



The Medium

BENEFITS OF A SMOKE FREE WORKPLACE

According to the National Cancer Institute, most employees are nonsmokers, and almost half of employees currently work in environments where smoking is prohibited in their work area or in public (shared) areas of their work site and more than 80% work for companies that have an Environmental Tobacco Smoke (ETS) policy. Clearly, employers are addressing how to deal with smoking in the workplace. Below, you will find some of the many benefits for both employees and employers that accrue from a smokefree workplace.

Support for Workplace Policies

For the employees:

- a smokefree environment helps create a safe, healthful workplace
- Workers who are bothered by smoke will not be exposed to it at the worksite

For the employer:

- Office equipment, carpets, and furniture last longer
- May be possible to negotiate lower health, life, and disability coverage as employee smoking is reduced
- The risk of fires is lower

Smokefree policies, are not new. However, smokefree policies have received a significant boost over the last 10 years. The risks associated with exposure to ETS has mounted and the public has become more aware of these risks. Americans know about the risks posed by ETS and favor efforts to reduce exposure to it. Employers have responded by implementing smokefree policies.

Employee Morale

An employer sends a clear message about improving health and safety to employees and the community with a smokefree policy. Scientific evidence providing that significant health risks are associated with ETS exposure supports employers against any claims of “harassing” employees or visitors who smoke. The employer’s concern for the health of employees is especially clear in the case of employees who have conditions that make them vulnerable to ETS, including employees who are pregnant or who have heart disease or allergies to tobacco smoke.

Helping employees who

want to quit sends a straightforward message - the company cares about all employees, including smokers. Productivity and Medical Costs
A smokefree workplace can enhance productivity in two ways: by reducing the effects of ETS on nonsmokers and by reducing excess smoking-related absenteeism among smokers who are motivated to quit as a result of the smokefree policy.

Corporate Image

With nonsmokers accounting for about 75% of adult American consumers of goods and services, it is easy to see why many companies and organizations implement smokefree sites to influence consumers opinions of a company.

Such actions can improve a corporate image not only in the marketplace but also in hiring. Companies that demonstrate concern for the health and well-being of their workforce are more likely to be able to recruit and retain high quality employees.

Karen Russell, from Riddle Memorial Hospital will discuss this and more.

Reception Committee		Program	
Date	Chairperson	Greeter	Speaker/Subject
January 31	Robert Dimond	Robert Edmondson	Karen Russell - RMH - Smoke Free Workplace
February 7	Virginia Falkenbach	Dan Fredland	Rik Anthony - Delaware Community Foundation
February 14	Ed Garabedian	Evelyn Presing	Chief Marty Wynsinich - Media Police
February 21	Nancy Geisel	Michael Gibbons	Harry Kalas - Voice of the Phillies
February 28	Ellen Gorbey	Lynne Green	Lori Marcusfeld - Media Rotary Foundation
March 6	Karin Gustafson	Rosemarie Halt	Robert Diorio - Prisons
March 13	Sally Holub	John Hontz	Cara School of Irish Dancing
March 20	Marcus Bretschneider	Andrew Hunt	Congressman Joseph Sestak

CALENDAR OF EVENT

40th Annual Pancake Day - March 29, 2008

Rotary Board Meetings - Second Tuesday of every month.

The meetings will be held at 12 p.m. at the Towne House.

Rotary Foundation Meetings - Fourth Thursday of every month.

The meeting will be held at 11 a.m. at the Towne House.

Schedule of Events for Rotary District 7450

More information can be obtained at www.rotary7450.org.

A copy of the Rotary Foundation of Media by-laws, latest Treasurer's report and guidelines for requesting funds are available at <http://www.mediarotary.org/foundation/>. A comprehensive list of recipients is also available for your perusal.

Sunshine Committee

Let Lynne Green know about anyone who is ill, has passed away, has gotten married, has had a new baby, etc. Please contact her via email at pgs8@comcast.net.

Website

www.mediarotary.org

Club Officers 2007-2008

Nancy Geisel - President
Barbara Laurenzi - President Elect
Ken Delmar - Vice President
Carole McMahon - Secretary
Jack Sproul - Treasurer
Terrance Kline - Past President
Ted Pleibel, III - Sergeant at Arms

Board of Directors

Ed Beadle
David Belanger
Lynne Green
Jim Clyma
Rosemarie Halt
Andy Hunt
Tom Gibson
Bryan Messick
John Schlesinger

Foundation Officers

Lori Markusfeld - President
Jackie Woolfall - Vice President
Tom Hibberd - Secretary
Bob Dimond - Treasurer
Bill Davis
Walt Hill
Sally Holub
Narendra Krishna
Bill Strine

Club Chairs

Fran Smith - Gundaker Foundation
Tom Gibson - Club Administration
Bill Strine - Club Membership
John Schlesinger - Public Relations
David Belanger - Rotary Foundation
Bryan Messick - Service Projects
Ken Delmar - Vocational & Program
Lynne Green - Social
Barbara Laurenzi & Rosemarie Halt - Fall
Fantasy Auction

Executive Secretary - Don Bak
Recording Secretary & Medium Editor -
Courtney Ballauer

ROTARY CALENDAR OF IMPORTANT DATES

At the last board meeting, we discussed membership. The board recommended having Rotary Information on the Thursday following the Board Meeting each month, having the 3rd Thursday be "Membership Day" (with a few minutes to talk about what it's like to be a Rotarian), and the 4th Thursday being Induction Day. This will allow for names to be placed in the Medium with enough time for the 7-day notice.

