

# Rotary



# Club of Wauwatosa

## Welcome to the Rotary Club of Wauwatosa

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

Rotary club membership represents a cross-section of the community's business and professional men and women. The world's Rotary clubs meet weekly and are nonpolitical, nonreligious, and open to all cultures, races, and creeds.

Rotary membership provides the opportunity to: Become connected to your community. Work with others in addressing community needs. Interact with other professionals in your community; assist with RI's international humanitarian service efforts. Establish contacts with an international network of professionals. Develop leadership skills. Involve family in promoting service efforts.

## Wauwatosa Rotary Foundation Gourmet Nuts Fundraiser



It is that nutty time of the year! Please consider supporting the Wauwatosa Rotary Foundation by placing an order for delicious gourmet nuts from the A.L. Schutzman Co. These sweet and savory treats are perfect for holiday gifts or any special occasion. Most of all, your participation in this fundraiser supports the service and outreach efforts of our club and Rotary International.

Orders may be placed [online](#) or by [printing and submitting](#) an order form. For questions, please contact [Tom Kirchen](#).

### Club Meeting

Wauwatosa  
Meets at Radisson Hotel Milwaukee West  
2303 N. Mayfair Road  
Wauwatosa, WI 53226  
Time: Wednesday at 12:00 PM

### Events / Speakers

January 18th  
[Wauwatosa Weekly Club Meeting](#)

January 25th  
[Wauwatosa Weekly Club Meeting](#)

February 1st  
[Wauwatosa Weekly Club Meeting](#)  
**Speaker:** Michael Gosman  
**Subject:** President and CEO of Acts Housing

February 8th  
[Wauwatosa Weekly Club Meeting](#)

February 15th  
[Wauwatosa Weekly Club Meeting](#)

February 22nd  
[Wauwatosa Weekly Club Meeting](#)

### Club Leaders



[Robert Hugh Nelson](#)  
President



[William Carl Makal](#)  
President -Elect  
Sergeant -at -Arms



[Jonathan Lorenzen](#)  
Secretary



[Aaron D. Sebald](#)  
Vice President  
Membership Chair

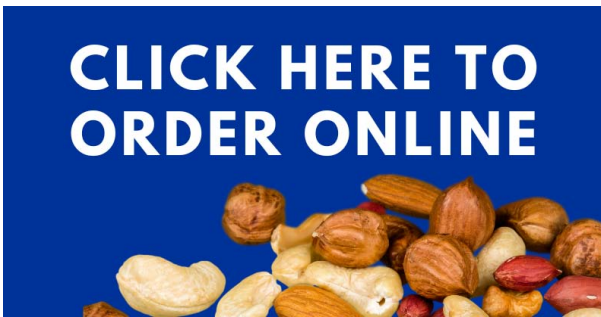


[Robert P. Niedermann CPA](#)  
Treasurer



[Richard Frenn](#)  
Sergeant -at -Arms

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## Serving Our Community



Richard Todd Mannisto  
Rotary Foundation Chair



Peter M. Skanavis  
Sergeant-at-Arms



Paul Alan Vandeveld  
Club Programs Chair



Anne Ruttger Neafie  
iPast President

### Years of Service

No Years Of Service Found



## Club History

### The History of the Wauwatosa Rotary Club

Our club was chartered in 1952 and is one of the oldest in the area. We meet every Wednesday noon at the Radisson Hotel Milwaukee West. This is a very good time to join our club as we are striving to reinvent ourselves. You would be able to play an exciting and significant role in defining the club's objectives. We recently went through a very intense strategic planning process and are committed to serving the Wauwatosa community.

On a global level Rotary International is very proud to have virtually eradicated Polio through our Polio Plus program. Through its foundation and large international membership base, Rotary offers a great deal of help to the disadvantaged throughout the world.

Our social committee arranges a number of very nice events throughout the year. Each event presents an opportune time to get to know members and spouses, all of which can be invaluable networking opportunities!

Rotary membership does require a member's dedicated participation in club meetings and functions. You need to know that Rotary is a commitment and we are looking for dedicated members who can be away from work for approximately two hours each Wednesday. In other words, your boss needs to understand your devotion to community service.

Take a look at Rotary International's website at [www.rotary.org](http://www.rotary.org) for much more information.

