



Gusto for May 26, 2020

A publication of the Rotary Club of Appleton

District 6220 Club 2656

June 9th Program: 19th Amendment Centennial Celebration

Marti Hemwall and Linda Bjella are co-chairs of the 19th Amendment Centennial Celebration. They will look back on the history of Women’s Suffrage — then forward to what our local 19th Amendment coalition is doing to celebrate Women’s Equality this milestone year.

Join Zoom Meeting

<https://us02web.zoom.us/j/83379634002?pwd=SXNGdVdNWVJsQXFYN1NKWW94V3hWUT09>

Meeting ID: 833 7963 4002
Password: 067080

June 2nd—No Meeting

June 9th Program:

19th Amendment

Thought of the Day:

Jan Quinlan

June 16th Program:

Lost Fox Cities

Thought of the Day:

Alan Blake

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Club Meeting Information

(In person meetings on hold at this time)

Location: Riverview Gardens
1101 S Oneida St
Appleton, WI 54915

Assistant Governor Area 5
Nancy Leipzig

Global Grant Scholarship Recipient

Anna DeWitt

<https://annadewittglobalscholar.wordpress.com>

Rotarian of the Year
Wayne Defferding

TAKE ACTION: www.appletonrotary.org

Gusto Editor: nancy.leipzig@communitycareinc.org

My (Musical) Thought of the Day—from Jennifer Stephany

So many times throughout the last two months I've felt overwhelmed by the impact of COVID on our community. I thought I would share one of the tactics I have used to help raise spirits in our household. Music! For so many of us music has become such an important part of our lives here in the Fox Cities, as Rotarians, as Mile of Music or Symphony supporters, as parents, as a member of New Voices or participant in Sinfonia. Music has a way of connecting people, places and emotions. A certain song or melody can evoke joy or sorrow, lower our stress or raise it. Music can recall a memory from years past or help create a brand new moment.

So my thought for you today is to lean in to the power of music and if even for a minute, let it sink in to your soul and move you to a place you long to be.

Today, Kurt Eggebrecht provided information from the Appleton Health Department on COVID 19. An individual can become infected with COVID -19 through person to person through respiratory droplets caused by coughing, sneezing, talking and singing as well as touching something with COVID on it. The test is somewhat uncomfortable since the swab needs to go deep into the nasal cavity.

People at risk are those 65 and older, persons with chronic disease, infants, pregnant women and nursing home residents. The highest hit age groups are 18-44 and 45-64. There is no seasonality to pandemics and usually there are 2-3 waves (which is different from influenza).

Control strategies include: personal hygiene (handwashing, respiratory etiquette and staying at home when sick), social distancing and limiting access (public gatherings and events, public places closed and restricted or suspended travel), and isolation/quarantine.

Those 60 years and older and those with underlying health conditions will be the priority when distributing the vaccine.

What can service clubs do? Participate in virtual meetings, trust the science behind the Badger Bounce Back Plan and limit activity to smaller groups to protect those who are at higher risk.

Thank You Notes from St. Joseph Food Pantry

Please be sure to read the attached thank you notes we received from the St. Joe's Food Pantry.

Our Rotary donation is much appreciated!



Want to invite a guest to join our Zoom meeting?

Send President Amy and Kathy their name and email address, and we'll be sure to let them into the meeting as our guest.

Membership Corner

***Zoom Coffee Meetings**

Thursday at 9am

Coffees will be held via Zoom

Email Alan Blake at alanblake628@gmail.com for Zoom meeting details.

Future guests will be announced soon.

Club Membership = 102



The Post Crescent article from October 6, 1955 reporting on the number of WI deaths from polio in 1955.