



**Happy
St. Patrick's Day**



May the love and protection
Saint Patrick can give
Be yours in abundance
As long as you **live.**

*"It's OK to pretend we are Irish on St. Patrick's Day.
After all, we pretend to be good on Christmas, don't we?"*



2018 Bank of America Shamrock
Shuffle 8K
March 25 @ 6:30 am - 1:30 pm
Grant Park, Chicago, 337 E Randolph St,
Chicago, IL , IL 60601

READY. SET. GO! Join the SERTOMA CENTRE SPIRIT RUNNERS TEAM at the Bank of America Shamrock Shuffle 8K in 2018 and help build better programs for individuals with disabilities! By joining the Sertoma Spirit Runners Team, be confident that you are making a difference in the lives of Chicagoans with disabilities. Together, we can help individuals with developmental disabilities and mental illness propel closer to their personal goals in life! We greatly appreciate your support.

For further information go to the Centre website: www.sertomacentre.org. If you have any questions about the Shamrock Shuffle please contact Lisa Molloy at lmolloy@sertomacentre.org or call 708.730.6210.

Roger L. Harpold, one of our Action Sertoma Charter Members, peacefully passed away on January 31, 2018. Roger was born on September 24th, 1935 to Leland and Berniece Harpold. He was the loving husband of Patricia the devoted father of Scott (Angie), Doug (Vicky), and the brother of the late Joanne Tighe. Roger was the adoring Grandfather of Hanna, Eli, Madison, Isabella, Emily, Zoe and Mackenzie and the best ever Step-Father to Jim, Tom (Lisa) and Brandy.

Roger grew up in Black River Falls, Wisconsin and attended Tigerton High School, where he was a star basketball player. He was a member of the Class of 1953 and dutifully attended class reunions for the next 55 years. Roger was not only a good family man, he was a lifelong cheesehead and truly loyal to the Wisconsin Badgers, Green Bay Packers, and all of his Wisconsin friends.

As his love for his country was always evident, he served in the U.S. Navy from 1953-61, and believe it or not, in the Submarine Service....a submariner! This may have been where he developed his affinity for Speedos. After his military service concluded, and he was honorably discharged, he returned to Wisconsin where he attended and graduated from the University of Wisconsin. Roger left his beloved Wisconsin a short time later after devouring all of the cheese that he could, and moved to Chicago. Chicagoland would become his home and was so until he said goodbye. Roger's adult work career included being the owner of R.E. Goss, a firm that manufactured oxygen tents and other medical equipment for hospitals around the world. He did so for 40 years and was revered and dearly loved by all his employees.

Now for his relationship with Sertoma. A book could be written on this topic. Roger was one of a group of great men who became the Charter Members of Action Sertoma (f/k/a Alsip Sertoma.) The club was organized on November 11, 1967 and recently celebrated its fiftieth anniversary. Over those fifty years, Roger became one of the guiding lights for the club.

A brief summary of his time with Sertoma tells us that Roger was Club President 3 times and achieved Gold Coat President twice. He served on the Board for 47 years and held every Board position including serving as Club Secretary for 12 years and Bulletin Editor for 15 years. Roger's excellence in writing won him the District Bulletin Award 11 times and the Regional Bulletin Award 8 times. Roger also was the Club, District and Regional Sertoman of the Year. He also served as District Governor. Roger was responsible for recruiting over 75 members into Sertoma and helped form 6 new Sertoma clubs in the former IL/WI District, including the SEA Sertoma club, the home club of our National President, Cheryl Cherny.

One other Sertoma accomplishment needs to be mentioned. Roger was on the committee that was responsible for starting and establishing the Sertoma Centre in Alsip, IL in 1972. At that time, the Centre started and was serving 7

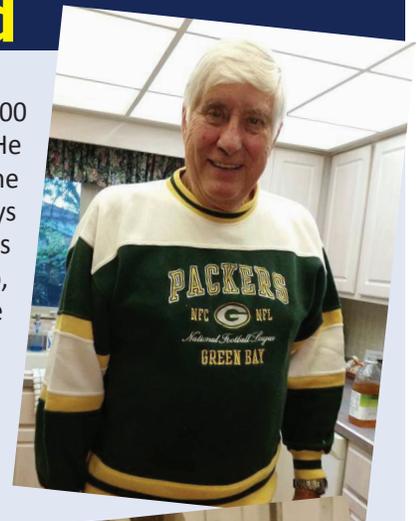
clients. It now serves over 800 special needs consumers. He also served 10 years on the Centre board while always keeping up his duties and his commitments to our club, never sacrificing one for the other.

In culmination of his lifelong service to Sertoma, he received the Lifetime Achievement Award for all of his work with Sertoma over the years.

Roger had an unparalleled streak of competitiveness and he loved being witty and sometimes silly, never losing his sense of humor even in his last days. These traits served him well when he was a on the game show "Jeopardy" where he became a 2-time Jeopardy winner. Favorite past times included croquet with his Wisconsin entourage, Scuba Diving, and travel with his friends making new ones everywhere he went. Everyone who knew him knows he will keep them laughing in heaven!

We were fortunate to have known Roger and we are all that much better for it. We will miss him, but he'll continue to live on in our hearts and souls through our memories of him and the spirit of Sertoma that he instilled in all of us by his example and being a good Sertoman.

A well-attended Memorial Services celebrating Roger's life was held on February 23rd at Silver Lake Country Club in Orland Park. A most fitting location as it was one of Roger's favorite locations.