## Newsletter - January 11, 2023

By Jonathan Lorenzen

Don't Give Me Any Grief  
Session Notes from a Meeting of the  
Rotary Club of Wauwatosa

Wednesday, January 11, 2023

A sonorous peal of the bell prompted our very full house to arise as President Bob Nelson proudly led us in the Pledge of Allegiance and the Four Way Test. Invocator Peter Skanavis was at the ready with a poignant pocket prayer, which he remembered reciting some years back. Thank you, Peter!

We had the special honor of singing Happy Birthday to Rotarian Paul Roller, who turned "four score and six years" on the actual day of our meeting! We also congratulated Rotarian Alex Solanki on her 20th wedding anniversary which occurred on January 4. (Alex's wedding reception took place in the very building in which we were assembled – the Radisson Hotel-Milwaukee West). Best wishes, Alex!

The following sad and happy reports were offered for our consideration:

- President Nelson encouraged members to renew their commitment to regular meeting attendance. He recalled there being an expectation that members attend 75% of meetings. Bob stressed the importance of having an engaged audience for program speakers, and remaining active in our community.
  - Treasurer Niedermann took the opportunity to remind members of the minimum meal charge. For questions about the policy, contact [Robert](#).
- President Nelson reported that our Foundation Board declined the request from the Rotary Club of Milwaukee Community Fund to contribute to their generators for Ukraine initiative. Individual members can learn more and support this cause, if they wish, on the [Milwaukee club's website](#).
- Anne Neafie is continuing to work on resurrecting the Interact Club at Kingdom Prep Lutheran High School. She has been attempting to contact Kevin Festerling about having a club meeting at KP, but has been having trouble reaching him (she received some sort of automatic response when attempting). Kevin, if you haven't heard from Anne yet, could you give her a jingle?
- Treasurer Niedermann let us know that he received a thank you letter from the Salvation Army for our donation in December.
- Anne Neafie announced that this month's collection day for the Tosa Community Food Pantry is January 25. Look for a reminder email from Anne!
- Gerv Rose reported that he and Bev have outfitted their new apartment with stunning antique French furniture. He said, however, that if they don't pay the bill on time, it will all go back to Louis the XIV. Thanks, Gerv. We appreciate your *chair*-isma.
- This was Bill Bode's *second* Rotary meeting today – he had already attended the Waupaca club at 7:15 a.m. this morning. Now that is dedication!
  - Bill's son, Taylor, who was in town for the holidays, was scheduled to fly back to San Diego ahead of the rest of his family. Taylor got caught up in the Southwest Airlines fiasco, with his original flight being canceled and the cheapest alternative going for \$1,800. Meanwhile, Bill had purchased a vehicle in San Diego with the intent of flying back with Taylor, and making the return trip to Wisconsin in his new car. Being obligated to take delivery of the new car at a specific date and time, Bill *had* to fly into San Diego. Taylor, however, ended up finding a far more reasonably-priced flight into Palm Springs, and asked Bill to pick him up (in his new car). Bill, of course, obliged Taylor's request, but was in for a rude awakening when contending with Los Angeles traffic. Long story short, everyone ended up where they needed to be ... I think. Bill, did I get all of this right? We might need a correction in next week's bulletin.



With no sad or happy news that could top Bill and Taylor Bode's harrowing travel misadventures, we turned it over to Aaron Sebald who introduced program speaker Jodi Vickary.

Vickary is the owner and founder of Peace by Piece Grief Recovery in Pewaukee, and is certified as a Grief Recovery Method Specialist by the Grief Recovery Institute. Jodi is the GriefShare Coordinator for Elmbrook Church in Brookfield, and is a member of the Brookfield Chamber of Commerce and the Encompass Christian Business Network committee at Our Redeemer Lutheran Church in Wauwatosa. She holds a master's degree in elementary education.

Previously, Vickary worked in sales for Kellogg and Bristol Myers Pharmaceuticals. Jodi enjoys time with her kids, fellowship, sports, reading and singing, but mostly being a servant leader and a connector of hope.

Concluding Aaron's fine introduction, Jodi began by relating that most

people find the topic of grief to be "yucky." Notwithstanding, Vickary loves what she does, and is driven by her faith – the number one thing in her life. She has experienced grief in her own life, and finds it to be one of the most powerful – and neglected – emotions that we possess. "Isn't it strange that when someone breaks their arm, everyone knows to call 911 ... but we don't know what to do when confronted by someone experiencing grief?"

