

## **Roundabout: September 27, 2022**

Next week, instead of our weekly lunch meeting, we will have an **Octoberfest Celebration** at the beautiful Clearview Farm at Beanblossom Bottoms (6680 N. Bottom Road). Hosted by Past President **Mike Baker** and his wife Bev, we'll gather between 5 and 7 p.m. on **Tuesday, October 4** to relax, socialize, and join friends and loved ones in an inspiring location. [Here's the R.S.V.P. if you have not already registered >](#) Please register not later than Friday, September 30.

### **THIS WEEK'S NEWS**



#### **New members welcomed**

One of the highlights of the meeting was the induction of two new members. **Jeff Richardson** read their biographies, and **Dave Meyer** conducted the ceremony. **Don Capouch** (left, above) originally hails from Wheatfield, Ind. He holds a BS in Biomedical Engineering and a BA in Economics, both from IUPUI. After working at Stryker Instruments in Kalamazoo, he joined Cook Medical in Spencer, then Boston Scientific, before moving into residential real estate sales in 2021. Don's family includes his wife Megan, their sixteen-month-old son Henry, and their dog Archie. **James Wolf** (middle) grew up in Truman, Minn., and attended the University of Minnesota for his undergraduate degree. He received a Doctor of Science degree from the Johns Hopkins School of Hygiene and Public Health. James taught hospital administration at the School of Public Health at the University of Michigan, was on the administrative staff of the Henry Ford Hospital in Detroit and the Cook County Hospital in Chicago, worked for a national alliance of hospitals, and finished his career as CEO of a community hospital in Faribault, Minn. James and his wife Amy moved to Bloomington in 2019. They have two children: Lauren, who lives in Ann Arbor and teaches at the former university laboratory school, and Nelson, a data analytics consultant in Minneapolis.

#### **Dash for Wheeler Mission**

**Chris-Michael Morrison**, an organizational member representing Wheeler Mission-Bloomington, invites Bloomington Rotary Club members to join Wheeler Mission-Bloomington's second annual **Pumpkin Dash 5K this Saturday, October 1**. The fun run/walk begins at 9 a.m. at Bloomington's Switchyard Park. Individuals can register to run/walk either in person or virtually by visiting <http://www.runsignup.com/theumpkindash>. Or sign up at Switchyard Park before 9 a.m. on October 1. Proceeds will benefit Wheeler Mission-

Bloomington's programs and services for men and women experiencing homelessness in Bloomington and south central Indiana.

### **Exodus to host Open House**

**Exodus Refugee Immigration** Inc. is holding an **Open House** at its Bloomington location, 1401 S. Walnut St., from 11 a.m. to 2 p.m. on **Saturday, October 22**. All are invited. See the new office space, meet the team, and learn a bit more about the work Exodus is doing. Along with the Open House, Exodus is conducting an optional toiletries drive.

### **SEPTEMBER 27 PROGRAM**



**Henk Haitjema** introduced our speaker (and his sister) **Dr. Heleen Haitjema**, a retired pediatrician, educated in the Netherlands. Heleen holds a Certificate in Plant-Based Nutrition through eCornell University and has qualified as a Food For Life instructor with the Physicians Committee for Responsible Medicine in Washington, D.C.

Heleen's topic was "How the Western diet is holding your health hostage." Her journey began when she saw a CNN interview with Dr. Esselstyn and Dr. Ornish in 2010. They stated that a plant-based diet could stop and reverse heart disease. That blew her away. Since that time she has studied the research on plant-based diets and founded Doctors for Nutrition, a not-for-profit health organization in her hometown of Adelaide, Australia, to educate doctors about nutrition.

Heleen compared a whole food plant-based (WFPB) diet with our Western diet of processed food, dairy, and meat. The WFPB diet has many advantages, including higher nutritional content, more fiber, and less calorie density than processed food, and it doesn't have the added salt, oil, sugar, and preservatives of processed food. There are intrinsic problems with animal food (such as cholesterol), chemicals added through cooking, bacteria that may be present, and added arsenic (for color), phosphates, and antibiotics. These tend to create chronic irritation and chronic inflammation. Heleen described multiple studies involving a WFPB diet compared to a control group. All the results favored a WFPB diet. A low-fat WFPB diet can stop and reverse coronary artery disease and can stop and reverse Type 2 diabetes. Such a diet is dose-responsive: the greater the adherence to the diet, the better the result. Finally, a WFPB diet is healthier for the environment.

Heleen recommended a book titled *How Not to Die*, by Michael Greger, MD. Greger discusses 15 leading causes of death and how death from each of them can be reduced through a plant-based diet. Evidence points to the value of the Power Plate – including fruit, grains, legumes, and vegetables – for better health.

