

TIDINGS



WELCOME TO THE RIVER FALLS ROTARY CLUB

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The ROTARY Four-way Test

- Is it the truth?
- Is it fair to all concerned?
- Will it build goodwill and **better** friendships?
- Will it be beneficial to all concerned?

River Falls Rotary Vision Statement:

*“Enhancing Opportunities for
Youth; Creating a Better World
for All.”*

MEETING REPORT

President Brian McQuade called the meeting to order. Bill Montgomery shared a devotion, after which Brian led the pledge, 4-way test and club mission statement.

GUESTS:

Melissa Kosse, First National Bank James, Max's future stepson

ANNOUNCEMENTS:

DISTRICT CONFERENCE:

We have one paid registration for Friday afternoon and evening of the District Conference that won't be used. If interested, let Brian know.

<http://www.rotary5960.org/dc2017/>

LIBRARY FOUNDATION EVENT:

Tony encouraged everyone to participate in the Library Foundation's mini-golf event, and he has tickets!

RIVER FALLS CAB GALA: Cheryl invited everyone to the Community Arts Base (CAB) Gala on Sat, 4/29.

GSE TEAM COMING: The Australian GSE team will present at a meeting of all SCV Clubs Thurs, 5/17 at noon at Camp St. Croix. Please save the date!

KINNI RIVER CLEAN-UP: Alison invited all to volunteer at the Kinni River clean-up on Sat, 4/29. A few \$100 sponsors are still needed.

STRIVE MENTORS NEEDED:

Tony is still looking for additional STRIVE volunteers. Interested? Let him know.

FISH GAME: Rotary Day at the Fighting Fish is Sat, 6/24. Our annual club picnic will be before the game.

MEMBERSHIP COMMITTEE:

Volunteers are needed for a committee to work on membership recruitment, orientation and retention.

COMMITTEE LEADERS: As we move to our new committee structure, leaders are needed for committees. Interested? Let Brian know!

HAPPY BUCKS: JW collected Happy Bucks for Make it OK, the Roots and Bluegrass Festival, guests, general happiness, missed meetings and:

- Paul is excited about baseball season!
- John congratulated members who won seats in last week's election.
- Linda appreciated the Red Cross for taking care of a family friend who lost her home in a fire over the weekend.
- Kari enjoyed a weekend with college roommates and another weekend with her husband's family in DC.
- Traci is trying to protect the duck who is nesting in her front yard.
- Bill is happy to be done with taxes!
- Rick H. hopes his grandkids, who are coming to stay for Spring Break, don't realize that most kids go to the beach
- Randy lamented the hive that froze and is happy one hive is still buzzing!
- Alison is looking forward to having little Joe Page at her house this week.
- Terry spent the weekend on "grandma duty," so missed the Bluegrass Festival
- Ted is happy to still be able to do early morning wood splitting
- Scott N enjoyed bird watching on the lake
- Tony left home without his glasses, which he claims not to need for driving
- Scott appreciated the opportunity to present to the American Legion with Scott Nelson
- Carole saw lots of people she didn't know at the Bluegrass Festival, which she hopes means it brought in lots of visitors
- Steve had lots of down time during meetings in Colorado, so he visited five breweries
- Melissa encouraged everyone to participate in the FNB-5K, which will raise money for shoes for kids
- Dale speckled the woods with cash as an incentive for his grandkids to help with the work there over the weekend
- Rick W. used time in the chair to ask Josh Agrimson when he'll be back to Rotary
- Brian is cheering for the Wild!

Rotary is an organization of business and professional men and women united worldwide who provide **humanitarian** service, encourage **high ethical standards** in all vocations, and help **build goodwill and peace** in the world."

Rotary



www.rotary5960.org – check out the great things in our district!

MELISSA KOSSE, MAKE IT OK



*Melissa Kosse,
Make it OK Ambassador,
with Rotarian Bill Montgomery
www.makeitok.org*

HOW TO MAKE IT OK:

- *Talk openly about mental illness.*
- *Pledge to be stigma free.*
- *Refer people to NAMI.*
- *Understand local resources.*
- *Become a Make it OK Ambassador.*

It's never too late (or too early) to seek treatment for mental illness!