According to Jodi, the definition of grief is "the normal and natural reaction to a loss (of any kind) and the end of (or change in) a familiar pattern of behavior." Death and divorce are the top two sources of grief, but countless other losses, tangible and intangible, can trigger

the reaction. Vickary walked us through several causes for grief:

- Losing a job
  - Loss of one's meaning
  - Loss of one's routine
  - Missing coworkers
  - Loss of good reputation
  - Change in financial status
- Loss of a friendship or romantic relationship
- Decline in health
- Loss of mobility
- Loss of independence
- Loss of vision or hearing
- Loss of the ability to drive
- Being the victim of a crime
  - Loss of sense of security
- Being physically abused
  - Loss of aliveness

It's common for people to fake their recovery from grief by convincing themselves and others that they are FINE ... Feelings Inside Not Expressed. In reality, we need others to help us process our losses and find true recovery from grief in a healthy way.

"If you hear only one thing today, hear this: learn to be a heart with ears. People who are grieving don't need to be 'fixed.' Try not to give advice." Many times, well-intentioned people will offer platitudinous consolations when confronted with someone's grief. "It's like trying to paint a room with a hammer." For example, at the loss of a child, individuals will attempt to deflect the sorrow of the griever with statements like, "Don't feel bad, you can still have more kids." Such a response is totally irrelevant to those facing loss; while intellectually accurate, the words are emotionally barren.

There are many other culturally-learned "myths of grief," which actually hinder the healthy healing process. We start hearing the myths early on as children. "Children are often told to not feel the way that they feel. Lots of times – especially in the 50s and 60s – when Billy would be hurt by someone, mom's response would be, 'don't worry about it ... go have a cookie.' But if Billy brought home a good report card, would you say, 'don't feel *good*?'"

Grieving should be communal. The best gift someone can give to a griever is connection, while the worst thing to say or do is nothing. However, when we are grieving, we are often hesitant to "burden" others with our problems. "Laugh and the world laughs with you. Cry, and you cry alone."

It's common for someone suffering a loss to look for something to fill that void. Searching for the next spouse right after a divorce, buying a puppy, and keeping busy are all methods of distraction that don't lead to true recovery. While keeping busy can be a good coping mechanism, the griever needs to allow time to actually deal with their grief. According to Jodi, the old adage, "time heals all wounds" is not true; it's what you do with that time that can make a difference.

Another myth of grief is needing to appear "strong" in front of one's children. When grieving, even those with kids need to share their feelings.

In a nod to her "audience," Vickary commented that the Rotary Four Way Test would apply perfectly to the survival of families. Truth, fairness, building goodwill and better friendships, and benefiting all concerned – all should apply in our interactions with one another – especially with those who are grieving.

Another outcome of unresolved grief is the eventual assuming of false beliefs about oneself, and turning to bad habits. Short-term emotional relieving behaviors (STERBs) like drugs, gaming, and excessive exercising, only mask the symptoms of grief, often with significant consequences.

Jodi explained that recovery from grief doesn't mean that we will never be sad again. Rather, the goal is to make the griever feel better and to claim their circumstances. Recovery allows individuals to remember fond memories and gain the ability to talk about loss as a normal activity. "We need to become processing plants, not storage tanks." While it's OK to sit in grief ... for a while ... we don't have to live there. As long as we are living and breathing, we have purpose.

Jodi concluded by coming back to her life's anchor, motivator, and compass, "God is my go to." She then welcomed a few questions from the room:

- Aaron Sebald asked if/when it's OK to share similar experiences with one who is grieving.
  - It's all in the delivery. We shouldn't try to compare experiences, or make them competitive. You could try to simply mention that you went through something similar, and see what kind of response you receive.
- Robert Niedermann recalled that when certain family members attempted to console his granddaughter after she lost her baby, their words were not well-received, and led

to a rift between the parties.

- Vickary was very familiar with situations such as these. Unfortunately, there's not a "cure all" to responding to grief.

We are thankful to Jodi Vickary for joining us, and for helping us better understand the grieving process. At a tick or two passed 1:00, President Nelson adjourned the meeting.

Respectfully Submitted,

Aggregator of Advice and Re-teller of Rotary Ruminations  
Jonathan Lorenzen

### **Upcoming Commitments**

#### **Program**

**January 18:** John Sebald

**January 25:** Alex Solanki

**February 1:** Peter Skanavis will present Michael Gosman, President and CEO of Acts Housing

**February 8:** Rick Steinberg

#### **Invoker/Greeter**

**January 18:** Dale Yerkes

**January 25:** TBD

**February 1:** Paul Roller

**February 8:** Demond Means