



THE ROTARY RAZZ

Rotary Club of Oak Park - River Forest, Illinois

No in-person meetings until further notice

Club 3190
District 6450

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RAZZ Editors, Rick Hibbert and Lesley Gottlinger

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TODAY IN OPRF ROTARY

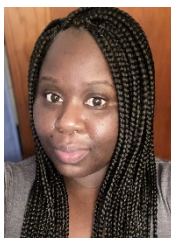
May 5th, 2021

Cinco de Mayo



Megan Traficano, MSW, LCSW,
Youth Services Director
OP Township

Dominique Hickman
Girls on the Rise Supervisor
OP Township



Program: Girls on the Rise

"Girls on the Rise," a program for 8th Grade girls at Gwendolyn Brooks and Percy Julian Middle Schools, offers a custom curriculum focusing on helping girls improve self-esteem, self-worth, build leadership skills [I.e. self-reflection, critical thinking, sound decision making, goal setting, clear communication, and personal accountability] all of which are needed for transitioning into high school as well as being a productive citizen.

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Trouble logging on to OPRF's Zoom, call on:

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bookgramma@gmail.com

OPRF Rotary May Birthday Babies

- 2 - John Hedges
- 9 - Susie Goldschmidt
- 13 - Jerry Lordan
- 14 - Ed Condon
- 19 - Nichole Hoppe
- 19 - Alexis Marcotte



OPRF Rotary

May Anniversaries

- Selma Belajec - 33 yrs
- Linda Sahagian - 29 yrs
- Tom Ewert - 20 yrs
- Rick Hibbert - 15 yrs
- Martha Murphy - 3 yrs



Also, this week in OPRF Rotary

7 - Kidz Express Team Meeting: 2PM

9 - NO Interact Meeting

9 - Happy Mother's Day

PLATINUM

GOLD

SILVER

BRONZE

RUSH
OAK PARK HOSPITAL

aria
GROUP

forest
insurance

the Y

BY Byline Bank

Oak Park
Apartments.com

Mighty 88 Homecare

BrightStar Care

Elmwood Village

Elmwood Village

Elmwood Village

FIFTH THIRD BANK

SAHAGIAN

SAHAGIAN

FOREST PARK BANK



Continuing President Sue's Line of Thought ...

ROTARY

It takes money to pay your dues.
It makes you do jobs you can't refuse.
It preaches to give as well as to take.
And makes you join boards
For charity's sake.

It makes competitors like one another,
And expects you to act
Like the world was your brother.
The worst of it all, the part you can't fight,
It makes you do good,
Just because it is right!

Yes, Rotary's a tyrant -
There's no question of it.
It first makes you work,
And then makes you love it!
But stop to consider.
When all's said and done,
Without it, life just wouldn't be
Quite as much fun!

And this is the point.
And one we all know,
In life if you'd reap,
Then first you must sow.
And the ratio is this -
Like a day to a minute
You'll get more from Rotary than
You'll ever put in it!



And finally, Happy
Mother's Day to ALL Super
Moms Everywhere!

Yours in
Rotary,
Sue Quinn
President
2020-21



May 2021

Every day, you can make a difference.
Not just in May, but every day in the Rotary Year.

- 12 - Ed Condon: Youth Services
- 15 - D6450 Grants Committee Meeting - 9AM Via Zoom
- 19 - Service Above Self Awards- speaker TBD
- 22 - Interact Fullerton Woods Clean-Up - 9:30-11:30 AM
- 23 - Interact Meeting - 1:00 PM - Campaign Speeches
- 26 - Ed Amstutz: The Country Experience - A Farm in Elizabeth, IL
- 27 - D6450 Rotary Foundation Recognition Event



31 - Memorial Day

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Interactors still need your recipes for
their cookbook. **DEADLINE EXTENDED!!**
Monday, May 10th is the final deadline.
Please don't forget them!!

Sponsorship details are
forthcoming within the next two weeks.
Prices will range from \$15 for patrons to
\$100 for a full-page ad. [Covers + \$25.]
They still need recipes in the following
categories: Entrees, Vegetables/Side Dishes and
Appetizers, but all recipes are welcome.



ROTARY REMINDER . . .

