

ROTARY ELEVATOR

August 5, 12, & 19, 2008

August 5, 2008-Meeting Notes

Meeting Assignments	
Greeter	Melinda Cooper
Invocation	Cathy Hill
Music	Bart Sheridan
Sgt. At Arms	Keith Sheridan
Minutes	Melinda Cooper
Program	Adolfo Tornichio

Janet Baughn, one of our new members, told us about herself and her local background. She has two grown sons and is married to an insurance agent located in Centerville. Janet was educated locally at the University of Dayton and started her career as a teacher at the Greene County Vocational School. She earned her Masters in Counseling, but ended up becoming an Administrator last September as the Adult Education Director. She bragged about the fact that the school has a 97% placement rate for their students, which indicates that employers think the vocational schools are doing an excellent job. The vocational school educates adults so that they can pass the GED. They have an adult literacy program. The vocational school also has a criminal justice program and trains local police, as well as EMT training. Recently the school mailed out a catalog with short term classes available to people with special interests. They also do customized training for businesses. Janet is active in her church and thanked Tom Zajbel for inviting her to join Rotary.



John LeBlanc announced that people should send their bills to the address on the bill not the P.O. Box number to speed things up. Keith Sheridan announced that there were at least twelve Rotarians who purchased livestock at the fair.

Jamie Dulle, Assistant Director of the Office of Student Judicial Services at Wright State University was our speaker. She is married to John Dulle, who works in the Prosecutors office. She has two young boys ages 1 and 2. She told us about her job and that her office was the equivalent of the principal's office only in college. The office is designed to be more educational in nature rather than punitive. There is a code of student conduct and policies and procedures that students must follow even when not on the campus. It is designed to protect the safety of all students. Their standard "is it more likely than not that the rule was broken", which is a lesser standard than a criminal proceeding.

August 12, 2008-Meeting Notes

Meeting Assignments	
Greeter	Tony Deaton
Invocation	Richard Holmes
Music	Jim Kennedy
Sgt. At Arms	Keith Sheridan
Minutes	Cathy Hill
Program	Steve Brodsky

Tony Deaton was today's greeter. Dick Holmes offered prayer. Jim Kennedy led us in a rousing rendition of "Smile" followed by "Rotary My Rotary". We sang Happy Birthday to several fellow Rotarians.

Sergeant At Arms Keith Sheridan didn't have many news clippings but asked Mark McDonald to tell about the "Burger King Bath"! Sarge Sheridan also suggested that if you appear in the news and you do not mention the item at Rotary but the Sergeant talks about the news item, you should pay \$2. Happy Bucks from Mark McDonald for Emmy shared with WDTN; Dr. Jeff Lewis for the weddings of his youngest daughter in May and his oldest daughter last weekend; Jeff Eyrich for Hospitality Home's 45th anniversary; John LaRock for his newest grandson which makes seven and Ron Lewis in appreciation of Bob Geyer and Robin Caupp for supporting the 4H program at the fair. Finally, Keith asked everyone who had not been fined since January to stand and pay two dollars.

Announcements-

- **Relay for Life**, August 15. President Bob Geyer presented Barb Schenck and Diane Dixon with a \$250 check from Xenia Rotary for Relay for Life. Rotary Club members should make donation checks payable to the American Cancer Society. The donations will not be charged against a member's Rotary bill.
- Volunteers needed for the **Roberto Clemente exhibit** at the Xenia branch of the Greene County Library. Contact Christi Cox at 352-4000.
- Pres. Bob Geyer reminded us that **Xenia Rotary Club's Annual Golf Outing is September 5** and is open to the public. Participants don't have to be Rotary members. If you can't play then sponsor a hole. Funds raised at the outing will be used for international as well as local projects.
- 52/50 winner was Cathy Sefton Attendance prize winner was J. O. Harner.

Steve Brodsky introduced today's program, **Tom Springer, Director of the Xenia High School Bands, Andrea Bullin, Student President of the Xenia High School Bands and Band**

Boosters Club president Tom Groves. Tom Springer received his BA from Virginia Tech and his MA in Music Education from West Virginia University. He is the fourth generation in his family to graduate from West Virginia University. Tom's wife Nicole is director of the Pride of Dayton Marching Band at the University of Dayton.

