



ROTARY CLUB OF APPLETON

GUSTO

Service Above Self

May 20 , 2014

Upcoming Programs

May 27

Salon A

Capturing Cosmic Neutrinos: What the Ghost Particle Tells us about the High Energy Universe - Jim Madsen
Thought of the Day - Jake Woodford

June 3

Heeter Award Presentations
Thought of the Day: Ron Altenburg
Thumbnail: ?

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Membership – 182

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Meets Tuesday Noon

MEETING NOTICES

The Sharing Around (the World) Medical Project will not be packing this month.

YOUTH RECOGNITION AWARDS - OUTSTANDING SENIORS

Today, the Youth Services and Education Awards Committee recognized 2 outstanding seniors from each of the five Appleton high schools. The recipients of these awards were chosen by these schools to recognize students for their superior academic achievement, demonstrated leadership qualities, a striving for excellence, high ethical standards and service to others through involvement in school, church and community activities. These students bring new meaning to the word "balance". They are athletes, musicians, writers, actors, leaders, community servants and of course students. Congratulations to the following recipients:

Appleton East High School – Dan Van Sickle
Caitlin Chroge
Travis Forseth

Appleton North High School – Terry Werner
Mackenzie Greisch
Mallory Goggans

Appleton West High School – Jake Larsh
Mikele Weldon
David Marnocha

Fox Valley Lutheran High School – Part Hartwig
Nathan Meitner
Grant Hagen

Xavier High School – Chris Steinlage
Kate Parks
Matt Ferris

Thanks to the Youth Services and Education Awards Committee for arranging the Youth Recognition Award programs: Ralph DeMarco (Co-Chair), Karen Dorn (Co-Chair), Sonia Barham, Bill Breider, Bret Buxton, Kathy Dreyer, Chris Mings, Martin Rudd, Jeff Werner and Greg Woller. A special thank you to Fox Valley Technical College and staff members for their donation of printing services and materials.

ANNOUNCEMENTS

We will be partnering with other area Rotary Clubs to have a booth at the June 4 Chamber Business Expo (Radisson Paper Valley from 10 am-4:30 pm). Our goals: educate the community about what Rotary is and recruit new members. We're using VolunteerSpot to help us organize the staffing of our booth (2-hour time slots). Please click this link (<http://vols.pt/Qba95F>) to learn more and to sign up to help. Remember to proudly wear your Rotary name badge when you staff the booth! Thanks for helping to Engage Rotary and Change Lives.

GUESTS, VISITORS AND MAKE-UPS

Guests today were the students, parents and school representatives of the outstanding senior awards, Hailey Molina with Tom Berkedal, Jessica Nelson with Michelle Devine-Giese, Aruna Shet with Ram Shet and Peg McGaffey with Roy Valitchka.

There were no **visiting** Rotarians today.

There were no **make-ups** presented this week.

WELLNESS IN A HEARTBEAT: HOW HIKING IS GOOD FOR BODY AND MIND OR "I LOVE TO GO A-WANDERING"

Hiking outdoors comes with a bounty of perks: nice views, fresh air, and the sounds and smells of nature. Hiking is a powerful cardio workout that boasts all the health benefits of walking, including less risk of heart disease, diabetes, breast cancer, and colon cancer, as well as better blood pressure and blood sugar levels. Because hiking is a weight-bearing exercise -- you're moving against gravity while staying upright -- it boosts bone density and helps combat osteoporosis (thinning bones).

Hiking is also good for muscle strength. The activity targets your glutes, quadriceps, hamstrings, hip flexors, and lower leg muscles. It works your shoulders, strengthens your core, and improves balance. And hiking can help you control your weight. It's also a powerful mood booster. "Research shows that hiking has a positive impact on combating the symptoms of stress and anxiety," says Gregory A. Miller, PhD, president of the American Hiking Society. "Being in nature is ingrained in our DNA, and we sometimes forget that."

Safe Hiking Tips

- *Start slow.* A short, local hike is best for beginners. Gradually work up to trails with hills or uneven terrain.
- *Bring a buddy.* It's best not to hike alone at first, especially on unfamiliar or remote trails. A partner or group can help you navigate and assist if you get hurt. As your skill level improves, you'll feel more comfortable going solo.
- *Know before you go.* Familiarize yourself with the trail map. Check the weather and dress and pack accordingly. If storms are a possibility, rethink your plan.

Continue reading below..

- *Use common sense.* Follow marked paths and trails. Avoid contact with questionable plants and animals.
- *Get into a groove.* On the days you can't make it to the trails, power-walk on a hilly terrain while carrying various degrees of weight in a backpack -- it will keep your hiking skills and fitness level on track.

Step Up Your Hiking Workout

You can get more out of your hiking with these fitness-boosting strategies:

- *Use poles.* Digging into the ground and propelling yourself forward pushes your upper body muscles to work harder and gives you a stronger cardio workout.
- *Head for the hills.* Even a small hill will intensify your heart rate and burn extra calories. The American Hiking Society's Miller says a 5% to 10% incline equals a 30% to 40% increase in calorie burn.
- *Bump it up.* Uneven terrain can work muscles while improving balance and stability.
- *Weigh yourself down.* Stock your daypack with extra weight. (Water's a good option.) According to Miller, a 10- to 15-pound daypack will boost your calorie burn by 10% to 15% while strengthening your lower back muscles.