



ROTARY CLUB OF APPLETON

GUSTO

Service Above Self

April 29, 2014

Upcoming Programs

May 6

Empire Room

Youth Recognition Awards
- Outstanding Juniors
Thought of the Day - Chad Hershner

May 13

Salon A

Rotary Scholarship
Recipients / Inductions
and New Member
Thumbnails
Thought of the Day -
Sarah Schneider

Officers 2013-2014

President

Peter Kelly

Vice President

Deborah Wetter

Past President

Dawn Doberstein

Secretary

Sridhar

Treasurer

Jennifer Stephany

Directors

Michelle Devine-Giese
Chad Hershner
Caroline Lasecki
Trey Neher
Egide Nimubona
Mary Schmidt
Robb Waugus
Marta Weldon

Sergeant-At-Arms

Paul Hillmer

Rotarians of the Year

Ruth Ann Heeter / Jay
Drzewiecki

Admin. Assistant

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Membership – 185

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

NEW MEMBER

Welcome to Juanita Harder, Thompson Community Center Director. She will be formally inducted as well as give her thumbnail on May 13.

ROTARACT INAUGURATION

Today, we recognize and inaugurate the Rotaract Club of Lawrence University. The purpose of Rotaract is to provide an opportunity for young men and women to enhance the knowledge and skills that will assist them in personal development, to address the physical and social needs of their communities, and to promote better relations between all people worldwide through a framework of friendship and service. Rotaract brings together people ages 18-30 in universities and communities worldwide to organize service activities, develop leadership and professional skills, and have fun. Rotary clubs sponsor them, but Rotaract members manage and fund their clubs independently. Rotaract members work closely with their local Rotary club, and may join after their Rotaract membership ends. Rotaract stands for "Rotary in Action". Rotaract began as a youth program in 1968 at the Charlotte North Rotary, in Charlotte, North Carolina. Rotaract now has 180,000 members in 7,800 clubs around the world. On January 28, 2014, the Rotaract Club of Lawrence University was officially recognized by Rotary International. Members of the Rotaract Club were presented with Rotaract pins: Matt Larson, Dominic Pasquesi, Bimal Rajbhandari, Nigel Schuster. They thanked our Club for sponsoring and helping to support them. They hope to increase the bond they have with our club and participate in our volunteer opportunities.

ST. HELEN'S PARISH – AN INSPIRATION TO SERVE AND TO UPLIFT

Father Alex talked about how 6 months ago St. Helen's Parish was built as a result of a donation from an anonymous donor he met in the Fox Cities. Its mission is "inspired by the word of God we build community through the formation of local leaders who promote human dignity by serving God and his people". About a year ago, settlements formed in the area where the church was going to be built. These 18 settlements have about 15,000 people, one paved road, a limited water supply (4-5 buckets of water per family per day), no health center, no sewer, limited electricity (2-3 plugs per family), no schools, harsh windy weather conditions, irregular workers and odd jobs with little pay. All family members work 3-4 days per week since there is not enough work for everyone. There are not schools in the area. About 23% of children don't go to school because of the expense of books, uniforms and transportation. Their homes are about the size of a room (2 x 3-4 meters) and contain no furniture. Most families have 3-4 children and everyone sleeps on the floor. Their toilet is a hole in the yard. St. Helen's Parish is not only a church but a place where the community gets together. It provides pastoral care, preschool/childcare, parish kitchen that serves 350 meals per day, medical/multipurpose van, unbound child sponsorship program, foster home for children, knitting/skills building, volunteer/missionary experiences and social worker visits. The proceeds of the 2011 and 2012 Rotary Shines event and the Rotary Club of Appleton West provided the funds to purchase the mobile medical unit that also serves as an office.

PAUL HARRIS FELLOWSHIP

Tom Berkedal presented his wife Laurie with a Paul Harris Fellowship. On July 1, Tom will become the District Governor of District 6220. Over the past 2 years, Laurie has accompanied him to zone meetings, district conferences and Rotary International Conferences. Tom would not have taken on this responsibility without the support of Laurie nor could he have done this without her. Laurie lives by the 4 Way Test.

