Rotary
Club of Schaumburg- Hoffman Estates, Illinois, U.S.A.



FRIDAY, August 14, 2026

The meeting was called to order by future president Anita at 12:15.

The Pledge was led by Randy G. Allen G led us in the 4-Way Pact and the invocation was provided by Jack L. Jack also said a brief thank you for the recognition of his 90th birthday two weeks ago.

Our visitors

Taylor Erdman, our speaker today, was introduced by Rachel and Roger's guest Ryan Jones was introduced by Mike E.

Announcements

- Eileen announced that there will be no garden clean-up this week. She also recognized the club members who attended Mayor McLeod's Monarch Butterfly event at CLC yesterday and recognized Jeff M. of Divine Signs for the great plaque and signage for the garden.
- Shea encouraged everyone to keep selling the Vacation Drawing tickets and gave us some good news about what has been raised so far, although there is a long way to go to reach our goal.
- Pat reminded the club about the Fireside Chat at her house on August 26 at 6 pm. Pizza, snacks, wine and beer will be served. She indicated that so far there are more declines than acceptances. So please respond as soon as you can.

Happy $$$s

$ George P. was happy because he and Trish were down south visiting their daughter and her brand-new fiancé.

$ Pat shared that she and her husband had a wonderful time last Saturday at Shenanigans on the Green and enjoyed having reserved Rotary club tables and especially the whiskey tasting.

$ Mary just came back from a visit to her daughter and daughter-in-law where the weather there as wonderful. That got a groan from the group, given the weather here this past week.

$ Eileen was happy about everyone who came out for the butterfly garden anniversary celebration including past members Kathy Ahlgrim and Rosemary (and Pete) Justen.

$ Allen Gabe had happy dollars for Shea for doing a wonderful job with the vacation drawing and his work on the Classic, for Ken B also for work on the Classic, and in honor of Bill Kelley as he begins his judgeship.

$ Rachel had two "happies" to share, one for Taylor and the other for the well-coordinated yellow flower shirts that she and Bob F. were wearing.

$ Bob. F is exceptionally happy because he and his wife Louise are celebrating their 57th Wedding Anniversary next week.

$ Gene W. was happy that he saw the Spiderman movie last week. He also was happy about the fellowship event at Shenanigans and lastly for their daughter Baily's accomplishments.

$ Greg R, with a little prompting from Anita, was happy because they are taking a road trip this afternoon to see his mom and his nephew who just had a new baby.

Fun and Frolic

Our incomparable Allen Gabe helped out club's treasury with the following fines:

- For being late
- Jack L for the Michigan shirt he was wearing
- Jeff M for Eileen's advertising, even thought it was Eileen doing the advertising for Divine Sign
- Rachel for comments on the shirts
- Not wearing your Rotary pin or name badge
- Not wearing Rotary attire
- Not wearing the SAME style Rotary attire as Allen was
- Anita for not introducing her husband Greg as a guest at the appropriate time
- Not having a guest at the table
- If you do have a guest
- Have not turned in any tickets for the vacation drawing
- Did not go to Shenanigans
- Did not go to the butterfly garden yesterday
- Have not responded for the Fireside Chat
- Anyone not fined
- George P. for giving Allen a hard time

Our program

Rachel introduced Taylor Erdman who spoke on the subject of "Unpacking Emotional Baggage." Taylor is an emotional and nervous system regulation coach. She gave us some background on how she came to study this topic because of her own childhood and young adult experiences. With assistance from a healer to whom she was introduced in a small town in Mexico and other therapists and advisors, she was taught to deal with generational patterns of stress. Like most of us she had not been taught how to deal with emotions and stress.

She described generational healing as coming to understand the patterns and experiences that come down to you from family and society, but understanding that those patterns don't have to be passed on through you. She also stressed that healing, that is consciously letting go of the emotional baggage you carry, sometimes without even realizing it. Processing this baggage doesn't mean you will never be triggered, but rather it is about what you do with the memories and unhelpful behavior patterns when you are triggered. Much of the "baggage" we carry is the result of not processing experiences when the occur. Instead of learning how to process such input, we are taught to suppress it and negative or disturbing emotions it may cause. This emotional baggage can affect how we respond to events today.

We all have stories that we tell ourselves. Often those stories tell us "I'm not good enough," or "I'm always overwhelmed" and other negative things about ourselves. If we repeat those negative stories in time we come to really believe them. Much of this goes on at a subconscious

level and our subconscious is always working. It is important to work to become aware of what stories we are telling ourselves. Awareness is what makes change possible. Taylor led us in an exercise to help us unpack one thing from our own emotional backpack. We were invited to think of one thing we would like to be able to let go of – to name it, feel it and then release it.

There is a space between feeling and acting. That is where choice is. The goal of regulating our emotions is to experience our emotions without reacting. We do have a choice about what we do with out feelings and our challenges. There is a saying the what we focus on is what grows. That truth makes it very important that we focus on our positive goals, to think about what we want to do and be, not what we don't want.

She wrapped up her presentation talking about the importance of self-care and what that really is. We often think of self-care as special things we do for ourselves, but it is much more than occasionally pampering ourselves. It is about taking time to ground and center yourself and thinking about what we want to do for our own wellbeing. Don't expect an overnight change, but just think, if you improved your self-care practices by just 1% every day, how much you could accomplish for yourself in a year!

She closed the presentation by responding to questions from the group.

Jeff M. led us in the 4-Way Test