BIRTHDAYS & ANNIVERSARIES



A Happy Birthday/Anniversary to all of our fellow Sertomans who are enjoying a March or April birthday or club anniversary.

BIRTHDAYS

- March 3** Daniel Letizia
April 1 Tracey Fioretti
April 10 Anita Flassig
April 25 Glen Bylina
April 26 Bob Clifford

ANNIVERSARIES

- March 7** Dennis Canalini
March 18 Bob Bieniek
March 18 Bob Hehl
March 27 John Kennedy
April 1 Bill Kamholz
April 6 Carla Salerno

If I missed anyone, please let me know so that our records can be updated.

EDITOR'S THOUGHTS

Time to come out of hibernation. Listen up. Notwithstanding our little furry friend's prediction of a longer winter, I predict just the opposite. Shake off the cobwebs and let's get going with promoting Action Sertoma and working on this year's goals. Times a wasting. Every day spent wishing and hoping is a day lost. Make it work and it will. Every year we want to do and achieve bigger and better things. We've already started meeting to get the annual golf outing underway and have come up with some great new ideas. By the way, it's set for Tuesday, July 24th at Silver Lake Country Club. Along those lines, the outing will be in remembrance of one of our fellow Sertomans, Roger Harpold, who passed away in January.

In the last newsletter, I wrote of all that has been accomplished over the past fifty years. Thanks went to our Charter Members who had the willingness to band



SAVE THE DATE!!! DON'T FORGET!!!

Action Sertoma's Annual Golf Outing will be held on Tuesday, July 24, 2018 at Silver Lake Country Club. This is one of the club's biggest fund raisers so let's get moving and round up your foursomes. This is also a great opportunity to line up some sponsors.

The outing is a shotgun start/scramble format with the course loaded with different fun events. A cocktail hour is followed by a steak dinner. The event also features both a silent and a live auction.

Additional Information will soon be made available on our website and Facebook page.



together and get things rolling and start up our club and the Sertoma Centre. Roger was one of those visionaries. Their foresight and perseverance set the mold and set us on the path that we follow today. We need to channel our inner Roger and dig deeper and reaffirm our commitment to those that we have chosen to help and continue to perform even more **SERVICE To MAnkind**.

As always, don't forget to visit our Action Sertoma website at <https://www.actionsertoma.org> and also please visit our Facebook page and "like" what you see.

Bob Clifford

HAIR TURNING GREY...

Have you ever wondered why hair turns gray as you get older and whether there is something you can do to prevent graying or at least slow it down? Here's a look at what causes hair to turn gray and some of the factors that affect graying.

A Turning Point for Your Hair

The age at which you'll get your first gray hair (assuming your hair doesn't simply fall out) is largely determined by genetics. You'll probably get that first strand of gray around the same age your parents and grandparents started to go gray.

However, the rate at which the graying progresses is somewhat under your own control. Smoking is known to increase the rate of graying. Anemia, generally poor nutrition, insufficient B vitamins, and untreated thyroid conditions can also speed the rate of graying. What causes your hair's color to change? That has to do with the process controlling the production of the pigment called melanin, the same pigment that tans your skin in response to sunlight.

The Science Behind the Gray

Every hair follicle contains pigment cells called melanocytes. The melanocytes produce eumelanin, which is black or dark

brown, and pheomelanin, which is reddish-yellow, and pass the melanin to the cells which produce keratin, the chief protein in hair. When the keratin-producing cells (keratinocytes) die, they retain the coloring from the melanin. When you first start to go gray, the melanocytes are still present, but they become less active.

Less pigment is deposited into the hair so it appears lighter. As graying progresses, the melanocytes die off until there aren't any cells left to produce the color.



While this is a normal and unavoidable part of the aging process and is not of itself associated with disease, some autoimmune diseases can cause premature graying.

However, some people start going gray in their 20s and are perfectly healthy. Extreme shock or stress can also cause your hair to go gray very quickly, though not overnight.

by Anne Marie Helmenstine, Ph.D.



The Action Sertoma Newsletter has now been in circulation for just over one year. This newsletter is written to provide information about our club and our events. Another focus is simply to provide enjoyable reading and some general information about something or about nothing at all.

If there is something that you would like to see in the Newsletter, please let me know. A particular column about something maybe.

Shortly, information will be included about our donations to others so that everyone can see what is going on and who the recipients are of all of our hard work.

Comments are always welcome as are any constructive ideas that you may have. Complaints can be filed with our new Complaint Center that meets once every fifty years. The last meeting was held this past November. Alternatively, you can write out any complaints in the following space and mail it me.

Bob Clifford



Join Us...

Every Tuesday in March and April to help raise money for Sertoma Centre, Inc.!



Discovering the potential in all of us

20% of tracked dine-in and carry out sales will be donated. Tell your server you are dining to support Sertoma Centre, Inc.!



ORLAND PARK
14205 S. La Grange Road | (708) 873-7900
WWW.ACFP.COM



Be sure to stop by **Anthony's Coal Fired Pizza** in Orland Park, anytime today and every Tuesday through March and April.

Mention you are supporting Sertoma Centre when ordering and 20% of all sales will be donated to the agency!

Thank you in advance for your support!

SAVE THE DATE

The 2nd Annual

DRIVE for the POWER of COMMUNICATION

Thursday, June 7, 2018 • Silver Lake Country Club

Support patients of Sertoma Speech & Hearing Centers who need your help to live healthy, productive lives.

