



STILLWATER SUNRISE ROTARY CLUB
November 6, 2012

FUTURE MEETINGS

Nov. 13 – **No Meeting**, Tri Club Mixer at Lift Bridge 4:30 PM
Dec. 4 – District Governor Joe Kovarik
Dec. 11 – **No Meeting**, Annual Christmas Party
Dec. 18 – Annual STRIVE Breakfast Meeting – Val Fisher
Dec. 25 – **No Meeting** – Christmas Holiday

FUTURE EVENTS

Nov.13, Tri Club Mixer at Lift Bridge Brewery 1900 Tower Drive 4:30-6:00
Dec 1, Christmas party at the Carter residence
Dec. 19, Bell Ringing for the Salvation Army

FELLOWSHIP: Steve Madsen



Visitors

Speaker, Monique Hammond and her spouse, Ross Hammond

Visiting Rotarians:

Fred Treiber, White Bear Lake

Make ups

Paula Williams, Jon Stillman and Craig Leiser at Foundation Celebration
Rick Robbins at White Bear Lake

Links:

Link to Stillwater Sunrise Website: [Stillwater Sunrise Website](#)

Link to District Website: [Rotary District 5960](#)

Link to International Web site: [Rotary International Website](#)

Link to Stillwater Sunrise Facebook Site: [Stillwater Sunrise Rotary FACEBOOK Page](#)



CLUB BUSINESS AND ANNOUNCEMENTS: by Paula Williams, President To Be:

Barb thanked everyone who helped at the Halloween Parade

Teeshirts from the Heritage Embroidery visit are available to those who missed out

Jon Stillman Polio report: only 177 cases to date

Tri-Club mixer at LiftBridge November 13

Holiday Party December 11 at Orwin Carter's home; sign up to bring either salad or dessert



SARGENTS AT ARMS: Bob Gray and Mel Sullivan:

Both Bob and Mel were absent, so Rick Robbins was asked to come out of retirement.

All who had no trick-or-treaters paid a dollar.

Margie successfully completed a safe driver course.

Andy was thankful there would be no more political ads after today.

Bob R was missing his pin, but had on his special T-shirt.

GETTING TO KNOW OUR MEMBERS:

In order to get to know better our members, the previous weeks host provides a semi-biographical introduction of the host for this week's program.

Jeff introduced Tim Trooien, but Tim was absent and had not sent Jeff his bio. So Jeff made some stuff up. It was rumored that Tim was in the deep, dark woods attempting to execute innocent animals.

NEXT WEEK'S PROGRAM:

No Meeting, next week but instead the Tri Club Mixer at Lift Bridge 4:30 PM

PROGRAM:

Dave Spencer, substituting for Tim Trooien, introduced Monique Hammond, a registered pharmacist. She was born and raised in Luxembourg, and currently lives in Minneapolis. She graduated with high distinction from the U of M College of Pharmacy. She has worked in retail pharmacies and hospitals in Europe, Australia and the U.S. Monique entered the world of hearing loss in the Fall of 2005 when, in a matter of four hours after a noise incident at a church, she became totally deaf in her left ear. This life-changing event put her on track to research issues about ear and hearing disorders and to work on behalf of people with hearing loss. She was appointed by the Governor of Minnesota to the Commission for Deaf, Deafblind and Hard-of-Hearing Minnesotans. She has also served on the boards of several state and national associations in the field. She believes that hearing loss is a public health issue, as one in five people ages 12 and older suffer from some level of hearing loss. It interferes with learning and affects future opportunities; and it is a communication disorder which affects most interpersonal relations. Damage to the inner ear and nerve is irreversible, but it is preventable. We have 20,000 hearing cells in the ear, and when they are damaged and killed, they do not regenerate. Most hearing loss is noise induced. Since the 1980's noise levels have tripled; restaurants, movie theaters, concerts and other public events are getting louder, and it is not necessary. There is a need for public education to spread the message of prevention. Turn down the volume, protect your ears, and teach children, are the three elements of prevention. Infections and stroke are other causes of hearing loss. If you have ringing in the ears, that is a sign that hearing loss is occurring. Have professional hearing tests. Don't try to remove wax build-up with Q-tips, go to a professional, like the lab at Starkey in Eden Prairie, for ear cleaning. Monique has told her story and what she has learned from her experiences in her book, "What Did You Say? An Unexpected journey into the World of Hearing Loss." She had copies of her book, which she offered to us at a discounted price of \$10, and she gave back half of that to our club. She can be reached on her website, www.what-did-you-say.net.

Joke of the Week

God's Problem Now: His wife's graveside service was just barely finished, when there was a massive clap of thunder, followed by a tremendous bolt of lightning, accompanied by even more thunder rumbling in the distance. The little, old man looked at the pastor and calmly said, "Well, she's there."

President Sakuji Tanaka- Rotary International

Governor Joe Kovarik - District 5960

20011-20012 STILLWATER SUNRISE ROTARY CLUB BOARD

David Langer, President
Paula Williams, President-Elect
Mark Fisher, Past President
Brent Voight, Secretary
Roger Ruetten, Treasurer
Dave Newman, Fast for Hope
Pete Smith, Rotary Foundation
Steve Madsen, Club Service
Bob Gray, Mel Sullivan, Sergeants-at-Arms
Janis Donnelly, Membership
Ken McGinley, Public Relations.
Shari Clifford, Youth Exchange

Chuck Buehler, Newsletter Editor