



ROTARY CLUB OF APPLETON

GUSTO

Service Above Self

July 16, 2013

Upcoming Programs

July 23

Empire Room

RI Convention /
Membership Survey
Results – Peter Kelly
Thought of the Day – Chris
Mings

July 30

Empire Room

Children with Disabilities
Grant Presentation
Thought of the Day – Lynn
Peters

Officers 2013-2014

President

Peter Kelly

Vice President

Deborah Wetter

Past President

Dawn Doberstein

Secretary

John Fuller

Treasurer

Sridhar

Directors

Michelle Devine-Giese
Chad Hershner
Caroline Lasecki
Trey Neher
Egide Nimubona
Mary Schmidt
Robb Waugus
Marta Weldon

Sergeant-At-Arms

Paul Hillmer

Rotarians of the Year

Ruth Ann Heeter / Jay
Drzewiecki

RYE Student

Florencia Prada- 734-6481

Admin. Assistant

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Membership – 189

Downtown Gusto
Kathy Dreyer, Editor
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P. O. Box 703
Appleton, WI 54912
www.appletonrotary.org
Meets Tuesday Noon

PETER KELLY'S INDUCTION SONG

Tune: On Wisconsin Words: John McFadden

We've elected Peter Kelly as our president!
But as Sister Mary noted, he's not heaven-sent
He can't sing or stay awake and always forgets names –
His term of office will go down in flames!

ROTARACT OF THE FOX RIVER

Michelle Reppert, Rotaract of the Fox River, talked about how they were chartered on July 16, 2012 and sponsored by the Neenah Rotary Club. Rotaract is a service, leadership and community service organization for young men and women between the ages of 18-30. Rotaract focuses on the development of young adults as leaders in their communities and workplaces. Clubs around the world also take part in international service projects, in a global effort to bring peace and international understanding to the world. Rotaract can be community or university based. Currently, Rotaract of the Fox River has 5 members and they are trying to expand. They are also considering moving to a university based club with U. W. Oshkosh. They have worked on service projects to raise money for a ShelterBox who provides emergency shelter and lifesaving supplies for families around the world who are affected by disasters, a book drive, cooked and served food for the Appleton Warming Shelter, helped at Seafood Fest for the Neenah/Menasha Rotary Clubs, wrapped gifts for Habitat for Humanity, helped at an art show for Friendship Place and helping grow the Oshkosh Community Garden. The goal is to keep momentum on these projects, other ways to help in the community and to grow membership. Members can be from anywhere in the Fox Valley. The age range is not rigid since there is a gap between the time someone is a member of Rotaract and Rotary clubs. Rotaract of the Fox Valley does not have a formal meeting time but meets when everyone can get together.

Rotaract originally began as a Rotary International youth program in 1968 and has grown into a major Rotary-sponsored organization of over 9,030 clubs spread around the world and 207,690 members. "Rotaract" stands for "Rotary in Action", although the name originally comes from a combination of "Rotary" and "Interact" (International + Action), the high school level program created by Rotary International in 1962. Most Rotaract activities take place at the club level. Rotaract clubs hold formal meetings, usually every two weeks, which feature speakers, special outings, social activities, discussions or visits to other clubs. Club members get together on designated days for service project work, social events, or professional/leadership development workshops. The purpose of Rotaract is to provide an opportunity for young men and women to enhance the knowledge and skills that will assist them in personal development, to address the physical and social needs of their communities, and to promote better relations between all people worldwide through a framework of friendship and service.

VOLUNTEER OPPORTUNITIES

- Heid Music Summer Concert Series in Jones Park/Houdini Plaza held on Thursdays from 5:00-8:45 p.m. through September 5. For more information or to volunteer, please contact Greg Otis at 954-9112.
- Bergstrom-Mahler Museum Arts Festival in Riverside Park Sunday, July 21 from 10-4 p.m. is looking for volunteers. For more information, please contact Jan Smith at 751-4670.

