



ROTARY CLUB OF APPLETON

GUSTO

Service Above Self

May 15, 2012

Upcoming Programs

May 22

Empire Room

Youth Recognition Awards
– Outstanding Juniors
Thought of the Day –

May 29

Salon A

Memory Café – John and Susan McFadden
Thought of the Day –
Dennis Episcopo

June 5

Voices of Men – Caroline Lasecki

Officers 2011-2012

President

Dan Nisler

Vice President

Dawn Doberstein

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Tom Berkedal

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Peter Kelly

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Deborah Wetter

Directors

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Greg Linnemanstons
Rich Redman
Sridhar
Susan Stockton
Dan Toppins
Jennifer Wanke

Sergeant-At-Arms

Jerry Otteson

Admin. Assistant

Kathy Dreyer
Phone/Fax 731-4427
dreyer.kathy@gmail.com

RYE Student

Ella Proll – 830-7939

Rotarian(s) of the Year

Barbara Kelly and
Ken Stolzman

Membership – 202

Downtown Gusto
Kathy Dreyer, Editor
Dist. 6220, Club 2656
P. O. Box 703
Appleton, WI 54912
www.appletonrotary.org
Meets Tuesday Noon

AMBASSADORIAL SCHOLARSHIP RECIPIENT NATALIE GRATTAN'S TRIP TO NEW ZEALAND

Natalie is a native of Amboy, Washington. She graduated from Lawrence University in 2010 majoring in biochemistry and music. While at Lawrence, she became interested in SWAHP (Students Working Against Hunger and Poverty). The more active she became in SWAHP the more she realized she wanted to have a career that gave her the ability to work in the community such as public health. She saw a flyer asking for students to attend an informational meeting about Rotary Ambassadorial Scholarships. It was exactly what she was looking for. The purpose of the Ambassadorial Scholarship are to: send ambassadors of goodwill to improve international understanding; instill a high degree of international understanding in all scholarships within the context of the high ideals which Rotary embodies; impart needed skills to scholarships, specially those from developing countries; and educate scholars from developed countries in a unique problems and challenges faced by developing countries. Our club sponsored Natalie to go to the District 6220 and compete in the District competition. Natalie was selected to attend the University of Otago in New Zealand. Natalie learned about New Zealand, Rotary, public health and the United States and herself. New Zealand is a small country (267,000 square kilometers) with a population of about 4.5 million people. They have a lot of sheep (about 30 million) and dairy cows (10 million). The symbol of New Zealand is the silver fern. The unfolding of the fern means new life and new beginnings. There are many birds but no mammals except for bats. They have a diverse geography: white sand beaches, rocky mountains, geothermal activity and rain forests (bush). They eat much of the same foods but spaghetti is served on toast. Natalie's host club was the Rotary Club of Dunedin East. They were a fun and active club. She attended Rotaract meetings, the District Conference, service projects and fundraising activities. The U. S. is a market model of health care system, it is a mix of private-public system and the cost is \$7,290 per capita. New Zealand has a national health care system, a mixed public-private system, PHARMAC, ACC and costs \$2,454 per capita. Major health concerns such as obesity, cardiovascular disease, diabetes, smoking and alcohol abuse are the same in both countries. So why the difference in cost? Life expectancy, infant mortality, preventable hospital admission rates, AIDS incidence and MRI/CT exams are higher in the U.S. The U. S. is also last in terms of efficiency, equity, safety, cost related problems and long healthy productive lives. The more Natalie thought about this she decided to take a year off from going to medical school and work for AmeriCorps and the HealthCorps. When she goes to medical school, Natalie will focus on preventative health.

COMMITTEE MEETINGS

- The Appleton Rotary Foundation Board will meet on Tuesday, May 22 at 11:00 a.m.
- The Sharing Around (the World) Medical Project will pack on Tuesday, May 29 from 6:30-8:00 p.m. at the Goodwill Industries Shiner Center.
- Rotary Happy Hour – Tuesday, June 26 from 5-7 p.m. at Spats.

INDUCTIONS

Today, the Rotary Club of Appleton inducted Deb Johnson and Andrew Micheletti. Deb is the new General Manager of the Copperleaf Boutique and Spa and Andrew is an Associate Attorney at the Sitzmann Law Firm. Welcome!

