



THE SUN LIGHT

THE ROTARY CLUB OF GEORGETOWN - SUN CITY
District 5870 TUESDAYS 12 NOON
Cowan Creek Amenity Center, Cool Spring Way
May 3, 2011

www.RotaryDistrict5870.com www.rotary.org
1530 Sun City Blvd, Suite 120 Box 441, Georgetown 78633

11 DAYS UNTIL THE WALK-A-THON!

Words to Ponder: You know you have read a good book when you turn the last page - and feel a little as if you have lost a friend.

- - Paul Sweeney

Today: **Bob Deffeyes** will speak on *Understanding Other Generations*.

Last week: WALK-A-THON Fund Raising Dinner (during which we raised over \$3,000)

After a social time during which there was a silent auction with prizes ranging from golf balls to spa treatments to wines, dinner was served and after dinner, **Jamie Mattison** opened the special meeting by welcoming everyone. As she explained, this evening was a kick-off for the club's Polio Plus Walk-a-thon. All the tables were decorated with running shoes (which will later be donated to the Caring Place), and each table had glasses and wine. Many thanks to all who worked to make this a special evening – especially **Adaïre Wolf** and **Bob Weimer**.

As many members know, Starbucks has provided coffee for our Breakfast With Santa as well as for the Walk-a-thon. This is in no small measure due to **Ben Gaines'** daughter, **Jeanine Gaines**. As a “thank you” she was presented with a plaque in recognition of her efforts on behalf of our club. Jeanine told us she has been interested in Rotary for years and encouraged everyone to bring their children into the organization as she had been.

Jamie also reminded us about next week's meeting – a *Cinco de Mayo* meeting with a special meal provided by the inestimable Nemecs.

Jerry Galbraith, District Chairman of Polio Plus, was then introduced by Jamie and he gave a brief rundown of where we are with regards to the international fundraising efforts of Rotary. He called a number of members to the front who had agreed to donate \$100 annually to the Polio Plus Foundation – recognized them as new members of the *Polio Plus Society* and gave each a special pin. As Jerry had some extra pins with him he inveigled a couple of others to also make the commitment and become members!

At this time **Bob Weimer** put on his emcee hat and the drawings began for the silent auction and bidding on the raffles. The two large prizes – a cruise out of Galveston and a trip to Cancun – were won by **María Leas** and **Linda Roberts** respectively. At times there was spirited bidding!

Other prizes were won by: **Sing Gibson; John Rutan; Charlie Ray; Trubee Raciciopi; Don Anthis; Steve Mattison; Gordon Bishop; Bill Harrah; Betty Knodel; and Norm Peters.**

- - the editor

Prayer:

Gordon Bishop

Guests:

Jerry Galbraith/University Area

Pledge:

Don Bender

Betty Oney/University Area

4-Way Test:

David Leas

and 25 spouses and friends



Next Week: The following members will give their biographies:

Caroline Holloway
Logan Cummings
Pete Snelson
Don Anthis

Previous Week: **Tom Minor** introduced Dr. Howard Prince, the Director of the Center for Ethical Leadership at the LBJ School of Public Affairs at UT. Dr. Prince spoke on Post Traumatic Stress Syndrome and rarely has a speaker held the attention of all the members as completely as he did. Dr. Prince was an army infantry officer 1967-8 in Vietnam and later he earned a PhD in Clinical Psychology which he has used over the years to help veterans, mainly Vietnam veterans, to deal with the trauma of PTSD.

Dr. Prince pointed out PTS does not occur only as a result of war time experiences; in fact, the leading cause of PTSD is rape – both of men and of women. Examples of other causes are a tsunami coupled with radiation exposure (Japan); a hurricane followed by flooding (New Orleans); shootings in the middle of the day in Fort Hood; a subway bombing as in London; being in Lower Manhattan on 9/11. As Dr. Prince explained, the essence of PTSD is troubling symptoms which interfere with one's normal life long after the extremely stressful experience and are long term in duration. It is a stress reaction to some event that happened in the past, well outside of normal human experience causing intense fear and helplessness.

