



STILLWATER SUNRISE ROTARY CLUB
January 10, 2017

"Very often a change of self is needed more than a change of scene" Arthur Christopher Benson

FUTURE MEETINGS

<u>DATE</u>	<u>ROTARIAN</u>	<u>SPEAKER/TOPIC</u>
Jan 17th	Wendy Heck	Scott Welle - Outperform the norm
Jan 24th	Mike Holsten	Clark Schroeder - The Royal Golf Club at Lake Elmo (Formerly Tartan Park)
Jan 31st	Susannah Torseth	Tyler Banks and Jesse Zelaya - Their experience at Camp Enterprise
Feb 7th	Jeff Nelson	Ron Ofstead - Tubbman North Star Outreach Center
Feb 14th	Doug Pepin	Kara Vanderkamp - Remember Niger Coalition
Feb 21st	Brett Emmons	Hussein Mohamud (aka - Suud), American Refugee Committee - refugee crisis
Feb 28th	Ted Nesse	Sara Damon, <i>Global Studies Teacher</i> - H2O For Life-Water For South Sudan
Mar 7th	Dave Newman	Fast for Hope presentation
Mar 14th	Jason Hanlon	
Mar 21st	Roger Ruetten	
Mar 28th	John Huenink	
Apr 4th	Club Assembly	Brewer's Bazaar Planning Meeting
Apr 11th	Chris Hilgers	
Apr 18th	Mark Lambert	
Apr 25th	Lonny Stormo	
May 2nd	Jon Stillman	

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 ProgramBring 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 if you do switch.)

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

FUTURE EVENTS

One Rotary Summit/Mid-Term, Jan. 14 Hamline University, On line Registration District Websites, no fee

FELLOWSHIP & GREETER: Jeff Nelson

Guests:

Jack Matlock guest of Jeanne Matlock

Visiting Rotarians:

None

Make ups:

None

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 - elect Barb Tischart

Barb reviewed the results of the Board Meeting from last week. New board members were reviewed and approved by the club.

Past President: Melanie (Mel) Sullivan

President: Barbara Tischart

President Elect 2017-2018/President 2018-2019 Jason Hanlon

Secretary: Margie Horning

Treasurer: Roger Ruetten

Sergeant-At-Arms: Rick Robbins

Membership: Laurie Cherry

Public Image Committee Chair: Ken McGinley/Eli Quiett

Youth Exchange Officer: Brett Emmons/Ed Boeve

Foundation Chair: Bob Gray

Literacy Chair: Don Schuld

Club Programs: Tim Trooien

Local Grants Committee Chair: Jeanne Matlock

International Programs (e.g. Fast for Hope): Dave Newman

STRIVE: Brent Voight

Margie got approval for an arts project in conjunction with Family Means

Ed is headed to Kenya next week in conjunction with our water project.

Our commitment to the Strive scholarship was approved at \$9,000. for this year. Our goal is to "make a difference in the world around us". Thanks Brent for all your work.

Remember to sign up to help at Hockey day – January 21st

John Stillman reported on polio – 35 cases reported in 2017, 19 in Pakistan, 17 Afghanistan, & Nigeria. GREAT WORK ROTARY

Ken talked about starting work on Brewers Bazar and needing everyone's help in our Club's one and only fund raiser. \$30,000 net raised last year.



NEXT WEEK'S PROGRAM:

Wendy informed us that our speaker for next week is Scott Welle who will speak on Outperforming the Norm.

GETTING TO KNOW OUR MEMBERS:

PROGRAM:

Paula Williams introduced Tim Grant, Pres. Merriness, Inc. - Happiness - Prerequisite for Successful Life

Tim started talking about Happiness, Wellness and Optimism as being the important ingredients to a healthy life. Your brain becomes better when you have these 3 characteristics in your life.

