



The Cog

Rotary Club No. 3503
P. O. Box 544,
St. Marys, OH 45885.
www.stmarysrotary.org
December 19, 2012

Call to Order

President Robbie Burke called the meeting to order and led the Pledge of Allegiance. Kathy Sampson prayed. Guests and visiting Rotarians were Janet Newcomer, guest of Jim Heinrich and also Jan Heinrich, guest of Jim; Jim Beckett, guest of the club. Kraig Noble led us as we sang "We Wish You a Merry Christmas."

Happy Dollars

Robbie Burke, Rick Green, Keith Fledderjohann, Kathy Sampson, Jeff Squire, Jim Heinrich, Frank Klatt, Scott Ross, (Rotarian) Janet Newcomer and Randy Elsass.

Announcements

-Janet Newcomer, who represented the Rotary Foundation, briefly thanked everyone for being Rotarians. She emphasized that support for the Foundation begins with vibrant clubs.
-Kraig Noble was appreciative of the \$300.00 our club donated last week to Goodfellows. He and his dad have

helped distribute food and gifts for Christmas for many years.
-There is NO meeting next week, December 26. Our next meeting will be January 2, 2013. The next Rotary board meeting will be on January 9, 2013, **not** on the 2nd.



-Jim Beckett, a former Rotary club member of many years, was here today as a representative of Shriner's Children's Hospital. Robbie Burke presented him with a check from the club. Jim noted in passing that he had recommended Doris Lawler for membership in our club.

Fines

Randy Elsass exempted Sandy and Rick Gerdeman because of the fantastic Christmas party they hosted last Wednesday. He did fine Frank Klatt, Gary Newton, Shaun Brown, Marty Dodrill, Don Hinckley, Eric Ostling, John Wale; anyone without a tie or scarf; also, anyone who has not attended a professional football game in the last week or been to Missouri in the last seven days, or anyone whose Christmas shopping is not completed yet.

Program

Robbie introduced our program chair Dan Burke who introduced our speaker Marilyn Neumann. She presented a

very informative program on food allergies. Diagnosed with food allergies herself later in life, Marilyn decided to start a consulting service to help those living with allergies. Known officially as "Serving Everyone with Food Allergies Consulting Specialties," her operation is also called the "Food Allergy Watchdog." After a devastating car accident on May 19, 2010, caused by a careless driver colliding with Ms. Newmann, she sought God's guidance.



Seeking the help of a physician, she found that her cholesterol was high, her blood pressure "off the charts" and she also had suffered from celiac disease from the year 2002, requiring her to eat only a gluten-free diet. She became vigilant about her health after the accident and lost weight – 100 pounds! Her allergic reactions due to celiac disease can cause her terrible digestive pain and lasts from several days to a week, even from her breathing residue of an allergen. Her son Richard helps her with the business she started and she hopes to publish a gluten-free cookbook in the near future. Her son and granddaughter both have food allergies, and a meal

that includes family members requires no gluten, no dairy products or derivatives, no casein, no citrus, no caffeine, no bell peppers, walnuts or any form of squash. However, Marilyn is glad that her research has helped her become an expert who can then help others.

Queen of Hearts

Joe Burke announced that the winner of today's drawing will receive \$97.00, but the lucky soul who might draw the Queen - \$1300.00!! Sandy Gerdeman won the drawing, but then chose the four of diamonds. Her Majesty survives into the year 2013!

Upcoming Programs

12-26 NO MEETING
1-2 Susan Crotty
1-9 Julie Jacobs
1-16 Angie Molaskey

Upcoming Greeters

12-26 NO MEETING
1-2 Linda Haines
1-9
1-16 Sandy Gerdeman

**Please note: All Rotarians scheduled to greet, please be in place by 11:30 a.m.*

The meeting was adjourned following the recitation of the Four 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 concerned?

Cog Editor: Alex Pittman