Tom sees many unique things about Xenia High School's music program, including its traditions. The bands continue to play music from the 50's, 60's and 70's. He noted the kids appreciate music from the 70's. The second aspect is the strong alumni support. Last year 50 alumni returned to play with the band at various events.

He is very proud of the 80 members especially the 25 to 30 first year students. The members are progressing with preparations for this year's program because they work well together. The show this year is the rock opera "Tommy".

Mr. Springer enjoys working with high school students. He likes to see them live up to the high expectations he sets for them. He teaches his students to have a positive attitude which will reflect in themselves, their family, school and community. He also encourages them to take care of "our stuff", the band room and instruments so they will last.

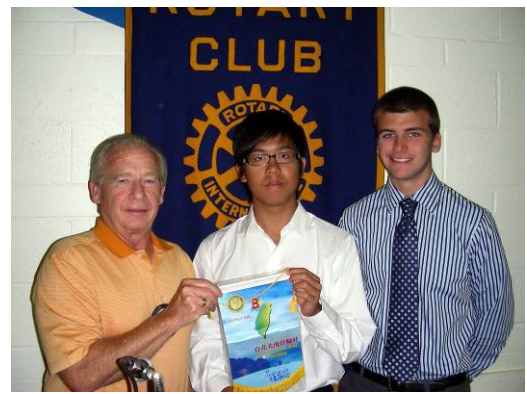
Amber Bullin, Student President of the Xenia High School Bands spoke about the many opportunities students have to perform and improve their skills. She has been a member of the bands of for eight years. This is her fourth year playing in the jazz and pep bands. Amber said the band is her second family.

Tom Groves, Band Booster President explained the roll of the Boosters is to support the Xenia High School bands through fundraising. Boosters not only provide food, uniforms and opportunities for the bands to perform but also help defer some of the cost to the students. Mr. Groves invited everyone to the next fundraising night on September 2 at Xenia High School where the marching band will perform.

August 19, 2008-Meeting Notes

Meeting Assignments	
Greeter	Harry Johns
Invocation	Jim Kennedy
Music	Cliff Johnson
Sgt. At Arms	Keith Sheridan
Minutes	Tom Zajbel
Program	Robyn Caupp

Another Bright and Warm August day greeted us as did Harry Johns. The opening prayer included Don Anderson re-occurrence of Leukemia and Barb Zajbel making great progress as cancer tumor marker dropping from 2,400+ before surgery to 74 today. Visiting today was our summer exchange student **Ian Chadd** back from a month in Taiwan along with his host family brother **Shawn Lee**. Shawn presented President Bob with a Rotary Banner from his home club. Ian expressed his thanks for sponsoring him to a different culture as he purses his senior year at Xenia High and Wittenberg University majoring in Mandarin Chinese. Shawn has been in Ohio three weeks and enjoyed boating and learning to water ski at Norris Lake Tennessee.



Announcements:

- Diane Dixon reported on the Xenia Rotary **Relay for Life** Team placing second with a Silver Award raising \$3,700+ and the only team to have walkers on the track every hour during the Relay. The top team raised \$17,000. This year's event raised \$17,000 compared to last year's \$5,000. Thank you Diane, Barb S, participants and donors!
- Russ Remick had an email from former exchange student **Zoja** from Russia stated graduated college with honors as interpreter in Chinese and English.
- **Rotary Reads** will start soon but at only three schools this year as other groups are joining the effort.
- **Xenia Rotary Golf Outing September 5 Needs more sponsors and Teams.** Only 9 teams signed up which is behind last year.



Sarge Keith Sheridan back and ready to fine folks "just for general principles" just like the Army 2nd Lt had him do 20 pushups told him at boot camp..."just for general principles". Caught was Dick Loveless, visitors Chris Widener, and Marilyn Reid along with /dick Holmes for laughing. Had letter from Tony Mc with pictures of our first Rotary daughter who is now a ballerina to one of the first lady members, Pia Hieber now living in North Carolina. Keith promised to fine Harry Johns double if he did not get new Central State AD Winslow as a Rotary speaker. Happy Bucks from Marilyn Reid on 5th grandson and a "Special Event" at Wright State Aug 29 from a Special Person (no names to remain non political). Tickets at the local Republican Headquarters in the Lofino Shopping Center starting Friday. John Meyer Happy 42nd Wedding anniversary, Kent back from 4,500 mile motorcycle trip to Sturgis and Yellowstone. Thought Ohio had corn till he rode all day through Iowa!

