



Thursday – July 23, 2015

facebook.com/groups/hudsonrotary @hudsonnoonclub

INVOCATION

July 23: Sarah Bruch
July 30 : Sam Cari
August 6 : Josh Cooran
August 13 : Steve Dzubay
August 20 : Ross Eib

DOLLAR RAFFLE

July 23: Brad Hallett
July 30 : Brian Hinz
August 6: Eric G. Johnson
August 13: Sonya Jansma
August 20: Tim Jubie

PROGRAMS - (See Steve)

July 23

Topic: Metro State University
Speaker: August Hoffman (psychologist)

July 30

Topic: Lost Creek Ranch – horse rescue
Speaker: Jennifer Flanagan

August 6

Topic: Junior Achievement
Speaker: Bruce Hanson

BIRTHDAYS - This Month

Tim Jubie (July 8), Randy Morrisette II (July 13), Isaac Grover (July 17), Sonya Jansma (July 21), Sarah Bruch (July 29)

ANNIVERSARIES Rotary - This Month

Dan Bakken (July 1, 2010), Josh Cooran (July 12, 2012), Tim Jubie (July 16, 2009)

MEMBER HIGHLIGHT

Our 7th Member Follow shellierck@gmail.com

THEMES

Annual RI: Light Up Rotary
Monthly RI: Fellowship

ROTARY SUMMER FUN



Join Us August 16

--GOLF OUTING

Monday, Aug. 3 – Kilkarney Hills
DON'T MISS IT!

Rotarians at work

ROTARIANS Jim Bengston, Scott Wagner and Chuck Ladd wielded nippers to attack a patch of giant knotweed Thursday, July 16 near 11th and Vine streets. Ben Eichman, the invasive species technician for St. Croix County provided an overview of what knotweed is and why it is a problem. Rotarians and others then went to work cutting down the hollow-stem plant that grows up to 13 feet tall. Giant knotweed and its relative, Japanese knotweed, were brought to the United States a few decades ago as ornamental landscape plants.



Mystery greeter

Isaac Grover's 'Rotary Minute' featured news that the a 'Mystery Greeter' feature will be implemented starting with the July 23rd meeting. Members are encourage to exchange greeting with as many fellow Rotarians and guests as possible during the pre-meeting social to avoid being called out and fined \$1 by that day's designated plant. All proceeds will be donated to benefit Grace Place.



Gene Haberman poses with Kari Rambo, lucky winner -- she claims first-time ever -- of a \$25 gift card for Shelli's Hudson Floral. Kari planned to donate it as a silent auction item for the Rotary Golf Fundraiser set for Aug. 3 at Kilkarney Hills, River Falls.

NOON CALENDAR

- 2015 Golf Tournament: August 3 11AM
Minnesota Twins: August 16
DG Visit: August 27
Board Meeting: September 3

July 16 program



The program featured Susan Nygaard, manager of community health improvement for Allina Health. Nygaard, from Lino Lakes, a registered- and public health nurse, focused on Allina's new 'Change to Chill' initiative aimed at educating youth and adults about stress and how to ease it in their lives.

While some stress is good and helps improve performance levels, today's youth often don't realize it can result in upset stomach, difficulty breathing, headache, chest- and muscle pain, trouble concentrating and sleeping, and it can affect appetite.

Other manifestations for teenagers include emotional issues, cheating to try and achieve, eating disorders, disruptive behavior and even suicide.

The web site aims to educate through videos, a quiz, a photo contest and advice on activities, lifestyle changes and how to use "mindfulness" to mitigate the negative effects stress can cause. Nygaard encouraged members to visit www.chilltochange.org, take the quiz and learn more about the topic

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Meetings: Every Thursday at 12:00PM CT (Noon) @ Hudson House Inn, Hudson, Wisconsin USA
 Rotary Club of Hudson, Wisconsin - The Noon Club™. Rotary Zone 28/29. District 5960. Area 8. Club 2177
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 Send News and Other Submissions By Tuesday 9AM to: Joel Skinner, Editor

OUR MISSION Hudson Rotary is a fellowship of engaged members, generous in spirit, committed to improving the world around us.
OUR VISION We are a growing and diverse club of active and involved members. Our meetings offer fun, fellowship, and programs that are informative and inspirational. The ideals of the four-way test are encouraged by open communication among the board of directors, club members and the community. Our leadership structure fosters continuity of club goals. We are dedicated to helping people and non-profit organizations through focused local and international projects. Our club mentors local youth. We support international exchange students and programs. All members are encouraged to contribute to the Rotary Foundation and become Paul Harris Fellows. Above all, our members live Rotary's motto—Service Above Self.
 ■ Is it the TRUTH? ■ Is it FAIR to all concerned? ■ Will it build GOODWILL and BETTER FRIENDSHIPS? ■ Will it be BENEFICIAL to all concerned?

HUDSON ROTARY CLUB CONTRIBUTION FORM

I HEREBY CONTRIBUTE TO:

Program/Cause: _____

Member Name: _____ Amount: \$ _____

[] Contribution attached. [] Bill my account.

(Fill Out and Submit to Verna Clark)