Melissa Kosse, who works for First National Bank of River Falls, is a trained Make it OK Ambassador, committed to reaching out to the community with information about mental illness, resources and ways to provide support and reduce stigma.

When we think of illness, we often have stereotypes in mind, but the reality is that mental illness is very common. Think about the difference between how we think about and describe those with mental illness and those with cancer; we tend to blame or be uncomfortable talking about mental illness, while we tend to embrace and see those with cancer as heroic.

Mental illness is a treatable, very common medical condition. 1 in 4 adults and 1 in 5 children will struggle with a mental illness at some point in their lives; compare this with just 1 in 8 that will be diagnosed with diabetes. Mental illness can be caused by chemical imbalance, genetics, environmental stressors, trauma and/or brain injury. Those dealing with chronic mental diseases deal with many of the same challenges facing those with chronic physical diseases, plus other challenges like denial, shame, guilt, etc.

Anxiety is the most commonly diagnosed mental illness; other common mental illnesses include depression, bipolar disorder, schizophrenia, PTSD, eating disorders, panic disorder, ADD/ADHD, borderline personality disorder, schizoaffective disorder, obsessive compulsive disorder, and substance abuse disorder. Information about each if these is available at www.makeitok.org.

Why does it matter? Adults living with serious mental illness die 25 years earlier than other Americans, largely due to treatable medical conditions. Mental illness is the #1 cause of disability in North America. People wait an average of 10 years before seeking treatment. Mental illness is highly treatable, with 70-90% of individuals experiencing reduced symptoms with treatment. It is the second leading cause of death in those 15-24 (suicide). Each day, 22 veterans die by suicide.

If someone brings up that they are struggling with mental health issues, don't tell them to "shake it off" or "think happy thoughts." Instead, thank them for opening up to you, and ask if there is anything you can do to help. Offer to drive them to an appointment or bring them dinner. While resources are somewhat limited in our region, they do exist, and there is a guide to mental health resources in Pierce & St. Croix Counties <http://www.healthiertogetherstcroix.org/wp-content/uploads/2013/01/MHS020917pdfnologo.pdf>. Information is also available through NAMI www.namiwisconsin.org/st-croix-county.



PROGRAM SCHEDULE

APRIL

- Apr 4** *Jim Schreiber, Plantables*
- Apr 11** *Melissa Kosse, Make it OK*
- Apr 18** *Paul Moe, Environmental Stewardship at Ezekiel*
- Apr 25** *Jeff Johnson, First National Bank*

MAY

- May 2** *Kim and Alex Miller, RFHS Forensics Team*
- May 9** *RFHS Robotics Team (TENTATIVE)*
- May 16** *Elaine Baumann, Youth Exchange Program Update*
- May 23** *Tom Holland, Family Friendly Worksites*
- May 30** *Tony Jilek, Nicaragua*

Have a Program idea? Talk to Bill Montgomery to schedule it!

DEVOTIONS, SET-UP AND TAKE-DOWN

Set Up / Take Down	DEVOTIONS APR-JUNE
Apr 4 Bakken-Young & Morrissette	Apr 4 Linda Yde
Apr 11 Baumann & Palmquist	Apr 11 Gordie Young
Apr 18 Wilson & Heuertz / Wilson & Fodroczi	Apr 18 Jodie Young
Apr 25 Borchardt & Owens / Borchardt & Leitch	Apr 25 Shannon Zimmerman
May 2 Kremer & TBD / Kremer & Montgomery	May 2 Josh Agrimson
May 9 Jilek & Heuertz	May 9 Elaine Baumann
May 16 McKay & Borchardt / McKay & Fodroczi	May 16 Jamie Benson
May 23 Morrissette & Maplethorpe / Morrissette & Pedriana	May 23 Chris Blasius
May 30 TBD	May 30 Sam Bluhm
	June 6 Tracy Borchardt
	June 13 Larry Ciccese
	June 20 Randy Cudd
	June 27 Justin Farnier

NOTE: If you are unable to attend, please make arrangements to have these responsibilities covered. Ideally you would find someone to trade with. *If you make a trade, please let the Tidings editor know.*

