



Rotary Messenger

Rotary Club of Eau Claire

Editor: Jerry Reinecke

May 24, 2010

In This Issue

- Junior League's "Kids in the Kitchen" Program
- Rotary Scholarships Awarded
- Officers Nominated for 2010-11 Rotary Year
- Recognition and Installation Celebration, June 14

Guests

- James Henke, guest of Marje Bunce and prospective member
- Scholarship Recipients School Reps:
 - Jeff Pepowski (Altoona)
 - Maureen Doughty (North)
 - Michelle Moss (Memorial)

Leaves of Absence

- Dennis Vanden Bloomen (1/1/2010 – 5/31/2010)
- Dina St. Louis (1/1/2010 – 6/30/2010)
- Julie Pangallo (3/22/2010 – 6/30/2010)
- Vicki Hoehn (4/26/2010 – 11/1/2010)

The 4-Way Test

Of the things, we think, say or do:

1. Is it the 'Truth'?
2. Is it 'Fair' to all concerned?
3. Will it build 'Goodwill' and 'Better Friendships'?
4. Will it be 'Beneficial' to all?

Junior League's "Kids in the Kitchen" Program by Robin Shih

(Thank you to Robin Shih for providing this Program Summary.)

Obesity is now the largest preventable disease threat to our national health. **Junior League's Kids in the Kitchen** aims to educate the children, parents, and volunteers about ways to be active and how to enjoy a healthy diet made from wholesome nourishing ingredients. Our third annual cooking and nutrition education programs at the Boys and Girls Club, held on Fridays this past March, received rave reviews.

We are especially grateful to our sponsors: **Rotary Club of Eau Claire**, Scheels, and Festival Foods.

Here's a recap of the third annual fun-action-and-education packed Kids in the Kitchen schedule.

- **FRIDAY, MARCH 5 – Kristina Beuning of Sunbow Farm** (www.sunbowfarm.com) shared insights into the amazing world of beans. **Benji Williford** (www.BenjiWilliford.com) energized us with his dynamo dance moves. We prepared delicious bean dips and hummus with blenders, took a guess at how many beans are in the jar and the winner took home Bean Appetit cookbook, and had a Name that Bean worksheet. Bean there now and we'll do it again.
- **FRIDAY, MARCH 12 – Laurel Robertson of Dinners On** (www.dinners-on.com) shared her recipes for hearty black bean soup and greek feta wraps. As the soup simmered, we all took a spin at hula hooping in the activity center!
- **FRIDAY, MARCH 19 – Laura Sommer of Just Local Food** (www.justlocalfood.com) prepared toasted granola and we learned about the importance of portion control and measuring. **Linda Bohacek** shared her insights on dental health with the kids and then a **Highland Fitness** instructor rocked us out in a kickboxing class.
- **FRIDAY, MARCH 26 – Lindsey Baker of The Raw Deal** facilitated preparation of raw spring rolls and madjool dates stuffed with almond butter and then **Benji Williford** rocked the house with a hip-hop class.



Robin Shih paused to model this hula hoop while the kids were actually using them in the Boys and Girls Club Activity Center

Our Calendar

- May 31 – No meeting... Celebrate Memorial Day
- June 7 – Bolton Refuge House Update by Director Gerald Wilke
- June 14 – Recognition and Installation Banquet at Fischer's on the Green – No Noon Meeting
- June 21 – to be announced
- June 28 – update on the International Space Station by Elizabeth Medina, a Loads and Dynamics engineer with The Boeing Company, Houston, Texas
- July 5 – No meeting... Celebrate 4th of July

Officers/Board of Directors for the 2009-10 Rotary Year

President – Jacqe Lahn
President-Elect – Jon Niebergall
Vice President – Sara Antonson
Secretary – Mary Knight
Exec Sec / Treas – Jerry Reinecke
Past President – Don Huebscher
Avenues of Service:
Club – Angela Hite
Community – Bob Schmidt
International – Mark Morse
Vocational – Marcia Van Beek

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Rotary District 6250
www.rotary6250.org

We did a raffle drawing each week for Kids in the Kitchen cookbooks of which we have a recipe included. That's right, I submitted the red pepper hummus recipe to the publisher and it's now in the book! Books are \$21.95 and are available from Robin Shih.

Each day ended by celebrating with a banana 'ice cream' party. The 'ice cream' is actually made by pressing frozen bananas (and/or frozen strawberries if preferred) into a Champion juicer. HEALTHY AND DELICIOUS! The kids helped work the juicer and are expecting to serve this delicious treat more and more often at the Club.

We welcome your questions, comments, and ideas! Our goal is to provide ongoing Kids in the Kitchen programming at the Boys and Girls Club beyond Nutrition Awareness Month, so everyone interested is invited to share your thoughts and suggestions on how best to maintain a consistent educational presence to better serve the children. Let us know what you think! Please contact Robin Shih at rshih@csstars.com. To learn more, please visit the website <http://kidsinthekitchen.ajli.org/> which provides materials to support the **Kids in the Kitchen** initiative including recipes and tips on nutrition. The website features a variety of regularly updated resources to help teach children healthy eating habits and a virtual recipe collection from celebrity chefs, local restaurateurs, celebrity moms, and nutrition experts.

Rotary Scholarships Awarded



Scholarship Recipients - Front L to R: **Tia Manney** (Altoona), **Megan Carson** (North) & **Coua Xiong** (Memorial); Back: **Matthew Knutson** (North), **Isaac Dahl** (North), **Amelia Jansky** (Memorial) & **Aaron Wolfe** (Regis)

Each spring our Club awards a total of \$5,000 in scholarships to area high school seniors, as selected by their respective schools. The recipients, along with school representatives, were present at Monday's Rotary meeting to be recognized, to receive their checks, and to share with us their plans for the next few years.

- **Tia Manney** (Altoona) – University of Wisconsin-LaCrosse majoring in Physical Therapy.

- **Megan Carson** (North) – University of Minnesota-Duluth with an undeclared major.
- **Coua Xiong** (Memorial) – University of Wisconsin-Madison studying in the Health and Science field.
- **Matthew Knutson** (North) – University of Wisconsin-Eau Claire majoring in English and Creative Writing.
- **Isaac Dahl** (North) – University of Wisconsin-Stout majoring in Manufacturing Engineering.
- **Amelia Jansky** (Memorial) – University of Minnesota majoring in Kinesiology.
- **Aaron Wolfe** (Regis) – University of Wisconsin-Eau Claire majoring in Biochemistry.

Congratulations to this year's recipients, and we wish them much success as they continue their academic careers.

Officers Nominated for 2010-11 Rotary Year

Congratulations to the following members nominated as officers for the 2010-11 Rotary Year:

- President – Jon Niebergall
- President-Elect – Sara Antonson
- Vice President – Mary Knight
- Secretary – Scott Johnson
- Exec. Sec. & Treasurer – Jerry Reinecke

The members present will vote on this slate of officers at our regular June 7 meeting and, assuming a favorable outcome☺, these officers will be installed at the June 14 banquet.

Recognition and Installation Celebration, June 14

This annual event has proven to be a highlight of our Rotary year. Please join us, with your significant other, on Monday evening June 14, at **Fischers' on the Green...** cocktails at 5:30 and dinner at 6:30 (no noon meeting). In addition to enjoying each other's company during this evening of fellowship, we will recognize members for their service to Rotary, and install our new officers for the 2010-11 Rotary year.

The invitations and RSVP cards have been mailed. Please return your RSVP card by Thursday, June 10. As an alternative, please reply via email to Jerry Reinecke at jreinecke@bankmutual.com.