OPRF Rotarians, if you have **Happy Dollars**, no need to wait
to do it via Zoom or even face-to-face anymore. Just send
Lesley your Happy Bucks recognition, and it will
be printed in the next issue of the RAZZ. You
will be on your honor to send your contributions
to Treasurer Cathy Hall - on a quarterly basis,
if you like, to the P. O. Box:

OPRF Rotary, P. O. Box 654, Oak Park, IL 60303



President Sue opened the meeting by welcoming guest William "Bill" Porter, a Director of the Board of High-Speed Rail Alliance.



Sue asked if anyone had news they wanted to mention.



Jaime Escobar said he had had a stress fracture, but he was doing better. Patty Eggerding let us know that son Peter, a former Rotary Youth Exchange student to Poland, had just received a Department of State fellowship to study Russian this summer. Unfortunately, due to the pandemic, the fellowship would be conducted virtually rather than by travel to Russia. Peter, however, is still more than thrilled - as well he should be. In addition to English, Peter speaks three languages: Polish, Russian, and French. Way to go, Peter! Congratulations!!

President Elect Eric Van Ness led us in the Pledge of Allegiance. President Sue then shared a few announcements:

This week [of April 26-20] is National Immunization Week. Thanks to the efforts of Rotary and other partners, 99.9% of the world is polio-free!



Iris

Saavedra let the group know that the Village of Oak Park had a walk-in immunization site set up for Thursday, 4/29/21 for 16-17-year-old OPRFHS students. No appointment is necessary, and time is set for 5:30-6:00 PM arrival.



President Sue gave shout-out to Bill Planek for participating with daughter Kathleen [and her Rotary Club of Chicago Lakeview] in the Great Lakes Water shed Clean-up event. Sue noted she had hurt her back and was unable to attend.

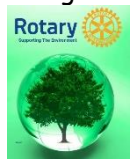


The next monthly Fullerton Woods Clean-up Event is scheduled for **May 22nd, from 9:30 - 11:30 AM**. Sign up with Lesley to reserve your spot!!

"I don't need the vaccine," they said while enjoying life without polio, tetanus, hepatitis A, hepatitis B, rubella, measles, whooping cough, the mumps, smallpox, diphtheria, rabies, rotavirus, pneumococcal disease, HPV, meningococcal disease, shingles and a bunch of 1800s stuff

@DinPricessette

President Sue will be providing coffee, hot cocoa, and pre-packed snacks - thanks to a D6450 \$100 grant being furnished to clubs who host a wellness/service day event on May 22nd. Anyone wanting to join Sue and Mike for a pre-event walk through the woods, just let President Sue know.



Program Notes:

Patty Eggerding introduced our speaker Rick Harnish, Exec Director, from the High-Speed Rail Alliance who presented a program on "Reconnecting America."



He began by noting that Americans will ride the train if there are enough trains to ride, if they are fast enough, and if there are enough seats.

Harnish shared three benefits/goals of high-speed rail systems:

1. Building stronger communities
2. Lowering carbon emissions, and
3. Reducing government spending

He spoke about both the importance and presence of a powerhouse airport which we have in the form of O'Hare International Airport.

In noting the sub-assemblies, Harnish talked about three types of tracks. Shared-use, Regional, and High-Speed. He shared photos and details of each.

Shared-Use line is for trains travelling up to



90 mph. Highway crossings are allowed up to 110 mph. Flexible track is optimized for heavy loads. These are mostly diesel powered.

On a Regional line trains travel up to 160 mph. Separated high-way crossings are preferred as are separated freight tracks. The track is optimized for speed. Electrification is preferred. Both local and express tracks may be present, and tracks are shared with local trains.



High-Speed

line trains travel at 160 mph and above and have a separate freight track. The High-Speed line has rigid track for speed, and flexible track for heavy loads. Additionally, 110+ mph includes separate

highway crossing, with 125+ mph, electrified. Fencing is always a good idea.