GRACE is the word Tim used to remember to gain happiness in your life³

- G Gratitude** - provides 50% of the way to happiness. This goes along with kindness & forgiveness
- R Relationships** – 75 year study all showed that people with a happy life all had long-term relationships with a number of people
- A 1.) Activity** – be active, keep your activity level up. Eliminate negativity in your life, as it leads our bodies to react to false thoughts.
 2.) Do Acts of Kindness
 Acts of Kindness are Contagious
 Acts of Kindness are Selfish
- C Competences** – What are you naturally good at?
 Traits
 Talents
 Skills
 Jobs have to do with making money
 Careers have to do with progress
 Calling has to do with what you are really good at
- E Eyes** – Put blinders on being driven by your to-do list.
 Stop – Take the blinders off. Look around, see all the good around you.
 Stop doing things. Things you can't change, don't worry about.
 Stop comparing yourself to each other. We are each unique in our own ways and we will be happiest when we use our unique abilities to our best ability

THIS WEEK'S JOKE

A successful businessman was growing old and knew it was time to choose a successor to take over the business.

Instead of choosing one of his Directors or his children, he decided to do something different. He called all the young executives in his company together.

He said, "It is time for me to step down and choose the next CEO. I have decided to choose one of you."

The young executives were Shocked, but the boss continued. "I am going to give each one of you a SEED today - one very special SEED. I want you to plant the seed, water it, and come back here one year from today with what you have grown from the seed I have given you. I will then judge the plants that you bring, and the one I choose will be the next CEO."

One man, named Jim, was there that day and he, like the others, received a seed. He went home and excitedly, told his wife the story.

She helped him get a pot, soil and compost and he planted the seed. Everyday, he would water it and watch to see if it had grown. After about three weeks, some of the other executives began to talk about their seeds and the plants that were beginning to grow.

Jim kept checking his seed, but nothing ever grew.

Three weeks, four weeks, five weeks went by, still nothing.

By now, others were talking about their plants, but Jim didn't have a plant and he felt like a failure.

Six months went by -- still nothing in Jim's pot. He just knew he had killed his seed.

Everyone else had trees and tall plants, but he had nothing.

Jim didn't say anything to his colleagues, however, he just kept watering and fertilizing the soil - He so wanted the seed to grow.

A year finally went by and all the young executives of the company brought their plants to the CEO for inspection.

Jim told his wife that he wasn't going to take an empty pot. But she asked him to be honest about what happened. Jim felt sick to his stomach, it was going to be the most embarrassing moment of his life, but he knew his wife was right. He took his empty pot to the board room.

When Jim arrived, he was amazed at the variety of plants grown by the other executives. They were beautiful - in all shapes and sizes. Jim put his empty pot on the floor and many of his colleagues laughed, a few felt sorry for him!

When the CEO arrived, he surveyed the room and greeted his young executives.

Jim just tried to hide in the back. "My, what great plants, trees and flowers you have grown," said the CEO. "Today one of you will be appointed the next CEO!"

All of a sudden, the CEO spotted Jim at the back of the room with his empty pot. He ordered the Financial Director to bring him to the front.

Jim was terrified.. He thought, "The CEO knows I'm a failure! Maybe he will have me fired!"

When Jim got to the front, the CEO asked him what had happened to his seed.

Jim told him the story.

The CEO asked everyone to sit down except Jim. He looked at Jim, and then announced to the young executives, "Behold your next Chief Executive Officer!

His name is "Jim!" Jim couldn't believe it. Jim couldn't even grow his seed.

"How could he be the new CEO?" the others said.

Then the CEO said, "One year ago today, I gave everyone in this room a seed. I told you to take the seed, plant it, water it, and bring it back to me today. But I gave you all boiled seeds; they were dead - it was not possible for them to grow.

All of you, except Jim, have brought me trees and plants and flowers. When you found that the seed would not grow, you substituted another seed for the one I gave you. Jim was the only one with the courage and honesty to bring me a pot with my seed in it. Therefore, he is the one who will be the new Chief Executive Officer!"

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