GUESTS, VISITORS AND MAKE-UPS

Guests today were Father Alex Busuttil, Matt Larson, Dominic Pasquesi, Bimal Rajbhandari, Nigel Schuster, Bob Gehringer with Peter Kelly, Laurie Berkedal with Tom Berkedal, Aaron Hahn with Sarah Schneider, Andy Heuer and Shelly Komondoros with Jennifer Stephany, Sue Taylor with Steve Taylor,

Visiting us today was Robert de Jong from Appleton West.

There were no make-ups presented this week.

ANNOUNCEMENTS

- The Rotary NonProfit Advisors are getting ready to get started. They have changed from doing broad based consulting to project specific (board development, IT and database development, fundraising, finance, accounting, legal, planning and budgeting, marketing and sales, social media and human resources). If your organization would like help in these areas, please contact Chris Mings (920-522-3968) or Egide Nimubona (920-540-7486).
- Please remember to notify the Club's Administrative Assistant if you become aware of someone struggling with health issues, so the Friendship Committee can share Best Wishes from Rotary.
- The drawing for the diamond necklace will be held at next week's meeting.
- Appleton Rotary West Foundation will hold its Annual Fundraiser and Golf Outing on Tuesday, May 20 at Royal St. Patrick's in Wrightstown. Proceeds will fund college scholarships to students of the five Appleton area high schools. For more information or to register, please contact John Hendrickson at jhendrickson@bankofkaukauna.com.
- If you know of anyone interested in apply for the club's administrative assistant position, please contact Peter Kelly or Deborah Wetter. We are still trying to fill this position.
- The next Rediscover Appleton outing sponsored by the Family of Rotary Committee will take place on Thursday, May 15 from 5:00-6:30 p.m. at the History Museum at the Castle. Admission includes beverages, overview of the museum and a guided tour of the food exhibit by Curator Nick Hoffman. Cost is \$5.00 per person.
- The Board of Directors held a Strategic Planning session on Monday, April 28. The next session will be held on May 20.
- SAMP packed last night to organize the trailer so that Easter Seals, Council for Independent Living and the Lions Club and take some of the larger items.

WELLNESS IN A HEARTBEAT: WHAT TO DO WITH YOUR ANGER

Anger is a complicated emotion. Like many people, you might respond to even the thought of getting angry with an immediate desire to get rid of it. True enough, anger can be painful when it burns within you. Yet, feeling no anger would be like not feeling the heat as a flame licks the palm of your hand. The pain you would normally feel in both situations are signals that something is wrong and needs attention. So, while numbness saves you from such pain, it does this at the expense of not dealing with a problematic situation.

Not only does anger signal that there is a problem, but it is also motivating because it is an unpleasant emotion. When you turn that motivation toward fixing the problem (rather than ignoring the anger), you have the opportunity to make a positive change. Rather than suppressing your anger or lashing out with hostility, try coping in these ways:

- **Exercise:** While research shows that acting out your hostility tends to increase your anger, venting the energy generated by your anger can be helpful. By going for a run or taking a spin class, you can relieve yourself of that energy. Then you will be free to think more calmly about the situation.
- **Calm Your Body:** As intense anger lessens, you will have more ability to calm yourself. To facilitate this calming, focus on your breath or do a relaxing activity. Then you will be in a better frame of mind to think about what is angering you.
- **Understand Your Current Anger:** Take the time to gain a full appreciation of what is triggering your anger. Keep in mind that the only way to fix a problem is to understand it. You might find that journaling or talking with a close friend can assist you in reducing the physical symptoms of your anger and gaining a better understanding of your distress.
- **Talk It Out:** When you are feeling relatively calm, talk with the person who has angered you. Rather than just venting or trying to hurt the person who hurt you, help the person understand your experience and work to solve the problem. To accomplish this, ask the other person to really listen until they understand what you have to say. Then be specific as you explain what has upset you. Also, just as you have asked the other person to listen to you, you must really listen to that person. The only way to truly bridge the divide between you is through such open communication.
- **Take a break when necessary:** Sometimes people's anger gets the best of them. When you feel that your anger is clouding your ability to talk rationally, explain that you need a break so that you can calm down. Then, once you are calmer, it is essential that you return to the conversation.

Anger can be an intense emotion, and so many people are overwhelmed by it. However, you can harness the power of your anger to repair problems in your relationships. And when you do this, you will find that those relationships often grow stronger.