



# ROTARY CLUB OF APPLETON GUSTO

Service Above Self

## November 10th, 2015 Upcoming Programs

### November 17th, 2015 Radisson-Salon CD

State of the County Report-  
Tom Nelson  
Thought of the Day: Gail  
Popp

### November 24th, 2015 Radisson – Empire

Paul Harris Incentive/Grant  
Procedures  
Thought of the Day: Mark  
Logemann

## Officers 2015-2016

### **President**

Sridhar

### **President-Elect**

Jennifer Stephany

### **Past President**

Deborah Wetter

### **Secretary**

Chad Hershner

### **Treasurer**

Gary Hermsen

### **Directors**

Rosie Cannizzo  
Ruth Ann Heeter  
Sonia Barham  
Andrew Micheletti  
Jake Woodford  
Alan Blake  
John Nygaard

### **Sergeant-At-Arms**

Jon Kester

### **Rotarian of the Year**

Mary Harp-Jirschele

### **Admin. Assistant**

Meghan Warner  
Phone 205-5255  
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### **Membership – 167**

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Meghan Warner, Editor  
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Meets Tuesday Noon

## NOMINATING COMMITTEE REPORT

Today, Jennifer Stephany presented the slate of officers for the 2016/2017 Rotary year. The membership has two weeks to present additional candidates. Additional nominations of directors and officers may be made within two weeks of such presentation by written petition filed with the secretary and signed by at least five members of the club. Such petition shall certify that the nominee has consented to run and will serve if elected. The nominations of the committee and all such additional nominations shall be published in the issue of the club bulletin next following such presentation and filing. At the first meeting in December, we will have our annual meeting and will vote for the candidates.

On behalf of the Nominating Committee, President Elect Jennifer Stephany would like to submit this slate of officers and board members for the 2016/2017 Rotary year:

Immediate Past President	Sridhar
President	Jennifer Stephany
President Elect	Chad Hershner
Secretary	Gary Hermsen
Treasurer	Nancy Leipzig
Sergeant-at-Arms	Dan Flannery

### **One Year Term Board Members**

John Nygaard  
Andrew Micheletti  
Jake Woodford  
Sonia Barham

### **Two Year Term Board**

Mary Downs  
Jenni Eickelberg  
Andrew Dane  
Amy Flanders

## POST TRAUMATIC STRESS DISORDER

Lori Boardman is a licensed Psychotherapist in the valley who does counseling for Veterans with PTSD. She works a lot with WWII Veterans, Vietnam Veterans, Korean War Veterans and current war Veterans. Post-Traumatic stress disorder is a common anxiety disorder that develops after exposure to a terrifying event or ordeal in which grave physical harm occurred or was threatened. PTSD can occur in people of any age, including children and adolescents. Depression, alcohol or other substance abuse, or other anxiety disorders frequently co-occur with PTSD. The diagnosis of PTSD requires that one or more symptoms be present for a least a month and it must seriously interfere with leading a normal life. 1. Reliving the event through upsetting thoughts, nightmares or flashbacks, or having very strong mental and physical reactions if something reminds the person of the event. 2. Avoiding activities, thoughts, feelings or conversations that remind the person of the event; feeling numb to one's surroundings; or being unable to remember details of the event. 3. Having a loss of interest in important activities, feeling all alone, being unable to have normal emotions or feeling that there is nothing to look forward to in the future may also be experienced. 4. Feeling that one can never relax and must be on guard all the time to protect oneself, trouble sleeping, feeling irritable, overreacting when startled, angry outbursts or trouble concentrating. Traumatic events that may trigger post-traumatic stress disorder include violent personal assaults, natural or human-caused disasters, accidents, or military combat. Many of those who experience PTSD are troops who have served in the Vietnam and Gulf Wars. Treatment may be through cognitive behavioral therapy. Several types of medication and other antidepressants can also help relieve the symptoms of PTSD. Giving people an opportunity to talk about their experiences very soon after a catastrophic event may reduce some of the symptoms of PTSD.

Dr. Tom Talock explained to the club that traumatic brain injury (TBI) occurs from a sudden blow or jolt to the head. Brain injury often occurs during some type of trauma, such as an accident, blast, or a fall. Common symptoms following a TBI are: PHYSICAL: headache, feeling dizzy, being tired, trouble sleeping, vision problems, feeling bothered by noise and light MENTAL: memory problems, trouble staying focused, poor judgement and acting without thinking, being slowed down, trouble putting thoughts into words EMOTIONAL: depression, anger outbursts and quick to anger, anxiety (fear, worry, or feeling nervous), personality changes. These symptoms are part of the normal process of getting better and are not signs of lasting brain damage. The good news is that effective treatments for PTSD also work well for those who have suffered TBI. This includes two forms of therapy: Cognitive Processing Therapy (CPT) and Prolonged Exposure (PE). - Veterans seem to have symptoms longer than civilians. Some studies show most still have symptoms months after the TBI. From 60-80% of service members who are hurt in other ways by a blast may have a BI. These other problems make it harder to get better from any single problem. Veterans should remember that their TBI symptoms are likely to last only a limited time. With proper treatment and healthy behaviors, they are likely to improve.

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### **ANNOUNCEMENTS**

- The Holiday Celebration is set for Tuesday, December 22, 2015 at the Radisson Paper Valley Hotel.
- The Courtesy Award Committee would like you to keep an eye out during the Holiday season for extraordinary service throughout the community.
- The SAS committee has scheduled the club for gift wrapping at the Fox River Mall on December 9<sup>th</sup> for Habitat for Humanity. If you are interested in signing up there will be sign-up sheets at our next meeting.
- The SAS Committee also signed the club up for bell ringing on December 23<sup>rd</sup> at the Northland Festival Foods from 3-8pm. They are looking for 5 Rotarians to volunteer. Please email Paul Hillmer at [paul.hillmer@associatedbank.com](mailto:paul.hillmer@associatedbank.com) if you are interested in volunteering.
- We are now accepting Spousal memberships. If your spouse is interested in becoming a member please contact Meghan for an application or simply go online to our website [www.rotaryappleton.org](http://www.rotaryappleton.org).
- The SAS Committee is looking for service ideas for 2016 when we go to our 3 + 1 meetings. If you have any ideas please fill out the survey that was sent to you via Survey Monkey. If you have any questions please contact Nancy Leipzig at [nancy.leipzig@communitycareinc.org](mailto:nancy.leipzig@communitycareinc.org).
- Thank you to all who volunteered on Saturday for the Houdini 10K. You can see pictures on our Facebook page: Rotary Club of Appleton.

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### **GUESTS, VISITORS AND MAKE-UPS**

**Guests today were** Lori Boardman and Tom Tatlock with the club.

**Visiting Rotarians this week were**

**Make ups this week were** Tom Boldt at Neenah Breakfast

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### **NOVEMBER 24th-PAUL HARRIS INCENTIVE/GRANT PROCEDURE**

How can we strengthen our Rotary Foundations? How can we leverage them to do even more good? How can we do even better? On November 24, Sridhar will share information on the good that is being done thanks to the generous grants received from our Rotary Foundations. Lynn Peters will show us the process by which we as a club can avail of grants from Rotary District and Rotary International to do a lot of good, particularly in the communities needing help. Finally, Sridhar will discuss the proposed incentive plan that would make Paul Harris Fellowships affordable while simultaneously directing some funds to the local foundation thereby advancing one the club's strategic goals.