



FEBRUARY 22, 2017

This week's program featured guest speaker Brad Coulbeck. Brad was introduced by Rotarian Jennifer Jacobson. Brad is Detachment Commander with the Chatham-Kent OPP. Besides working full-time, Brad has taken the time to write a book called "The Resilient Mind". This book should be available on Amazon in a few days.

Today, Brad talked about the results of stress and trauma. According to Robert Epstein, writing in Psychology Today, stress weakens our immune system, increases the risk of heart disease, impairs our mood and our performance, disturbs our sleep and destroys relationships.

Furthermore, job stress costs American businesses more than \$300 billion annually in absenteeism, compensation claims, health insurance, lowered productivity and employee turnover.



Guest speaker Brad Coulbeck

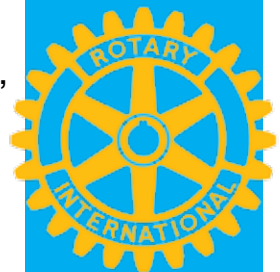


Introduced by Jenn Jacobson

A person's level of resilience will determine who succeeds and who fails. After exposure to trauma, 15% of people get PTSD. Others, who show more resilience, get PTG, which stands for Post Traumatic Growth. This shows up in greater appreciation of life, more meaningful relationships, enhanced spiritual beliefs and often a new direction and purpose in life. In fact, the usual response to trauma and adversity is growth, according to Dr. Martin Seligman.

Brad concluded by saying that to grow in character, we must strain our soul.

We appreciate Brad telling us about resilience in our lives. Brad was more formally thanked by Rotarian Paul Mayrand.

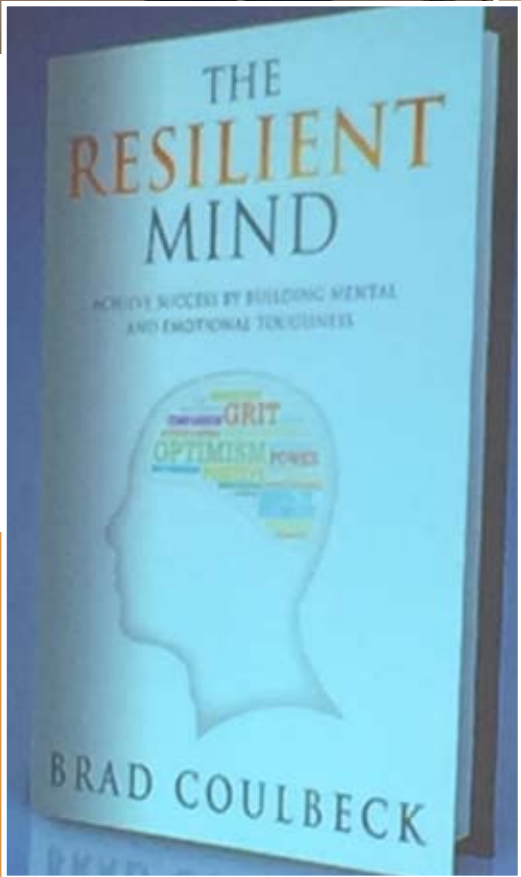




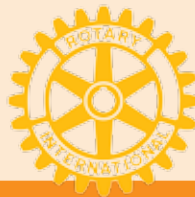
The Rotary Club of Chatham

E-Bulletin

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Paul Mayrand thanked the speaker





Happy Notices

BIRTHDAYS

None

ANNIVERSARIES

None



Finemaster Alysson preparing to collect money from Brent who paid \$1 to tell us some happy news.



Our exchange student, Dhairya Shah, won the 50-50 draw this week. He does look happy.

Congratulations, Dhaurya.



President Alysson dressed in pink this week to support the campaign against bullying.

NEXT WEEK CLUBRUNNER AND RELATED ROTARY SUBJECTS

Tania Sharpe and Jennifer Jacobson

UPCOMING PROGRAMS

March 8

Animal Shelter

Lynn McGeachy Schultz

March 15

Polio Update by Keith Koke