



WISCONSIN RAPIDS SUNRISE SCRIPT

Volume 24, Issue 23 Website: wisconsinrapidsrotary.org

January 11, 2018

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

Today's Program

Sue Stein – “Dementia Friendly Worship Now Available!”

Jan 18	Barry Jens – Grandson, an Olympic Athlete (maybe)
Jan 25	Avenues of Service
Feb 1	Karen Kienert – Glen Murray “Sand Valley Update”
Feb 8	Sally Kissner - Tari Jahns, “Women United and the Dolly Parton Imagination Library Project”
Feb 15	Tim Krueger
Feb 22	Bill Lindroth - Mark Swenson “Update on ERCO Worldwide”
March 1	Gus Mancuso
March 8	Avenues of Service
March 15	Dennis McCarville
March 22	Mike Meinel
March 29	Rick Merdan
April 5	Nancy Mischnick

Rotary News

- We welcomed our new student Rotars, Riley Kubisiak, Lincoln High School is VP of Key Club, NHS, Name It, & Welcome Committee and plans to attend UW Eau Claire, Max Coulthurst, Assumption High School is in football, track, likes skiing and weightlifting and plans to attend UW Platteville.
- We welcomed mentoring student Kaitlin Livernash.
- Arts Council sent a thank you for the donation from Dancing with a Cause and from the Elks for our donation towards their Christmas food baskets.
- Rafters “Hot Stove Rendezvous” on January 11th at Hotel Mead.
- “Broadway’s Next Hit Musical” is Friday, January 19th, at the PAC



Member Profile: Sally Kissner, Arts Council, member since 2017, on Club Membership Committee.

Charity Chase (Point Totals)

STS Water Filters	35 pts
Every Rotarian Every Year	25 pts
School at Altenburg Farm	24 pts
Jeremiah’s Crossing	14 pts



Student Rotars: Riley Kubisiak (left) and Max Coulthurst (right).



Attendance: 27
Happy Pig: About \$9 was donated to the pig.

OFFICERS 2016/2017

District Governor – Joe Ruskey

President – Mary Jo Green

Mary_jo_green@hotmail.com

President Elect – TBD

Past President– Lisa Mayne

rlmayne@charter.net

Treasurer – Mary Wirtz

mwirtz7886@gmail.com

Secretary

Bill Lindroth for RI reporting

mwlindroth@solarus.biz

Dennis McCarville for meetings

dmccarville@hermeningfinancialgroup.com

Sergeant at Arms – Kyle Cronan

cronaky@pesd.k12.wi.us

Editor- Rick Merdan

rmerdan@cfswc.org

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	Dean Veneman
Dennis McCarville	John Moffat (2)
Lorraine Schmutzer	Tim Krueger
Kristopher Gasch	Barry Jens
Tom Paul (2)	

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



nami

National Alliance on Mental Illness

Cathy Guse “What is NAMI?”

We all experience emotional ups and downs from time to time caused by events in our lives. Mental health conditions go beyond these emotional reactions and become something longer lasting. They are medical conditions that cause changes in how we think and feel and in our mood. They are not the result of personal weakness, lack of character or poor upbringing.

With proper treatment, people can realize their full potential, cope with the stresses of life, work productively and meaningfully contribute to the world. Without mental health we cannot be fully healthy.

Yet, understanding mental health isn't only about being able to identify symptoms and having a name for these conditions. There is a complicated system involving local communities, the federal government, research institutions, private companies and other pieces that are all trying to fit together.

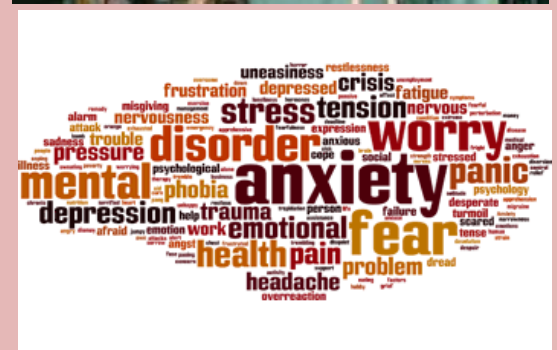
Each piece contributes to our understanding of mental health—if one is missing, the picture isn't complete.

Cathy is a school nurse at Port Edwards and an instructor at Mid-State Technical College. She is also a member of NAMI and has experience dealing with her sister's illness. She is a Family to Family trainer helping people cope with their illnesses. The most common mental illnesses are depression, bi-polar, and schizophrenia.

There is significant stigma for people suffering from a mental illness. People don't know how to respond, it is not a “casserole illness” in that you don't bring over a casserole or a bowl of chicken soup for someone suffering from a mental illness.

Mental health conditions can also begin to develop in young children. Because they're still learning how to identify and talk about thoughts and emotions, their most obvious symptoms are behavioral. Symptoms in children may include the following: Changes in school performance, Excessive worry or anxiety, for instance fighting to avoid bed or school, Hyperactive behavior, Frequent nightmares, Frequent disobedience or aggression, and Frequent temper tantrums.

To learn more there is a presentation “Erase the Stigma for All” at McMillan Library on Monday, January 8th from 6:30 – 7:30 pm



Rotary 4-Way Test. Of the things we think, say or do:

1. *Is it the truth?*
2. *Is it fair to all concerned?*
3. *Will it build good will and better friendships?*
4. *Will it be beneficial to all concerned?*