As of now, the schedule is:

January 31	Member Induction
February 12	Board Meeting
February 14	Rotary Information
February 21	Membership Day
February 28	Member Induction

Induction	Board Meeting
March 11	Rotary Information
March 13	Membership Day
March 20	Member Induction
March 27	Board Meeting
April 8	Rotary Information
April 10	Membership Day
April 17	Member Induction
April 24	Board Meeting
May 13	Rotary Information/
May 15	Membership Day
May 22	Member Induction
June 10	Rotary Information
June 19	Membership Day
June 26	Member Induction

District 7450

Russell DeFuria - District Governor
Arthur Kline - Assistant District Governor
610-459-4183
www.rotary7450.org

Rotary International
Wilfrid J. Wilkinson - President
www.rotary.org

LAST WEEK—JON SUNDERLIN—PA STATE POLICE OFFICER

Last week we were joined by Jon Sunderlin who began his career as a patrol trooper. Now, he is Community Service Officer and does community education. He speaks with schools, and is responsible for schools emergency response programs. He is also a firearms and fitness instructor for the State Police.

Before, when Officer Sunderlin was on midnight shift, he dealt with a lot of DUI's, which he found to be rewarding to catch people before they hurt

themselves or others. John discussed three things:

1. DUI Law
 - a. 0.08 is the legal limit for adults (over 21).
 - b. 0.02 is the legal limit for minors (under 21) and busdrivers
 - c. 0.04 is for CDL license holders
2. How he builds probable cause
 - a. Look at the eyes
 - b. Notice if speech is slurred
 - c. Smell alcohol
 - d. See an open container.

3. Field Sobriety
 - a. When a person gets out of the car, did they stumble or drop things?
 - b. Do they follow directions?
 - c. Pass or Fail the test?

First DUI offense - you lose your license for two months. If you do not take the test (DUI refusal), you lose your license for a year.

A lot of great questions were asked and many thought he should return to our club to speak again!

PANCAKE DAY

The date has been set. Pancake Day is scheduled for March 29, 2008. All are welcome to get involved! Please support the

many different ways that we can use this event as a fundraiser. Ideas include: a newspaper insert, placemats, a bake sale,

sponsors, donations of supplies and food, and much more! Join the committee, bring ideas and volunteer!



MEMBERSHIP COMMITTEE

Now that there are some procedures and processes established, a

membership committee meeting will take place on Thursday, February 7, 2008 at 11 am. The meeting will be at the Towne House before our regular monthly meeting. Here, we will look at some additional strategies to increase membership. Some suggestions from District Information include: a classification survey, special club meetings for prospective members, business card exchange, multi club event, visiting local businesses, invitations to



service projects, invitations to fellowship events, recognition of members who propose new members, publicity for club projects and meetings, and club promotions.

Please don't forget to sign in at every meeting

Phones must be on vibrate - \$10 charge if they ring.

Please do not use the medium or our website to advertise your company.

Rotarians are responsible for all information changes with Courtney Ballauer.

Thanks



WWW.MEDIAROTARY.ORG

The Medium

Editor: Courtney Ballauer

610-744-2899

cballauer@riddlehospital.org

Service Above Self

George A. Albany, III – Banking, Savings Bank
 Teresa Angarita – Construction Company
 Don Bak – Architect
 Courtney Ballauer – Community Health
 Edward J. Beadle – Dentist
 Lewis B. Betty, Jr. – Law – Probate
 Jonathan Becker – Estate Attorney
 David L. Belanger – Library Administration
 Joseph S. Bodalski – Financial Consultant
 Mike Boettcher - Surf Shop - Retail Manufacturing
 Valarie Bradley – Real Estate Inspections
 Marcus Brettschneider - Packaging
 Martin Brian – Pharmacist
 Jeffry Cadorette – Property Management
 Anthony Cavaliere – Banking
 George Cristoforidis – Home Health Care Equipment
 Bruce Clark – Municipal Manager
 Jim Clyma – Real Estate – Commercial
 William K. Davis – Community Planner

BIRTH YEARS

I am currently working on getting the directory up and running and need everyone's birth year. This information will be for secretarial purposes only and will not be distributed with the roster. A roster will be circulating at the meetings. Please update your birth year and any other incorrect information.