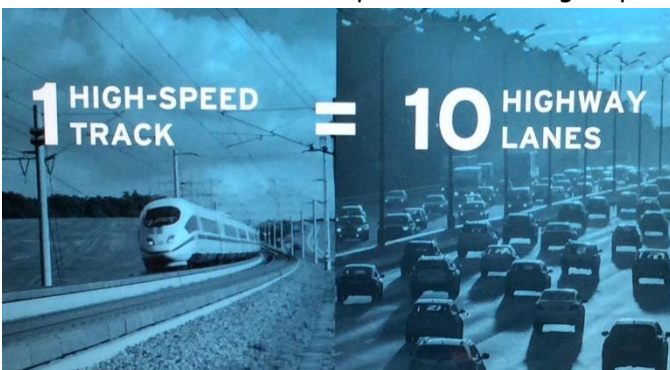
He went on to discuss an Integrated Network Plan and modern trains. An Integrated Network Plan, Harnish said, builds a better business case and a stronger coalition.

Harnish also shared a trip comparison among Amtrak, AVE, United, and auto including daily

	Amtrak	AVE	United	Car
Daily Departures	3	10	4	-
Time	5:25	2:30	1:20	4:50
Ticket / Fuel	\$25 - \$71	\$71 - \$96	\$152 - \$190	\$23 - \$165

departures, time, and ticket/fuel costs. Making another comparison among train, plane and auto, he showed a graph of emission rates for a 300-mile trip from Seville to Madrid [Spain.]

Rick then showed photos of 1 High-Speed



track = 10 highway lanes and a photo comparing \$42 billion cost for Cascadia HSR vs. adding 2 lanes to I-5 for \$108 billion or expanding SeaTac for \$10 billion.

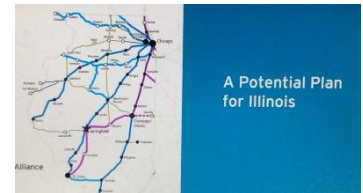
Harnish spent some time revealing details about California: the rail innovator since 1990, noting



that voters approved HSR in 2008. California is now the best North American HSR area. He shared a map of California's cutting edge integrated rail plan, saying that the integrated plan drives a huge boost in usage. Showing another map, he detailed the different speed rail phases in the California plan. He also pointed out how the High-Speed line boosts volume in ridership, revenue, and net cost.

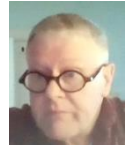
The next slide detailed a potential plan for Illinois. Harnish pointed out the needed state actions:

- Modernize/Reinvent Metra
- Statewide Integrated Network Plan
- Design Railroad Station at O'Hare



Harnish then opened the floor to questions. His contact information for anyone interested in additional information is: office 773-334-6758 <http://www.hsrail.org/illinois>

Charlie Williams led the group in The Four-Way Test of the Things we Think, Say, or Do, and sent us on our way.



Please note: This interesting, informative, and important program was recorded. Anyone interested in watching the program in its entirety should reach out to Lesley who will forward the link.

District Conference is Thursday, June 3rd through Saturday, June 5th, for two hours each day. It is a virtual event, and it is FREE!

Schedule:

Thursday: June 3 - 6:30 to 8:30 pm

Friday: 6:30 to 8:30 pm

Saturday: June 5 - 8:15 to 11:00 am

Registration is NOW open for the 2021 Rotary International Virtual Convention.



The 2021 Virtual Convention will be better than ever, opening more innovative opportunities to learn and to engage with the family of Rotary, near and far. You'll be able to network in virtual lounges, meet new partners in service, and join fun activities with Rotary members from around the world.

Open to all Rotary members and participants from 12-16 June 2021, registration fees are as follows:

- **Promotional rate:** US\$49* through 11:59:59 (Chicago time - CDT) 7 May
- **US\$65 - 8 May through 16 June**

*Registration must be paid in full between 16 April and 7 May to receive the US\$49 rate.

Registration is also now open for the Rotaract, Youth Exchange Officer and Inter-Country Committee pre-conventions, which will be held 10-11 June 2021. The cost of each preconvention event is US\$20.

Both the convention and preconvention events include access to the virtual House of Friendship.

Please note: Cancellations and refunds for registrations or associated events will be accepted through 11:59:59 [Chicago time - CDT] 31 May 2021. The cancellation fee is 20% of the registrant's total fees paid. No refunds will be given after 31 May.



