



ROTARY CLUB OF APPLETON

GUSTO

Service Above Self

June 3, 2014

Upcoming Programs

June 10

Empire Room

Bright Future Award
Recipients
Thought of the Day:
Dennis Episcopo

June 17

Salon A

Leadership in Life: A
Panel Discussion

June 24

Salon A

Deborah Wetter's
Induction
Thought of the Day:
Marta Weldon

Officers 2013-2014

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Paul Hillmer

Rotarians of the Year

Ruth Ann Heeter / Jay
Drzewiecki

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Membership – 182

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Meets Tuesday Noon

**CHARLES AND ADELE HEETER OUTSTANDING
COMMUNITY LEADERSHIP AWARDS**

Mary Harp-Jirschele received the Charles and Adele Heeter Outstanding Community Leadership Award. Mary is a role model to all and lives the Rotary motto of "Service Above Self". She is a volunteer chef at U. W. Fox Valley EATS, Community Foundation for the Fox Valley Region, Inc. Committee Member, Board Member of Fox Valley Symphony, cooks at the Emergency Shelter, founder of Joy Day Conference and volunteer at Art in the Park. Mary traveled to Nicaragua, Honduras and Dominican Republic with Volunteer Optometric Services to Humanity helping people see clearly for the first time. Before these trips, she personally purchased toothbrushes to give to people in these countries. Mary is the Executive Director of the J. J. Keller Foundation. The Club also donated 1,000 points to The Rotary Foundation making her a multiple Paul Harris Fellow.

Dawn Doberstein received the Charles and Adele Heeter Outstanding Community Leadership Award. Dawn was the Chair of Business Retention and Expansion Program for the Fox Cities Chamber of Commerce, Treasurer of the Institute of Management and Accountants and Fox River Area Girl Scouts Finance Committee. She was the Co-Chair of the Children with Disabilities and Membership Committees, Board Member, Secretary, Treasurer, President Elect and President of our Club. Dawn is the Vice President at American National Bank. The Club also donated 1,000 points to The Rotary Foundation making her a multiple Paul Harris Fellow.

THUMBNAIL: JAKE WOODFORD

(Frank Rippl began jazz piano accompaniment.) Jake was born and raised in Appleton, Wisconsin, the city his father and fellow Rotarian Bob Woodford grew up in. When his dad was a child, his grandparents used to hire a young pianist named Frank Rippl to play at their swanky cocktail parties. A number of years later, he would have Frank as his first music teacher in elementary school, where his poor behavior would routinely force Frank to send Jake to the back of the room to sit in shame so that he might continue to teach the good children "Oh, Shenandoah." Upon reflection, doing so was probably harder for Frank than it was for Jake. Jake had an illustrious career at Appleton North high school, where he managed to both edit the newspaper and chair the student government – a situation he would later learn as a political science major was unusual, highly suspect, and fortunately not replicated in the real world, at least not overtly. In spite of his best efforts to spare the Fox Cities from yet another Woodford in residence, Jake was pulled into the orbit of Lawrence University, where he matriculated in the fall of 2009. Jake often jokes that he could load up a small wagon and pull his belongings from home to campus when it was time to move in. Lawrence University afforded him the opportunity to receive a world-class undergraduate education, and to experience the world well beyond the confines of Northeast Wisconsin. He had the opportunity to meet Mitt Romney, Paul Ryan, Michelle Obama, and peers from all across the country and the world. He served in student government and made meaningful and lasting connections with friends and faculty members, and most importantly, he was adequately prepared to write thumbnails and thoughts of the day for Rotary. Lawrence University has yet again found a way to keep him in his hometown. After graduation in 2013, Jake was offered the position of assistant to the president. Jake's primary responsibilities include fostering relationships within the community, supporting research and planning of presidential initiatives, and coordinating communications with their Board of Trustees.

ANNOUNCEMENTS

- We will be partnering with other area Rotary Clubs to have a booth at the June 4 Chamber Business Expo (Radisson Paper Valley from 10 am-4:30 pm). Our goals: educate the community about what Rotary is and recruit new members. We're using VolunteerSpot to help us organize the staffing of our booth (2-hour time slots). Please click this link (<http://vols.pt/Qba95F>) to learn more and to sign up to help. Remember to proudly wear your Rotary name badge when you staff the booth! Thanks for helping to Engage Rotary and Change Lives.
 - The Courtesy Awards Committee is asking you to keep your eyes open for uncommon courtesy and not wait until the holidays to submit your nomination. Courtesy Award nomination forms can be found on our website or by a member of the committee. Award recipients receive \$50-\$75.
 - Megan Warner has been hired as our club's new administrative assistant. Kathy will be working to train Megan who will be starting on June 10.
 - 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.
 - On June 17, our program will be a Leadership in Life Panel Discussion with Karla Blair, Curt Detjen, Mary Harp Jirschele and Walt Rugland put on by our Young Professionals.
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GUESTS, VISITORS AND MAKE-UPS

Guests today were David Meyers and Jessica Nelson with Michelle Devine-Giese, Jeff Jirschele and Marne Keler-Krikova with Mary Harp-Jirschele, Cathy Mutschler with Lynn Peters and Aruna Shet with Ram Shet,

Visiting us today was Maneechit Suwanasilapa from the Rotary Club of Bang Rak, Thailand.

Making up with week was Kim Van Osdol in Neenah.

WELLNESS IN A HEARTBEAT: BLUEBERRIES, RED GRAPES MAY BOOST IMMUNE FUNCTION AND THAT'S NO RASPBERRIES

Compounds in these fruits work alongside vitamin D and specific gene, lab study found. Red grapes and blueberries may give your immune system a boost, according to a new study. Researchers found that both fruits contain compounds called stilbenoids, which work with vitamin D to increase expression of the human cathelicidin antimicrobial peptide (CAMP) gene, which is involved in immune function. The stilbenoid compounds included resveratrol in red grapes and pterostilbene in blueberries.

"Out of a study of hundreds of compounds, just these two popped right out," Adrian Gombart, a principal investigator at the Linus Pauling Institute at Oregon State University, said in a university news release. "Their synergy with vitamin D to increase CAMP gene expression was significant and intriguing," said Gombart, an associate professor in the university's college of science. "It's a pretty interesting interaction."

Gombart and colleagues noted, however, that these findings were made in laboratory cell cultures and do not prove that eating blueberries and red grapes would boost a person's immune function. The study was published Sept. 17 in the journal *Molecular Nutrition and Food Research*.

The CAMP gene has been shown to play a key role in the innate immune system -- the body's first line of defense that gives it the ability to fight bacterial infection. The response is especially crucial as many antibiotics become less effective.

Previous research has found a strong association between adequate vitamin D levels and the function of the CAMP gene. This new study suggests that certain other compounds may play a role as well.