Thank you for your attention in this matter. ~Courtney

CLASSIFICATIONS

Kenneth Delmar – Plastics, Packaging
 Robert L. Dimond – Veterans Affairs
 Robert W. Edmondson –
 Al L. Elko – Accounting – CPA
 Virginia Falkenbach – Computer – Web Design
 Daniel Fredland – Elder Law
 Ed Garabedian – Corporate Benefits
 Nancy A. Geisel – Real Estate – Sales
 Michael Gibbons – Music Producer
 Tom Gibson – Public Relations
 Ellen Gorby – Salon/Spa
 Lynne L. Green – Realtor Leasing
 Tom H. Gregory – Printing – Quick Copy
 William S. Gross – Retail Men's Clothing
 Karin Gustafson – Advertising/Promotion
 Ted Hadley - HONORARY
 Rosemarie Halt – Pharmacist
 Stanley T. Hibberd – Casualty Insurance
 O. Warren Higgins – Law – Retired
 Walton B. Hill – Education – Technical College
 Sally Holub – Magazine
 John Hontz – Education – Music
 Andrew Hunt – Investment Representative
 Peter E. Irish – Automotive Sales/Leasing
 Eugene L. Kane – Medicine – Optometrist
 Alex E. Karkenny – Stock Broker
 Denise Kerr – School Superintendent
 Reverend Robert Kesel – Clergy – Presbyterian
 Joseph Kleschick – Ship Building
 Terrance A. Kline – Law
 Pat Kosinski – Non Profit Director
 Narendra Krishna, MD – Ophthalmologist
 Barbara Laurenzi – Banking – Business Banking
 Paul Laviola – Financial Planner
 Nicholas Lippincott – Law – Litigation
 Peter A. Mardinly – Law – Tax
 Lori Markusfeld – Fundraising
 Carole McMahon – Home Healthcare
 Victor A. Menghetti, Sr. – Veterinarian - HONORARY
 Bryan Messick – Banking
 Dale Moppert – Bank – Retail
 David E. Pergrin - HONORARY

Ted Pleibel, III – Sign Maker
 Evelyn Preising, MA –
 Penelope Reed – Theater
 Dennis Rehrig – Med-Chiropractor
 Roger Ricker – Theater
 J. Nelson Rigby – Funeral Director
 Martin T. Sarkees, Jr. – Accountant
 George S. Saulnier – Law
 John J. Schlesinger – School Administrator
 Mollie Shiflet – O'Brien – Law – Real Estate
 George H. Slick - Superintendent Emeritus
 Dennis Slostad – Architect - Commercial
 Fran Smith – Insurance Consultant
 Jeffrey A. Smith – Borough Manager
 Warren D. Smith – Dental Laboratory
 Larry V. Smoose – Clergy
 Jack Sproul – Laundry – Coin Op
 Robert L. Stahl – Decorator
 Linda E. Stone – Commercial Banking
 Walter Strine, Sr. - HONORARY
 William B. Strine – Engineer – Consultant
 James W. Thomas – Springfield Ford, Inc.
 Jay A. Thomas – Automobile – Retail
 Greg Torre – Alarm Service
 William Tyson – Oil Refining
 John D. Vairo – Higher Education Administration
 Lawrence Weathers, III – Auto-Leasing, Sales, Service, Parts
 Randolph B. Winton – Money Manager
 Jack Wisniewski – Retired – Helicopter Engineer
 Jackie L. Woolfall – Marketing & Public Relations
 Andrea Youndt – Director - YMCA

INDUCTED TODAY:

Mark Whitehead

50-50 SPONSORS

Conductive Plastics Company - Reclosable Kitchen Bags
 Electronic Security Corporation - Wawa Gift Cards
 Everything You Need for the Flu - "Everything"
 1st Keystone Bank - Surprise Bag
 Hedgerow Theatre - Tickets for Anytime
 Lansdowne Symphony Orchestra - Tickets for Anytime
 Main Line Today Magazine - One Year Subscriptions
 Onde Salon - Gift Certificates
 Philadelphia Zoo - Free Passes
 Pinnochios - Surprise Bag
 Terry Kline - Wawa Gift Cards
 Professional Duplicating - Gift Certificates
 Rocky Run YMCA - Surprise Bag
 Towne House Restaurant - Gift Certificate
 Vinnie's Place - Gift Certificates

DONATIONS TO VFW

Below is a list of requested items for our active military from this area.

Coloring Books Baby Wipes
 Crayons Cotton Balls
 Small, Safe Toys Q-Tips
 Silly String Toiletry packets
 Tooth Paste Tooth Brush
 Powdered Drinks Sunglass Inserts
 Training Pants Toilet Tissue (1-ply)
 Donations CHOCOLATE
 etc.