



**STILLWATER SUNRISE ROTARY CLUB**  
**November 22, 2016**

*"Discipline is the bridge between goals and accomplishment" Jim Rohn*

**FUTURE MEETINGS**

<u>DATE</u>	<u>ROTARIAN</u>	<u>SPEAKER/TOPIC</u>
Nov 29th	Arba-Della Beck	Mike Polehna - Hockey Day Minnesota
Dec 6th	Steve Madsen	Lynne Bertalmio, Stillwater Library Director
Dec 13th	Cheryl Kohout	<b>Holiday Party</b> , 6:00 pm - Reve Bistro & Bar, 200 E. Chestnut St., Stillwater
Dec 20th	Dave Langer	<b>Vocational Visit</b> - JX Event Center
Dec 27th	No Meeting	Meeting cancelled for the holidays
Jan 3rd	Craig Leiser	
Jan 10th	Paula Williams	
Jan 17th	Wendy Heck	
Jan 24th	Mike Holsten	Clark Schroeder - The Royal Golf Club at Lake Elmo (Formerly Tartan Park)
Jan 31st	Doug Pepin	
Feb 7th	Jeff Nelson	
Feb 14th	Susannah Torseth	
Feb 21st	Brett Emmons	

**Please Note that During Election Seasons:** Elected officials or announced candidates may not speak to Rotary after June 1 in the year they are up for election.

If your program highlights one of Rotary's six areas of focus, feel free to mention the area when you introduce your program. **1. Water & Sanitation 2. Education and Literacy 3. Peace and Conflict Prevention/Resolution 4. Maternal & Child health 5. Economic Development 6. Disease Prevention & Treatment**

**Please remember this is a 3-week commitment:**

- **Week before**.....Announce Program & Speaker
- **Week of** Scheduled Program.....Introduce Yourself and Your Speaker
- **Week after** Program .....Bring Gift, Conduct Raffle
- **Your speaker will have 20 minutes to present.**

If the Tuesday you've been assigned isn't convenient, please arrange to swap dates with another member. (Call Tim Trooien 651-439-3153, or email [timtrooien@comcast.net](mailto:timtrooien@comcast.net) if you do switch.)

And remember: You will be assessed a \$30 charge if you forget to conduct the raffle!

**FUTURE EVENTS**

Salvation Army Bell Ringing, Dec. 15, 4 P.M.

**FELLOWSHIP & GREETER:** Cheryl Kohout

**Guests:**

Jack Mattock guest of Jeanne Mattock.  
Jenny West and Mary Harcey, speakers, guest of Bob Rupp.

**Visiting Rotarians:**

None

**Make ups:**

Craig Leiser (4) Rogers Rotary, North Central Training, District Grants, District Gov. selection.  
Jon Stillman, Fridley/Columbia Heights Rotary  
Jack G. , Woodbury Rotary  
Margie, District Grants Roseville  
STRIVE: Doug Pepin, Bob M., Brent, Ken, Paula, Laurie, Justin, Mark L. , Arba-Della, Dean, Del, Susannah.

**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:** President Mel Sullivan



Mel asked what our favorite pies for Thanksgiving were and pumpkin, Apple and Ice Cream won out .

The first announcement of sale of Brewers Bazaar has gone out, nice Christmas Gifts.

The holiday party is coming up. Tuesday, December 13th, 6:00 pm - Reve Bistro & Bar, 200 E. Chestnut St., Stillwater. Cheryl is passing around a signup sheet. We will have music and the restaurant to ourselves.

**SERGEANTS-AT-ARMS:** Jennifer Giovinazzo and Mark Fisher



Paula Williams was featured in a Trade Magazine and mentioned Sunrise Rotary. We all had to pay a buck. d

Jennifer purchased two letter tickets and gave them to the best poker hands on dollar bills. 4 sixes won. We had a tie.

Dean told the story of his DAD suffering with Dementia and losing track of \$3. They found the money in his wallet after he died.

Doug Pepin has a new grandson Jackson Douglas Miller.

Tim and wife are celebrating 41 years of Marriage.

Andy has a big birthday next week and said in jest bring gifts.

Arba-Della gave in support of the speakers, and held 4 6's on her bill.

**NEXT WEEK'S PROGRAM:**

Arba-Della Beck will introduce Mike Polehna who will talk about "Hockey Day Minnesota." She admitted she didn't know much about Hockey but it should be very good. Steve Madsen helped her set it up. They are starting to build the ice castle next to the main rink downtown.

**GETTING TO KNOW OUR MEMBERS:**

Bob Rupp told some stories about the people at places like Cosco's , Fishing license bureau and the vote early polling places not quite believing that he was born in 1918. When the people at the voting place mentioned they had a 98 year old once before, Bob answered "That was my Dad".

**PROGRAM:**

Bob introduced Jenny West from Family Means and Mary Harcey a volunteer who talked about Dementia and Alzheimer's disease. They are part of a local committee called ACT Alzheimers which are working very hard to make Stillwater a Dementia-Friendly City.



Starting in 2015 they sought input from the community and began the process. They are providing a 30 minute training for businesses to basically have patience and be helpful. Lake Elmo Bank and the Library have been completed so far and they are looking for more. Mary told the story of her mother and how this very active woman was in charge of Thanksgiving dinner etc.. beginning to experience Dementia in her 70's. As a result of being a caregiver for her until she passed away, Mary is volunteering to help others. They showed an excellent video of what it is like to have dementia and travel into town, buy groceries, operate an ATM and the



struggles. Very good talk.

**THIS WEEK'S JOKE**

I was in my back yard trying to launch a kite.  
 I threw the kite up in the air, the wind would catch it for a few seconds,  
 Then it would come crashing back down to earth.  
 I tried this a few more times with no success.  
 All the while, my wife Jenny is watching from the kitchen window,  
 Muttering to herself how men need to be told how to do everything.  
 She opens the window and yelled to me,  
 'You need a piece of tail.'  
 I turned with a confused look on my face and said,  
 'Make up your mind. Last night, you told me to go fly a kite.'

**President John Germ, Rotary International**

**Governor Jim S. Hunt - District 5960**

**2015-2016 STILLWATER SUNRISE ROTARY CLUB BOARD**

- President:** Mel Sullivan
- Past President:** Shari Clifford
- President-Elect: 2017-2018:** Barbara Tischart
- Secretary:** Janis Donnelly,
- Treasurer:** Roger Ruetten
- Foundation Chair:** Bob Gray
- Sergeants-at-Arms:** Jennifer Giovinazzo and Mark Fisher
- Membership:** Jack Gibbons
- Public Relations:** Ken McGinley
- Youth Exchange Officer:** Brett Emmons
- International Programs (e.g. Fast for Hope):** Dave Newman
- STRIVE:** Brent Voight
- Club Programs:** Tim Trooien
- Member-at-Large:** Margie Horning
- Newsletter Editor:** Chuck Buehler