



Weekly eWheel for the

Rotary



Club of St. Joseph-Benton Harbor

Michigan, USA • District 6360 • Chartered 1918

MAY 21, 2018

Another rainy Monday but if the weather forecast is correct, we'll be enjoying some fabulous temperatures and sunshine just in time for Memorial Day!

PREVENTING CHRONIC INFLAMMATION



Rotarians heard from guest speaker LeeAnne Carlson, Lakeland Care, about how to prevent chronic inflammation.

Chronic Inflammation in the body is a result of toxins in the environment, smoking, high blood sugars/uncontrolled diabetes, poor oral hygiene, obesity, gut health, stress, inactivity, and poor diet which can lead to many diseases.

IMPORTANT DATES

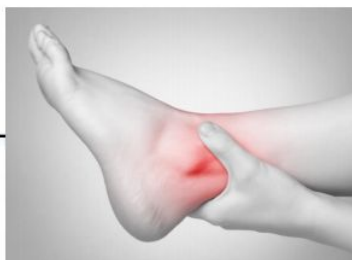
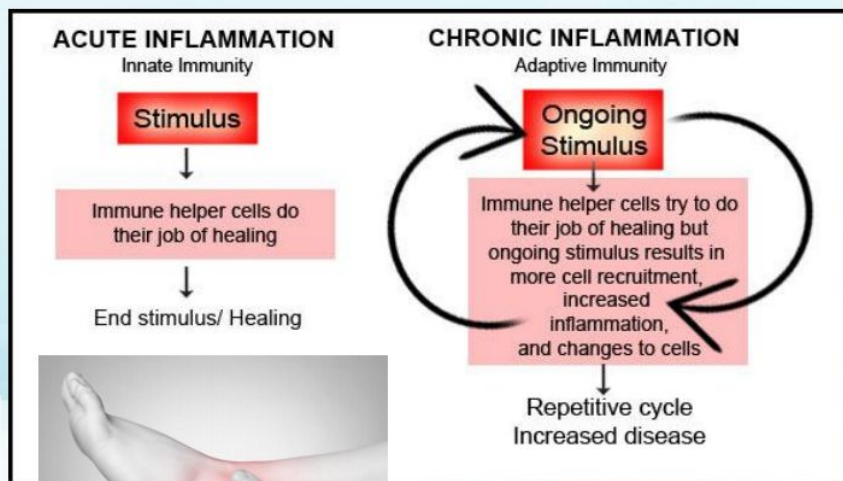
- ❖ 5/28: NO MEETING PER MEMORIAL DAY
- ❖ 6/4 Meeting: TBD
- ❖ 6/11 Meeting: Kevin Roney, Green Technology
- ❖ 6/16: Celebrating a Century of Service at LMC Grand Upton Hall
- ❖ 6/18: NO MEETING PER 100-YEAR CELEBRATION
- ❖ 7/14: July Adopt-A-Roadway Clean-up

The Rotary Club of Saint Joseph - Benton Harbor

100

Rotary's Centennial Celebration

[CLICK HERE](#) to register for our 6/16 centennial event on DacDb - go to CALENDAR -



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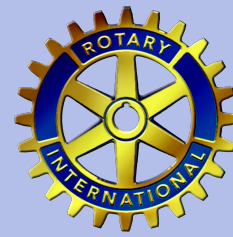
JOKE OF THE WEEK



LOCAL CLUB MEETING DAYS, LOCATIONS & TIMES

- ❖ Benton Harbor-Sunrise, Wednesdays, 7:00 a.m., Elks Lodge, 601 Riverview Drive, Benton Harbor
- ❖ Lakeshore, Thursdays, 12:12 p.m., First Church of God, 5767 Red Arrow Highway, Stevensville
- ❖ Paw Paw Lake, Wednesdays, 12:00 p.m., Lakeland Medical-Watervliet, 400 Medical Park, Watervliet
- ❖ Harbor Country, Fridays, 7:30 a.m., Lakeside United Methodist Church Community Room, 14970 Lakeside Road, Lakeside, MI

If you want to visit other district 6360 club meetings, log into DacDb, at the top left, click on Clubs, then a full listing of clubs will appear and now look left again under Where Clubs Meet and you will see all days, times, google map, list of club officers and more.



