



STILLWATER SUNRISE ROTARY CLUB
January 5, 2016

FUTURE MEETINGS

Jan 12th	Rick Heidick	Mike Hutson, Executive Director - Hearts and Hammers
Jan 19th	Doug Wolff	
Jan 26th	Justin Bonestroo	Pete Orput, County Attorney, Drug Abuse in Washington County
Feb 2nd	Dan Schmid	Nancy Torrison, Executive Director ABOHLF - Healthy lung presentation
Feb 9th	Ed Boeve	Dr. Lenny Snellman - Story of Daylight School in Kenya
Feb 16th	Rich Cummings	Sara Damon, Stillwater Junior High School - Report on Water Project
Feb 23rd	Eli Quiett	
Mar 1st	Pete Smith	Tracy Maki, Executive Director - Valley Outreach
Mar 8th	Ned Gordon	
Mar 15th	Chuck Buehler	
Mar 22nd	Bob McDowell	
Mar 29th	Orwin Carter	
Apr 5th	Ed Simonet	
Apr 12th	Jack Gibbons	
Apr 19th	Mary Parchetta	
Apr 26th	Dave Spencer	

FUTURE EVENTS

April 5 - Second Harvest Food bank help

FELLOWSHIP: Janis

Guests:

Amy Zellner, Author

Visiting Rotarians:

None

Make ups:

Craig Leiser, NCPETS (?) Committee, Rochester, MN

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



Two new members have been approved, Paul Brazzell and Laurie Cherny. Jack welcomed them into the club and to Rotary. In Jack's explanation there were some interesting items for example we were formed into a club in August of 1984, 30 + years ago.

Laurie Cherny runs her own business helping senior with various home based services. She is the mother of 3 young adults, all off to college. Paul explained his background last meeting.

Just a reminder the board meeting is this Friday, Jan. 8 at Family Means.

Mark Fisher was awarded a Paul Harris, he has multiple awards.



SERGEANTS AT ARMS: Jennifer Giovinazzo and Mark Fisher



Starting with a boo - botta - bing, Mark asked that all who backed the Packers to donate.

Also anyone born in an odd year since we are not into an even year in 2016.

Lynda is now a grandmother of two children, the last one born on December 17th.

Craig noted that this year is the 100 yr. anniversary of the National Park Service.

Ned Gordon, as of Dec. 31, will retire as a trustee of the Stillwater Library.

Ute has a 17th Anniversary since becoming a Rotarian and it was instrumental in getting her acclimated to this new country of hers. Everybody applauded.

Arba-Della is off to India this week on a Rotary Friendship Exchange.

Del is on his way to Florida. As a public service announcement, he noted if you are 70.5 years old and you can draw money from your IRA tax free, by donating it to a charity like Rotary.

Mark noted that the temperature at Kick-off this Sunday will be 0 degrees.

Jon updated that in 2015 we had 70 cases of Polio vs. 300 last year. In addition this April they will collect all samples of Type 2 vaccine. This is the vaccine that on rare occasions actually caused the recipient to contract Polio.

NEXT WEEKS PROGRAM:

Next week Rick Heidick will introduce Mike Hutson, Executive Director - Hearts and Hammers. They specialize in helping do the exteriors of buildings for the elderly and disable.

GETTING TO KNOW OUR MEMBERS:

Jon Stillman introduced Margie Horning. Margie is a good friend of his and she is a retired CPA and he really likes her as you can note by the picture.

PROGRAM:



Amy in 2014 suffered a brain concussion after falling backward directly on her head slipping on ice on a 10 below day, while carrying her Yorkie Pixie. She was unconscious for very short time but suffered from short term memory loss, chronic pain, fatigue, and feelings of aloneness for every month afterward, actually years. She has written about it after urgings by friends like the organization "Women of Word or WOW " which she is a part of with Ute Buehler.

Did you know that 52,000 people die of brain injury each year, the main cause of death in the age group 1-44. The injury can vary from mild, to moderate to severe, with mild lasting for a few hours to severe lasting days or weeks and loss of some brain function.

The term Traumatic Brain Injury or TBI is now a very recognizable malady which you can look up and find very much more about it compared to years past.

Did you know that young people utilized over 90% of their calories to support the growth of the brain.

Amy's book is "Life with a Traumatic Brain Injury-Finding the road back to Normal"

It would do us all good to recognize the severity of the injury and letting people now you support them. It is a long road back. Our Dave Langer verified that.

Joke of the Week

Jewish Poker Club!

Six retired Jewish mates were playing poker in the condo clubhouse when Meyer loses \$500 on a single hand, clutches his chest and drops dead at the table.

Showing respect for their fallen comrade, the other five continue playing, but standing up.

At the end of the game, Finklestein looks around and asks, "So, who's gonna tell his wife?"

They cut the cards. Goldberg picks the low card and has to carry the news. They tell him to be discreet, be gentle, don't make a bad situation any worse.

"Discreet? I'm the most discreet person you'll ever meet. Discretion is my middle name. Leave it to me."

Goldberg goes over to the Meyer's condo and knocks on the door. The wife answers through the door and asks what he wants? Goldberg declares: "Your husband just lost \$500 in a poker game and is afraid to come home."

"Tell him to drop dead!" yells the wife.

"I'll go tell him." says Goldberg.

President Gary C.K. Huang, Rotary International

Governor Karel Weigl - District 5960

2014-2015 STILLWATER SUNRISE ROTARY CLUB BOARD

President: Shari Clifford

Past President: Steve Madsen,

President Elect 2015-2016/President 2016-2017: Mel Sullivan

Secretary: Janis Donnelly,

Treasurer: Roger Ruetten,

Foundation Chair: Bob Gray

Sergeants-at-Arms: Jennifer Giovinazzo and Mark Fisher

Membership: Jack Gibbons

Ken McGinley: Public Relations

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

Chuck Buehler, Newsletter Editor