COURTESY AWARDS

Annually, the Courtesy Awards Committee receives many nominations for people who provide direct customer service above and beyond. They also receive nominations that are vague and unclear. Although they agreed originally that the name change could be beneficial for us in explaining better to the club that the award was for exceptional customer service, rather than ordinary everyday courtesy, they are inclined at this point to NOT change the name. When we gave out the awards this year several things came to our attention to change our minds. One - Bob Brunken's song that we sing each year, was most touching. Also, the word "Courtesy" has such a nice, traditional ring to it. Club members seem to love this award, and we would hate to disrupt that tradition. The committee also decided to make monthly announcements and accept nomination forms throughout the year. Forms can be found on our website – www.appletonrotary.org.

GUESTS, VISITORS AND MAKE-UPS

Guests today were Natalie Grattan, Edward Dale, Sara Micheletti, Katie Boehm with Hugh Begy, Laura Huizenga with Trisha Huizenga, Chris DeJuliis with Chuck Lewis, Jonathan Esp with Andy Rossmeissl, Randy Prasse with Jay Schumerth and Susan Sitzmann with Chris Sitzmann.

Making up this week was Michelle Devine-Giese in New London, Alyce Dumke on e-Club, John Fuller and Sridhar at Appleton West and Guy Thompson at Appleton Breakfast.

COMMUNITY SERVICE VOLUNTEER OPPORTUNITY

Good Garden Works – All Rotary project: June 11th

Location: St Joseph Food Program: 1465 Opportunity Way Menasha, WI.

Time: 5pm – 8pm

Up to 20 volunteers

The night will include: an informal veggie dinner (no cost) and burlap bag garden building and decoration. This was one of the grants supported by the Community Service Committee. Please check out this video about the program: <http://video.wpt2.org/video/2050612134>. There will be a sign up sheet at the next meeting.

ROTARIAN KIDS, ROTARIAN GRANDKIDS, ROTARIAN KID FRIENDS

Bring your favorite adult(s) to the Family of Rotary event at the:
Paper Discovery Museum
425 West Water Street, Appleton (next to Atlas Mill Coffee and Fratellos)
Thursday, June 7, 2012 from 5:30 – 7:30 p.m.
Munchee's Pizza, salads, beverages and yummy deserts

Play on the Child's View of Papermaking and learn how paper is made. Make your own paper and visit the outdoor learning center. Learn about the history of the paper industry, paper industry careers and much, much more. Children attending will be sure to receive fun prizes. It's Appleton Downtown Rotary's night at the museum and we have it all to ourselves.

Sign up sheet will be at the Registration Table beginning June 15th. Please indicate the number of adults and children who will be attending so we'll be sure to have enough food and prizes. Please join us at the Paper Discovery Museum on Thursday, June 7th for an evening of food, fun and friends. It's a great opportunity for you to involve your family with your Rotary club.

SEVEN DAY NOTICE

The following individual has been proposed for membership in Rotary. He has passed all committees and unless an objection in writing is submitted to the secretary within 7 days, this member will be admitted to the Rotary Club of Appleton.

Eric Turner of 1887 Eagle Drive, Neenah, WI 54956 has been proposed into membership by JoEllen Wollangk. He would enter under the classification of Contractor – Masonry.

WELLNESS IN A HEARTBEAT: RECOGNIZING STROKE SIGNS AND SYMPTOMS

Stroke Alert Day. Make The Call

When stroke warning signs and symptoms appear, dial **9-1-1** immediately. Stroke affects approximately 700,000 people every year, but most adults in the United States can't even name a single symptom of stroke.

Warning Signs

The following stroke warning signs should prompt an immediate 9-1-1 call:

- Sudden weakness or numbness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe and unusual headache

And What About . . . ?

- **Crushing chest pain:** a classic heart attack symptom nearly all of us would recognize.
- **Redness, warmth and swelling near a cut or scrape:** probably an infection - and worth a prompt call to the clinic for attention.
- **Sudden weakness or numbness of the face, arm or leg, especially on one side of the body, or sudden confusion with difficulty speaking or understanding:** both sudden weakness and sudden confusion are signs of a stroke.

Timing is Crucial

When stroke warning signs and symptoms appear, you should dial 9-1-1 immediately. Why the urgency? Most strokes occur because an artery in the brain is blocked or is bleeding. Brain damage begins within 15 minutes, and most damage is done in the first six hours. But, if we can get people to the emergency room quickly enough, we have a good chance of stopping that stroke and preventing the damage and lifelong disabilities that can result.