VISITING ROTARIANS

Jim Yusko
Rein Schroeder

ROTARIANS WITH GUESTS

Charles Jespersion brought Bob Jackson
Wendy Edwards brought Meg Kuchek
& Laurie McNamara

Rotary



THE FOUR-WAY TEST

of the things we think, say or do

- 1 Is it the **TRUTH**?
- 2 Is it **FAIR** to all concerned?
- 3 Will it build **GOODWILL** & **BETTER FRIENDSHIPS**?
- 4 Will it be **BENEFICIAL** to all concerned?



**ROTARY:
MAKING A
DIFFERENCE**

100-YEAR CELEBRATION UPDATE

Meetings of the 100-Year Celebration committee will be taking place on the following dates. All meetings will be at 1:15 PM at the Heritage Museum, after our regular meeting.

Please mark the following meeting dates on your calendar:
June 4 and 11

With so few meetings left to pull everything together, the committee would greatly appreciate any additional collaborators. Please feel free to join any meeting or to connect with Dave Peterson (dpeterson@lawssa.com) directly for more info.

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Rotary's Centennial Celebration

EVENT SPONSORSHIPS ALSO STILL AVAILABLE
[CLICK HERE](#) FOR THE SPONSORSHIP PACKET



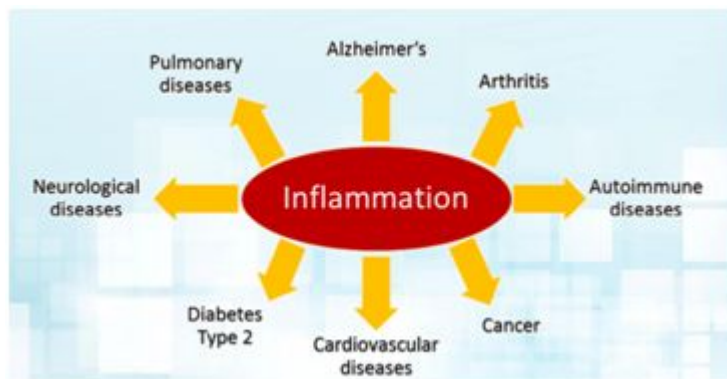
MEMBERSHIP MEETINGS

Open Membership Committee Meetings will be held every third Wednesday of the month at 12:00 PM at Villa Environmental Consultants at 215 Colfax in Benton Harbor. Bring your lunch and share your thoughts and ideas with the team.

PREVENTING CHRONIC INFLAMMATION (CONTINUED)

Typical American diets that are high in processed meats, refined carbohydrates, sugar/HFCS, artificial sweeteners, and trans-fats/some oils leads to inflammation. Avoid Trans Fats at all costs and any processed food that includes the word "hydrogenated".

One solution that Carlson spoke on was adding more anti-inflammatory foods rich in omega-3s to your diet as opposed to omega-6s. Here are some foods high in omega-3s: fish, flax, chia seeds, leafy greens, walnuts. If you look to get your omega-3's through supplements, look for EPAs and DHAs.



Carlson's key take-away advice about diet:

- Eat whole, fresh, and minimally processed foods!
- "Eat food. Not too much. Mostly plants." - Michael Pollan
- Don't eat anything your great grandmother wouldn't recognize as food

WANT TO CONTRIBUTE TO THE eWHEEL?

Your weekly email is brought to you by Emily Kirchner, Brandi Smith-Gordon and Lisa Cripps-Downey with photography by Jen Cole. If you have an announcement, a bit of news you wish to share, or a story you wish to see featured, please write to RotarySJBH@gmail.com.

Connect with the Rotary Club of St.
Joseph-Benton Harbor

online at www.sjbhrotary.org



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ROTARY CLUB OF ST. JOSEPH-BENTON HARBOR 2017-2018 CLUB COMMITTEES

CLUB LEADERSHIP

President: Rick Villa
President-Nominee: TBD
Treasurer: Steve Ross

President-Elect: Wendy Edwards
Immediate Past President: Stephen Smith
Secretary: Janice Ferguson

Board of Directors: Dwight Bowman, Matt Hanley, Nicole Heugel, Jackie Huie, Charles Jespersen, Maria Kibler, Emily Kirchner, Lori Marciniak and Mary Spiegel

