



# ROTARY CLUB OF APPLETON GUSTO

Service Above Self

## August 9th, 2016

### Upcoming Programs

## August 16th, 2016

### FOX BANQUETS

Green Energy

**Thought of the Day:** Lynn Peters

## August 23rd, 2016

### Fox Banquets

Future Wisconsin

**Thought of the Day:** Deborah Wetter

## Officers 2016-2017

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Nancy Leipzig

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### Membership – 149

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## METH IN THE FOX VALLEY

Lieutenant Miller has worked at the Appleton Police Department for 17 years. While with the Appleton Police Department he worked as a patrol officer and investigator. He currently is the commander of the Community Resource Unit. His duties include working on neighborhood problems, drug and gang abatements, working with various private groups and governmental agencies such as Appleton Housing Authority to develop unique solutions to unique problems.

In the past few years Methamphetamine (meth) has become an issue in our community. Meth is a synthetic (man-made) stimulant that is highly addictive. The drug is abused because it produces euphoric effects—sometimes described as a sense of well-being—that can last up to 24 hours. Methamphetamine is inexpensive and relatively easy to produce. The drug can be injected, smoked, snorted or ingested orally. Officer Miller advised the club that if you see suspicious activity in your neighborhood to call the police. If you see different cars coming at all times of the day to a certain house do not hesitate to contact the police. If you see something – say something! You can call the Appleton Police at 920-832-5500 and ask for Lieutenant Miller.

Jane Zaretzke has been working at the Mooring Program for over 10 years. She earned her bachelor's degree in Psychology and Women's Studies from UW Madison. Jane is currently working at the Mooring House as a Clinical Substance Abuse Counselor and Site Coordinator. Her responsibilities include Client Care Coordinator for both Casa Clare and Mooring House, screening all potential clients and coordinating the admissions. She is also an Independent Clinical Supervisor, supervising the counselors and interns. Jane has been in recovery for 33 years. Jane explained the effects of Meth and what it can do to the human body. Acne is very noticeable and users usually have open sores on their face. Their appetite suppresses so their faces can be sunken in and their teeth can go bad due to the lack of saliva and lack of dental hygiene. Jane also spoke about withdrawal process. Research shows that meth withdrawal consists of 2 phases. The first is most intense during the first 24 hours after last use of meth, and gradually gets less intense over the course of about 2 weeks. The second phase is less intense, and lasts for about another 2-3 weeks. Sometimes meth users experience withdrawal symptoms for months, known as post accurate withdrawal syndrome. They could also experience inactivity and sleepiness. When on meth users typically do not sleep and during withdrawal, they will probably feel the opposite. They could also experience vivid dreams, but these will usually subside during the first week or so. A depressed mood is common, usually having a low or flat mood is normal while going through withdrawal. Depression can continue for a small proportion of people coming off of meth. Psychosis can be a symptom of meth withdrawal, and consists primarily of hallucinations: seeing, hearing, and feeling things that aren't there. It may also involve delusions, in which ideas that seem true to the person aren't actually true in reality. These symptoms can also occur when users are high on meth.

If you need help or have questions you can contact the Mooring Programs at 920-739-3235. They also have an event on September 30<sup>th</sup> called United in Recovery so Save the Date!

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## **ANNOUNCEMENTS**

- Committee Interest forms have been sent out. Please fill yours out and send back to Meghan ASAP. There are still a couple chair positions available. If you are interested please contact President Jennifer Stephany at [jennifer@appletondowntown.org](mailto:jennifer@appletondowntown.org).
  - If you see extraordinary customer service fill out a Courtesy Award Nomination form. Deadline to get your applications in by is August 19<sup>th</sup>. You can find them on the website at [www.appletonrotary.org](http://www.appletonrotary.org) or go to Survey monkey at <https://www.surveymonkey.com/r/LXTPX99>
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## **GUESTS, VISITORS AND MAKE-UPS**

**Visiting guests this week were** Megan Vande Hei and Jamie Loehnis with Michelle Devine-Giese, Aruna Shet with Ram Shet, Jane Zaretzke and Jeff Miller with the Club.

**There were No Visiting Rotarians this week**

**There Were No Make ups this week**

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## **NEXT MEETING – AUGUST 16<sup>TH</sup> – GREEN POWER**

Learn more about innovations, progress and challenges of the “Green Power” industry in our state from Tyler Huebner, Executive Director of RENEW Wisconsin.

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## **AUGUST 23<sup>RD</sup> MEETING – FUTURE WISCONSIN**

What does the face of Wisconsin look like in the next 50 years? How will the Fox Cities adapt? Please join Claire Solowitz from the WMC Foundation who will share results from their extensive Future Wisconsin Project study. Claire will be joined by Shannon Full of the Fox Cities Chamber of Commerce who will describe how the Chamber is using the study to respond to trends which will impact the business vitality of the Fox Valley.