

# Rockford East Rotary Club

Clock Tower Resort & Conference Center  
7801 E. State Street, Rockford, IL 61108  
March 6, 2007

[www.rockfordeastroty.org](http://www.rockfordeastroty.org)

## WE MISSED YOU!!

Mike A Belk, George Carlson, Robert Eichman, Richard Farb, Gerald GeRue, Tina Kirshman, Peggy Otto, Dolores Premo, Chris Van Sickle, Jack D Ward, Teri Watts, Chris Weber Margaret Wilkerson

## VISITORS and GUESTS

Tom Micetich- Havana  
Elson Turcotte- Rockford

HAPPY ROTARIAN ANNIVERSARY TO: Gary Hamburg...Ingrid Dohm...Bob Eichmann

HAPPY BIRTHDAY TO: Jeff Reiersen

**VOLUNTEER OPPORTUNITY:** Northern Illinois Food Bank packing event ---- Saturday, March 10, 2007 - 9:00 am to noon. To sign-up, please call Tracy Eastman at 1-815-381-1120. This volunteer opportunity is a lot of fun and very rewarding!!

## COMING EVENTS!

**Mar 13-** Amber Wood, Community & Public Relations Manager Northern Illinois Food Bank

**Mar 20-** Business meeting

**Mar 27-** John Beck, Development Director for Regional Access & Mobilization Project (RAMP)

### SPEAKER THIS WEEK!

**Bruce and Katy Steidinger – owners of Shosies Cyclery** – a family owned business since 1974 – same location on North Second Street and Windsor Road.

Bruce and Katy were kind enough to bring samples of the MANY types of bikes now available for sale. Cycling has many benefits besides great exercise – good way to fellowship with others – great family entertainment – almost anyone can ride a bike!! With the many types of bikes available, customers can pick the price-point they can afford – thus making the sport affordable to everyone!!

Bruce and Katy discussed the many bike paths available through Rockford/Winnebago County. Maps of these paths are available from The Rockford Park District and the League of Illinois Bicyclists.

Bruce and Katy also discussed the many different types of bikes ... competing/racing, cruising/comfort, flat bar road fitness bike, high-bred/trail bikes.

At Shosies they are very committed to fitting a bike to the person...expanding seats for larger persons, helmets in all sizes, flashing lights for day or night, reflective clothing. Everything a bike owner could need or want!!



Bruce & Katy Steidinger-owners of Shosies Cyclery.

**THOUGHT OF THE DAY** Aim high in your career...but stay humble in your heart

## Rotary International Motto

*“Service Above Self”*

**QUOTE FOR THE DAY:** *The trouble with bucket seats in a car is that everyone’s bucket is not the same size.*

### OFFICERS & DIRECTORS

President .....	Chuck Lindstrom
Vice President .....	Steve Pang
Secretary .....	Gary Hamburg
Treasurer .....	George Ohlendorf
Past President .....	Gary Rothwell
Club Service ... ..	Marsha Abramson
Community Service .....	Teri Watts
International Service....	Jonathan Whitlock
Vocational Service .....	Craig Klaas
Historian & Ex Officio Advisor	Don Johnson

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## ROTARY MAKE-UP LOCATIONS:

Monday:	12:10 pm	Guest House Hotel, Freeport
	05:45 pm	Ellwood House, DeKalb
Tuesday:	12:00 pm	Loves Park Civic Center
	12:00 pm	Rochelle Country Club
	12:00 pm	Harvard Memorial Hospital
Wed:	07:00 am	Steam Factory, Belvidere
	12:00 pm	U S Bank, Pecatonica
	12:00 pm	Carl's Fargo, Sycamore
	12:00 pm	VFW, Oregon
	12:00 pm	YMCA, Belvidere
Thursday	07:15 am	Highland College, Freeport
	12:00 pm	Memorial Hall, Rockford
Friday	07:00 am	Harlem Twsp Machesney Park

Online Make-up at: [www.rotaryclubone.org](http://www.rotaryclubone.org)

## 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:

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

## 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.