STILLWATER SUNRISE ROTARY CLUB
August 11, 2015

FUTURE MEETINGS

Sept. 15 - Shari Clifford: District Governor, Marlene Gargulak

FUTURE EVENTS

FELLOWSHIP: Dell Peterson

Guests:

Our guest was: Jack Mattock; guest of Jeanne Matlock

Visiting Rotarians:

None

Make ups:

Cheryl Kohout at RFE and Craig Leiser at New Prague, Rosemount, and Lakeville

Links:
Link to Stillwater Sunrise Website: ***Stillwater Sunrise Website***
Link to District Website: ***Rotary District 5960***
Link to District **Governor Marlene Gargulak's : Weekly Newsletter**

Link to International Web site: ***Rotary International Website***

Link to Stillwater Sunrise Facebook Site: ***Stillwater Sunrise Rotary FACEBOOK Page***

CLUB BUSINESS AND ANNOUNCEMENTS: President Shari Clifford

- Our new member induction for Dr. Robert McDowell will be given by Jack Gibbons
- A thank you note distributed from the Shelter Box and Community Thread
- A new member "sponsor pin" was presented to Cheryl
- Margie will be leading the Halloween Parade committee at Boutwells

- Our new exchange student, Ayane, from Japan arrives on Sunday. Shari will meet her at the airport
- Jon announced that NO Polio has been recorded for ONE year in Africa!
- Cheryl provided a schedule for the Romanian “in-bound” team visit

SERGEANTS AT ARMS: Jennifer Giovinazzo and Mark Fisher

Jennifer led the group with good news and a play on the number 11. Some comments were thankful for a 15 year wedding anniversary, Dell learned how to capsize safely on the lake, Brent announced we have the first host family for Ayane

NEXT WEEK’S PROGRAM:

Paula announced that her guest will be Joe Schmidt, a business professional, athlete and employee at U.S. Bank.

GETTING TO KNOW OUR MEMBERS:

Dave Langer introduced Dr. Wendy Heck who is a physician at Stillwater Medical Group. She also has run a marathon, enjoys biking and skiing and will be competing in a triathlon this coming week. Wendy has three children and resides in rural Stillwater.

PROGRAM:

Wendy then introduced our guest speaker, Dr. Chuck Bransford, Director of Lakeview Hospice who for Wendy, has been her “go-to person.” Chuck is considered to be the “father of Internal Medicine at the clinic and is the Medical Director of Washington County Public Health.

Chuck’s message was on “Death and Dying.” There was very little training available for physicians regarding death and dying. After WW2, Americans hid the concept of death – sick of it from the war – and then thought all the new medicines would take care of the dying. As a culture, we were in denial over dying.

There has been a slow transition into the hospice movement. When most people respond to the question, “How would you like to die,” most Americans respond, “in our sleep.” Other cultures, such as the Tibetan culture, embrace and prepare for the moment of dying. They see it as a transition into the next life or a higher life. Tibetans want to be fully awake to see the transformation!

The hospice movement began in 1989. It has changed greatly the way people deal with death. Now more than 50% of the people who pass away do so out of the hospital. Any person with a disease that is considered untreatable qualifies to receive hospice care. Generally, hospice care lasts 6 months. It has been less expensive, however, the costs are beginning to rise. Dr Bransford also does Palliative Care which is taking care of people in hospice that are still receiving treatment.

Dr. Bransford likes to write as his art form. He finds it helpful to be with people that are dying as he was afraid of it as a child and young doctor. “Active dying” is what he calls the process humans go through when facing a terminal illness. He shared a writing entitled, “A Good Death.”

The meeting was adjourned by President Shari Clifford. The next meeting will be at the K of C. Hall.

Joke of the Week

The Loving Wife...

A burglar breaks into a house to look for money and guns.

Inside, he finds a couple in bed.
He orders the guy out of the bed and ties him to a chair.

While tying the homeowner's wife to the bed the convict gets on top of her, kisses her neck, then gets up & goes into the bathroom.

While he's in there, the husband whispers over to his wife:
'Listen, this guy is an escaped convict. Look at his clothes!
He's probably spent a lot of time in jail and hasn't seen a woman in years.
I saw how he kissed your neck. If he wants sex, don't resist, don't complain..do what ever he tells you.
Satisfy him no matter how much he nauseates you.
This guy is obviously very dangerous.
If he gets angry, he'll kill us both.
Be strong, honey. I love you!'

His wife responds: 'He wasn't kissing my neck.

He was whispering in my ear.
He told me that he's gay, thinks you're cute, and asked if we had any Vaseline.
I told him it was in the bathroom.
Be strong honey. I love you too.'

President Gary C.K. Huang, Rotary International

Governor Karel Weigl - District 5960

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