



# ROTARY CLUB OF APPLETON GUSTO

Service Above Self

## August 25th, 2015 Upcoming Programs

September 1st, 2015  
**Radisson – Salon CD**  
Falls in the Elderly – The Hidden Epidemic and Its Impact on our Communities- Dr. Ray Georgen  
Thought of the Day: Video

September 8th, 2015  
**Radisson – Salon CD**  
Children With Disabilities  
Thought of the Day: Marta Weldon

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**Membership – 170**

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Meets Tuesday Noon

## MINDFULNESS IN INDIVIDUAL AND ORGANIZATIONAL HEALTH-DR. SODHI

There are many leads to stress in our lives. Where you are and where you want to be stress provokes things in our body. Mindfulness will create the awareness to look deeper. What is Mindfulness? It is paying attention in a particular way; on purpose, in the present moment non-judgmental. Mindfulness involves paying attention “on purpose”. It involves a conscious direction of our awareness. In order to be mindful you have to be purposefully aware of yourself, not just vaguely and habitually aware. Knowing that you are eating is not the same as eating mindfully. Paying attention “in the present moment”: Left to itself the mind wanders through all kinds of thoughts, including thoughts expressing anger, craving, depression, revenge, self-pity, etc. As we indulge in these kind of thoughts our hearts cause ourselves to suffer. The one moment we actually can experience – the present moment – is the one we seem most to avoid. In meditation, we are concerned with what’s arising in the present moment. By purposefully directing our awareness away from past or future thoughts and towards our present moment experience, we decrease their effect on our lives and we create a space of freedom where calmness and contentment can grow. Paying attention “non-judgmentally”: Mindfulness is an emotionally non-reactive state. We don’t judge that this experience is good and that one is bad. We simply accept whatever arises and observe it mindfully. We notice it arising, passing through us and ceasing to exit. Whether it’s a pleasant experience or a painful experience we treat it the same way. Cognitively, mindfulness is aware that certain experiences are pleasant and some are unpleasant, but on an emotional level we simply don’t react. We call this “equanimity” – stillness and balance of mind.

If you would like more information regarding this topic you can contact Dr. Sudeep Sodhi email address is: [ssodhi@affinityhealth.org](mailto:ssodhi@affinityhealth.org)

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## ANNOUNCEMENTS

- Invoices are out. If you are interested in paying online please visit our website at [www.appletonrotary.org](http://www.appletonrotary.org). If you have any questions, please contact Meghan at [rotaryappleton@gmail.com](mailto:rotaryappleton@gmail.com).

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## GUESTS, VISITORS AND MAKE-UPS

**Guests today were** Sandhya Sridhar, Greg and Anjali Seefeldt with Sridhar, Prateek Mehrotras, Rakesh Kaushika and Karla Ashenhurst with Dr. Sudeep Sodhi

**There were No Visiting Rotarians this week**

**There were No Make ups this week**

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## **SEPTEMBER 8<sup>TH</sup>-CHILDREN'S WITH DISABILITIES GRANT RECIPIENTS**

Created in 1941, the Helen Thom Roemer Fund provides money for projects or programs that benefit children with disabilities within a 50-mile radius of Appleton. The Children with Disabilities Committee reviews grant applications and recommends allocations to 8-10 nonprofit organizations annually. Hear from this year's recipients, and learn how the funds are being used to support children with disabilities in our community.

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## **ROTARY GLOBAL AWARDS**

*The good you do comes back to you.*

Rotary's new member benefits program gives Rotary members access to discounts on a variety of products and services selected with their interests in mind.

### **Discounts & special offers**

Rotary Global Rewards offers discounts on car rentals, hotels, dining, and entertainment. More products and services from companies around the world will be added throughout the year. Check back often to see what's new in Rotary Global Rewards.

### **How it works**

Anyone can view the offers and discounts on Rotary Global Rewards. But **only Rotary club members** who are signed in to their My Rotary accounts can redeem them. You can access and redeem rewards from your computer, smartphone, or tablet.

Create a My Rotary account now to take advantage of the new member benefits program. If you need help creating an account, see the [How to Create a My Rotary Account quick guide \(PDF\)](#).

### **Rotary support**

For questions related to a specific offer, please contact the company directly using the contact information in the offer. If you're unable to resolve the issue with the company, please tell us so we can troubleshoot the problem. Select the flagged link under **Claim Offer**.

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