



'pinion

ROTARY CLUB OF WEST ALLIS
DISTRICT 6270 • CHARTER ESTABLISHED 1927
Issued by the Rotary Club of West Allis, Charter 2543
www.westallisrotary.org

THE FOUR WAY TEST OF THE THINGS WE THINK, SAY OR DO

Is it the truth? Is it fair to all concerned? Will it build goodwill and better friendships? Will it be beneficial to all concerned?

Week of May 16th 2019



BE THE INSPIRATION

WELCOME TO ROTARY!

We are neighbors, community leaders, & global citizens uniting for the common good. With you, we can accomplish even more.



Go Bucks!

Reasons to love Rotary right now Reason #120: **Rotarians are people of action**

amazon smile Looking for a **simple and automatic way to support your favorite** 😊 **charitable organization** (hint hint) every time you shop, at no cost to you? If you or your friends or family shop online and use Amazon, there is a shopping portal called **Amazon Smile**, which allows you to identify a charity of choice. This charity receives a small percentage of your purchases through Amazon. It is very easy to use. Instead of going to www.Amazon.com, you go to www.smile.amazon.com. Log in like you normally would. You only have to do it one time, and after that, your computer remembers you. **To select our club as your charity, search for "West Allis"**

Rotary Club of West Allis Foundation Inc	Waukesha WI	Select
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Last Week: May 9th-Performance Motivation by 2X Olympian -Katherine Adamek



Katherine uses her decades of experience as a world class coach and athlete to teach the mental, physical, and nutritional skills necessary to improve performance.

Simple skills like communication and body language are essential to getting the most out of coaching. **Better coaching leads to faster improvement. Faster improvement leads to a**

new level of performance. More complex skills like focus, resilience, and managing emotions can create or destroy any opportunity for success. Executives, athletes, and coaches alike struggle to perform under pressure. **Performance Coaching bridges the gap between what to do and how to do it.**

Performance Mindset Coaching combines the latest research in Neuroscience and Sports Psychology. Clients develop Performance Mindset through ongoing instruction, daily practices, and practical application. **Coaching is highly personalized to develop the specific skills needed to improve performance, including:**

- *Focus*
- *Responding to Emotions*
- *Resiliency*
- *Sleep and Recovery*
- *Confidence*
- *Teamwork*
- *Process Orientation*
- *Performance*



This Week: May 16th-Andrea Watkins - Thank you, Lisa Berman

P.S. Basketball Humor 😊: Q: Why did the basketball player sign up for crafting class? A: He wanted to learn how to make baskets. ♦ Q: How do basketball players stay cool during a game? A: They stand near the fans. ♦ Q: What do basketball players call the first meal of the day? A: Fast breaks. ♦ Q: Why are basketball players messy eaters? A: Because they are always dribbling. ♦ Q: Why do basketball players love donuts? A: They love to dunk them. ♦ Q: What do you call a pig playing basketball? A: A ball hog. ♦ Q: Why did the basketball player go to jail? A: Because he shot gthe ball. ♦ Q: What kinds of stories are told by basketball players? A: Tall Tales 😊



**Rotary Club of West Allis
2018 - 2019**

Officers:

President

Lisa Berman

Co-Vice Presidents

Judy Shabman &
Don Drecktrah

Secretary

Jeanette Bell

Treasurer

Kathleen Dagenhardt

**Executive Secretary/
Treasurer**

Joe Kempen

Sergeant-at-Arms

Debbie Tietjen

Past President

Terese Beauchamp

Directors:

Frank Bevsek: 2019

Sherry Saiki: 2019

Steve Hook: 2020

Lee Breese: 2020

Steve Affeldt 2021

Kent Waterbury 2021

**Rotary Club of West Allis
Foundation, Inc.**

Officers:

President

Steve Affeldt: 2021

Vice President

Wayne Tillmann: 2020

Secretary

Judy Shabman: 2021

Treasurer

Sue Zwitter: 2019

Directors:

Don Charlier: 2019

Sherry Saiki: 2020

Lisa Berman: ex officio

Hale Interact

Wed., 7:10am, library -

Contacts:

Terese Beauchamp

Central Interact

Thu., 8:45am, main office

Contacts: **Jerry Falk**

Dotke Interact

Tuesday 10:45am -

Contacts: **Lee Breese,**

Sue Zwitter &

Cathy Manthei

FUN FACTS ABOUT THE ROTARY CLUB OF WEST ALLIS

May is Youth Service Month



May Birthdays

Al Pinckney (5/04) ♦ Kate Halfwassen (5/18) ♦ Jerry Falk (5/23)

May Anniversaries

Jeannette & Chester Bell 5/19/1962 (57 years)

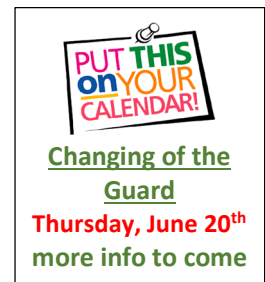
Judy & Jeff Shabman 5/26/1984 (35 years)

Jason & Sarah Soloninka 5/27/2012

Robert & Christina Figueroa 5/31/1986 (33 years)

May Rotary Anniversaries

Robert Figueroa 5/26/2016 (3 years)



THIS WEEK'S PROGRAM

May 16th-Andrea Watkins

UPCOMING PROGRAMS

May 23rd-St Vincent Pallotti Catholic school-Jay Wendelberger

May 30th-History of the Hatfields and the McCoys -Quentin Hatfield

UPCOMING COMMUNITY EVENTS, NOTES & OTHER



DualCon 2019 – May 17th & 18th
at Wilderness Resort, Wisconsin Dells

Curds & Kegs – May 22nd Wednesday – 6:30 to 9 PM
Celebrate Wisconsin cheese and sausage makers, craft breweries,
distilleries, and wineries.
West Allis Farmers Market, 6501 W. National Ave.



Memorial Day Parade & Service – May 27th Monday
10 AM Parade & 11 AM Service
Veterans Memorial Park, 70th & National Ave.



Next Rotary Board Meeting – June 12th ♦ 5:30PM at the West Allis Fire Department

Club Meeting Time & Place ♦ Antigua ♦ 6207 W National Ave ♦ West Allis, WI 53214 ♦ Thursdays ♦ 11:45 AM to 1:00 PM