

# DAWN



ROTARY CLUB  
*of*  
MERCER ISLAND

*Serving our community since 1963*



## Perfect Attendance Anniversaries for November 2007



David Bobanick, 11/27..... 6  
Dick Elkins, 11/9..... 9  
Dave Lindstrom, 11/19..... 5  
Mark Wischman, 11/26.... 16

## Rotary Anniversaries



Mak Abulhosn..... 1  
Elizabeth Baska..... 3  
Bob Herr..... 4  
Nancy Hilliard..... 1  
Seth Landau..... 18  
Chuck Maylin..... 1  
Fred Mednick..... 6  
Pat Turner..... 17  
Lee Voorhees..... 1  
Trina Westerlund..... 14

## Upcoming Programs

### February 5

#### *Identity Theft*

Dan Satterberg, King County  
Prosecuting Attorney

### February 12

#### *All About Love*

Perry Lorenzo  
Seattle Opera

### February 19

#### *Are You Prepared for a Disaster?*

Patrick Hamman Chaplain and  
Disaster Preparedness Trainer

### February 26

#### *Design & Fabrication of Almost Anything*

Mike Dillon, Pres Dillonworks

January 29, 2008

Scribe: Dave Helsby

**Opening:** President Bo

**Thought for the Day:** David Weed shared a humorous story and a prayer about kids and family.

**Pledge of Allegiance:** Led by President Bo

**Song:** Led by Keith Blue, Rotarians harmonized well on "This Land is Your Land."

**Visiting Rotarians:** There were none today.

**Guests of Rotarians:** Raghad Al Saadi, who recently relocated to Mercer Island from Bagdad, was a guest of Melinda Booth. Jana Raasch, Community Center Manager, and Chris Tubbs, interim Fire Chief were introduced by Ed Holmes.

### **The Business of Rotary:**

Bruce Peters reported on Family of Rotary matters. Merle Dowd is recovering at home – notes and cards are welcome, but no visitors yet. Thoughts and prayers of Rotarians are extended to Steve Litzow whose mother passed away. Fred May can frequently be found sitting in the lounge area near the dining room at Covenant Shores – stop by and say hello.

Sam Sullivan provided an update on Rotary Run matters.

Dave Helsby provided a briefing on the currently ongoing process of assigning and confirming Course Marshals for the Rotary Run. Members will be contacted about their assignments. Dave reminded that the course for the Run is new this year, beginning and ending at the Community Center, so many Course Marshal stations will be different from past years. Dave announced that Course Marshal information packets will be distributed a week or so prior to the March 9 race, and there will be a Course Marshal information and training meeting on March 9 at 7:00 pm at the Community Center.

Vali Somers announced the upcoming Vietnam Luncheon hosted by the MI Interact Club. This is a fund raiser to help handicapped children in Vietnam. It will be at the Holy Trinity Lutheran Church on Saturday, February 9, from 11:30 am to 1:30 pm. Cost is \$25.00 per person. For more information and ticket purchases, contact Vali or e-mail [mi.interactclub@gmail.com](mailto:mi.interactclub@gmail.com).

Melinda Booth reminded members about the MI Rotary Fireside on February 6, 6:00 pm to 8:00 pm, at Elizabeth Baska's home.

Chuck Maylin announced that he is leaving Mercer Island to accept a radio station management position in Las Vegas. He starts next Monday. Chuck invited all to "visit Vegas" and look him up. MI rotary wishes Chuck the very best in this new endeavor.

John Scherzo asked members to check the back of their badges for the number, and place the badge in the appropriately numbered slot in the boxes after each meeting. If the badge does not have a number on the back, leave it on the table, and a number will be assigned.

President Bo reminded members that the Rotary District Conference is May 16 – 18 in the Tri Cities. Bo emphasized that this is an enjoyable and worthwhile event.

### **Fables and Foibles:**

Vyviene Stumbles reminded all that March 9, Rotary Run Day, is also the day that Daylight Savings Time begins. This is an excellent reminder that we will have to get up an hour earlier to be at our posts for the race on the morning of March 9.

John Frazier shared news of the triumphs of Middle School Wrestling, and made a generous donation in recognition of his son Phillip's five state titles.

