



Excellence in Action



Rotary Reporter

Brainerd Lakes Area

Jan. 3112:00-1:15 **Rotary Club Meeting**
Brainerd Hotel & Conference Center
Program - Jim Oraskovich, Youth Corrections

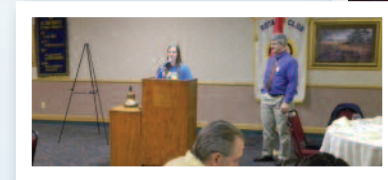
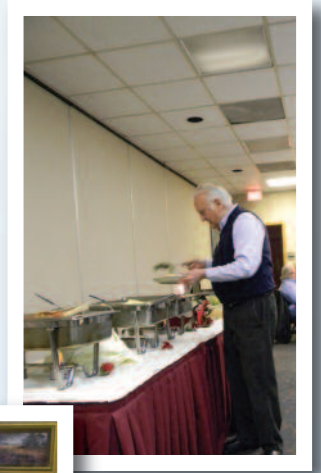
Feb. 712:00-1:15 **Rotary Club Meeting**
Brainerd Hotel & Conference Center
Program - Bob McLean

Feb. 14 **No Noon Meeting**
Valentine Date Night

Feb. 2112:00-1:15 **Rotary Club Meeting**
Brainerd Hotel & Conference Center

Feb. 2812:00-1:15 **Rotary Club Meeting**
Brainerd Hotel & Conference Center
Program - Jeff Torfin, Brainerd Realty Update

(If you would like your Rotary Committee Meeting or Rotary event listed here please email Lakes Printing at kthesing@lakesprinting.com)



IS IT THE TRUTH? IS IT FAIR TO ALL CONCERNED? WILL IT BUILD GOODWILL AND BETTER FRIENDSHIPS? WILL IT BE BENEFICIAL TO ALL CONCERNED?

www.brainerdrotary.org

ROTARY MEETING
January 24, 2012

Members Present.....50
 Total Membership.....110
 Percent in Attendance45%

The meeting was called to order by President Richard zumBrunnen.

John Luce gave the invocation and led the Four-Way Test. We sang "America the Beautiful".

GUESTS:

- Fred Luce, guest of John Luce
- Mike Dunker, guest of Rod Osterloh: first public announcement of new membership
- Elena Hirst, Interact
- Kathleen Thorson, Interact
- Kade Platta, Interact
- Kelsey Binggeli, Interact

ROVING AMBASSADORS:

Dave Schaeffer- Hawaii

ANNOUNCEMENTS:

- Greeters for next week are Don Ryan and Mike Sands.
- Our Interact guests announced that they are requesting gently used jeans for the Teens for Jeans drive. Donated jeans will be given to the homeless. The campaign will only run from February 1-10. Jeans can be dropped off at the High School office during that time. Cash donations will not be accepted. Please purchase jeans for donation in lieu of cash donations.
- Richard zumBrunnen announced that as of January 17, the \$200 Million Challenge has been met. The Bill Gates Foundation has also made an additional donation of 50 million dollars with no

strings attached. Rotary members have raised over 1 Billion dollars in the effort to eradicate Polio since they took the cause on in the 80's. There has been a 99% decrease in the number of cases of polio worldwide to just over 200 case last year. India has now gone a year without a recorded case. The hotspots for outbreaks are still Pakistan, Afghanistan, Nigeria and some of their bordering countries.

- John Landsburg announced the 4-Way Test Scholarship of \$1000 has been approved and the due date for essay submission is coming soon. He is looking for volunteers to assist in critiquing scholarship essays prior to final submission. Time with the essay writers has been set aside on February 17th for critiques and comments. He could also use some judges. Contact him as soon as possible if you can assist.
 - According to Paula Persons, registration for the Valentine's Day Dinner needs to happen soon. Cost is \$75 per couple. RSVP to Jodi Drummond.
 - John Luce reminded us that the Winnipeg trip is February 17th and 18th.
 - Theresa Goble listed off nominations for the 2012-13 Board. Contact her if you would like a complete list or have any questions.
 - President zumBrunnen would like to see at least 12 to 18 Rotarians attend the Annual Conference in Cloquet from April 12-15. Room cost is only \$45.00 per night. Subsidies may be available for first time attendees.
 - Buford Johnson presented Paul Harris Awards to Brian Thuringer and Larry Lundblad.
- FINES:**
- Ed Menk was substitute Sergeant At Arms.
 - Three tables that had only men were fined for gender inequality.

Becky Best was fined for putting information on the table, but not pointing it out during the announcements. Kevin Larson was mentioned in one of the brochures at each table and was fined accordingly.

HAPPY FINES:

- Mike Hamad was happy that Tim Bogenschutz was inducted as a new member.
- Jill Carlson-Ferrie was happy to have spent time with outgoing youth exchange participants. Marissa Bjerkness will be going to Finland in the Fall. Jill is looking for Finnish speakers to help her learn the language.
- Dave Johnson's wife had surgery on her finger and everything went ok. He asked the "ladies" in the room if there were any lotions that they would recommend since his hands were getting chapped from doing the laundry while his wife recovers.
- Larry Lundblad is happy that the CLC men's basketball team is undefeated and ranked #1 in the country.
- Peter Nelson and the Clean Energy Research Team will be presenting findings of their study soon. It will be open to the public. Contact him for more information.
- Paula Persons went ice fishing on Mille Lacs Lake and caught her first walleye. It tasted great.
- Richard zumBrunnen is happy to donate his jeans so his wife will let him buy new ones.
- Yvonne Leiser paid \$10 to announce that the caucuses will be held Tuesday, February 7th. She was also stood up by her guest, Rick Nolan.
- Dutch Cragun, and several others, were happy that Rick Nolan stood Yvonne up and didn't attend the meeting. The money flowed freely.

The **PROGRAM** was introduced by Al Cibuzar. Presenter Joe Brenny spoke on the Grief Cycle.

Inevitably, we will all have employees or coworkers that will experience a death in the family. Mr. Brenny outlined the stages of grief that people commonly go through when this happens. He pointed out that this is a generalization, since everyone grieves differently, but it does characterize what happens in many cases.



Grief is nothing more than recognizing something in our life has changed. Through grief, we are constantly moving to a state of a "new normal".

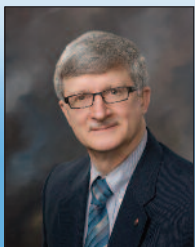
In the case of death, whether expected or unexpected, people tend to go through the cycle, moving through the stages continuously until their "new normal" is reached. In the first stage of shock, our minds can only take on so much. We move to the yearning and searching stage as a way to justify or validate the type of person that died was. From there, depression (again, this is not the same for everyone) will make us sad for a time, but we will usually move from this stage to compartmentalization, where a person tends to "check-in" or "check-out" as they work towards resolution of their grief.

Most people will shift to the shock stage again and repeat this cycle until they achieve their own "new normal". Don't assume that this cycle is etched in stone. It definitely varies for different people in different situations. For example, someone who has dealt with a prolonged terminal illness of a loved one may actually be close to their new normal at the time of death. Remember that grief is a process that varies by individual and situation.

When consoling the family of the recently deceased, don't say, "I know what you are going through." You can't know what they are going through. Phrase consolation in a way that offers assistance, such as, "I don't know what you are going through, but I know what I went through." Make an offer to help, don't violate their boundaries and listen while mirroring back to them their feelings and thoughts.



Brainerd Rotary Club Officers



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