



The Dearborn Rotary X-Ray

November 30, 2017

Jim Ives, Editor

Today's Speaker



Our guest speaker was Dietician from Henry Ford Hospital Kathy Wilkins



Future Meeting
Duty Roster
12-7-17

Greeter
Shannon Peterson

Guests and Visitors
Shannon Peterson

Invocation
Travis Furlow

50/50
?

X-Ray Editor
David Anderson

Future Meetings

12-7-17
Murry Davis
Vehicles for Change
Also Club Board Elections

12-14-17
HFC Choir Holiday Concert

12-21-17
MI Rep. Abdullah Hammoud

12-28-17
No Meeting
Holiday break

1-4-17
Comedian Al Ghanekar
New Years Resolutions

Kathy provided us a dietary quiz, which we did pretty well on.



The Rotary Foundation Giving—Every Rotarian Every Year

EVERY

 ROTARIAN
 EVERY
 YEAR

Thank you Rotarians who have already made your gift to support our clubs \$7000 goal for the 2017 – 2018 Rotary International Projects These gifts fund our commitment to support the Every Rotarian Every Year contribution of \$100 per member per year. This is sent to Rotary International to help support Rotary work around the world. Many of these projects we support are reported in the Rotarian Magazine and @ Rotary .org.

Dearborn Rotary's Giving status toward our 2017-2018 EREY goal of \$7000 is of the 58 members we have, 24% have given. November Giving was \$530, and the YTD total is \$2695 which is 39% of our \$7000 commitment. The following have met the Every Rotarian Every Year commitment.

CDG Jim Ives, Diane Ives, Al Martin

Due to privacy rules at Rotary International, we no longer know who has contributed to the Foundation. With that said, if you have submitted money to The Rotary Foundation in excess of \$100 and would like to be recognized here, please let Merritt Robertson know of your contribution.

**Announcements**

- Need X-Ray meeting minute writers. Promise maximum writing is only once every six weeks. Can volunteer for even once a quarter or year. Please contact David Anderson.
- Janice Gilliland is looking for greeters and invocation givers. Please let her know if you're willing to serve. Sign-up sheets are being passed at the meetings to be a greeter, invocation giver, or run the 50/50 raffle for a particular date. Please volunteer.



'S

Santa Snaps sign up has started. We started taking photos November 17th, so sign up to volunteer with Eric Rader (ewrader@hfcc.edu).

We need workers on the following dates. Please contact Eric Rader if you are able to work any of these dates.

**December 13th (1 person)
 17th (5 people)
 20th (2 people)**

Meeting Notes

President Bob Gleichauf led today's meeting which opened with the singing of the National Anthem. **Colleen Nieman** did the invocation and her theme was "What Unites Us", taken from a story by Dan Rather in an airline magazine. Colleen spoke of Rotary outreach and travel to Lebanon and Nicaragua and concluded with a prayer.

Kathy Gapa, today's greeter, introduced our five guests: **Robert Selwa** from Warren Rotary and his son, **DGE Paul Sincoc**, **Kathy Wilkins** (today's speaker), and student intern **Tamika** from Beaumont Healthcare – Healthy Dearborn (guest of **Sara Gleicher**). There was no serenading of our guests today. Your reporter heard a murmured voice in the crowd say regarding absence of song, "I like the singing".

Announcements

Bob Ziolkowski and Zeinab Dabajeh are both having health issues – please sign passed cards and keep them in your thoughts.

Dearborn Rotary 2017-2018 Membership Rosters are available at entrance.

Need Santa Snaps volunteers. Contact Eric Rader. This is our biggest fundraiser of the year, so please support. Keep a good attitude with our Santa Snaps guests, when volunteering.

George Darany thanked all those who have volunteered for Dearborn Goodfellow Sale Days. **Glenn Maleyko** and Mike Sareini both gathered multiple volunteers and Glenn also procured a band for 11A-1P shift tomorrow at Outer Drive and Cherry Hill.

Warren Rotary President Robert Selwa invited us to their Tuesday (12-5-2017) meeting at DeCarlo's Banquet Center on Ten Mile, east of Mound Road. Their program is about The Rotarian magazine. Robert is a Fordson graduate, has spoken to Fordson Interact Club and has grandchildren in Divine Child Interact Club.

Merritt Robertson announced Dearborn Rotary Board of Directors election is next meeting (12-7-2017). Presently have ten nominations for eight Board positions and they include: Maysam Allie-Bazzi, David Anderson, Travis Furlow, Jessica Haddad, Hassen Hammoud, Celia Nasser, Shannon Peterson, Eric Rader, Waseem Younis, and Robert Ziolkowski.

Our pledge of "Every Rotarian, Every Year" for Rotary International Foundation has reached 39% of its' goal based on our 58 members. **Merritt** also mentioned Roger Miller deserves thanks for all recent hard work on both Santa Snaps and our Club membership directory.

Dearborn Rotary "Happy Bucks" continued another week. We heard from **Shannon Peterson, Jim Ives, Rick Goward, Robert Selwa, Ray Trudeau, Diane Ives, Martha Hnatiuk, Susan Dabaja, Sara Gleicher and Glenn Maleyko**. Topics included: birthday, having family, Children of the Dump in Nicaragua, \$2,000. from Dearborn Rotary Foundation for holiday gift cards to needy families in Dearborn, confidence building from athletics, future exchange student, child achievement, Iowa Hawkeyes, and glad to have an intern visitor.

Darlene Schoolmaster led today's 50/50 raffle and our guest from Warren Rotary drew winning number. Lee Hollmann was the winner of \$18. It was mentioned we are missing Dan Hogan's "financial" skills in operation of our raffle.

