NorthStarMastFinal

January 9, 2014

Editors: Tammy Broderick and

Char Luttrell

Meeting Thursdays

at Noon at the

Holiday Inn

Near the University of Michigan

Service Above Self

RCAAN Board

of Directors

*President:*

Keith Krings

*President Elect:*

John Arenz

*Past President:*

Laura Van Steenis

*Secretary:*

Tammy Broderick

*Treasurer:*

Tamra Ward

*Director,*

*Club Administration:*

Matt Copeland

*Director,*

*Rotary Foundation:*

Gail Scott

*Director,*

*Public Relations:*

Char Luttrell

*Director,*

*Service Projects:* Manish Mehta

*Director,*

*Membership:*

Bryan Schindel

RCAAN Helps Green-Baxter Fire Victims with Storage Fees

Joan Doughty, executive director of Community Action Network at Green-Baxter Court, visited our meeting with a special request on behalf of the six GBC families who were left homeless by Tuesday’s early morning fire. She asked us to provide funds for storage units so the families who have items to store can keep their belongings safe until they find new housing. They are eligible for public housing, but there are no public housing units available right now. (The American Red Cross is providing temporary housing at Extended Stay America.) President Keith Krings and Past President Laura Van Steenis are working with Joan and the folks at GBC to see what else they will need going forward. One of the families we “adopted” at Christmastime has been left homeless because of the fire, and the presents we gave them were destroyed. Stay tuned for more information about how we can help.

Holiday Party A Success

President Keith Krings thanked everyone for making the Christmas party lots of fun. We had an ugly sweater contest for the first time and our prospective member, Stephanie Oliver, won the contest with the very ugly sweater she received as a white elephant gift!

50/50 Drawing

Bryan Schindel won $19!

New Member Induction Next Week

Stephanie Oliver, branch manager of Key Bank on Plymouth Road, is a prospective Rotarian. Laura Van Steenis brought her application to the board and it was approved on December 9. Stephanie will be inducted into our club January 16. Please welcome her and get to know her. Stephanie was formerly a member of the Milan Rotary Club.

B.A.B.E.S.

Will resume next week.

Our Hollywood Fundraiser is Coming Up March 29

Laura reminded us to mark our calendars for Saturday, March 29, which is the date of this year’s fundraiser. Laura asked us all to give her the names and addresses of companies we can ask to sponsor the event. Letters will go out soon. We are also looking for volunteers to plan the party.

Rotary Leadership Institute

Watch our website for information on the upcoming Rotary Leadership Institute. One of the sessions will be held at the Holiday Inn in July.

Recent Gifts

President Keith announced several year-end gifts to the RCAAN Foundation, from John Rasmussen, Kerry and Tom Bachman and Dr. Steven Modell. Thanks to Phil Zepeda for arranging this support.

Rotarians on the Mend

Eric Tindall was back at Rotary *without* his cast. Following a nasty fall on the ice at work, Eric had surgery on his broken arm and is now recovering and doing physical therapy. Good to have you back, Eric!

Jack Edelstein announced that Verne Hutton fell and broke his hip while in Baltimore on Christmas Day. Verne had surgery at John Hopkins and is now recuperating at home. Get well soon!

Gordon Nordby also fell over the holidays and is at home recuperating with a broken leg. Get well soon, Gordon!

Defeating Distractions

Geri Markel was our featured speaker this week. Geri told us that we can manage distractions to become more effective people. She outlined eight sources of distraction in our busy, modern lives:

1. Technology
2. Other People
3. Tasks and Activities
4. Places and Spaces
5. Stress
6. Fatigue
7. Illness or Medication
8. An Unruly Mind

Our speaker had each of us vote on the sources of distraction that bother us most, and “Other People” ranked as the highest “demon” among RCAAN members. She said that our brains were not designed to be constantly interacting with multiple sources of information (internet, games, phone, etc). She said we should find quiet time each day to just think. Geri urged us to give each other respectful, attentive concentration during our interactions. Her other tips included:

1. having stand-up meetings at work, so that people concentrate on getting the work of the meeting accomplished.
2. putting phones and ipads away during meetings.
3. having agendas and time-keepers at meetings.
4. taking 5-10 minute breaks at work.
5. walking the stairs or walking outside during work breaks.
6. Stretching at your desk. And
7. Putting your phone in the trunk of your car so you won’t answer it while you are driving.