



Rotary Messenger

Rotary Club of Eau Claire

Editor: Jerry Reinecke

August 9 and 16, 2010

In This Issue

- Classification Talks (August 16)
- Health and Fitness (August 9)

Guests

- None

Leaves of Absence

- Vicki Hoehn (4/26/2010 – 11/1/2010)
- Dina St. Louis (1/1/2010 – 12/31/2010)
- Steve Smith (6/11/2010 – 12/31/2010)

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?

Our Calendar

- August 23 – Chippewa Valley Symphony Update by Executive Director Mark Blaskey
- August 30 – the Rotary Youth Leadership Awards (RYLA) Experience by Kelsey Stuttgen, one of the May 2010 participants
- September 6 – No Meeting... celebrate Labor Day
- September 13 – Information

Classification Talks

Kerri Stoner – a native of Nebraska, Kerri moved to Eau Claire ten years ago, and has since become a fan of another Big Red... the Wisconsin Badgers. However, with Nebraska joining the Big Ten, the two football powerhouses will soon be clashing on the gridiron... and I suspect that at those games, Kerri's red apparel will once again be sporting the Cornhusker "N"



Kerri is a physical therapist by trade, and after moving to Eau Claire, worked in the home health care division of Walgreens. Over time, she transitioned from providing care into the sales and marketing part of the business.

Then three years ago, Kerri joined U.S. Bank to work in a newly created Treasury Management position. She provides support to Bank customers throughout



Kerri Stoner with Rotary sponsor **Darrin McFadden**

northwestern Wisconsin in all areas of cash management including cash flow, safety and risk management, payroll and fraud. Her mission is to help Bank customers save time, save money and make more money

Kerri lives in the downtown area near the Luther Midelfort campus with her husband Shawn and six year old daughter.

James Hanke –born in Illinois, James grew up in the Chippewa Falls area after moving here in 1977 at the age of five.

After high school, James took some time off before returning to the academic world. He studied international relations and political science on his way to earning his



James Hanke with Rotary sponsor **Marje Bunce**

from the Eau Claire Public Schools Board of Education Regarding a Possible Referendum

- September 20 – the Altoona Police Department K-9 Program by Officer Matt McCoy

Officers/Board of Directors for the 2010-11 Rotary Year

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Contact Us

Rotary Club of Eau Claire
P.O. Box 671
Eau Claire, WI 54702-0671
www.eauclairerotary.org
Jon Niebergall, President
715-836-9196
jniebergall@rwscobie.com
Jerry Reinecke, Exec Sec & Treas
715-838-7640
jreinecke@bankmutual.com
Rotary District 6250
www.rotary6250.org

degree from UW-Eau Claire. James summarized his time at UWEC by saying that it was a great experience and one where he received more out of it than he put in.

Over the next 10 years, James held a number of different positions in three communities. First he was the Chippewa Falls city planner, then worked in economic development in Wausau, and finally headed down to Madison to work for a private consulting firm.

In March 2010, when Xcel Energy called to offer him a position back here in Eau Claire, James jumped at the chance. He now manages their economic development programs... helping to foster economic development to benefit the communities served by Xcel.

James has one daughter and was recently married. In his spare time, he acts as his daughter's taxi service and ATM, and also enjoys juggling and golf.

Health and Fitness by Luke Wren, Fellow Rotarian and Owner of Highland Fitness

Luke Wren used a high-energy audience-participation presentation to illustrate his main message... putting in a small amount of effort each day will pay great dividends, and compound to overall better health.



Luke Wren, Owner of Highland Fitness

To get things started, Luke implored each member to stand on their chair, and in response to the question 'How do you feel', he had the group fist pump and yell out 'sexy, smart and strong.' As you might expect, with the first try, the response was pretty subdued, but with a little cajoling, members were soon yelling at the top of their lungs.

At the completion of the exercise, Luke stated the obvious... we had moved, had laughed, had acted outside of our comfort zone, forgot about the phone calls, texts and emails, and as a result, felt just a little bit better. It's doing the small things that add up over time.

When it comes to health and fitness, most of us make a couple of simple, but critical mistakes. We try to come with the quick 30-90 day fixes, whether it be in the area of weight control or fitness levels, or we wait until we get sick. According to Luke, the best way to deal with overall health and health care is to do the small things that will pay the dividends and compound to overall better health.
