



ROTARY CLUB OF APPLETON GUSTO

Service Above Self

September 22nd, 2015 Upcoming Programs

September 29th, 2015
Radisson – Empire
PARTY at the PAC
Thought of the Day: David Weiss

October 6th, 2015
Fox Banquets
District Governor-Rick Jansing
Thought of the Day: Video

Officers 2015-2016
President
Sridhar

President-Elect
Jennifer Stephany

Past President
Deborah Wetter

Secretary
Chad Hershner

Treasurer
Gary Hermsen

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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
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Membership – 170

Downtown Gusto
Meghan Warner, Editor
Dist. 6220, Club 2656
P. O. Box 703
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Meets Tuesday Noon

YOUTH MENTAL HEALTH FIRST AID

Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (ages 12-18) who is experiencing a mental health or addictions challenge or is in a crisis. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders and eating disorders. Mental Health First Aid is an 8-hour course that teaches you how to help someone who is developing a mental health problem or experiencing a mental health crisis. The training helps you identify, understand, and respond to signs of mental illnesses and substance use disorders. In any situation the goal is to help support an individual until appropriate professional help arrives. The 5 step strategy includes assessing risk, respectfully listening to and supporting the individual in crisis, and identifying appropriate professional help and other supports. Participants are also introduced to risk factors and warning signs for mental health or substance use problems, engage in experiential activities that build understanding of the impact of illness on individuals and families, and learn about evidence-supported treatment and self-help strategies. If you or your company would like more information regarding the training please contact Lori Dudley at dudleylori@ascd.k12.wi.us. You can also visit the website www.mentalhealthfirstaid.org for more information.

ANNOUNCEMENTS

- The Community Service Committee has finalized their grant application materials and deadline for this year. The application and instructions are attached, and the deadline this year will be **October 9**. You can also get an application online at our website www.appletonrotary.org.
- Committee Chairs and Co-chairs---if your committee has a meeting please be sure to get Meghan the list of committee members that attended the meeting. You do get credit for attending committee meetings. Please email information to Meghan at rotaryappleton@gmail.com.

GUESTS, VISITORS AND MAKE-UPS

Guests today were Hannah Episcopo with Sonia Barham, Maren Peterson with Mary Downs, Bimal Rajbhandari and Chris Toironen with Sridhar and Val Dreier and Cindy Czarnik-Neimeyer with the club.

There were No Visiting Rotarians this week

There were No Make ups this week

OCTOBER 6TH- DISTRICT GOVERNOR RICK JANSING

On 10/6, Rick Jansing, a member of the Stevens Point club and District 6220's new District Governor for the 2015-2016 year will be here to share his vision for the district, which includes a focus on youth in Rotary.

MESSAGE FROM PRESIDENT SRIDHAR

Dear Rotarians:

The devastation that visited on Nepal in Spring 2015 is still fresh in our minds. Over 8600 lives were lost, over 22,000 injured, and thousands of homes were leveled to ground. The entire nation was subjected to unprecedented damage and despair estimated at \$10 billion (Approximately half the annual GDP of Nepal). The social and psychological damage is incalculable. Public health services have suffered immensely raising the specter of disease and epidemic that can affect generations to come.

Rotaract Club at Lawrence University in collaboration with the Rotary Club of Appleton, is spearheading "Rebuilding Nepal" – an ambitious effort. We are partnering with [Possible](#), a nonprofit healthcare to rebuild a community clinic in Dolakha district, close to the epicenter of the quake. The clinic will provide safe birth, family planning and general outpatient services. The total cost of constructing a clinic is \$45,000.

Nepal Relief Concert

You can support the cause by attending and spreading the word about Concert For Nepal, The benefit concert at 7 p.m. on Saturday, October 3, 2015, at 7 p.m., at the Memorial Chapel, Lawrence University, Appleton.

The concert will feature three dance groups from Madison: Nepali American Friendship Association, Kalaanjali School of Dance; and Kanopy Dance Company. In addition, the concert will feature Appleton Boys' Choir, Lawrence Gamelan Ensemble, and several dancers, a jazz group and several musicians from Lawrence University.

Children below 12 attend free! Admission for students with ID is \$ 5, and for all others \$ 10 per person. Tickets will be available at Lawrence University Box Office, at the gate and several selected outlets.

Please attend and show your support this urgent, worthy cause!

Sridhar,
President
Rotary Club of Appleton