It was suggested that Rotary see what we can do to help implement Kidz Express as a vaccination site. We will reach out to the offices of Sen. Don Harmon, Nabil Saleh, and Ade Onayemi for their help and suggestions. Any other Rotarians with ideas, suggestions, or CONNECTIONS, please let Lesley know.

Work on the **Virginia Cassin-Sr. Michelle Germanson Fund** is moving along quite nicely. Sue, Cathy Hall,



Megan Traficano, and Linda Sahagian have been busy getting the background



information ready to reach out beyond the OPRF Rotary Club list for contributions. Thanks to an anonymous Rotarian donor, the \$10,000 necessary to officially open the fund by June 1st has been met. The goal of the fund is to target girls ages 10-13 who may not have an opportunity to explore their passion or interest and who not have the economic wherewithal to do something like this unless they have outside financial support.

Checks should be made payable to **OPRF Community Foundation**. Indicate **Cassin Germanson fund** on the note line of the check. Mail to: **Oak Park River Forest Community Foundation, 1049 Lake St. #204, Oak Park IL 60301.**

Meanwhile, in Interact News . . .

Our quarterly Interact Social Justice Book Club is taking a summer hiatus. Our next scheduled meeting is set for Sunday, September 26, 2021 from 1-2:30 pm [CT]. The book has not yet been chosen; if you have any suggestions, reach out to Mikayla Onayemi at mmaonayemi@yahoo.com We look forward to seeing you after our summer break.

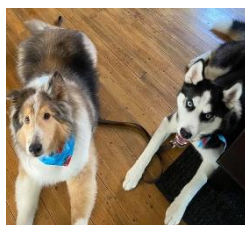
Photos and Other Fun Things . . .

From the McAdam "camp" . . . Baby Boy arriving October 2021 - Harper is going to be a BIG sister!! Scott and Veronika are expecting grandbaby # 5!!!



L: Remember our Russian friends . . . and our wonderful Thanksgiving celebration??

R: The Eggerding boy pups had a spa day!!!!



Speaker Bios . . . Oak Park Township . . .



Megan Traficano, MSW, LCSW, is the Youth Services Director at OP Township where her department focuses on providing supportive services and programs for OP and RF youth and their families. The Department has several programs at the Township including the Youth Interventionist Program, which provides clinical interventions to youth, the Girls on the Rise Program, a group curriculum designed specifically for Black and Brown girls, a Financial Aid Scholarship, for youth extracurricular activities, the TIME Program, which assists in finding youth community service opportunities through the local adjudication process, and Contracted Programs, which provides small grants to other youth serving organizations. Previously, Megan worked for 10 years, as a school social worker, clinical coordinator and assistant Principal at a therapeutic day school which implemented Restorative Justice initiatives.

Megan grew up in Oak Park and graduated from OPRFHS. She received a B.A. in Social Welfare and Justice from Marquette and an MSW from Loyola/Chicago. She is a Licensed Clinical Social Worker and holds a Professional Educator's license for school social work. Megan has been a member of the OPRF Rotary since 2019.

Dominique Hickman is the Girls on the Rise Supervisor for OP Township Youth Services. Where she has been since 2017. Hired as a Youth Interventionist, Dominique was promoted to Girls on the Rise Supervisor in 2020. Before working for Oak Park Township, Dominique worked as a Community Support Specialist, working with clients with severe mental health diagnoses. Prior social services experiences include Housing Specialist with Chicago Housing Authority, a Shift Leader Residential Counselor at a youth residential facility and, a Youth Detention Officer with IL Youth Center in St. Charles.



As a Youth Interventionist, Dominique saw a need for black and brown girls to have space where they could be seen, understood and could recognize their voice need to be heard. Girls on the Rise started in 2017, beginning as an after-school program in Brooks Middle School. Currently, Girls on the Rise has been implemented during the school day at Brooks and Julian Middle School and after school for OPRFHS students. Girls on the Rise has reached 150+ girls since 2017.

Dominique received BA from Lewis University and an MS in Criminal Justice concentrating in Corrections from Kaplan University. Beginning this fall, she will be pursuing an MSW at Dominican University.

Advice from a tree . . .

Stand tall and proud - Go out on a limb - Remember your roots - Drink plenty of water - Be content with your natural beauty - Enjoy the view!