CLUB ADMINISTRATION Rick Villa	CLUB & COMMUNITY SERVICE Patti Kutz	MEMBERSHIP Charles Jespersen (Interim)
<p>50/50 Raffle - Jim Roberts (interim), Joen Brambilla, Rachel Damaske, Julie Duensing, Wendy Edwards, Jan Ferguson, Jennifer Gardner, Ron Goos, Melissa Hahn, Donna Howard, Cindy Igoe, Patti Kutz, Adam Lieberman, John Olson, Jim Roberts, Therese Saggau, Chuck Wells, Autumn Zick, Mark Zielke</p> <p>Music - Allan Westmaas & Dennis Bowen, Dwight Bowman, Kurt Marzke, Christine Vanlandingham, Janet Zielke</p> <p>Sergeant-At-Arms - Matt Hanley, Randy Bettich, Bill Downey, Sean Ebbert, Kurt Marzke, Mike Peirce, Mary Spiegel, Tom Watson, Russ Zick</p> <p>Programs - Wendy Edwards</p> <p>Invocation - Dave Kirshenbaum, Randy Bettich, Dennis Bowen, Chad Deja, Wendy Edwards, Lynn Kellogg, Patti Kutz, Lori Marciniak, Jim O'Malley, Christine Vanlandingham, Char Wenham, Allan Westmaas</p>	<p>St. Joseph-Benton Harbor Rotary Club Foundation - Maria Kibler (President), Bob Judd (Secretary), Steve Ross (Treasurer), Lisa Cripps-Downey, Mike Hanley, Mike Huie, Mike Kinney, Dale Park, Steve Smith, Tom Starks, Char Wenham</p> <p>St. Joseph-Benton Harbor Rotary Club Foundation Investments - Mike Cook, Randy Bettich, Rick Dyer, Bob Judd, Mike Kinney, Steve Ross, Allan Westmaas</p> <p>Adopt-A-Highway - Steve Smith</p> <p>Bell Ringing - Sean Ebbert</p> <p>Celebrate Rotary - Will resume in 2019</p> <p>Law Day - Steve Smith</p> <p>Rural Ag Day - Art Cotter</p>	<p>Diversity - Dwight Bowman</p> <p>Membership - Dwight Bowman, Rich Burling, Rachel Damaske, Julie Duensing, Wendy Edwards, Jan Ferguson, Matt Hanley, Jackie Huie, Charles Jespersen, Lynn Kellogg, Debra Trapikas, Christine Vanlandingham</p> <p>Orientation - Lynn Kellogg & Christine Vanlandingham</p>
		YOUTH SERVICE Jackie Huie & Maria Kibler
		<p>Essay Contest - Jacqui Winship, Bill Benner, Dave Kirshenbaum, Patti Kutz, (Judges: Joen Brambilla, Ann Cardon, Lisa Cripps-Downey, Nicole Heugel, Donna Metz, Jim O'Malley, Jack Sukup, Janet Zielke)</p> <p>Interact - Maria Kibler, Steve Borre, Mary Frey, Jackie Huie, Cindy Igoe, Marian Rosko Titus</p> <p>Rotary Student Program - Jackie Huie, Kristi Aubrey, Mary Frey, Mike Huie, Maria Kibler, Trevor Kubatzke, Dave Peterson, Steve Smith, Rick Villa</p>
INTERNATIONAL INITIATIVES Mike Kinney	PUBLIC IMAGE Emily Kirchner	
<p>Bio-Sand Water Filter Project - OPEN</p> <p>International Foundation & Polio Plus - Tom Chapman</p> <p>International Initiatives - Mike Kinney, Wendy Edwards, Jan Ferguson, Mary Frey, Charles Jespersen, Prudy Nelson, Mary Spiegel</p>	<p>eWheel Newsletter - Emily Kirchner, Lisa Cripps-Downey, Brandi Smith-Gordon</p> <p>Membership Directory - Chris Newland, Robyn Johnson</p> <p>Photographer - Jen Cole</p> <p>Public Relations - Emily Kirchner, Jackie Huie</p> <p>Website & Social Media - Emily Kirchner</p>	<p>RYLA - Lori Marciniak</p> <p>Track Meet - Randy Bettich, J.C. Anderson, Dennis Bowen, Jim O'Malley</p> <p>Track Meet Scholarship - Dennis Bowen, Brian Berger, Joen Brambilla, Bill Marohn, Jim Marohn, Mary Kynast, Christine VanLandingham</p> <p>Youth Exchange - Kristi Aubrey, Debra Trapikas</p>
AD HOC COMMITTEES	<p>Celebrating a Century of Service - Dave Peterson, Debra Trapikas, Renee Borah, Wendy Edwards, Jan Ferguson, Mary Frey, Charles Jespersen, Matt Hanley, Nicole Huegel, Tom Watson</p>	