



ROTARY CLUB OF APPLETON

GUSTO

Service Above Self

July 1, 2014

Upcoming Programs

July 8th

Salon A

Post Polio Syndrome – Bob Williams

Thought of the Day: Greg Linnemanstons

July 15

RYE Students

Presentations-Abbie

Skorzewski/Isiah Higgs

Thought of the Day:

Mary Schmidt

Officers 2014-2015

President

Deborah Wetter

Vice President

Sridhar

Past President

Peter Kelly

Secretary

Jennifer Stephany

Treasurer

Chad Hershner

Directors

Rosie Canizzo

Michelle Devine-Giese

Ruth Ann Heeter

Gary Hermsen

Dennis Hietpas

Egide Nimubona

Shana Shallue

Marta Weldon

Sergeant-At-Arms

Jon Kester

Rotarians of the Year

Tony Gonzalez/

Kathy Dreyer

Admin. Assistant

Meghan Warner

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Membership – 182

Downtown Gusto

Meghan Warner, Editor

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Appleton, WI 54912

www.appletonrotary.org

Meets Tuesday Noon

FOX CITIES EXHIBITION CENTER UPDATE

Walt Rugland presented an update to the Club on how the Fox Cities Exhibition Center is coming along. An Economic Development project for the times. A collaboration of County, City, Tourism and the Private Sector. Walt presented a Time Line of the Exhibition Center. In 2008 a Feasibility Study was conducted and it concluded that Appleton was missing an exhibition capacity. In May 2009, Follow-Up Data by CS&L. April 2010, Appleton Council/Mayor appoint study. December 2010, CCCC Report to the Community. January 2011, Non-profit FCEC chartered. February 2011, RPV agrees to take operating risk. June 2011, County Board agrees to transfer site subject to hotel, price and parking agreements. January 2012, CVB Grant approved for design work. May 2012, Architect team completes concept design. July 2012, Hotel ownership defaults on financing which puts the project in limbo waiting for Hotel restructuring. In November 2012, Hotel sold at auction to lender putting the project again in LIMBO waiting for Hotel ownership to surface. In May 2013, Owner surfaces with potential agreement. In July 2013, Lease term sheet agreed between Hotel ownership and FCEC. August 2013, Appleton Mayor sets actual lease as criteria for moving forward with approvals. July 2012: Hotel ownership defaults on financing which put the project in limbo waiting for Hotel restructuring. November 2012, Hotel sold at auction to lender again putting the project in limbo waiting for Hotel ownership to surface. May 2013, Owner surfaces with potential agreement. July 2013, Lease term sheet agreed between Hotel ownership and FCEC. August 2013, Appleton Mayor sets actual lease as criteria for moving forward with approvals. November 2013, City Council renews capital support. December 2013, CVB funds feasibility study update. April 2014, Feasibility update complete. April 2014, Community Foundation resolves to purchase bonds when available. June 2014, County Board agrees to sale terms for site. The conclusions from the 2014 Feasibility Study were: Viable from market, financial and economic perspectives, Radisson participation is key to value, Industry is still in recovery, "Good work" to date and \$6.5 million annual economic impact. As far as the Visitor Impact: Full service convention center capacity annually adds 16,600 additional hotel nights. The Annual Economic Impact is 6.5 Million Dollars, which is about 100 Million over 15 years of new dollars to the Region. The Financial Variables: Design concepts are done, Cost Estimates are done but need updating, Radisson agreement to take risk is done, Obtain site is done, Infrastructure development is budgeted, bonding interest costs, room tax level and other gifts and grants are still are not known at this time. The Radisson Paper Valley Operations Management and long term risk agreed to by Hotel with Lease Term sheet in July of 2013. The Hotel Occupancy Tax (room tax) is assessed until bonds retired. The tax covers construction, not operation losses. A big question to the community is: How much will it cost the community taxpayers to have a \$100,000,000 economic impact? It will cost taxpayers about 3.8 million the rest will be funded by grants and by room tax. The Rest of the Story is that the City resolves ownership option structure. The City Council sets the room tax increment and other required items. 7 other municipalities enact same room tax. The Construction bonds are issued. The cost estimate is reconciled to funds available. The Design concepts are translated to firm plans. A few questions were asked by the Club. What types of organizations will this bring to the area? The Exhibition Center will bring Fishing Shows, Book Shows, Church groups from all over the state and region. How will parking be handled? The same as the hotel handles it now. There will be a ramp from the hotel to the Exhibition Center. How does the square feet compare the Ballroom located in the Radisson? The Ballroom located in the Radisson is 13,500 sq. ft. and the Exhibition Center is 2 ½ times that size and will not contain pillars. It is similar in size to the KI Center in Green Bay. The difference is that people will want to come back to Appleton, per Walt. Is there a date to break ground? It could be as early as this fall or next spring. It all depends on the room tax. How many jobs will this bring to the Fox Cities? There is an estimate of 150 jobs to the community and this is not just within the Exhibition Center.

