

# OUT OF THE PARC

SEPTEMBER 5, 2014

Phoenix Arcadia Sunrise Rotary Club

## Speaker Calendar:

- *September 3: Kent Titzze, Horticultural Frontiers on Horticultural Therapy*
- *September 17: Terry Lubsen, Coordinator of District 5510 Mexico Microcredit program*

## HORTICULTURE THERAPY

Horticultural therapy (HT) is a time-proven practice. The therapeutic benefits of garden environments have been documented since ancient times. In the 19th century, Dr. Benjamin Rush, a signer of the Declaration of Independence and recognized as the "Father of American Psychiatry," was first to document the positive effect working in the garden had on individuals with mental illness. In the 1940s and 1950s, rehabilitative care of hospitalized war veter-

ans significantly expanded acceptance of the practice. No longer limited to treating mental illness, HT practice gained in credibility and was embraced for a much wider range of diagnoses and therapeutic options. Today, HT is accepted as a beneficial and effective therapeutic modality. It is widely used within a broad range of rehabilitative, vocational, and community settings.

HT techniques are employed to assist partici-

pants to learn new skills or regain those that are lost. HT helps improve memory, cognitive abilities, task initiation, language skills, and socialization. In physical rehabilitation, HT can help strengthen muscles and improve coordination, balance, and endurance. In vocational HT settings, people learn to work independently, problem solve, and follow directions.



*Healing Garden, Banner Good Samaritan Hospital*

## JOKE O' DA WEEK

An old Italian man in Brooklyn is dying. He calls his grandson to his bedside, "Guido, I wan' you lissina me. I wan' you to take-a my chrome plated .38 revolver so you will always remember me."  
"But grandpa, I really

don't like guns.. How about you leave me your Rolex watch instead?"

"You lissina me, boy! Somma day you gonna be runna da business, you gonna have a beautiful wife, lotsa money, a big-a home and maybe a

couple of bambinos. "

"Somma day you gonna come-a home and maybe finda you wife inna bed with another man. "Whatta you gonna do then? Pointa to you watch and say, 'Times up!' "?



*Tee-Hee*



PHOENIX  
ARCADIA SUNRISE  
ROTARY CLUB

## Our Children, Our Future.

Meets Wednesday mornings at 6:45 AM  
Vincent on Camelback  
3930 E Camelback Rd,  
Phoenix, AZ 85018

President, Dan Laux  
President-Elect, Jim Wilson,  
Treasurer, David Demaine  
Community Service, Judy Wilson  
Vocation Service, Jim Wilson  
Club Service, Betty Peterson  
Membership, Mike Burke  
International, Sujoy Spencer-Thorlaxson  
Past President, Mike Curlee  
Newsletter, Jim Wilson

## SEPTEMBER BIRTHDAYS

We have no September birthdays.

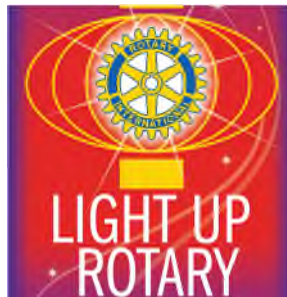
## SEPTEMBER ANNIVERSARIES

Mike Curlee: 2006

We're on the web!  
[phoenixarcadiarotary.org](http://phoenixarcadiarotary.org)

Founded in 1988, the **Phoenix Arcadia Rotary Club** has a strong tradition of serving the community, state, and the world. Our primary areas of service have been youth health and education, and international projects to improve the quality of life in less prosperous countries. Hands-on work, fellowship and fund-raising have been the hallmarks of Phoenix Arcadia Rotary for over 25 years. Besides the Rotary International slogan "*Service Above Self*", our club's slogan is... "*Our Children, Our Future*".

Our gatherings promote community service and fun with new friends as we enjoy this Rotary experience. Please, come see what it is all about. *You might find yourself enjoying a whole new experience. We can't wait*



## 50 THINGS EVERY ROTARIAN SHOULD KNOW

*Steve Garret, 5300 District Governor 1994-1995 presented "50 Things Every Rotarian Should Know About Rotary". We shall endeavor to present one a week during the next year.*

### #4- OBJECT OF ROTARY

In some areas of the world weekly Rotary club meetings begin with all members standing and reciting the Object of Rotary This statement, which comes from the Constitution of Rotary, is frequently seen on a wall plaque in Rotarians' offices or place of business.

The Object of Rotary is "to encourage and foster the ideal of service as a basis of worthy enterprise." The statement then lists four areas by which this "ideal of service" is fostered: "through the development of acquaintance as the opportunity for service; the promotion of high ethical standards in business and professions; through service in one's personal, business and community life; and the advancement of international understanding, goodwill and peace."

The Object of Rotary has not always been expressed in this manner. The original Constitution of 1906 had three objects: promotion of business interests, promotion of good fellowship and the advancement of the best interests of the community By 1910 Rotary had five Objects as increased emphasis was given to expanding Rotary. By 1915 there were six Objects. In 1918 the Objects were rewritten again and reduced to four. Four years later they had again grown to six and were revised again in 1927.