



WISCONSIN RAPIDS SUNRISE SCRIPT

Volume 12, Issue 39

Website: wisconsinrapidsrotary.org

October 9, 2008

District 6250

Wisconsin Rapids Rotary – Sunrise

Box 1181, Wisconsin Rapids WI 54495

Today's Program

Larry Anderson presents Sue Weimer

“Red Cross Disaster Response – Hurricanes 2008”

Impacting The Community

Upcoming Events Schedule

Oct. 16	Avenues of Service
Oct. 23	Rosie Anderson – Miss Wisconsin Rapids Pageant
Oct. 30	Kim Auman
Nov. 6	Bill Beaton
Nov. 13	Jem Brown
Nov. 20	Ellen Dahl
Nov. 27	No Meeting – Happy Thanksgiving!

Sunrise Rotary News – Oct. 2, 2008 Meeting

Welcome Visiting Rotars: Jim Stewart from Spring Hill, Fl.

Welcome Guests: Rachel Auman and Jason Auman, guests of Kim Auman; Guest speakers Lori Hepp and Shane Benitz.

Welcome Student Rotars: Jason Krug from Lincoln High School, Meng Vang from Port Edwards High School, and exchange student Ulises Sosa.

Give to Share Auction 2009: We need someone to volunteer to help Kim Auman chair the auction if we are to have another successful Give to Share Auction. We have fairly good support for other committee positions, although more volunteers are welcome. The auction date is being reviewed.

Community Service Collection for October 9 & 16, 2008: **South Wood Emergency Pantry Shelf (SWEPS).** **The food items needed most critically at present include cereal, jam/jelly, pancake mix, syrup, canned pasta, spaghetti sauce, tomato and other soups, canned fruits and vegetables, tuna, noodles, pork & beans, canned meats, small bags of sugar and flour, and baking mixes; hygiene items needed include toilet tissue, dish soap and laundry soap.**

Kenya Well Project: Joey Marshall reported the Jefferson, WI, Rotary Club has given \$2,000 to join with us in providing funding for the Kenya Well Project. This puts us much closer to our goal of \$3,300.

- over -

OFFICERS 2008/2009

District Governor

Tom Marshall

President

Sue Siewert

President Elect

Dave Mueller

Treasurer

John Moffat

Secretary

Barry Jens

Sergeant at Arms

Paul Veldman

revpaul@charterinternet.com

Script Editor

Dave Mueller

muedav@rhahealthcare.org

Past President

John Moffat (2006-07)

Paul Harris Fellows

Fred Stich Bob Plucker

Ellen Dahl Pat Schuetz

Ed Heuer Dean Ryerson

Kurt Heuer Tom Schneider

Jere Johnson Larry Schmick

Joe Lane Larry Koopman

Lynda Almonte Josh Mason

Club Chairpersons

Vocational Service

Gus Mancuso, co-chair

Bill Lindroth, co-chair

Community Service

Vicki Natzke, co-chair

Lisa Mayne, co-chair

International Service

Nancy Mischnick, co-chair

Club Service

Bob Ebben, co-chair

Rosie Anderson, co-chair

R.I. Foundation Liaison &

Polio Plus Chairperson

Karen Kienert

Youth Exchange Officer

Steve Sternitzky, O.D.

Youth Exchange Counselor

Kim Auman

Courtesy Committee

Elaine Semrow

Ida Lee Siewert

Youth Rotar Mentors	<u>October 2008</u> Ellen Dahl John Moffat	<u>November 2008</u> Kurt Heuer Tim Krueger	<u>December 2008</u> Dennis McCarville Dan McCarville
----------------------------	--	---	---

Prospective Members: When thinking about inviting a prospective member to his/her first Sunrise Rotary meeting, please first get information from Wayne Johnson, Lisa Mayne, Bill Lindroth or Joe Lane. This will guide you through the proper procedure and provide you with necessary information.

District 6250 Newsletter: The September newsletter can now be seen in its new online format at this link ... http://www.rotary6250.org/newsletter/2008_09/index.shtml. There are many interesting and useful articles in this month's edition relating to upcoming district meetings, membership, foundation, great tools from RI, club news and district events. Make Dreams Real! - Tom Marshall, District Governor, Rotary 6250

Packer Pool: Two charities will share the proceeds – the Kenya Well Project and the new Nekoosa Boys & Girls Club.

Paul Harris Fellows: The Board has agreed to use Club points to help many more members become Paul Harris Fellows. Any member who contributes \$200 in a single year to Every Rotarian Every Year for the RI Foundation OR contributes \$100 per year for three consecutive years will become a Paul Harris Fellow.

Save the Date - 2009 District Conference: The Rotary Clubs of Wisconsin Rapids will be hosting the 2009 District 6250 conference at the Hotel Mead on Friday through Sunday, May 1-3, 2009. Volunteers will be needed.

Exchange Student Host Family for 2008-09: We still need a second host family for our exchange student, Ulises Gomez Sosa from Mexico. The family does not have to be a Rotary member. Contact Steve Sternitzky.

Reminder: When you are in charge of the program for the Sunrise Rotary meeting, you are responsible for the prayer and to email a 3-paragraph synopsis of your program to Dave Mueller, muedav@rhahealthcare.org, for inclusion in the Script.

Upcoming Programs: The **tentative** list through November is on the Upcoming Events Schedule on the front of the Script. If you need to make a change, please switch with another person on the list and notify Sergeant at Arms Paul Veldman and Script Editor Dave Mueller of the change. Also tell Dave your speaker and topic as soon as you can.

ROTARY PRESENTATION – October 2, 2008

“Relaxation on the Go – Stress Reduction for Busy Bodies”

Lori Hepp, Balance, A Center for Well Being, LLC, and Shane Benitz

With a world that operates 24/7, it can be a challenge to find time to relax.

A quote from Sydney Harris really sums it up..."The time to relax is when you don't have time for it...". How true.

But sad, that we get so wound up in work, running the kids, attempting to be a great spouse, a good friend, and a responsible citizen, that we end up suffering. Physically, mentally, emotionally and spiritually.

Learn to say no! Decide what is truly important over the long haul of life, and prioritize from there.

Breathe...take time to just breathe...just be. A few nice deep belly breaths can leave you feeling incredibly refreshed! Move. Move. Move! We are moving beings. So, if you don't have the time for that hour long aerobics class....park in the furthest parking spot.....take the stairs.....don't just watch your kids, play with them!

We don't stop playing because we grow old. We grow old because we stop playing! Laughter as Medicine. Nothing floods the body with the lot's of feel good endorphines like a good hearty belly laugh! Having money is great, climbing the corporate ladder is the American dream, having a loving family or circle of friends is priceless, but all in all, if we don't have our health, nothing else really matters. It's time to take good care!!!