



WISCONSIN RAPIDS SUNRISE SCRIPT

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January 10, 2019

District 6250 Wisconsin Rapids Rotary – Sunrise – Club No. 31198, Chartered 12/29/95
Box 1181, Wisconsin Rapids WI 54495

Today's Program

Sally Kissner – Julie Worzella “Destiny Point”

Jan 17	Tim Krueger – Update on the FBI
Jan 24	Bill Lindroth
Jan 31	Fifth Thursday Social TBD
Feb 7	Avenues of Service
Feb 14	Gus Mancuso
Feb 21	Dennis McCarville – Candice Delis “Thomas Baer Memorial Fund”
Feb 28	Martin Obsuszt
Mar 7	Rick Merdan
Mar 14	Avenues of Service
Mar 21	John Moffat
Mar 28	Carrie Nickolai
April 4	Nancy Mishnick

Rotary News

- We welcomed our new youth Rotars, Kayla Huglen from Lincoln High School and Dacia Khang from Assumption High School
- We also welcomed AJ Kriha our guest speaker from “First Tee” program
- Charity Chase Standings:**
 - First game will be the Seahawks/Cowboys

Committee	Charity	Points	Playoff Teams
Vocational	School Foundations	16	Colts, Bears, Saints
Community Service	Mentoring Scholarship	16	Eagles, Texans, Chiefs
International	Nicaragua Library	11	Seahawks, Cowboys, Patriots
Club/ Membership	Rotary Foundation	11	Ravens, Chargers, Rams

Attendance: 32
Happy Pig: Around \$6 was donated to the pig.



OFFICERS 2018/2019

District Governor – Bill Hoel
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President Elect – Dave Guse
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Past President– Mary Jo Green
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Treasurer – Mary Wirtz
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Secretary
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Script Editor- Rick Merdan
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Paul Harris Fellows

Fred Stich (2)	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
Sue Siewert	Dave Mueller
Joey Marshall (2)	Ida Lee Siewert (2)
Steve Sternitzky	Wayne Johnson
Elaine Semrow	Ken Hanson
Kim Auman	Rosie Anderson
Sally Young	George Hathaway
Ralph Lau	Dan McCarville
Mary Jo Green (2)	Dean Veneman
Dennis McCarville	John Moffat (3)
Lorraine Schmutzer	Tim Krueger
Kristopher Gasch	Barry Jens
Tom Paul (3)	Mary Wirtz
Karen Kienert	Nancy Mishnick
Bob Ebben	

Club Chairpersons

Vocational Service

Gus Mancuso, co-chair
Carol Davis, co-chair

Community Service

Dave Guse, chair

International Service

Nancy Mischnick, co-chair
Tom Schneider, co-chair

Club Service / Membership

Rick Merdan, chair

R.I. Foundation Liaison

Karen Kienert

Polio Plus Chairperson

Tom Schneider

Youth Exchange Officer

Felicia Gardner

Youth Exchange Counselor

Tom Schneider

Youth Protection Officer

TBD



A J Kriha - "The First Tee" PGA Program

The PGA "First Tee" program is more than a sports program for kids and teens, at The First Tee, kids and teens are learning to play golf along with life lessons and leadership skills. And it's making a difference. Our programs are having a positive impact on participants, their families and their communities. Nationally of 14 million children have participated since 1997. The local South Central Wisconsin chapter was formed in 2011 and has served over 16,000 youth at 13 courses. Program diversity is 47%. Cost of the summer program is \$75 but any youth on free or reduced lunch receive an 80% discount, 47% of participants received the discounted rate. Specifically here 2,100 youth have been served with the summer program, four field trips, 275 have attended after school programs, and 62 participated in the life-skills program. The advisory board consists of 11 community leaders include Craig Broeren, WRPS Superintendent and Shawn Becker, Wood County Sheriff. The local chapter is supported by the Legacy Foundation. See the program nine core values (right) and nine healthy habits (below)



First Tee Nine Healthy Habits

Playing the game of golf can improve your quality of life as there are many physical, emotional and social benefits. The First Tee Nine Healthy Habits were created through a collaboration among The First Tee, ANNIKA Foundation and Florida Hospital for Children to promote healthy, active lifestyles for youth.

PHYSICAL:

- **ENERGY:** It is important to understand and make healthy choices about when to eat, how much to eat, and the types of food and drinks to provide the body with the most useful energy.
- **PLAY:** A variety of energizing play can help the body stay strong, lean and fit, and be fun in the process. Sleep and other forms of "re-charging" allow one to engage in play on a daily basis.
- **SAFETY:** Physical safety includes playing in a safe environment and by the rules, protecting the body with proper equipment, warm-up and cool-down and wearing sun protection.

EMOTIONAL:

- **VISION:** In order to make the most of one's unique gifts—talents, characteristics and abilities— an individual needs to learn from the past, value the present, create their vision and future to ultimately "leave a footprint."
- **MIND:** The mind is a powerful tool for health. One's mind influences his/her emotions and behaviors and can be utilized for self-improvement, building confidence and maintaining perspective.
- **FAMILY:** When family members participate in activities together – share meals, communicate and establish roles and responsibilities – they are more likely to be successful in achieving their health-related goals.

SOCIAL:

- **FRIENDS:** Maintaining healthy relationships includes surrounding one's self with friends and supportive people, while effectively handling challenging situations, including bullying and navigating the digital age with social media.
- **SCHOOL:** Success in school – learning, building relationships and contributing to the school environment – leads to success in other areas of life.
- **COMMUNITY:** Like the health of one's body, it is important to also explore the health of one's community and discover how one can give back and care for its environment and safety.