

Rotary Meeting, June 24, 2019, Editarian Amy Remmert

The meeting was called to order by President Jeannie Brandenberger. We sang America the Beautiful. The invocation was delivered by Judy Markusse Paget. Art News was presented by D. Terry Williams.

Guests: Nick Boyd brought his wife Beth

Songs: Tim Kilmartin was just grateful that we have crossed the threshold into summer and as such decided that we would sing, "In the Good Old Summertime". But then he had second thoughts since we still can't overcome the "Tootsey Wootsey" line. (Someone complained a number of years ago). So he asked President Jeannie to find a replacement for those words. We sang and replaced and it kind of worked. Thanks Tim for the laughs.

Birthdays: Denise King

An exciting announcement: At the beginning of the year we were not sure we could support the WSH Program (Water Sanitation and Hygiene Program) without having our hand out again for more donations. With the Keith Mumma coffee table book sale focused on clean water, we received a check in the amount of \$1748 from Keith.

Program: Scott Underwood and Title Boxing. Didn't know why he agreed to speak today but he decided to tell his story. With his military duty behind him he was wondering what he was doing home. He had the typical flashback of what he had experienced while in the military. There were thoughts about suicide. He dealt with the challenges of alcoholism and other issues related to his PTSD. He realized he needed changes in his life and school was not working out for him. He analyzed his options and decided to get his certification in personal training.

He knew that people who were dealing with the challenges and stresses of everyday work and more than that, those who were dealing with effects of military service could make positive changes in their lives through exercise and the release of endorphins. Statistics say that 18-22 vets commit suicide each day. Sometimes the personal training sessions turn out to be only therapy that works. His ability to help others is helping him deal with his own issues.

A program that has come out of all this is "Rock Steady". Designed to help individuals with Parkinson disease, it puts things in perspective. Participants have high spirits and the exercise helps improve skills, agility, balance, and increases longevity of their lives. There are two sessions available every week for Rock Steady and involves a lot of volunteer time by individuals interested in helping those with Parkinson. Scott encouraged Rotarians to stop by during these sessions to observe and maybe they might become the next volunteer.

In conclusion, Scott reinforced the fact that there is no age limitation on mental health. Exercising three times a week will improve mental health by 26%.

On July 1, 2019, a special program is being brought to us by Karl Sandelin. Bjorn Rydbeck will present a program about the northern border of the Baltic and the implications of Russia's proximity as it relates to security concerns. Bjorn will be wearing his Swedish military uniform for which Jeannie had to get permission from the Swedish government. Join us for an interesting and thought provocative program.