



# The Spoke

November 2, 2016

Rotary



## Last Week ...17

President **Steven Slachta** gonged the meeting to order. **Ray Faubion** presented the invocation; **Roger Brunswick** led the Pledge of Allegiance; and **Tom Burgess** and Rotaract President **Evelyn Philistin** dueted the Four Way Test successfully.

Song Leader **Wayne Hemstead** led the singing of *When the Saints Go Marching In* with a special verse for Rotary. This popular jazz tune was recorded by Louis Armstrong in 1938.

Steven reported on attending a VALOR Honor Guard visit and presentation for a veteran in hospice. He said it was a very moving ceremony and is **available to any veteran in a hospice** situation.

**Bobbi Bird** reported very successful beer and wine sales at Riverfest. She also warned that **Dave Langerdorfer**(rr) would be back next week.

Steven said that there was a slow start to the Casino Night at the American House but the place was packed later in the event. **Bob Gillette** was so impressed with what Rotary was doing that he gave a check for \$2,000 to be split among the four clubs.

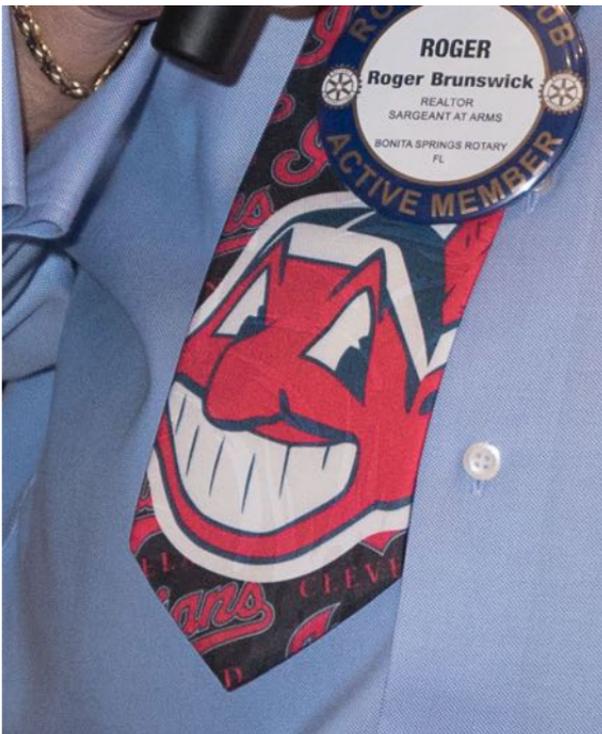
**Wendy Arsenault** again made a plea to have all Poinsettia orders in by Wednesday, November 9th.

**Scott Anderson** passed around sign-up sheets for

working at the Christmas Tree Tent. Each member should sign up for two or three shifts. And some strong guys will be needed for unloading.

Bobbie announced that there will be two **benefit softball games on Friday, November 11th**. The Louisville Slugger Warriors, successor to the Wounded Warrior Amputee Softball Team, will take on the Lee County Sheriffs at 5 pm and the fire department at 7 pm. Guess what? We'll be selling beer and wine.

**Tom Briers** reminded us of the annual **Christmas Party** at The Colony Bay Club Wednesday, December 14th. \$65/pp.



Sergeant-at-Arms **Roger Brunswick** started his session with “I want to apologize. Apparently I offended some people [last week]. It wasn’t my intention. I’m not looking to be a son of a . I’m going to be a nice guy today. I’m going to be very nice, conge-

nial..sort of like Donald Trump.”

**Rex Sims** rose to explain the previous week’s comment that Rex and his guest had decided to come to the Rotary meeting while in a bar. The comment was made in front of Rex’s pastor and Rex wanted everyone to know that they were in a bar but were drinking sarsaparilla.

### **Last Week Program**

**Donna Marcotte** introduced the speaker Cheryl Lynn Dratler. Cheryl agreed to replace the scheduled speaker at the last minute and was a wonderful substitute.



Cheryl has spent 25 years building a rich background in career-life coaching, psychotherapy, education, corporate training, management consulting, and program development. She has spent much longer accumulating her background of life experience and “life lessons”. Those lessons include times of peak engagement and joy and times of burnout, confusion, exhaustion and depression.

She is a Florida Licensed Mental Health Counselor, and certified as a Master Career Counselor with experience in education, business, private practice, and entrepreneurial settings.

Cheryl spoke about

Break Free from Burnout;

Regain Your Gusto;

Heighten Your Happiness...For Life.

Signs of burnout may be:

Are you flat-out exhausted?

Are you overwhelmed before the day starts?

Does the work the once loved now just drive you down?

If you have burnout, you still have lots of choices. You can let your burnout get worse, or you can start to reverse it. Either way, you are in the driver's seat.

## Some tips

**Regular rest**, refreshment, and rejuvenation is a key technique for recovering from work stress and preventing burnout. It is one of several critical elements for recovery if you are already experiencing burnout.

**Disconnect from work.** Just do it. Notice the pressure to check your Inbox or work on a project. If you struggle or feel guilty when you do disconnect, ask yourself where the pressure is coming from? How much is really coming from your boss, and how much are you creating yourself? Over-engagement with your work is a personal vulnerability that sets some individuals up for burnout.

**Connect with special people.** Appreciate the time you have with family and friends. Savor the time you have and the special people in your life. Feeling and expressing appreciation and ‘savoring’ positive experiences are techniques researchers have proven increase our happiness.

