



★ EARLY ★ BIRD ★ NEWS ★

The ROTARY CLUB of CARBONDALE-BREAKFAST

★ Pres. Citations: 1996-97, 1997-98, 1998-99, 1999-2000, 2000-01, 2003-04, 2004-05, 2005-06, 2006-07, 2008-09, 2010-11, 2012-13, 2013-14 ★

★ Governor's Trophy: 1996-97, 2012-13 ★ ★ Bulletin: 1993, 2003, 2004, 2005, 2010 ★ ★ Web Site: 2009 ★

★ District Governors: Blanche Carlton Sloan, Jack Langowski ★

Club #26836

100
Members
100
Days

29 JULY 2014



◆ TODAY ◆ Fifth Tuesday Social

RI President District Governor
Gary C.K. Huang Lane Harvey

DATES TO KNOW

- Aug 23 Art, Crafts, Yard Sale - Arena Parking Lot
- Oct 21 DG Lane Harvey - Official Visit
- Nov 14-16 District Conference, Mt. Vernon
- June 6-9 International Convention, São Paulo, Brazil

August Meetings

Organizer: T Mathias

- 5 Brian Suarez, My RYE Experience!
- 12 Business Meeting
- 19 Kevin Baity, Downtown Development
- 26 Les O'Dell, Chamber: Today and Tomorrow



ERYE Goal: 100% participation

Assignments: JULY 2014

Greeter & Introductions	Moment of Reflection	Rotary Insight (RI) / Classification Talk (CT) / Getting to Know Ourselves
5 O Weidner	S Heyer	G Petrowich (CT)
12 J Wides	C Hinde	J Phillips (GKO)
19 J Ailinani	M Johansson	K Renfro (RI)
26 D Becque	J Langowski	T Rogers (GKO)

Early Bird News prepared weekly (Deadline: Sunday, 4 pm).
PDF on the club website.

New Generations: Service Exchanges

Rotary International is beginning to expand the availability of exchange programs to include "service exchanges" for young adults, ages 18 to 25, a suitable option for recent secondary school graduates, young professionals, and Rotaractors.

The new exchange opportunities will be three weeks to six months in duration. They may be one-way or reciprocal visits. Exchanges may be arranged for individuals or groups and can involve homestays, tours, or camps.

The exchanges emphasize humanitarian or vocational service experiences. Thus, they provide opportunities for young people to discover their strengths, use their skills to help others, and enhance their professional backgrounds.

Applicants should be open-minded individuals who have demonstrated leadership in their community. Candidates should also possess qualities such as flexibility and a willingness to try new things that will enable them to fully experience life in another country and become excellent cultural ambassadors. The exchanges are an opportunity to learn about a different culture while fostering goodwill and understanding.

REMINDERS

Makeups:

- Mon. Noon, Herrin, Civic Center
- Mon. 6:00 pm, Jackson-Williamson Co-Sunset, Shawnee Alliance
- Wed. 7:30 am, Carterville Area, Crab Orchard G.C.
- Wed. Noon, Carbondale, Lakeland School
- Th. 7:00 am, Anna-Jonesboro, Union County Hospital
- Th. Noon, Marion, First Methodist Church

Contributions: The Rotary Foundation, 14280 Collections Center Drive, Chicago, IL 60693

Meeting Makeups: Mark "M" in the date block on attendance sheet and clip the makeup card to the clipboard.

Banners: Visiting another club? Take a banner—bring one back.

♪ Bird Calls ♪

- ★ **100 in 100:** 100 Members in 100 Days - let's add 3-5 new members in July and August ...
- ☺ **Pledge** ... please return the completed pledge form by 1 August.
- 🎵 **July Birthdays:** C Hinde (11), T Ojewuyi (12), G Waring (15), D Becque (27), L Bremer (31).
- ➡ **Programs:** August (T Mathias), September (R Osborn), October (M Black), November (Foundation Comm.)
- ✳️ **Reminder:** When you contribute to The Rotary Foundation, please notify Foundation chair, **PE Martha**.
- 💰 **Pig!** Missed a meeting? Please make up your contribution to assure full funding of scholarships.
- ➔ **Roster Updates?** Please notify Secretary **Dan**.
- 📅 **Dues:** Jan. 1, Apr. 1, July 1, Oct.1. Treasurer **Shane**.

YOUR NOTES  **Dues are due!**

Hog Wild!
 M Cropper, C Vaughn,
 S Heyer, G Petrowich,
 J Wides, M Sinnott,
 O Weidner, S Battiste,
 T Mathias, L Bremer,
 D Becque, F Becque,
 F Betz, J Betz, G Waring,
 S Carsrud, J Langowski,
 R Osborn,
*I'm a hungry hog!
 Make me a happy hog!*



Visiting Rotarians & Guests

None

Invisible Pain Project

Mandi Harris related the origin, initial steps, and future directions of the IPP, beginning with her personal experience. Husband Justin briefly spoke of his caretaker role, but he actually has a larger role in the project.

Mandi summarized her ongoing personal experience with melanoma (cancer) and her recognition that many young adults experience unseen health challenges. During the odyssey, she has met persons living with multiple sclerosis, Crohn's disease, and lupus, among other disorders, ailments, and diseases.

As she met others, she realized that her own experience is really a project (1) to educate people across the region and (2) to assist and support others with similar needs, including the caregivers. She expects the project will evolve into an organization to address physical, emotional, and financial needs.

The IPP has grown out of the Strong Survivors program conducted by the Kinesiology faculty at SIUC. This brings attention to nutrition and exercise as elements of managing and healing from diverse experiences with invisible pain. SIH is a partner. Mandi works at St. Joseph hospital (Murphysboro) and the Center for Medical Arts (Carbondale).

One visible outcome will be a "Super Survivors" calendar, now a work in progress. Harris started with a 'superhero' concept that grew into a calendar to spotlight "elegant, fierce survivors" ... publication date pending.



2014-15

KEY CONTACTS

***Board members**

			AC 618
President*	Steve Battiste	steve@businessresourcegroup.net	201-7509
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Club #26036

www.carbondalebreakfastrotary.org