Rotary
District 5960



2016-2017 OFFICERS

- President: Brian McQuade
- President Elect: Heather Logelin
- Vice President: Rick Wilson
- Secretary: Chris Blasius
- Past Pres.: Rosanne Bump
- Treasurer: Jayson Fredrickson
- Exec. Secretary: Carole Mottaz

2016-2017 DIRECTORS

- Community: Matt Russell
- International: Tony Jilek
- Club Service: Thomas Pedersen
- Vocational: TBD
- Youth Protection: Linda Yde
- Youth Exchange: Elaine Baumann
- Public Relations: McKay/Leitch
- Membership: Terry McKay
- Programs: Bill Montgomery
- Foundation: Gorden Hedahl
- Sergeant at Arms: J. W. Matheson
- Newsletter: Heather Logelin
- Grantwriter: John Kremer
- Webmaster: Steve Leitch

PAST PRESIDENTS

- 1999: Tom Bloom
- 2000: Gorden Hedahl
- 2001: David Brassfield
- 2002: Randy Cudd
- 2003: Bill Montgomery
- 2004: Tom Palmer
- 2005: Connie Foster
- 2006: Steve Schroeder
- 2007: Carrie Fisher
- 2008: Kevin Pechacek
- 2009: Diane Odeen
- 2010: Tom Garfin
- 2011: Carole Mottaz
- 2012: Dale Jorgenson
- 2013: Elaine Baumann
- 2014: Scott Morrissette
- 2015: Rosanne Bump

ROTARIAN OF THE YEAR

- 2003: Tom Bloom
- 2005: Tom Garfin
- 2006: Dale Jorgenson
- 2006: Jerry Tack
- 2006: Kevin Pechacek
- 2007: John Kremer
- 2008 & 2009: Carole Mottaz
- 2010: Debbie Griffin
- 2011: Gorden Hedahl
- 2012: Pat O'Malley
- 2013: Bill Montgomery
- 2014: Vince Seidling
- 2015: Terry McKay
- 2016: Thomas Pedersen

