

Celebrating  
50 YEARS

# The WHEEL

ROTARY CLUB OF HINSDALE

Service Above Self  
We Profit Most Who Serve Best



Nov. 6, 2009

### Today...

Race Sponsorship Thank You.

### Last Week...

Exercise You Can Live With. Art Holland, River Forest Rotarian. Art gave us many tips about how to be successful with consistent exercise program. The number one goal is to have fun with it. He shared a few statistics; if you walk 45 minutes/day, you'd lose 1.5 lbs a month. If you exercise in a group rather than alone, you're more apt to stay in it. And remember, 7 days without exercise makes one weak. Get it?!!!



### Next Week...

Youth Merit Awards.

### Upcoming District Events...

Nov. 7th- Rotary District 6450 Foundation Seminar/Tailgate Party.

Nov. 12th- Wine Pairing Dinner in Naperville. 5-course, 5-wines.

Nov. 30th- Early Bird price deadline to register for the District Conference.

For details on all District events, go to [www.rotary6450.org](http://www.rotary6450.org)



Having just returned from a Haunted House, these 17 foreign exchange students continued the festivities in the Community House during our Halloween Party.

### Halloween Party Success...

Last Friday many Rotarians and Youth Exchange students gathered for some Halloween fun. Committee members who organized and planned the event; Nancy Dalzell, Janet Klotz, and Carolyn Snyder. They bought food, decorations, games and set everything up at the Community House where Janet was able to waive the rental fee of \$169 per hour.

Thank you also to the Sleep Over Families: Nancy Fleming and Bill Schafer, Mike and Denise James, Scott and Maggie Donars, Allan and Debbie Alongi, and Marcie Colandra. Other helpers included: Jerry Cierniak who brought the chicken; Sue Smallwood brought cup cakes; Mike Meier brought potatoes; Quality Inn sent cupcakes; Bruce Dalzell, Keith Larson, Chuck Snyder, Mike Sedlak.

### Rotarian Up For CNN Award...

Rotarian Budi Soehardi's devotion to bettering the lives of disadvantaged children in Indonesia earned him a spot as one of 10 finalists for the 2009 CNN Hero of the Year award.

Soehardi grew up in Indonesia, where food and education were often scarce. At 53, it's his goal to help children avoid the hardships he had to endure. With his wife, Soehardi opened an orphanage in West Timor.

### Birth Announcement...

Rotarian Xenia Chow gave birth to Isla (pronounced eye-la) Kai-ren Gamble Chow, on Sunday, Nov. 1 at around 3:35pm. She weighed 9lb 8oz which totally shocked Xenia (& probably the doc too) as she only put on only about 26lb or so. Xenia thanks, fellow Rotarian, Carolyn Snyder who was the nurse on duty that day.



Another fantastic race attracted approximately 2000 participants, hundreds of volunteers, and raised over \$200,000.



Pictured are participants of the traditional "10-Step Walk" symbolic of what the Rotary Run For Wellness House is all about.



Jeannie Cella, Executive Director of Wellness House, and Greg Donnelly, Race Chairman pause during the Race festivities to thank all the sponsors and volunteers for their overwhelming support.

### Greeters

Today; Charlie Hartley & Roger Herring.

Nov. 13th; Stu Holland & Mike James.

Nov. 20th; John Karstrand & Gaylen Klein.

The Rotary Club Of Hinsdale

Founded August 21, 1959