**Appreciate nature.** Research also shows that brain activity changes when engaged with or immersed in nature. Nature is its own form of therapy. And it is an element that is missing for many people during the work week. Even if it’s watching a lightening storm, a picnic in the park, or a short walk near the office, do it. Appreciate the wonder of nature while you’re at it.

**Get grateful.** Positive psychologists have demonstrated that people who regularly experience and express gratitude have higher levels of satisfaction.

What's great is that this is a skill that can be learned. Take a couple of minutes in the morning (sure, we're all busy in the morning – you can make 2 minutes) and write down 3 things you appreciate or are grateful for. . Go ahead, write down 3 – a good cup of coffee and a roof over your head are a good start. Now, spend about 30 seconds feeling your gratitude or appreciation for each. That's it. Research shows this simple practice can have significant and lasting effects.

**Get loud.** Get outdoors and use your “outside voice”. Kids get this one. There is a lot of physical and emotional release when you really laugh out loud, Or sing at the top of your lungs. Laugh loud.

**Get active.** Run around with the kids or the dog – for the fun of it. Don't count your morning run – that's your routine. Granted, anything that encourages physical activity has merits. But turning activity into another “project” or “to-do task” to check off your list perpetuates the pressure you may feel at work. Do something for which there are no expectations and no points to win. Have fun.

**Do something new.** Forget doing it well. Anything that is really worth doing is worth learning, and learning is a process. Constant perfectionistic standards are another internal setup for developing burnout. Trying a new sport, hobby, or vacation spot stimulates the brain. Remind yourself that no one is perfect the first time they try something new. Be creative. Get out of your rut.

**Turn off the tube (and your monitor).** Hours of television or computer games are rarely rejuvenating

and re-energizing. Give your eyes a rest too. This is particularly important if you spend hours staring at a computer screen during the week. Mind and body need to replenish from time to time.

**Volunteer or help someone else out.** Again, positive psychologists have found that doing something helpful for someone else can deliver a real boost of happiness that has lasting effects. It doesn't have to be big. Volunteer to help with the church picnic, or Girls Club outing. Sometimes a little "doing" can be energizing.

**Let your brain rest.** Allow your brain to exercise neural pathways you don't use during the workweek. Don't think about the things you think about at work. Alternately, you can stimulate your brain with a whole different set of information. Reading a good mystery novel or planning for an extended vacation can stimulate different areas of the brain. Often, it is in these seemingly unrelated activities that breakthrough ideas pop up.

**Take time to chill.** Whatever you do, let your emphasis be on enjoyment and rejuvenation. That "honey-do" list will be there next weekend. It's okay if you want to knock a couple of things off the list to get a boost of personal accomplishment, but a "working weekend" doesn't leave you refreshed for next week. Don't turn your outings or activities into projects.



**Annual Christmas Party  
Wednesday, December 14th  
Colony Bay Club**

***This Week***

***Lorna Kibbey***

***This Changing World – Tips for Surviving  
in the “New World”***



50/50 \$500

50 Cards



**Guest Wesley Thompson  
drew the 7♥ for \$5**



**The 50/50 is \$500**

***Birthdays***

**Susan Schmitt Nov 3  
Dave Shellenbarger Nov 3**

**Rotary Sings:**  
**God Bless America**

God bless America, land that I love.  
Stand beside her and guide her  
Through the night  
With the light from above.  
From the mountains  
To the prairies  
To the oceans, white with foam,  
God bless America,  
My home sweet home.  
God bless America,  
My home sweet home.

**This Morning's Invocation**

Good and Gracious God, we pray for Your presence and benevolent power to be felt by our friends and family as they deal with the uncertainties of life.

We hold in prayer also that vast number of people around the world who are benefiting from the generous work of the Rotary Foundation, the object of this month's designation.

Take all efforts expended by Rotarians and use them in accord with Your will. Use each of us in our own spheres of influence to make life better for someone else.

For the material things of life which we have in comparative abundance, we offer our thanks including food to sustain our bodies. Thank you also for the ability to enjoy fellowship with others, and with You in prayer. Amen.

## **Rotary International President**

**John F. Germ**  
Rotary Club of Chattanooga, TN

## **District 6960 Governor**

**Ladd Waldo**  
The Rotary Club of Lakewood Ranch

## **Area 3 Assistant Governor**

**Sally Smith**  
The Rotary Club of Estero

## **2016-2017 Club Officers**

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<b>President-Elect</b>	<b>Jon McLeod</b>
<b>Secretary</b>	<b>Claudie Delgado- Feeney</b>
<b>Treasurer</b>	<b>Bob Lombardo</b>
<b>Sergeant-at-Arms</b>	<b>Roger Brunswick</b>
<b>Asst. Sgt-at-Arms</b>	<b>Bill Banfield</b>

## **Members of the Board**

**Tom Briers, Steven Slachta, Jon  
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### **2014-2017**

**Frank Mazzeo, Peter O'Flinn,  
Susan Schmitt**

### **2015-2018**

**Adam Botana, Joe Murgalo,  
Jon Shaw**

### **2016-2019**

**Bob Lombardo, Kae Moore,  
Gary Price**

## **Trustees of The Foundation of The Rotary Club of Bonita Springs**

**Jim Dati, President; Stephanie  
Kissinger, Secretary; Richard Garner,  
Treasurer; Jason Dolle, Sandy  
Hemstead, Ed Houck, Mark McCaw  
Trustees**



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**Scott Gerrish** issue editor.