For more details about Heleen’s presentation, please watch the YouTube recording of her talk at [https://youtu.be/LkU9C\\_2qj2k](https://youtu.be/LkU9C_2qj2k).

## UPDATES

### Our September 27 Celebration of Service

President **Alain Barker** welcomed us to the meeting and introduced **Peggy Frisbie** to talk about the **Rotary Foundation**, the donation-raising arm of Rotary International. Peggy stressed that the Rotary Foundation is different from our club’s Bloomington Rotary Foundation, which does important work at the local level. Through the Rotary Foundation, thousands of Rotarians throughout the world are doing good work. Together, we help those who need it the most. Last year, \$430 million was contributed to the Rotary Foundation. This funded over 1190 global grants, 470 district grants, and 225 disaster response grants. More than \$15 million has been given to support refugees from Ukraine. Peggy is our club’s Rotary Foundation Committee chair, and she introduced other members of the committee: **Mike Baker, Susie Graham, Lynn Schwartzberg**, and **Yolanda Treviño**. If you want to contribute to the Rotary Foundation, click on the image in the left column reading “The Rotary Foundation Doing Good in the World.”

### Member birthdays

- **Joe King**, September 27
- **Rebecca Jessmer**, October 1

### Member anniversaries

- **Efrat Feferman**, 4 years
- **Joe King**, 4 years
- **Art Oehmich**, 8 years
- **Bill Perkins**, 18 years
- **Yolanda Treviño**, 20 years

**Megan Gearhart** introduced our guests in the Frangipani Room:

- **Megan Gearhart**, Past President of IU Rotaract
- **Bieneke Haitjema**, guest of Henk Haitjema
- **McKaylyn Lynch**, City of Bloomington, guest of Ron Barnes and Alain Barker
- **Katie Norris**, Hotels for Homeless, guest of Aaron Brewington
- **Amy Wolf**, guest of James Wolf

**Kyla Cox-Deckard** introduced our online guests:

- **Elizabeth Thompson**, former member of our club
- **Brad Kimmel**, Executive Director of WTIU/WFIU

**Aaron Brewington** provided the reflection based on Philip Roth's seminal novel *Nemesis* (2010), set in the 1940s during the polio epidemic in the United States. The book follows 23-year-old gym teacher Bucky Cantor in Newark, N.J. As the epidemic spreads around the city, Bucky joins his girlfriend at a Jewish summer camp out in the country, but the epidemic spreads there as well. Bucky eventually is infected with polio. He experiences the horrible effects of the disease but avoids the terrible outcome of being placed in an iron lung to help him breathe. Jumping outside the book, Aaron noted that Jonas Salk developed an injectable polio vaccine in 1952. Because of the vaccine, by the late 1950s the number of cases in the U.S. had dropped dramatically. In 1979 Rotary began a project to vaccinate children in the Philippines. The success of that project led Rotary to launch PolioPlus in 1985 to eradicate polio throughout the world. By 2019 wild polio was eradicated in every country in the world except Pakistan and Afghanistan. In Roth's book, Bucky's grandmother talks about the other terrible epidemics that have occurred during her lifetime and proudly shows Bucky her scar from a smallpox vaccination. The book and history point to the importance of vaccines in general, and especially the polio vaccine. Aaron indicated he had not needed to worry about these horrible diseases because of vaccines. For polio specifically, he has Rotary and Jonas Salk to thank.

### **Club updates**

Volunteers are needed to assist with our meetings for the Second Quarter (October-December) of the Rotary year. Sign up to greet, reflect, or introduce guests:  
<https://www.signupgenius.com/go/60B054FABAA2DA6FE3-second>.

Last week, **Geoff McKim** announced that the Rotary Foundation has approved our **District Grant project** for two local elementary schools. This grant will involve two days of service in conjunction with Purdue Extension, the Monroe County Community School Corp., and several local farmers. About 100 third graders from Summit Elementary will spend Tuesday, October 11, at a farm, and another 100 or so third graders from Clear Creek Elementary will spend Tuesday, October 18, at a farm. The students will learn about food and farming through activities at each farm. We need **four to six Rotarians to volunteer on each date** to work with the students. No farm experience is necessary. Volunteers will work from about 9:30 a.m. to 2 p.m. each day. Please let Geoff know if you can volunteer: [geoff.mckim@gmail.com](mailto:geoff.mckim@gmail.com)

The **8th Annual Rotary Toast**, honoring **Dr. Gladys DeVane**, is **Friday, November 4**. Please join us at Ivy Tech's Shreve Hall for a wonderful night to celebrate her extraordinary life. Her book, "Come Sit With Me," is the book being read by the Bloomington Rotary book club for its October meeting. [Here's more Information, with a Registration Link >](#)

Reporter: **Bill Perkins**  
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