ANNOUNCEMENTS

- The Membership Committee is holding a membership drive. Invite friends/colleagues to come and see what Rotary is all about. Free lunch tickets are available. Please see Trey Neher, Dawn Doberstein or Jon Kester for a free lunch ticket.
- Levi Cross, outbound student, is back from Brazil. He will be attending the August 12th meeting to give a power point presentation.
- O.C. Boldt had a nice article in the Appleton Post Crescent on Monday June 30th. The link has been attached if you missed the article. Congratulations O.C.!

<http://www.postcrescent.com/story/news/local/2014/06/26/boldt-company-appleton-celebrates-years/11429541/>

GUESTS, VISITORS AND MAKE-UPS

Guests today were Laura Boehm with Hugh Begy, Mitch Cornils with Sonia Bartham, Armelle Minkala with Tom Boldt, Missy Wells with Jennifer Stephany and Karen Harkoness with Walt Rugland.

There were no **visiting** Rotarians today.

Making up this week was Jan Smith in Green Bay.

7 DAY NOTICE

The following individual has been proposed for membership in Rotary. She has passed all committees and unless an objection in writing is submitted to the secretary within 7 days, this member will be admitted to the Rotary Club of Appleton.

Mary Downs of 1825 N. Bluemound Drive, Appleton, WI 54914 has been proposed into membership Peter Kelly. She would enter under the classification of Education-Technical College Foundation.

WELNESS IN A HEARTBEAT: JULY IS SOCIAL WELNESS MONTH

Celebrate Social Wellness Month by nurturing your social relationships. Volunteer with a group. Call an out-of-state friend. Join a hiking club. Social wellness means nurturing yourself and your relationships.

It means giving and receiving social support - ensuring that you have friends and other people, including family, to turn to in times of need or crisis to give you a broader focus and positive self-image.

Social support enhances quality of life and provides a buffer against adverse life events. Social support can take different forms: Emotional (sometimes called non-tangible) support refers to the actions people take to make someone else feel cared for.

Instrumental support refers to the physical, such as money and housekeeping.

Informational support means providing information to help someone.

One of the earliest studies on the physical and psychological health benefits of social support was in 1905. Dr. Joseph Pratt, an internist from Boston, gathered a group of tuberculosis patients together to educate them about hygiene in relation to their illness. This "support group" provided early evidence of the power of psychological support in physical health and healing.

Why is Social Wellness Important?

Healthy relationships are a vital component of health. The health risks from being alone or isolated in one's life are comparable to the risks associated with cigarette smoking, blood pressure, and obesity.

Research shows that:

People who have a strong social network tend to live longer.

The heart and blood pressure of people with healthy relationships respond better to stress.

Strong social networks are associated with a healthier endocrine system and healthier cardiovascular functioning.

Healthy social networks enhance the immune system's ability to fight off infectious diseases.

Nurture Your Relationships

According to Drs. Gay and Kathlyn Hendricks, in their book *Lasting Love: The 5 Secrets of Growing a Vital, Conscious Relationship*, the following concepts are instrumental in attaining a healthy and lasting relationship.

1. Become a master of commitment. It's important to be aware of precisely what you are committing to, so that you can realistically judge whether or not you have the capacity to follow through on the commitment.
2. Make commitments you can stand by. In a relationship, it is important to be honest and empathetic to each other's feelings, hopes, and dreams.
3. Break the cycle of blame and criticism. It is important to own your part in the relationship dynamics.
4. It can be helpful to shift your attention away from "fixing the other person" and onto more creative expressions for resolving conflict. Shifting the focus in this way will help to inject more positive energy into the relationship.
5. Become a master of verbal and nonverbal appreciation. Showing appreciation of others is critical to healthy relationships.

Learn more about nurturing relationships.

How Can I Grow My Social Network?

Work out. Joining a gym or an exercise group allows you to meet new people while exercising.

Take a walk with your pet. Starting a walking routine after dinner would not only give you another opportunity to be physically active, but it would also create more opportunities for you to meet your neighbors.

Volunteer. Donate some of your time and hard work to a charity. You'll feel good about the cause, and you'll meet others with similar passions.

Find others who share a hobby, such as hiking, painting, scrapbooking, running, etc.

There are countless ways to grow your social network. Consider your interests and hobbies, and then pursue them. You're bound to find others with similar passions.