



ROTARY CLUB OF APPLETON

GUSTO

Service Above Self

July 15, 2014

Upcoming Programs

July 22nd

Salon A

WisconsinEye Public Affairs – Joe Otterson
Thought of the Day:
Chris Mings

July 29th

Project SEARCH
Thought of the Day:
Matt Rehbein

Officers 2014-2015

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Sridhar

Past President

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Shana Shallue
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Sergeant-At-Arms

Jon Kester

Rotarians of the Year

Tony Gonzalez/
Kathy Dreyer

Admin. Assistant

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Membership – 179

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

RYE Students Presentations – Abbie Skorzewski /Isiah Higgs

The mission of the Rotary Youth Exchange is to foster World peace, international understanding and goodwill by extending international communication at the personal level through the exchange of students of high school age. What began in Copenhagen, Denmark the Rotary International Youth Exchange program has run continually since 1929, and here locally since 1970. For over forty years the Appleton Downtown Rotary has sponsored from our community student goodwill ambassadors to all parts of the globe. That is quite an achieved we all can be proud of. Annually, over 29,000 students from 78 countries around the world share their cultures with the Rotary Youth Exchange program and continue in the traditions of the RYE program. It is Rotary's hope that these young people will be able to observe, first hand, the problems and accomplishments of other countries by living with and meeting people of cultures, color and creeds other than their own. Two "outbound" Rotary Youth Exchange students Abigail Skorzewski and Isaiah Higgs, who since their selection last October have been attending numerous Rotary conferences and workshops in preparation of their upcoming exchange experience beginning this fall. They will share their individual Power Point presentations required by the RYE programs to do numerous presentation to Rotary clubs in their host countries. Abbie will be doing her exchange in Ecuador and Isaiah is doing his exchange in Poland. Without the club's support the Rotary Youth Exchange program would not function so many thanks to all. Please follow Abby Skorzewski on her blog www.luke219.weebly.com.

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.
- Volunteers needed for Bergstrom-Mahler Museum of Glass 40th Annual Arts Festival on June 20th. The festival is scheduled for July 20th from 10:00 to 4:00 with a new feature of a beer garden, (biergarten—i.e. Germanic drinking vessel collection) on our back lawn with music sponsored by the Scene, from 11-6:00. Set up starts at 6:00 and clean up from 4-6:00 or so with the beer garden after. Music, family fun, raffles, 70 artists, food vendors, children's tent, free museum admission, free drink ticket for volunteers and a t-shirt. Glass demos at the museum and museum tours. Loads of fun starts at 6:00 am and all shifts are needed for anywhere from 2 hours or more. Call Kelly at the museum if anyone is able to help. 920-751-4658.
- Join us for the 21st annual Celebrate Diversity Fox Cities pot-luck picnic! It will be held at City Park on July 19 from 12-4 p.m. This family event brings people together for food, fun and laughter and promotes inclusion and good will in our community. We invite you to bring a dish to pass and we will provide brats, burgers and beverages. There will be children's games, music, dancing, drum circle with Oshkosh Rhythm Institute, face-painting, door prizes, piñata and more. Free and open to the public. Come celebrate diversity in our community! Questions? Contact at celebratediversityfoxcities@gmail.com or 920-257-9434. Celebrate Diversity Fox Cities is a new merger of the non-profits Toward Community: Unity in Diversity and the Fox Cities Rotary Multicultural Center.

GUESTS, VISITORS AND MAKE-UPS

Guests today were Cassandra Barnard with Chad Hershner, Taylor Moeller-Roy with Jan Smith, Abbie Skorzewski, Isaiah and Jennifer Higgs guests of the club.

There were no **visiting** Rotarians today.

Making up this week was Nancy Heykes at Neenah

WELNESS IN A HEARTBEAT: 10 REASONS WHY TRAVELING IS GOOD FOR YOUR HEALTH

Travelling can be a real nightmare sometimes. With the high cost, unpredictable destinations, unreliable weather conditions, theft of items, con men and women, unfair currency exchanges, deadly diseases, rough roads and so much more, anything can go drastically wrong. Yet, even with all these possible setbacks, the urge to travel all over the world can be addictive and compelling, especially as nowadays **the airline tickets are** more affordable than ever. The fact that the results carry an element of unpredictability makes it all the more exciting and intoxicating. Travel tips are provided for all kinds of scenarios, but things can keep going wrong. The reasons that make travel a very likable and healthy pastime may not look so obvious...

Expanding the mind

When people become accustomed to a certain way of living, their minds become closed to many other possibilities. Travelling allows the mind to expand and literally see the world in new and different way.

Reviving the palate

When travelling, voyagers are given travel tips that caution them against drinking and eating foods that are alien to their stomachs. These foods may not necessarily be harmful but excite the body in discovering new tastes that entice and enrich the palate. Some of them can also add new nutritional richness into the body.

Allowing flexibility

No matter how fail-safe the travel plans may be, travelling always has an edge of unpredictability. For most travelers, it means that, they need to allow a large margin for sudden changes in their schedules. This flexibility means that, detours and changes in plans should be accommodated at short notice if and when they are required.

Seeing things in proper perspective

People tend to imagine that their personal problems are the worst in the world. That is, until they see firsthand, the sufferings of others. When people view others in similar or worse situations they tend to realize that their problems are no longer as daunting as they may have earlier believed. This greatly helps in reducing any stress or depression that may be lingering in the body.

Rejuvenating the body

Unless someone chooses to actively go to the gym or take up a sporting discipline, they may not have any room in their daily work schedule for physical endurance. Many travel destinations and exotic sceneries require a certain level of hiking and camping. This is designed to make the trip more interesting and different from ordinary living. However small, this physical endurance does wonders to the body and mind. Experienced travelers like Sophie Florinetti understand the importance of travel to your health and well-being.

Learning to share

Many people are not accustomed to sharing. When travelling, this may be a requirement especially when things do not pan out as required. This is particularly applicable to people who travel in groups or teams. Sharing is a good way to unlearn the selfish behavior which most people are born with.

Cultivating humor

Crazy things happen on many trips. People come back with hilarious anecdotes of unexpected incidences that brought those lots of laughs. Laughter is considered better than many medicines. If people were to laugh more often, they would get sick less often.

Being patient

Many travel destinations, being exotic by nature, may have different language barriers to overcome. This means that, communication can be a real challenge. A person must learn to be patient when communicating their needs and if they are not met correctly the first time, repeat them until they are. Incidences of tantrum-raising are only met with stubborn indignation.

Team synergy

Travelling alone is not as enjoyable as travelling in groups. This can be done for both personal and business reasons. Despite this, sharing new experiences always brings teams closer together.

Discovering new languages

Travelling offers voyagers a first-hand experience at learning new languages and interacting with the natives who speak the language or dialect. This is an excellent and free opportunity to learn how a new language or dialect is spoken in its local surroundings.

