



ROTARY CLUB OF APPLETON GUSTO

Service Above Self

June 19, 2018 Upcoming Programs

June 26, 2018
Riverview Gardens
Outagamie County HWY
Thought of the day: Kelly Radandt

July 3, 2018
NO MEETING

July 10, 2018
Riverview Gardens
President's Induction
Thought of the Day: Jan Quinlan

Officers 2017-2018

President
Gary Hermsen

President-Elect
Nancy Leipzig

Past President
Jennifer Stephany

Secretary
Tony Gonzalez

Treasurer
Amy Flanders

Directors
Mary Downs
Jenni Eickelberg
Andrew Dane
Chris Mings
Ron Altenburg
Gail Enke
Barb Merry
Marlene Welter

Rotarian of the Year
B. S. Sridhar

Admin. Assistant
Meghan Warner
Phone 205-5255
rotaryappleton@gmail.com

Membership – 137

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

WEIGHT OF THE FOX VALLEY

Vision: A community that together achieves and maintains a healthy weight at every age. The hard truth in the Fox Valley: 1 in 4 adults do not get ANY physical activity outside of their job, Only 1 in 12 adults eat recommended amounts of vegetables, Only 1 in 4 high school students get recommended physical activity minutes and only 1 in 25 high school students eat recommended amounts of vegetables. It is more than just weight! Excess weight can lead to health issues including: Sleep Apnea, Mental illness, Stroke, Heart disease, lung disease, High Blood pressure and the list goes on and on. Approximately 25, 000 Fox Valley adults have diabetes and that is the 7th leading cause of death. 90% of Type II diabetes is caused by overweight or obesity. Approximately 90,000 Fox Valley adults are pre-diabetic and in the Fox Valley that would estimate annual medical costs over \$60,000,000. So why WOTFV?? We live in an environment that makes it really hard to follow a healthy lifestyle and they aim to change that by creating a culture of healthy living in the Fox Valley. On the Horizon they have several great initiatives planned. They are: Healthy Kids Meal Grant, AmeriCorps program expanding capacity with 14 members, getting action teams launched and finally they are researching a new strategy to brand work and inspire health. Some of their strategic priorities consists of: that Fox Valley communities have more bike lanes, sidewalks and safe crossings, Early Childhood programs offer and promote local, fresh fruits and vegetables/nutritional education Early Childhood Programs and Worksites offer breastfeeding-friendly environments, Fox Valley Employees have access to environments that support healthy eating and physical activity while at work, Schools offer more opportunities for healthy eating and physical activity before, during and after the school day, Health Clinics offer eating and physical activity prescriptions and support to patients beyond the clinic; bridging the gap between annual appointments and Restaurants offer and promote more healthy options on children's menus. So how can you HELP? Like Weight of the Fox Valley on Facebook @weightofthefoxvalley and ask 5 friends to as well. If you would like more information please contact Sarah Wright sarah.wright@unitedwayfoxcities.org.



Calumet, Outagamie and Winnebago Counties

ANNOUNCEMENTS

- **SAVE THE DATE:** Our annual Community Table Event will take place on **Tuesday, August 14th** at Riverview Gardens. The committee is looking for silent auction donations so please start thinking of ideas and if you need ideas please email Dawn Nowakowski at dawn.nowakowski@wpt.org. Also, you can purchase your tickets online on our website at www.rotaryappleton.org. Spread the word!
- Come join the Rotary Clubs of the Fox Cities for our 3rd Annual Rotary Day at the Timber Rattlers on Wednesday, **August 8th at 7:05 pm**. Tickets are \$25.50/adult and \$21.50/kids and includes: ticket, dinner, dessert and 2 beverage tickets. Please send checks to Meghan made out to the Rotary Club of Appleton.
- **DUES INCREASE:** Rotary International has increased their dues. The Board voted to increase our dues by \$15 for the year for all members. Invoices will be mailed out first week of July and will reflect these changes.
- Please if you have not paid your dues for 2017-2018 get your payments in ASAP. If you have any questions regarding your dues please contact Meghan.

GUESTS THIS WEEK

Guests this week were Sarah Schneider with Dennis Episcopo and Sarah Wright with the club.

There Were No Visiting Rotarians this week

There were No make ups this week

TUESDAY, JUNE 26th, 2018- OUTAGAMIE COUNTY HIGHWAYS: DEAN STEINGRABER

Outagamie County is growing and safe and efficient highways and roads are an essential part of our local economy. Learn about the challenges and opportunities of maintaining and expanding this vital transportation infrastructure from Outagamie County Highway Commissioner Dean Steingraber. We will hear from Mr. Steingraber about department improvements and what the future may hold for our local highways.