David Bobanick reported that there are two new Roteract clubs forming in the New Orleans area as a result of the previous efforts of Rotarians down there (along with David) to organize and pick orchards and distribute fruit to food banks. One successful project leads to another and another and ...

## Event Calendar

### February 6

Fireside, 6 - 8 pm  
Hosted by Elizabeth Baska  
[8512 SE 78th, Mercer Island](#)

### February 9

Interact sponsored Vietnam Luncheon at Holy Trinity Lutheran Church

### February 9

Pre-PETS  
Lake Washington Technical Kirkland

### February 23

Rotary's 103rd Anniversary

### March 6-9

RYLA - District 5030  
Pacific Lutheran University  
Parkland, WA

### March 9

An All Club Member Event



[click for information](#)

### March 29

Service Above Self  
World Wide Event

### May 16-18

District Conference  
Kennewick, WA



[click for information](#)

### June 15-18

Rotary International Convention  
Los Angeles, CA

## Program:

President Bo introduced our own **Chuck Wischman** as our speaker today.



Chuck has been giving lectures on aging for about forty years now, and used to call them "How to get the most out of your first century." He noted that forty years ago there were 5,000 centenarians, in 1993 there were 43,000, and now there are 100,000. We must be doing something right. Chuck didn't tell us what he calls his lectures now, but based on what he told us, appropriate titles could be "Growing old is not for sissies" or "Use it or lose it." Chuck shared with us many pearls of wisdom to keep in mind as we age. For example, things that make people do well as they age are: (1) Believe that your cup is half full, rather than half empty, (2) Be engaged in something that gets you out of bed every day, (3) Stay mobile, and (4) Tolerate loss – losses of all kinds. Chuck's advice about doctors was "Don't do what doctors tell you to do, do what doctors do", and Chuck related some things that he sees in today's doctors – they watch their weight, they don't smoke, and they drink less alcohol. Four more important pearls of wisdom shared by Chuck were: (1) Use it or lose it – applies to everything in the body, (2) Abuse it and you will lose it – also applies to everything in the body, (3) No pain no gain, and (4) What kills us is our diet – we eat too much.

Chuck pointed out that our bodies need only about 2 oz of protein per day, yet most of us eat far more than that. This can lead to osteoporosis, high blood pressure, gout, and kidney deterioration. We eat too much fat which can cause gallstones and diabetes, and we carry too much weight which causes joint disease, high blood pressure and diabetes. Some other things that Chuck stressed were: don't eat salt, don't use tobacco, don't eat or drink foods with high fructose corn syrup, you don't need a lot of milk - but yogurt is ok, drink plenty of water, eat more roughage (veggies and whole grains). Chuck also shared some interesting and important insights regarding peeing and pooping – no details here, sorry, you had to be there. Chuck stressed the need for exercise, and for doing your own work. Rest between 6 pm and 6 am, but stay active during the day - remember, use it or lose it. Chuck concluded by reminding us that we can't change nature's rules, but we can use our brains to understand nature's rules.

This was a wonderful program by Chuck Wischman. Chuck gave this program today filling in at the eleventh hour for an unavailable speaker from WSDOT on 520 Bridge replacement. With the pearls of wisdom imparted today by Chuck, we may now all live long enough to see the 520 Bridge replaced, or at the very least, long enough to hear a speaker from WSDOT talk about it.

President Bo closed the meeting noting that Steve Litzow had shared with him a number of memorable quotes from his late mother. The thought for the day is a favorite one of those quotes – "No one should be able to tell whether you have won or lost by the way you walk off the field."

## Rotary History



Ever have questions about Rotary's history...or your club's history...or even a past Rotarian? The Rotary International Archives gathers and preserves Rotary related historical materials and makes them available to RI staff, Rotarians and researchers. The collection includes photos, publications, moving images, audio recordings, artifacts and documents.

To contact Archives:

Call Robin Dillow, reference archivist, 847-866-3193 or

Write to Rotary International Archives, 7100 N. Lawndale Ave, Lincolnwood, IL, 60712

## Publishing items in the *Dawn*

If you have information, articles, photos, etc., for publication in the *Dawn*, please send them to [DawnEditor@MIRotary.org](mailto:DawnEditor@MIRotary.org).



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