



ROTARY CLUB OF APPLETON

GUSTO

Service Above Self

August 12th, 2014

Upcoming Programs

August 19th

Salon A

Move to Amend- Jim Bowman

Thought of the Day: John Hagins

August 26th

Business Meeting- President Deborah
Thought of the Day: Mark Logemann

Officers 2014-2015

President

Deborah Wetter

President-Elect

Sridhar

Past President

Peter Kelly

Secretary

Jennifer Stephany

Treasurer

Chad Hershner

Directors

Rosie Cannizzo
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

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Membership – 179

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Meets Tuesday Noon

RYE REBOUND FROM BRAZIL- LEVI CROSS

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 achievement 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. Levi Cross, our "rebound" student shared a little bit of his experience of his time in Brazil. Levi stayed in the state of Minas Gerdis, which has a population of 20,000,000 people. The city he lived in was called Itabira, which the population was around 110,000 people. While he stayed in Brazil he had 3 host families. All the families were very different and he enjoyed learning the culture and their way of life. While staying with the families he got to enjoy many trips such as horseback riding, hiking in the mountains, venturing through the Rainforest, experiencing the Amazon River, (where the lily pads are able to hold up to 70 lbs. and are only grown on the Amazon), many beaches with incredible sunsets and many picturesque waterfalls. He also got the chance to experience a riverboat tour with 60 exchange students. This was a 5 day trip where the students were able to sleep on the boat in hammocks. While on this trip Levi got to experience the pink river dolphins and he also held his favorite animal, a sloth! When Levi arrived in August the school year was half over. The school year goes from January to January. He got to experience the junior class as well as the senior class. School was Monday-Friday 7:00 a.m. until 11:30 a.m. On Mondays and Wednesdays the students would have to go back to school from 2:00 p.m. until 6:00 p.m. Levi plans to attend his senior year at Appleton East High School and hopefully go to UW-Madison to become a doctor. He is grateful for his experience and for the Rotary Club of Appleton for making it happen.

ANNOUNCEMENTS

- Rotary on the Road sign up sheets are available at the sign in table at each meeting. Make sure to sign up for which facility you are interested in attending. Rotary on the Road is September 23rd.
- There are several Committees that are still looking for members. Those committees are: Recognitions: Dawn Doberstein-chair, Children with Disabilities: Amy Flanders-chair, Youth Services & Education: Sonia Barham-chair, Arts & Arts Awards: Maria Van Laanen-chair, World Service: Jeff Werner-chair and Scholarship: Jan Quinlan and Lynn Peters-co-chairs. We are also still looking for a RYE Officer. If you are interested in joining please let Meghan know ASAP.

GUESTS, VISITORS AND MAKE-UPS

Guests today were Bill Mullarkey with Roger Van Vreede, Kim Peeters with Kevin Loomans, Andrew Cross and Deb Cross with Robb Waugus and Levi Cross with the Club.

There were no **visiting** Rotarians today.

Make-ups were Jan Smith- Neenah Rotary

NEXT WEEKS MEETING- BUSINESS MEETING

President Deborah will be going over the financials for the Rotary year of 2013-2014 and the budget for 2014-2015. She will be discussing the 2014-2015 year and the exciting year she has planned. She also wants to talk about Rotary on the Road, which is set for September 23rd. She is looking forward to seeing all of you there!

WELNESS IN A HEARTBEAT: 7 WAYS TO MAKE WATER TASTE BETTER

Not everybody has a *taste* for water, but we all need it to ensure that our bodies continue functioning properly. If you want to drink more water, but aren't crazy about the taste (or lack thereof), here are some tips that can make it more enjoyable:

1. Add fresh fruit. Citrus fruits, such as lemons, limes, and oranges, are classic water enhancers, but other fruit flavors might also tempt your taste buds. Try crushing fresh raspberries or watermelon into your water, or adding strawberry slices. Cucumber and fresh mint are refreshing flavors as well — especially in summer.

2. Use juice. Any fruit juice can be a good base flavor for water, but tart juices, like cranberry, pomegranate, grape, and apple, are especially delicious. Go for juices that are all natural, with no added sugars. And remember: Fruits and their juices don't just taste good — they contain vitamins and antioxidants that can benefit your health too.

3. Make it bubbly. Many people prefer sparkling to still water. If plain old water isn't inspiring to you, try a naturally effervescent mineral water — which will give you the added benefit of minerals. Or try bubbly seltzer, a carbonated water. You can add fresh fruit or natural juice flavors to your seltzer, as suggested above, or look for naturally flavored seltzers at your local market. If you become a seltzer devotee, you might want to consider getting a seltzer maker for your home.

4. Get creative with ice. Some say that ice water tastes better than water served at room temperature. If that's so, flavored ice cubes may make an even better drink. Use some of the flavoring suggestions above and start experimenting with fresh fruit, mint, or cucumber ice cubes. Simply chop your additive of choice, add it to your ice cube tray along with water, then freeze. You may also consider juice, tea, or coffee cubes. If you want to be more creative, use ice cube trays that come in fun shapes, like stars, circles, or even fish.

5. Drink tea. Herbal, fruit, green, white, and red teas are generally considered to be better for you than black teas (or coffee, for that matter) because they contain little to no caffeine. And there are countless flavors of these teas to choose from. Start with the selection at your local market or health food store. If you're interested in pursuing more exotic flavors and sophisticated teas, start researching the vast array of specialty teas that come from all parts of the globe.

6. Try bouillons, broths, and consommés. If your palate leans toward the savory, you may pass on tea and start sipping one of these hot and savory liquids instead. Choose low-fat and low-sodium versions for maximum health benefits. Because soup is water-based, a cup of hot soup will count toward your daily fluid consumption.

7. Add fast flavor. If you're looking for a quick-and-easy flavor booster, you might also consider sugar-free drink mixes, and flavor cartridges that can be used with your faucet filter system.