Robyn Caupp presented her program with speaker Tim Schmalz, regional sales manager for Anthem's southwest Ohio markets and northern Kentucky. Tim has been with Anthem nearly 13 years resides in Cincinnati with his wife and four children. He holds a bachelor's



degree from University of Cincinnati in business administration.

Schmaltz had a power point presentation of **Health Care Trends**. In 2008, U.S. health care costs will total \$2.2 trillion – 16% of the GNP. Companies will pay an average of \$9,312 per employee.

Anthem Care does a comparison of price ranges for treatment at specific facilities, services are bundled to show the total procedure cost and list actual negotiated price ranges, not averages plus shows how often each facility performs the procedure. They have hired Zagat (a travel survey company) to do a survey of Health providers' experiences by consumers to compliment with the costs survey they have made. Thus allowing the consumer to make cost and service health decisions easier.

What percentages of Americans adhere to these four key healthy behaviors? Not smoking, maintaining a healthy weight (BMI), eating adequate amounts of fruits and vegetables and exercise regularly....Answer: Only 3%.

Yet personal behaviors account for at least 50% of health care costs. Consider the "Big 3":

- 10% of total claims are attributable to obesity
- 10% of total claims costs are attributable to tobacco
- 60% of Americans perform no substantial activity or exercise

Chronic conditions comprise 83% of health care spending in the U.S. More than half of these conditions are the result of lifestyle choices or health behaviors. At least 50% of total medical spending can be attributed to health behavior costs. Yet costs are controllable by addressing the health issues and behavior behind the chronic conditions, you can help control health care costs.

Employers and health benefits companies alike are turning to health and wellness programs to encourage employees to take initiative and improve their health. Lead by example - make a culture of health a company-wide priority from the top down. Sponsor/encourage team participation in community health events. Encourage positive behavior change. Offer incentives for employees who complete Health Risk Assessments. Provide worksite wellness programs (e.g. weight management, smoking cessation, or a walking club). Communicate health tips, post health materials in group spaces. Encourage your associates with onsite health screening, discounts to health products and services (fitness centers, weight loss clinics.)

President Bob's Thought of the Day:

Married men live longer than single men. But married men are more willing to die.

**Program for August 26, 2008 –Chair: Bret Ellis –
Program: Tom McCann**

Thanks to TV and for the convenience of TV, you can only be one of two kinds of human beings, either a liberal or a conservative. Kurt Vonnegut (1922 - 2007), "*Cold Turkey*", *In These Times*, May 10, 2004

Xenia Rotary Job Openings:

Assistant Secretary and Assistant Treasurer to be in training to replace Secretary Dave and Treasurer John L. in two years. See President Bob, Dave or John L. if interested.

Elevator Editor to replace Kent who has had the job for five years and would like to step back. The job could be shared by two or three people on a rotating basis. See Kent or Pres Bob if interested.

Assignments – Please Mark your Calendars	
	26-Aug-08
Greeter	Kim Sease
Invocation	Gregg Hebrank
Music	Harry Johns
Sgt. At Arms	Keith Sheridan
Minutes	Tony Sculimbrene
Program	Karl Colon
	2-Sep-08
Greeter	Judy Ann Baker
Invocation	Cliff Johnson
Music	C.J. McLin
Sgt. At Arms	Gregg Hebrank
Minutes	Richard Holmes
Program	Melinda Cooper
	9-Sep-08
Greeter	Cliff Johnson
Invocation	Harry Johns
Music	Randy Overbeck
Sgt. At Arms	Gregg Hebrank
Minutes	Barb Zajbel
Program	Tony Deaton

Opportunities For Service:

- **Greene County Library Roberto Clemente Exhibit** August 16 through October 12. Contact Christi Cox at 352-4000 or by email at ccox@gcpl.lib.oh.us

Too bad all the people who know how to run the country are busy driving cabs and cutting hair.

- **George Burns**