While the PTSD phenomenon has been known under various names for hundreds of years, it wasn't until the Vietnam war that it became a public issue and more widely accepted and treated. As Dr. Prince noted, during WWII 40% of the casualties in the battlefield were psychiatric in nature and men were repatriated home only to suffer survivor guilt for having “let down” their comrades. Today, rarely are such casualties removed; instead PIE (proximity, immediacy, expectancy) is used – treatment as close to the action as possible in order to help the men return to their buddies.

In 1980 PTSD was formally defined by the American Psychiatric Association for the first time thus enabling health insurance companies to make reimbursements for treatment. To “qualify” as PTSD, one has to keep re-experiencing the event; experience flashbacks; avoid situations which might remind one of the experience; worry and anxiety along with physiological symptoms such as hyperventilating and crying; or withdrawal resulting in problems with relationships and the inability to become emotionally connected.

Dr. Prince advised that one of the best and powerful ways of dealing with PTSD is reliving and talking about the experiences with those who totally understand, i.e. ones who have gone through the same or similar times especially in veteran reunions. As he pointed out, 7% of the general population will experience PTSD over a lifetime and women experience it about three times the rate for men. More than a ¼ of those who have experienced PTSD have had multiple traumatic experiences but, he stressed, most people, including veterans, get over their traumatic events without getting PTSD.

- - the editor

Last Week's News etc: Birthdays were celebrated in the last half of April by **Doyle Brown**, **Susie Ward**, **Tom Minor's** wife, **Lori**, and **Rich Petro**; **Tom Hobbs** was pleased to have remembered his 40th wedding anniversary; **Bill Harries** proudly mentioned that his son-in-law, John Dee Graham, who is a singer/song writer was going to perform in Sun City on the 22nd.

Future Programmes:

May 10 Biographies
May 17 John Chenoweth
May 24 Logan Cummings
May 31 Al Cummins
June 7 Brian Calcote
June 14 Bob Derse
June 22 PRESIDENT'S NIGHT
June 28 E.C. Deaton

Programme Chroniclers:

May 10 John Rouse
May 17 John Rutan
May 24 Harold Steadman
May 31 David Stuetelberg
June 7 Bob Weimer
June 14 Dick Will
June 28 Adaire Wolf

UPCOMING EVENTS:

May 14	Polio Plus Walk-a-thon
May 21-25	RI Convention in New Orleans
June 3-5	District Conference in Fredericksburg
June 4	Foundation Dinner in Fredericksburg
June 22	President's Night
July 3-8	RYLA Camp

Time to Read

Several years ago, one club member gave a three minute talk on why members should read the **Rotarian** magazine. It was in April, the month dedicated to the **Rotarian**. The club was probably just putting a checkmark in one the of the blanks on some form that our club President filled out at PETS. At the time, I was no fan of the magazine; I would scan the headlines of the articles, read the jokes page and then send my copy to that happy recycling bin in the sky. There were no articles that held my interest. They even discontinued the jokes page.

In a seminar on club bulletins, one participant asked if he could use stuff from the **Rotarian** in his club bulletin. He thought that maybe it would be repetitive as the members might already have read it. Laughter filled the room; almost nobody read the magazine back then.

Did you quit reading the **Rotarian** a few years back? If you have been a member for a few years and quit reading it, you need to take a fresh look. The **Rotarian** has changed and it has changed a lot. You did WHAT? Well, get it back from the bottom of the bird cage, line the cage with the Statesman, then read the issue. In the old magazine, you would find underexposed black and white pictures of the RI President dedicating a water well. He would be with 6 folks standing shoulder to shoulder with deadpan faces staring at the camera - the "pins in a bowling alley pose". Now there are much better written articles and better photos. Go take a look!

– Bob Deffeyes

What is RYLA?

Rotary Youth Leadership Awards (RYLA) is a leadership training programme for young people ages 14-30. It was started in 1960 and officially adopted in 1971. Here in Central Texas it consists of seminars, camps and workshops and is held every year around July 4th.

What are Ambassadorial Scholarships?

Begun in 1947, this is Rotary's oldest programme and is dedicated to international understanding. Participants range from undergraduates to graduate students to professionals who make presentations to Rotary clubs in various geographical areas in the world. Currently about 70 countries and 700 students take part.

