



ROTARY CLUB OF APPLETON

GUSTO

Service Above Self

July 22, 2014

Upcoming Programs

July 29th

Salon A

Project SEARCH
Thought of the Day:
Matt Rehbein

August 5th

Driving to Perfection –
Brian Fiekow
Thought of the Day:
Lynn Peters

Officers 2014-2015

President

Deborah Wetter

President-Elect

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
Phone 205-5255
rotaryappleton@gmail.com

Membership – 179

Downtown Gusto
Meghan Warner, Editor
Dist. 6220, Club 2656
P. O. Box 703
Appleton, WI 54912
www.appletonrotary.org
Meets Tuesday Noon

HONDURAS MISSION TRIP

If you wear glasses or contacts, imagine going just one day without them. Imagine taking them off or out right now and just trying to find your way through the lunch line or to the bathroom. But before you do that, let's throw some rocks and boulders and horse apples and dog doo in the way. Oh, and take off your shoes because you don't own any. Now let's see how easy it is to navigate your way to wherever you are going. It is not easy and Mary Harp-Jirschele has witnessed this firsthand. She is part of a group known as VOSH, Volunteer Optometric Service to Humanity, that try to make a difference in the lives of needy people in remote regions of Central American countries each year. Over the past few years this group has been in a region of the Dominican Republic that borders Haiti, deep in the rain forest of Nicaragua and most recently to a wonderful little mountainside village in Honduras. All of the countries are poverty stricken and a trip to the eye doctor is a luxury that 99% of them will never experience. A 105 year old man came to see VOSH for his first eye exam of his life. He was extremely happy to be able to see clearly for the first time in his life. He received a pair of eyeglasses with a lifetime guarantee! That is just one happy story but there are sad stories as well. A 2 year old girl came to see the clinic and she had very bad cataracts, she was virtually blind. They had to send the little girl and her mother away heartbroken because there was nothing they could do to help her. People come from near and far to get their eyes checked. Some people travel several hours to wait in a long line to see if they can get their eyes checked and receive eye glasses to improve their eye sight. Not only does VOSH provide eye care they also bring things for the kids such as balloons, hair ribbons, crayons and stickers. This past trip Paul Arnold's sons Mitch and Evan started a nonprofit foundation that provided sporting equipment to needy children. They sent baseballs, mitts and soccer balls. These children were so appreciative of these items that they took turns rotating them between families and some children slept with these items at night. The Father of the Village took the rest of the sporting equipment to divide between the 22 villages he oversees so they could experience these items as well. Upon departure from the village they left behind sheets, pillowcases, towels, washcloths, clothes, one of two suitcases and anything else that might be valuable to the villagers. The group always has a list of things to bring next time like salt and pepper shakers and paper products. As you can see VOSH makes quite a difference in the lives of not just the 1,000 people they serve on average, but also in their own lives. Mary kept a journal and her closing comment this year said it best: "The world is bigger than what WE know, and it's good to be reminded of that occasionally-whether it's in a big way like this kind of trip or in a small way at your favorite nonprofit back home. Either way, you come to realize how blessed we really are."

MULTICULTURAL CENTER UPDATE

Nancy Heykes updated the club about the merger between the Multicultural Center and Toward Community. Their new name is now Celebrate Diversity Fox Cities. Their renewed Mission: Celebrate Diversity provides education, honest dialogue, and advocacy, celebrating the broad spectrum of diversity in our community. Their renewed Vision: The Fox Cities is a welcoming community where every person is valued, and diversity is appreciated as a strength. Recently Celebrate Diversity Fox Cities hosted a picnic at City Park. There were 300 attendees at this event. The event provided food, music and dancing, games and piñatas. Celebrate Diversity Fox Cities would like to thank the Club for its founding support and counsel. If you would like to contact them they are located at 1800 Appleton Road Menasha, Office Phone is 968-6328 and email is celebratediversityfoxcities@gmail.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.
- SAMP will be packing next week Tuesday, July 29th from 6:30-8:00 at the Ralph Shiner Center
- Rotary on the Road sign up sheets will be available at our next meeting Tuesday, July 29th.

GUESTS, VISITORS AND MAKE-UPS

Guests today were Kelly Nutty with Chuck Barnum, Van Smith with John Parker, Patti Habeck and Jeff Jirschele with Mary Harp-Jirschele

There were no **visiting** Rotarians today.

There are no make ups for this week

NEXT WEEKS MEETING-PROJECT SEARCH

Project SEARCH is an international program which began at Cincinnati Children's hospital in 1996. The St. Elizabeth Hospital Project SEARCH site began last year. The goal of the program is competitive employment for students with special needs and involves use of an immersion rotational training model implemented at St. Elizabeth Hospital.

WELNESS IN A HEARTBEAT: SIMPLE ACTS OF KINDESS MAKE A DIFFERENCE

The best news is that you don't have to singlehandedly dig a freshwater well in a third-world country to make a difference and reap the benefits. So how about resolving this year to perform easy acts of kindness? Here are six simple suggestions to get you started:

1. **Lend a hand.** When you see someone struggling with a baby stroller on a set of stairs, or trying to figure out a street map on the sidewalk, take a moment to help out.
2. **Give compliments.** Who doesn't love them?
3. **Be gracious to strangers.** Let someone go ahead of you in the grocery line if they're only buying a single box of Wheaties compared to your cartload.
4. **Go online.** E-mail someone a few words of support, make a donation to a worthy cause, or answer a question for someone on your listserv.
5. **Say thank you.** It makes a difference, and the opportunities are endless: Thank your bus driver, your babysitter, your basketball coach and your barista.
6. **Clean up your corner.** Pick up a piece of litter, recycle your bottles and set your neighbor's garbage bin upright.

Like any New Year's resolution, doing easy good deeds means [developing a habit](#). That doesn't mean it's hard. When you're on your way to work, running errands or heading out for the school pick-up, **remind yourself to pay more attention to the people and activities around you.** Has a fellow pedestrian dropped a scarf? Is that billboard ad about a charity worth checking out online? If your eyes are open, you'll notice more opportunities to do some small good.

Once your routine is established, you'll also **experience a stronger sense of purpose**, according to the York University research. And that's another reason you'll feel great. As Dr. Wisner points out: "People need to have meaning, to feel appreciated." When you know you've made a difference, it's yet another boost to your mood.