



The Sunrise

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December 2023

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Sunrise Calendar

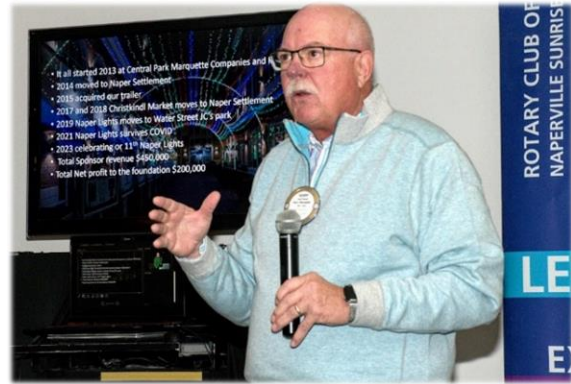
(Subject to change)

December

- 1: Regular Club meeting, 7am, Holiday Inn Express
1837 Centre Point Circle, turn north off Diehl Rd
- 1: Naper Lights greeting
- 2: Naper Lights greeting
- 8: No meeting – Mayor’s breakfast
- 8: Naper Lights greeting
- 9: Naper Lights greeting
- 15: Regular Club meeting, 7am, NIU 1120 E. Diehl Rd
Meeting room is on the second floor
- 15: Naper Lights greeting
- 16: Naper Lights greeting
- 22: No meeting
- 22: Naper Lights greeting
- 23: Naper Lights greeting
- 29: No meeting

*please direct ideas for speakers
and Club projects to **Bill Hassett***

Ten years of Naper Lights



Geoff Roehl

Back in 2011 Sunrise Rotarian **John Colucci** floated the idea of a holiday lighting display as a way to raise our Club’s visibility and make some money too. What happened next was described November 17 in a photo presentation by Naper Lights Chairman **Geoff Roehl**.

Geoff later discussed Naper Lights in an interview with NCTV-17. In case you missed it, here’s the link:

<https://www.facebook.com/NCTV17/videos/naperville-sunrise-rotarys-naper-lights-are-shining-bright-in-the-downtown-area-/847781590686842/>

New Members

Please welcome **Stephan Chriqui**, senior business program manager at Microsoft. He and wife **Jamie** have a son, **Joshua**. Stephan is sponsored by **Shelley Taylor**.



Sponsor **Tom Miers** introduced **Nag Jaiswal**, a senior program architect and digital transformation advisor for Salesforce. Nag and wife **Sheela** have two sons, **Sunny** and **Karan**, and a daughter, **Pooja**.



Lynne Nolan directs display traffic during last month’s exhibit setup. Lynne’s organizing and recruiting skills have been cardinal to the success of Naper Lights.

(More)



December 2023 (cont.)

When **Saint Nick** showed up at our November 17 meeting, several Rotarians lined up to sit on his lap. Just kidding. It was actually **Jim Smith**, one of our two Naper Lights Santas. Both Jim and **Chris Kerstin** were on the meeting agenda to receive **Paul Harris Awards** in honor of their seasonal engagements with wide-eyed children.



Jim "Santa" Smith accepting his **Paul Harris Award** from **Dawn Newman**.



Deb Newman thanked those who donated to the Harvest Drive for the West Suburban Food Pantry. Deb collected 350 pounds of food and children's books.

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President Srinivasan with guest speaker **Mary Onorad** of the Woodridge Rotary Club. Mary has been a leader in the local Operation Pollination project and the Monarch Butterfly North American Friendship Tour traveling between Alberta, Canada, and Michoacán, Mexico (8/21-12/15). The goal is to raise \$150k as part of a Rotary International matching grant for Monarch habitat restoration in Mexico.

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Chris accepting his award. He's getting around on a knee walker due to recent ankle surgery.



Elves deliver Santa's chair to Jaycee Park.



Stephanie Randal with **Ruslan Alikperov**, who paid our Club a visit during his 80-day USA tour to raise funds for embattled Ukraine. Ruslan is a member of the Rotary Club of Kharkiv, Ukraine

(More)



December 2023 (cont.)

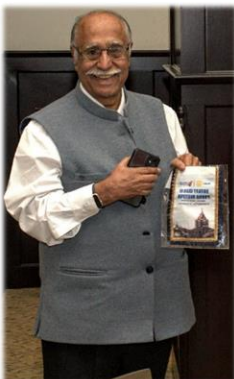
Guests



Naper Lights chief **Geoff Roehl** and **Jim “Santa” Smith** posed with a few of our generous Naper Lights Sponsors (from left above): **Dave Kelsch** (Advanced Data Technologies), **Geoff, Natasha Merriner** (Busey Bank), **Julie Kaczor** (Baird and Warner), **Nick Ryan** (Marquette Properties), **Tom Miers** (Naperville Bank and Trust), and **Andy Gullone** (Civil and Environmental Consultants). At left: **Jon Green** with Civil & Environmental Consultants.



Former Sunrise Rotarian **John Colucci** (C.) and **Susan Colucci** were spotted at a recent Club breakfast. John first proposed Naper Lights back in 2011.



Dr. Sudhir Rashingkar brought us a banner from his Rotary Club in Bombay. Dr. Rashingkar, a past district governor of District 3131, was here visiting his daughter and son-in-law.

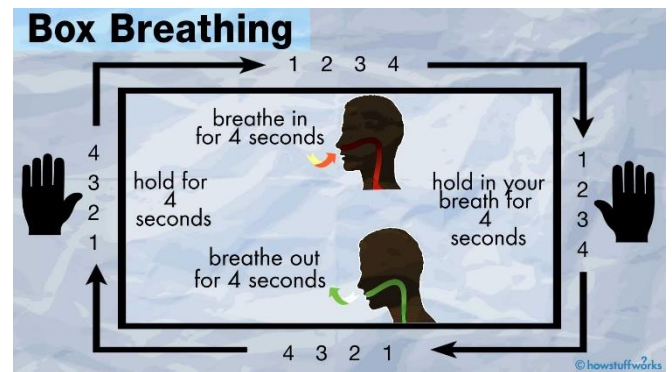
Relax and Live Longer



Breakfast speaker **Kyle Heindl** reminded us that our country’s suboptimal showing on longevity charts can be traced to our collective lifestyle: we move too little, sleep too little, eat too much, and mismanage stress. We see the results every day...obesity, diabetes, high blood pressure and a cluster of life-shortening ramifications.

Kyle, a fitness specialist with Edward-Elmhurst Health & Fitness Center, described a number of simple preventive steps that don’t require specialized training or equipment:

- Keep limber through daily gentle stretching
- Walk more and sit less; movement is key
- Get good-quality sleep (scientists now believe that a mid-day power nap of no longer than 20 to 30 minutes benefits brain activity)
- Eat until you’re satisfied, not until you’re full
- Be social – stay connected with old friends.
- Have fun
- Box breathing is a simple way to reduce stress



(End)