GUESTS, VISITORS AND MAKE-UPS

Guests today were Louise Geniouse, Esther Roselaar, Michelle Reppert and Anjali and Greg Seefeldt with Shipra Seefeldt.

Visiting us today was Beni Westhor from Neenah.

Making up this week was Alan Blake at Fox Cities Morning Rotary Club

ANNOUNCEMENTS

- We are in **NEED** of a host family for Flora beginning August 22nd. If you are interested, please contact Robb Waugus at rwaugus@yahoo.com or 734-3324, Ext. 235. You do not have to be a Rotarian to be a host family.
- Louise Geniouse and Esther Roselaar were visiting us today. Louise is our summer exchange student from France who is staying with Esther for a 3 week exchange. After the 3 weeks, Esther will go with Louise to Frances for a 3 week exchange.



Louise, Robb and Esther

- Rotary will be on the Road on Tuesday, August 6. Rotarians and their guests will be able to sign up to go to: Gardens of the Fox Cities, Paper Discovery Center, Valley Packaging and the Wastewater Treatment Center. There will be lunch, short presentation and tour of each facility. You should arrive by 11:30 a.m. and it will last until 1:00 p.m. Please sign up at the next meeting.
- Wayne Defferding has been storing a collection of Rotary Flags/Banners on behalf of the Club. A few years ago, the Board decided to discontinue the saving of these flags and after they are presented to the Club they be returned to the visiting Rotarian. In a few months, the stored flags will be disposed of. If you would like one of the flags from the attached list, please contact Wayne Defferding at 731-6944 or wccdingaling@hotmail.com.
- Egide Nimubona presented President Peter will pure Burundi coffee from his trip to Burundi and Tanzania.

WELLNESS IN A HEARTBEAT: AMERICANS ARE LIVING LONGER-BUT NOT HEALTHIER

Study: Rapidly rising obesity rates are partly to blame for declining health

Although life expectancy in the United States is increasing, the nation lags behind other developed countries as it struggles with higher rates of smoking, obesity, inactivity, and alcohol misuse, according to a [report](#) from the Institute for Health Metrics and Evaluations at the University of Washington.

Christopher Murray—the study's lead author—presented the report and two other studies, which compared exercise and obesity levels among U.S. counties, during a White House event hosted by first lady Michelle Obama as part of her ongoing campaign against childhood obesity

Studies: Americans are living longer, getting fatter

For the main report, researchers compared 20 years of health data culled from surveys, various studies and thousands of death certificates in the United States with similar records from Canada and 33 other developed countries in Asia and Europe. The research includes estimates for death and disability from 291 diseases, conditions and injuries, as well as 67 risk factors.

The study is the first comprehensive analysis of disease burden in the U.S. in over 15 years, *Reuters* reports.

The study found that the average U.S. life expectancy increased from 75 years in 1990 to 78 years in 2010. However, the United States ranks 27 out of the 35 countries for life expectancy, likely because of poor dietary habits and high obesity rates.

In addition, the study found that:

- The United States has lower mortality rates for every age group;
- Several childhood diseases are less prevalent, including a decline in sudden infant death syndrome; and
- The rates of death and disability from HIV/AIDS have fallen significantly.

Obesity's public health burden:

42% of Americans to be obese by 2030

AMA declares obesity a disease

Mayo Clinic: Obesity costs more than smoking

However, the study also determined that:

- U.S. residents were in good health for only about 68.1 of the average life expectancy, with the gap between total life span and a healthy life span increasing from 9.4 years in 1990 to 10.1 years in 2010; and
- The U.S. ranking for a healthy life span compared to other developed nations fell from 14 in 1990 to 26 by 2010.

Meanwhile, two other studies—published in *Population Health Metrics*—found that between 2001 and 2009, nearly all U.S. counties reported increasing obesity rates despite increasing rates of physical activity.