out from you sides, hold them there as long as you can. Try to reach a full minute, and then relax.

Each day, you’ll find that you can hold this position for just a bit longer. After a couple of weeks, move up to a 10-lb potato sack. Then 50-lb potato sack, and eventually try to get where you can lift a 100-lb potato sack in each hand and hold your arms straight for more than a full minute.

After you feel confident at that level, put a potato in each of the sacks.





This Weeks Poop Sheet

No Shows

26 members were no shows. Our total membership is 61. -Attendance for this meeting was 57%

Guests

None

Visiting Rotarians



None

Birthdays and Anniversaries

Birthdays

September: Nick Markionni (9-1), Laura Murray (9-29)

October: Jim Bader (10-05), Steve Marks (10-14), Jim Mahan (10-26), Bob Hindsley (10-30)

Club Anniversaries:

September:-Laura Murray (9-1), Art Welsh (9-1), Marv Commerford, Joe Moser, Mike Ryan, Tom Brannigan, Anita Rosenblum (9-27)

October: Jim Bader (10-02), Jerry Bradley, Ray Brejcha, Bill Broder, Joe Ledwell, Mitch Overgaard (10-10), Mike Krokidas (10-15), Jack Edwards (10-18)

The Brain Droppings of George Carlin

Another of my favorite redundancies is, "small minority."

Make-ups by Members

A. Long (2), Palm (2), Thiernau (18) Slevnik (6)

Club Locations Which Meet at 12:15 PM

Have you visited another club as Rick Thiernau suggested? You will not only get to meet other Rotarians and compare our club with the one you visited, You'll also get to experience other lunch menus. All of this, and you'll earn a make up as well...Sounds like a deal you can't refuse.

Monday

Chicago Hgts:, St. Paul's Lutheran Church,
330 Highland Dr. corner Ashland; 2 blocks
South of Joe Orr Rd.

Evergreen Park: Baracco's Pizza 3701 W. 95th

Oak Lawn: Oak Lawn Hilton, W.95th St.

Tuesday

Blue Island: Elks Club, Cicero Ave, Crestwood

Chicago-1: (**noon**) Chicago Ath. Club 12 So. Mich. Ave.

Oak Forest: Luigi's 15750 S. Harlem Orland Park

Matteson: Holiday Inn 157/Rt.30. Access off of Lincoln Hwy.

Thursday

Orland Park: Silver Lake CC, 147th & 82nd Ave

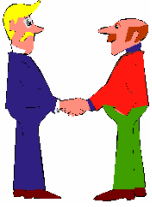
Park Forest: Freedom Hall,410 Lakewood

Friday

Hinsdale: Messina's 30 Prospect, Clarendon Hills

Lansing: Lansing C.C. 186th & Wentworth

Meeting Assignments & Program Information



Greeters

Oct. 06- Marv Commerford

Oct, 13- Mark Cooper

Oct, 20- Nancy Dederer

Oct, 27- Scott Doerfler

Invocation

Assigned by Prez Jim

Sergeants at Arms

Marv & Joe Commerford (set up only)

Rich Isom

Upcoming Programs

October 06

Rich Isom- Classification Talk

Location- Calumet Country Club

October 13

TBA

Location- Calumet Country Club

October 20

Ambassadorial Scholar

Location- Calumet Country Club

October 27

Hill Crest H.S. hosts Homewood Rotary

Location- Hill Crest High School

Club Information

Officers 2004-2005

International President

Glenn E. Estess, Sr.

District Governor

Chris Reilly

President

Jim Mahan

President-Elect

Geoff Slawson

Directors

Mike Ryan

Cheri Vana

Geoff Slawson

Jack Edwards

Steve Marks

Treasurer

Bob Hindsley

Secretary

Sandi Jones

Past President

Gary Nordbrock

Foundation President

Walt Flor

Web Link

www.homewoodrotary.org

The following documents can be viewed and/or printed from our Web Site, Click on the document you want and you will be linked directly to it.

www.homewoodrotary.org

1. [Program suggestion form](#)
2. [Committee involvement Roster](#)

Proofed by "OL' Eagle Eye"

