

OCTOBER 16, 2014

## Rotary Club of East Oklahoma County

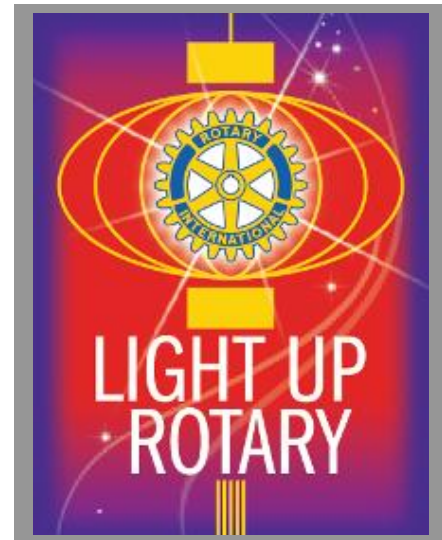
Lesla Deason Crowe is the president/CEO of Itancan, Inc., an advertising/PR firm in OKC/Denver. Her husband Norman, is serving in Iraq. Don't ask for further details, because she will tell you.

**Chandler - Shotgun Raffle** Oct 24, 2014

**Edmond Summit - Skeet Shoot Competition & Raffle** Nov 01, 2014

**South OKC - Veterans Center Fundraiser** Nov 07, 2014

A membership tip by a Rotarian transplant from Vermont, Edmond Boulevard member Jim Spadaccini. "Just before I moved to Oklahoma, our club in Vermont invited the parents of the students our club sponsored to RYLA to attend a club meeting together. Two of the parents joined our club. Since D5750 has such a strong RYLA program, I think every club should consider thinking about RYLA parents as prospective Rotarians."



For On-line make-ups go to  
[www.rotaryclubone.org](http://www.rotaryclubone.org)

<http://www.clubrunner.ca/Portal/Home.aspx?acountid=5501>

<http://www.clubrunner.ca/portal/home.aspx?did=5750>

EOC Rotary on Facebook



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More than three years after an earthquake, tsunami, and nuclear disaster triggered widespread devastation in Japan, the physical scars are beginning to mend. Debris has been removed. Coastal communities are being rebuilt. Farming and fishing have resumed, and thousands of people have moved in to new housing.

But the Rotary Clubs of Koriyama West, Japan, and Englewood, New Jersey, USA, are concerned with the emotional and psychological impact caused by the triple disaster, known in Japan as 3/11, which claimed more than 19,000 lives and displaced hundreds of thousands of people.

In a country that prides itself on stoicism, it is difficult for survivors to seek and accept mental health care. "We believe that the first step to overcome the grief is to be able to talk about what they're going through and share their personal experiences," says Englewood club member Ikuyo Yanagisawa.

With a Rotary global grant, the clubs purchased mobile video conference equipment for four mental health clinics in areas most affected by the Fukushima nuclear power plant crisis. These tools now connect mental health care providers in Japan with trauma experts at the Arnhold Global Health Institute in New York City, where psychologists treated survivors and witnesses of the September 11 attacks.

To augment the new resources, Koriyama West members will organize multidisciplinary mental health care teams from Fukushima Medical University to make outreach visits to temporary shelters and schools in and around Tohoku, a town near Fukushima. Additionally, survivors of 3/11 will be able to talk via video conference to 9/11 family members and first responders who lost loved ones and colleagues in the tragedy.

"Despite the differences between 9/11 and 3/11, survivors of both events share a similar healing process by overcoming the shock, grief, and isolation," adds Yanagisawa. Last November, the Englewood club teamed up with Japanese Medical Society of America and American Airlines to fly five members of the September 11th Families Association to Tohoku

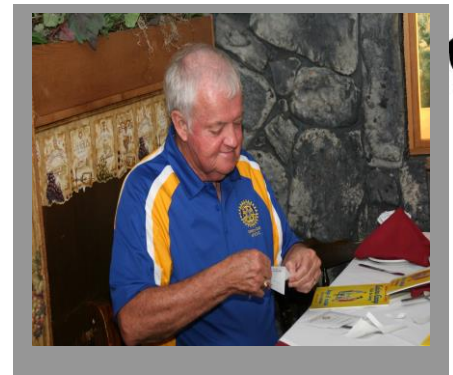
to share their stories and give encouragement to 3/11 survivors still displaced by the tsunami and Fukushima nuclear disaster.

"The 9/11 members would open each conversation with the Japanese expression otagaisama which means 'we are all in the same boat,'" says Yanagisawa, who accompanied the team. "This helped 3/11 members open up more and feel at ease with sharing their story. I could see how deeply connected the two groups were. It was remarkable to see."

Yanagisawa says that 3/11 survivors came to her after group sessions to say how encouraged they were to move forward with their lives.

"This is our [the two participating clubs] goal: to help communities in Japan overcome their grief and find the strength to rebuild their lives," she says. "Bringing together survivors from two different disasters, from opposite ends of the world, we hope will bring about a sense of international community."

World Polio Day is quickly approaching on October 24th. This is a chance for Rotarians, clubs, and districts across the world to come together to fight polio. There are many ways you could mark the day. Dedicate your club meeting to focus on Rotary's work to end polio that week. Community fundraisers on/around World Polio Day are great a way to raise awareness of our cause in the general public. You could take the opportunity to remind government officials to support the global commitment to a polio free world- Rotary's top priority. On World Polio Day, wear your End Polio Now pin and encourage your friends and family to do the same.



Kill the germs that cause bad breath! Combine cheap vodka with a few drops of cinnamon, spearmint, or tea tree oil and let sit for two weeks. You've got your own high-octane mouthwash. Just make sure to spit after you rinse.

And next time you've had too much vodka, you can use the vodka mouthwash to freshen your breath! No one will be the wiser.

## Birthdays

Lay, Zeke  
Oct 24

Missel, Peggy  
Oct 24

President <a href="#">Sammie Turek</a>
President Elect
Treasurer <a href="#">Peggy Missel</a>
Secretary <a href="#">Pamela Duggan</a>
Past President <a href="#">Donna Groves</a>
Vice President
Executive Secretary <a href="#">Pamela Duggan</a>
Rotary Foundation <a href="#">Dwayne Penner</a>
Sgt At Arms <a href="#">Gordon Jeney</a>
Membership
Public Relations <a href="#">Joe Groves</a>
Club Administration <a href="#">Mike F. Turek</a>

Oct 16, 2014 <a href="#">Lesa Crowe</a> What the Hell Moments
Oct 30, 2014 <a href="#">Lorrie Monteiro</a> The American Pigeon Museum <a href="http://www.theamericanpigeonmuseum.org">www.theamericanpigeonmuseum.org</a>
Nov 06, 2014 <a href="#">Michelle Schaefer</a> DG Visit State of District 5750
Nov 07, 2014 <a href="#">Damon Brown Chief Executive Officer</a> Midwest Regional Medical Center

## Rotarian of the Day

10/16 - Sammie Turek  
10/23 - Gordon Jeney  
10/30 - Bobbi LaRue  
11/6 - Doug Moore  
11/13 - Terry Johnson  
11/20 - Richard Martin  
11/27 - NO MEETING/THANKSGIVING