



SERVE TO CHANGE LIVES
CLUB PRESIDENT
 Janet Bantz Glavin



THE GREEN LIGHT

THE ROTARY CLUB OF PEORIA — Club 3238

P.O. Box 5639 • Peoria, IL 61601

Website: www.peoriarotary.org

Email: infodowntown@peoriarotary.org

309-676-5432



CHARTERED 1913
 CLUB NO. 76

Weekly Meeting at The Warehouse on State

Friday, July 30, 2021 at 12:00 PM

Speaker: East Peoria Mayor John Kahl

Topic: E.P. Levee District Development

A limited number of more convenient parking spaces will be reserved by the front door for Rotarians who would appreciate closer access.

Can't make it to the In-Person Meeting? [CLICK HERE TO JOIN VIA ZOOM](#)

Meeting ID: 897 6608 1791 Dial by your location +1 312 626 6799

Dr. Neal Barnard, New York Times Best Selling Author Your Body In Balance: The New Science of Food, Hormones & Health



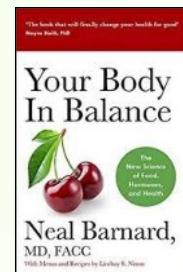
Dr. Neal Barnard, MD, is an Adjunct Professor of Medicine at the George Washington University School of Medicine in Washington, D.C., and the cousin of Peoria Rotarian Edie Barnard. He is also the President of the Physicians Committee for Responsible Medicine and author of some twenty books on nutrition and health. He spoke by Zoom to Peoria Rotarians on Friday.

Dr. Barnard is a vegan and has conducted studies including a groundbreaking study of dietary interventions in type 2 diabetes. He has also written about the effects of diet on hot flashes in post-menopausal women. Dr. Barnard says meat, cheese and fish contain saturated fats and toxic metals which damage the brain and body. He referred to cheese as a “dietary crack”.

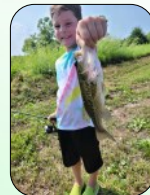
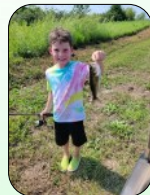
His latest book: [Your Body in Balance](#), is about the roles food and hormones play in fertility and menopause: as well as how a plant-based diet can boost metabolic rate and affect how body fat is stored and burned.

So, could you subsist happily on a plant-based diet? Listen to Dr. Barnard's [The Exam Room™ podcast](#) discussing the lay out of a three-week plan for starting a plant-based diet

Want to find out what Dr. Barnard eats in a day? Read the story featured in the Washingtonian: [Food Diaries: How Dr. Neal Barnard Eats for a Day](#)



Rotary Fun Day at Gabbert's Lake



Upcoming Meetings

July 30th - Meeting at the Warehouse

Speaker: East Peoria Mayor John Kahl

Topic: East Peoria Levee District Development

Invocation: Chuck Gabbert | **Greeter(s):** Gina Driscoll

Door Prize: Gina Driscoll

August 6th - Meeting at the Warehouse

Speaker: JD Dalfonso, President & CEO of Enjoy Peoria

Topic: Peoria Area Convention & Visitors Bureau

Invocation: Mick Hall | **Greeter(s):** Martha Herm

Door Prize: Chris Crawford

August 13th - Meeting at the Warehouse

Speaker: Amanda Atchey

Topic: Camp Big Sky

Invocation: Martha Herm

Greeter(s): Chris Crawford & Tracy Geisz

Door Prize: Mick Hall

August 20th - Meeting at the Warehouse

Speaker: Kari Rauh

Topic: Greater Peoria Economic Development Council

Invocation: TBD | **Greeter(s):** TBD

Door Prize: TBD

Volunteer Opportunities



Corn Stock Theater is in need of volunteers to help with the Summer Showcase. They are looking for volunteers to help with the positions below:

Box Office (computer skills are not required for Will Call windows & you are in a/c). For more info or to sign-up, click the Program Title below.

[Shakespeare](#)

[Musical of Musicals](#)

Concessions (we will only be providing bottled water this summer & you are in a/c). For more info or to sign-up, click the Program Title below.

[Shakespeare](#)

[Musical of Musicals](#)

Ramps (a great way to watch the show and volunteer at the same time!) For more info or to sign-up, click the Program Title below.

[Shakespeare](#)

[Musical of Musicals](#)

A sign-up sheet will also be available at Friday's meeting.

The Great S'more Mud Run



Sign-up online at www.Getyourgirlpower.org there are several volunteer options available.

A sign-up sheet will also be available at Friday's meeting.

