

Norsk News, January 13, 2016

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Absent: Burns, D., Helwig, C., Helwig, S., Klein, Olson, Rooney, Steinhauer, Witte, Orzechowski

Happy Bucks: Wedig, T., Yauchler
Guest: Greg and Trish Meeker

Gabriella is going to do the Polar Plunge, she'd like sponsors.
January Student Rotarians: Ashley McGaw, Gabriella Giler
Gabrilla did a balance bar routine at a meet and DIDN'T fall.

Brent is planning a Fireside Chat for around February 29th.

Superbowl Brunch. Collect your money for your ads! Get that to Mike. Pick up posters for your businesses. Let Todd know if you are not going to be at the Brunch on the 7th. He is making up the work schedule.

Our Rotary International Foundation giving has been great. We will send the funds to International at the beginning of February. If you haven't donated and wish to do so, give your check to Rob or Peter.

Don't forget you can give yourself credit for doing meeting makeups using clubrunner. The directions are on ClubRunner www.mthorebrotary.com on the first page of the website right under the speakers schedules. Your login is your email address and the password is mthoreb.

SPEAKER: Trish Meeker talking about substance abuse. Many of her clients are in trouble because of substance abuse. She discussed the addiction of her sister causing Trish to learn as much as she could about the issue. She took 40 hours of classroom info about the science of substance abuse and addiction at the UW. Substance abuse disorder is the current name for addiction. No one chooses addiction as a lifestyle. One may want to stop but the brain becomes wired to override and short circuit the good intention to quit. It is being learned that there is a strong genetic component to addiction. Often there is a mental condition involved including ADD, depression, anxiety or others. Sending someone away for 30 or 60 days is not working. It is thought that withdrawal should be medically managed. She recommends the Parent Addiction Network for guidance. http://www.safercommunity.net/parent_addiction_network.php Treatment is changing and evolving. She is sorry that school systems are so punitive which is not helpful to young people. However, the justice system is recognizing that addicted people should not be treated like hardened criminals. There is no one right way to handle these difficult situations. Much research and new treatment is being done.



Upcoming Meetings:

Jan 27th: Rotary Tidbits (Peggy Zalucha)
Around Feb 29th: Fireside Chat
Feb 3rd: Business Meeting
Check the website for upcoming schedules
Greeter for December and January is Vaughn
Greeter for June 2016: Wedig, K.

