

Rockford East Rotary Club
Clock Tower Resort & Conference Center
7801 E. State Street, Rockford, IL 61108
March 9, 2010
www.rockfordeastroary.org

WE MISSED YOU

Ingrid Dohm, Robert Eichman, Don Johnson, Nicolas Meade, Marcia Mueller, Pat O'Gorman, Dee Premo, Blas Serrano, Chris Van Sickle, Jack Ward, Chris Weber

GUESTS

Will Renken
Steve Schuill – Peg Wilkerson
Jeff Bieck – Nancy Bieck

ANNIVERSARY / BIRTHDAYS

COMING EVENTS

March 16 – John Stranden – Work Force
March 23 – Business Meeting
March 30 - TBA

SPEAKER'S NOTES

Julie Tilbury of the Rock River Valley Blood Center spoke today on the Bone Marrow Donor Program – Be the Match. Julie began by thanking us for making them a recipient of our raffle proceeds for this year. She wanted to make us aware of why this money will be so important. There are 6,000 searches of the registry every day. These searches are for patients with a fatal blood cancer or other fatal disease. Only 25% of matches come from a family member. The Bone Marrow Donor program identifies members by tissue type. All they require is a swab of the inside of your mouth and that places you on the registry, but this costs \$100 per individual. The parameters for a donor

are to be in general good health and 18-61 years of age. She showed us a DVD of a local donor, who was found to be a match for someone. All he knew was the gender, age and diagnosis of someone, somewhere in the world that had a fatal blood disease. He showed how easy it was to be a stem cell donor. There is minimal pain, requires 5 shots administered one a day to encourage his body to increase the number of stem cells in his body. Then he spends 4-6 hours for the next two days donating his extra stem cells. The process is similar to donating blood. 10,000 people can be cured—all they need is a donor match.

If you are found to be the same tissue type as a child under 16, you might be asked to donate stem cells from your hipbone. This process is done surgically, under anesthesia, and happens about 12% of the time. But this is done as an outpatient and minimal soreness is reported.

The third method of stem cell donation comes from donated umbilical cord blood. This accounts for about 18% of donations.

Stem cells remain viable for 72 hours, so coordination of recipients and donors is crucial. The donor has to be very certain of his or hers intention to go through with this procedure before it even begins. The recipient has been completely irradiated and has no natural immunity as he waits for the donated stem cells. The donor may be a little tired or sore for a couple of days. The patient begins to show improvement within 2-3 days. In 30 days they are usually home and are considered completely recovered after 1 year. The cure rate after 3 years is 85%.

RRVBC is the only center in the state of Illinois that recruits, manages and collects bone marrow stem cells. There are 35,000 transplants each year in the world. But 6,000 people die each year that could have been cured. What a marvelous opportunity--to be a bone marrow donor

and to possibly save a life. Our raffle proceeds will allow 15 people to be put on the registry.

THE FOUR WAY TEST

- First, is it the truth?
- Second, is it fair to all concerned?
- Third, will it build goodwill & better friendships?
- Fourth, will it be beneficial to all concerned?

The Object of Rotary

The Object of Rotary is to encourage and foster the ideal of service as a basis of worthy enterprise and, in particular, to encourage and foster:

- 1st - the development of acquaintance as an opportunity for service;
- 2nd - high ethical standards in business and professions, the recognition of the worthiness of all useful occupations, and the dignifying of each Rotarian's occupation as an opportunity to serve society.
- 3rd - the application of the ideal of service in each Rotarian's personal, business, and community life
- 4th - the advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service.

ROTARY MAKE-UP LOCATIONS:

Monday:	12:00 pm 05:45 pm	Four Seasons Banquets, Freeport Ellwood House, DeKalb
Tuesday:	12:00 pm 12:00 pm 12:10 pm	Loves Park Civic Center Rochelle Country Club Jimmy's Patio Grill, Harvard
Wed:	07:00 am 11:45 am 12:00 pm 12:00 pm 12:00 pm	Steam Factory, Belvidere Maxon's Manor, Oregon Stonewall Cafe, Pecatonica Carl's Fargo, Sycamore YMCA, Belvidere
Thursday	07:00 am 12:00 pm	Four Season Banquets, Freeport Memorial Hall, Rockford

Friday 11:45 am DeSota House Hotel, Galena

Online Make-up at: www.rotaryclubone.org

Rotary International Motto
"Service Above Self"

The Four Avenues of Service

Based on the Object of Rotary, the four Avenues of Service are Rotary's philosophical cornerstone and the foundation on which Club activity is based:

Club Service focuses on strengthening fellowship and ensuring the effective functioning of the Club. The committee organizes social activities for the Club, maintains and order supplies, promotes Club involvement and friendships.

Community Service covers the projects and activities the Club undertakes to improve life in its community. The committee supports the effort of the Club to achieve community understanding by developing projects, assisting in community efforts and supporting the continued overall improvement of the community.

International Service encompasses actions taken to expand Rotary's humanitarian reach around the globe and to promote world understanding and peace. The committee raises money for the Rotary Foundation which supplements Club and District projects to improve the quality of life, provide health care, clean water, food, education and other essential needs primarily in underdeveloped nations.

Vocational Service encourages Rotarians to serve others through their vocations and to practice high ethical standards. The committee provides opportunities for members to learn more about other vocations through weekly guest speakers, member vocational talks and community service tours.

OFFICERS & DIRECTORS 2009-2010

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- President – Scott Johnson
 - Vice President – Peg Wilkerson
 - Secretary – Lynn Godina
 - Treasurer – Chris Weber
 - Past President – Marsha Abramsom
 - Club Service – Dick Wang
 - Community Service – Tina Kirschman and Tracy Eastman

International Service – Jonathan Whitlock
Vocational Service – Mark Hutchinson
Advisor – Craig Klaas
Historian and Ex Officio Advisor – Don Johnson

**OFFICERS & DIRECTORS 2010-2011
(as of July 1, 2010)**

President – Peg Wilkerson
Vice President – Mark Hutchinson
Secretary – Lynn Godina
Treasurer – Chris Weber
Past President – Scott Johnson
Club Service – Dick Wang
Community Service – Tracy Eastman
Foundation Chair – Jonathan Whitlock
Vocational Service – Mike Belk
Club Advisor – Craig Klaas
Club Historian – Don Johnson