Today's speaker, Kathy Wilkins, Registered Dietician, was introduced by **Susan Surducun**. Kathy has been a dietician at Henry Ford Hospital, Wyandotte for 22 years and is involved in diabetic program. She does outpatient diabetic classes. Her program was twenty myths vs. truth regarding food and included an audience vote on each "fact". It was a lively interchange between speaker and audience.

We learned white potatoes are healthy. Frozen and canned vegetables and fruits can be healthier than fresh. You have to monitor quantity of healthy fats you eat – they are still calories. Dark bread is not necessarily healthier than white. Natural foods are not always healthier. Other alcohols can be consumed (moderately) besides red wine for heart benefits. Organic food is not more nutritional. Heating olive oil does not destroy health benefits, but watch low smoke point. Need at least 70% cacao to make dark chocolate healthy for you. Type of peanut butter that needs to be stirred is the healthy one. Some "smooth" peanut butters have hydrogenated oils and food coloring. Active culture yogurts are healthiest but watch sugar count. All salts are sodium – none are healthier. Cooking does not evaporate all the alcohol; percentage remaining depends on cooking technique. Adding salt to water minimally changes boiling point. All fruits and vegetables need to be washed, including outsides of bananas. Do not rinse meat, poultry and seafood – spray spreads bacteria around your kitchen. Raisins, mangos, kiwi, and potatoes are good sources of potassium – not just bananas. Fried food is not too high in fat, if cooked at proper temperature. Late meals and your metabolic rate are not related, but can cause sleep issues.

We should probably should refrain from eating a big meal four hours before bed for good sleep reasons. Healthiest foods are fruits and vegetables (pick different colors), nuts, avocados, eggs, plain yogurt and dark greens. Granola is frequently high in sugar. All (100%) fruit smoothies have too much sugar, some are equivalent of three to five pieces of fruit. Eat oily fish several times per week. Walnuts, canola oil and flax seed are substitutes for oily fish. Corn has some nutritional value, but is a starchy vegetable. Iceberg lettuce has some nutrition. If you are gluten intolerant, stay away from glutes because you do not have enzyme to break down protein structure of wheat and barley. Gluten free products include rice, potato and tapioca flours, but they can be less nutritious, higher in calories, or have less fiber. To deal with sugar diabetes: watch you portion size, exercise 20 to 30 minutes per day, and minimize processed foods. Nothing in nature looks like an Oreo, even though they taste good.

President Bob thanked Kathy Wilkins, RD for her presentation and invited her to sign a bookplate for a children's book to be donated to Dearborn Public Library. Dearborn Rotary Club meeting ended with us reciting the Four-Way Test in unison.

Respectfully submitted,

David Anderson

Service Opportunities

As a way to keep club members informed about service opportunities in Rotary, we have added a section specifically designed to highlight those opportunities for either volunteerism, or Rotary enrichment and education. Review this each week, and take advantage of the opportunities to learn more about this great organization we belong to, or the opportunities to serve.

- **Santa Snaps Help Needed:** Please see page 2 for dates needed.
- Help us celebrate our newest club to the District 6400 Family. **Charter Night for our newest Rotary Club Plymouth After Hours:** Thursday, December 7th, 5:30pm Aqua Restaurant in Plymouth. Register today by emailing Aaron at aaron@atlaslawoffice.com

Zeinab Dabajeh

Rotarian Zeinab Dabajeh was in a car accident and suffered some nonfatal injuries, but requires some TLC. We wish her a speedy recovery. We will update you as we receive further information. Se is looking forward to joining us again when she is physically able.



The Rotary Foundation

The Rotary Foundation is a not-for-profit corporation that supports the efforts of Rotary International to achieve world understanding and peace through international humanitarian, educational, and cultural exchange programs. It is supported solely by voluntary contributions from Rotarians and friends of the Foundation who share its vision of a better world.

The Rotary Foundation's Beginning

Some magnificent projects grow from very small seeds. The Rotary Foundation had that sort of modest beginning. The Foundation was created in 1917 by Rotary International's sixth president, Arch C. Klumph, as an endowment fund for Rotary "to do good in the world." He proposed it as outgoing president at the 1917 convention. In 1928 it was renamed The Rotary Foundation, and it became a distinct entity within Rotary International. Beginning with an initial contribution of US\$26.50, it has grown to over \$1.06 Billion in 2017. The Rotary Foundation uses 91% of contributions for causes, and has a 4 star rating with Charity Navigator, which is its highest rank.



Arch C. Klumph. Architect of the Rotary Foundation

And while polio eradication has been a high profile project of The Rotary Foundation, the scale of other projects is huge, providing clean water, micro finance loans, medical initiatives with volunteer doctors and other medical personnel, wheel chairs, community development, and any other health, hunger, or humanity project you can imagine. This is why it is imperative we as Rotarians provide yearly, monthly, or weekly contributions to The Rotary Foundation.

Club Board of Directors Elections for 2018-19

Each year, all 33,000 Rotary Clubs elect new leaders for their clubs. The Dearborn Rotary Club will hold their election on December 7th, 2017. Pursuant to The Dearborn Rotary Club By-Laws, Article 1, section 2, a nominating committee was assembled to develop a slate of no less than 10 candidates for election for 8 candidates to be selected. Below are the 10 candidates for the coming election:



David Anderson



Maysam Allie-Bazzi



Travis Furlow



Jessica Haddad



Hassen Hammoud



Celia Nasser



Shannon Peterson



Eric Rader



Waseem Younis



Robert Ziolkowski