Last	First	Work	Home	Email	Classification
Agrimson	Josh	425-6732	425-2172	agri0003@umn.edu	Dentist
Baumann*	Elaine	425-1835	425-5727	elaine.baumann1@gmail.com	High School Administration Retired
Benson	Jamie	425-1800	715-307-4869	jamie.benson@rfsd.k12.wi.us	School Administration
Blasius	Chris	425-2533	426-2053	chris@rfchamber.com	Chamber Executive
Bluhm*	Samantha	651-470-3252	425-0003	samanthabluhm@icloud.com	Writer/Life Coach
Boles*^	Joe	425-7281	425-6540	josephdboles@gmail.com	Judge
Borchardt	Traci	715-245-6877		tborchardt@proactinc.org	Job Developer
Cicchese	Larry	425-6179	425 6179	larrycicchese@baumanpcpa.com	Accountant
Cudd*	Randy	715-377-4747	425-9102	Randy@randycudd.com	Real Estate-Sales
Fodroc	Justin		715-210-6831	jfarmer@mjfcontracting.com	Electrical Contractor
Fanner	Dave	425-5738	715-222-1192	dave@kinniriver.org	Natural Resource Management
Fredrickson*	Jason	426-2090	715-550-7673	jason.l.fredrickson@gmail.com	Accountant
Hedahl*+	Gorden	715-821-0614	426-6082	ghedahl@comcast.net	Higher Ed Fine Arts Retired
Heuertz	Rick	Retired	612-629-7157	rheuertz@comcast.net	Retired
Humbert	Rita	425-1815	651-346-1946	rita.humbert@rfsd.k12.wi.us	Elementary Ed Administration
Jilek	Tony	Retired	425-8923	ajilek@comcast.net	Higher Ed Ag Sciences
Johnson*	Jeff	426-3177	425-1444	jjohnson@fnbrf.com	Banking
Jorgenson*	Dale	Retired	425-2786	rvrld@yahoo.com	Laser Marking Retired
Kremer*	John	612-590-9540	381-9799	john@kremer-services.com	Automotive Dealer Retired
Laule	Brian	800-607-3030		brian@byeoff.com	Attorney
Leitch*	Steve	425-0159	425-8044	steve@leitchinsurance.com	Insurance Sales
Logelin*	Heather	715-307-6001	381-2788	heather.logelin@allina.com	Community Health & Philanthropy
Maplethorpe	Cheryl		425-5116	cheryl.kav.maplethorpe@gmail.com	Higher Education - Retired
Marsh	Ted	425-6309	651-442-8982	inhispresents@hotmail.com	Clergy
Matheson*	J.W.	715-386-1155	952-807-6877	jwmatheson@catalvstsportsmedicine.com	Sports Medicine
McArdle^	Melissa	426-6000	715-338-0438	melissa.a.mcardle@gmail.com	Health Care Administration
McKay*	Terry	651-210-5669	425-1109	terry.mckay@sbcglobal.net	Real Estate Sales
McQuade*	Brian	715-307-7879	715-386-4454	bjmquade@gmail.com	Financial Advisor
Miller	Greg			gmliller@vibranthealthclinics.com	Medicine
Moe	Paul	425-8294	715-441-2382	paulandlorimoe@gmail.com	Business Administration
Montgomery*+	Bill	Retired	425-5426	wm13@pressenter.com	Clergy
Mottaz	Carole	Retired	425-7903	mottaz@pressenter.com	Higher Education
Morrisette*	Scott	715-246-8162	715-307-2335	smorrisette@msn.com	Banking-Commercial
Nelson	Scott	426-3534	952-797-3753	snelson@rfcity.org	Fire Chief
Neuhaus*	Max	425-7281	715-410-7296	max@rodlibeskar.com	Attorney
Nylander*+	Virgil		425-6277	nylandervirgil@comcast.net	Higher Ed Administration Retired
O'Malley	Pat	425-9882	425-9882	info@kilkarneyhills.net	Aviation Retired
Odeen*	Diane	612-309-6731	426-5325	dodeen@gmail.com	Attorney at Law
Owens	Bob	715-245-0028	426-9291	bobowens.rf.wi@gmail.com	Computer Consulting
Page	Allison	715-684-8615	612-810-3918	alison.page@wwhealth.org	Healthcare Administration
Palmquist	Joel		715-821-2792	jkponthehouse@hotmail.com	Housing Construction
Pechacek*^	Kevin	425-8100	426-2036	kevin@thewestwind.com	Restaurateur
Pedersen	Thomas	425-4555	920-203-0776	thomaspedersen26@hotmail.com	Higher Ed-Student Services
Pedriana*	Tony	Retired	715-220-2942	anaped44@sbcglobal.net	School Administration Retired
Piepgras*	Marti	425-6177	425-2077	marti@stcroixgas.com	Utilities Management
Ross* ^	Dan	425-9011	425-9061	dross@rosscm.com	Construction-Manager
Russell	Matt	426-3115	425-9293	mrussell2112@msn.com	Banker
Schroeder*	Steve	612-817-6626	425-1704	icasws@comcast.net	Insurance/Finance
Simpson	Scot	426-3402	629-7350	ssimpson@rfcity.org	Public Administration
Thoenmes	Karla	425-4666	701-799-0473	karla.thoenmes@uwrf.edu	Higher Ed Residence Life
Thompson	Mike	715-529-1910	425-8897	thompsonmd61@gmail.com	Sales
Van Galen	Dean	425-3201		dean.vangalen@uwrf.edu	Higher Ed Administration
Wilson	Rick		715-629-7723	rwilson231@aol.com	Materials Engineer
Wulf*	Wayne	866-559-1800	426-1800	Wayne.S.Wulf@ampf.com	Financial Services
Yde	Linda	Retired	425-0080	lmyde@dishup.us	Health Care Administration
Young	Gordie	425-0909		gordie2000us@yahoo.com	Law Enforcement
Young*	Jodie	425-8788	386-2402	info@bakken-young.com	Funeral Director
Zimmerman	Shannon	426-9505	651-492-3336	zimmerman@sajan.com	Language Translation

*Members indicated with an asterisk are Paul Harris Fellows at this time. PH Fellows have contributed more than \$1000 US to the Rotary Foundation.

+ Indicates members who are also Rotary Benefactors, leaving at least \$1000 to the Rotary Foundation in their wills.

^ Indicates members who do not attend weekly meetings but participate in other club projects and activities.