New Membership Proposals

The following membership proposals have been approved by the Club Board of Directors and is published here for general membership consideration. Protests may be sent, in writing, to the President or Secretary within 7 days. If none are received, the proposals will be considered satisfactory:

Melinda Nolte - Financial Advisor, Edward Jones

Sponsored by: Jodi Tarter

Shelly Rapp - CFO, Bard Optical

Sponsored by: Diana Hall & Mick Hall

Nickolas Ward - Infinex Investment Advisor, INB Wealth

Social Event

Downtown Peoria & Peoria North
Rotary  Night at the Ballpark



vs South Bend Cubs

Post Game
Fireworks

Date: Sat, Aug, 28 | **Time:** 7:35 PM (Gates open at 6:35 PM)

Location: [Dozer Park](#) - Right Field Picnic Area

Details: \$26.00 per person - Includes Game Ticket, Buffet w/ Burgers, Hot Dogs, Potato Salad, Potato Chips, Soda & Water.

* Cash Bar will be available to purchase beer, wine, etc..

If you would like to attend you can RSVP by emailing infodowntown@peoriarotary.org there will also be a sign-up sheet available at Friday's meeting.

Endowment / Foundation Committee Announcement

At last Friday's meeting, The Rotary Club of Peoria - Endowment & Foundation Committee announced they are requesting proposals for a Capital Project.

To learn more click here ---> [Endowment Foundation Capital Project](#).

If you would like to fill out a project proposal form click here ---> [Project Proposal](#).

Please email your completed proposal back to Emily Jacob Rudesill (emilyj@fosterjacob.com) by August 16, 2021.

Thank you all for your Service Above Self!

Donation Wish List



Recyclables:

Wood scraps, especially softer woods

Decorative papers

Cardboard of all types - cereal or cracker boxes, egg cartons, toilet paper tubes, etc

String and ribbon scraps

Plastic containers (yoghurt, cottage cheese, etc)

Any interesting paper, cardboard, or plastic recyclables / discarded craft materials are always welcomed!

Purchased items:

Pipe cleaners

Beads

Hot Glue Guns

& Glue sticks

Note: If you have items to donate, please bring them to the weekly club meeting. Collected donations will be dropped off at the Peoria PlayHouse. Donations can also be dropped off at Peoria PlayHouse during regular business hours. Make sure to let them know your from the Rotary Club of Peoria and let Melissa know so that we can track our club's support!

So You Thought You Knew Andy Fograscher (In 200 Words or Less!)

By Edie Barnard

Andy Fograscher is a kid at heart! His delightfully sophisticated "Philosophy of Play" is one from which we can all learn and be inspired. Whether he is traveling in Greece (see pic), Mexico (see pic), Machu Picchu (see pic) or teaching a Sunday school class in Peoria, he enjoys the spirit of fun! Andy shares below more of his "playful wisdom" of life. "My passion is children of all ages."



"One of the great joys in life for me is the adventure and variety of play. Whether I am simply enjoying time with one of my 12 grandchildren (aged barely 2 to almost 16-see pic), teaching an Angel's Arms Sunday school lesson or leading a worship service at Youth Farm, you will often find me down on the floor with the kids. Although this may seem "childish," I prefer to think of it as

the ability to understand and engage children on their level, removing the barriers that age often creates. It's like a time machine that takes me back to my own childhood. (See pic of Andy in San Francisco in 7th grade.)

My passion for children is also used in more serious ways when I volunteer and support Crittenton, Children's Home, YFC, Easter Seals, Compassion International, Quest Charter Academy, and Boy Scouts. In my quest for adventure (adult play), I have reached for the sky (Soaring, Hang Gliding, Sky Diving) and explored the depths (SCUBA, SNUBA, Snorkeling). I enjoy many different activities including Broadway Theater, Mountain Biking, Sailboat Racing, Hiking and Skiing – all three varieties.



I especially enjoy the variety of travel. One of my most memorable moments was viewing Machu Picchu from the sun gate after trekking 4 days through the Andes on the Inca Trail. While I draw the line at playing with my food, I have been described as an adventurous eater, and I guess that is true. On a recent trip to Peru, I sampled Cuy (pronounced /kwi/). Yes, it tastes like chicken!"



Club Officers

President - Janet Bantz Glavin
President-Elect - Tom McIntyre
Secretary - Katherine Coyle
Treasurer- Scott Fisher
Immediate Past President - Brad Stegall

Board Members

William Albers
Emily Jacob-Rudesill
Aaron Kilgore
Randy Neff
Kathy Shishilla
Jana' Stevens

Contact Us

Melissa Brewer
Executive Secretary
CELL: 309-635-7377
OFFICE: 309-676-5432
EMAIL: infodowntown@peoriarotary.org
Office Hours: By Appointment
Website: www.peoriarotary.org

Rotary Club of Peoria, IL



Rotary



Photo Courtesy of the Journal Star