



THE RISE & SHINE TIMES
The "Official" Newsletter from the
ROTARY CLUB
of
Boca Raton Sunrise
 Visit our Website at:
<http://www.rotarybocasunrise.org/>



Meeting Report of 9-16-04

Past President Rod Mabe inspired us with a beautiful prayer prior to the meeting, and a special prayer for **Jan Raulin**. Also we offered a prayer to help all Florida through Hurricane Frances. Our musicians were **Jim Hole and Steve Fattel**. and **Guests:**

Welcome to visiting Rotarians and Guests

We gave a warm welcome to guests of the club, **Selena Dunsworth, Andrea and Jesse Lieberman**. Also, **Evan Hole**, grandson-guest of **Jim Hole**, and **Matt MacFarland**, guest of his dad, **Rich MacFarland**. Also to **Raisa Araugo da Mata**, our Brazilian exchange student.

\$\$\$\$\$\$\$\$\$.....HAPPY BUCKS.....\$\$\$\$\$\$\$\$\$

Sgt.-at-Arms and Past President Bob Magulick received happy dollars from **Past President Peter Stec**, who was happy that his son's team in Tallahassee won their game, and that all three sons were at home.

Ken Duvall reported that during Hurricane Francis, he was safe, but they lost their shade tree. Luckily, it didn't fall on his car. They had a generator for 8 days, and it powered three houses.

Tim Aman thanked all Rotarians who participated in the Rock-a-Thon. 70% of the club stopped by to either participate or just to say hello and lend their support. And, although our team didn't come in first place, we know that we really are a first place team!

Armand Rossi donated a happy \$20 because we were for the most part, all healthy after the hurricane. And, he just had a baby granddaughter, and his second grandchild is on the way!

Marcia Gandy distributed flyers for a fund-raiser for **Jan Raulin**. **Jan** is going through chemotherapy after her cancer operation, and the event will be held at the Neighborhood Grill, on Federal Highway, north of Yamato, on Thursday, Sept. 23 at 6:00 PM. The cost is \$25 per person, and hope to see you there!

Plamen Blagoev, our club photographer, told us that at his wedding celebration in Bulgaria, the party lasted for six and a half hours, and everybody pulled off their shoes.

Sandy Burkart had to go to Barcelona. His wife, Barbara was under stress during the hurricane. But good friend **Tad Balzer** checked on the condo and found it was not damaged.

Scott Ellington was fined because he received publicity in the paper.



HAPPY SEPTEMBER BIRTHDAYS

- Ken Hirsch.....September 5**
- Chris Maners.....September 7**
- Frank Barbieri, Jr.September 11**
- Phil Croyle.....September 21**
- Sandy Burkart.....September 23**
- Beatriz Da Rocha.....September 27**

\$\$\$\$\$\$\$\$\$.....HAPPY BUCKS Cont'd.....\$\$\$\$\$\$\$\$\$

Past President Jonathan Shepard and **Past President Peter Stec** were both fined for standing at the door. **Sgt.-at-Arms Bob Magulick** was given thanks by many for cleaning the dirt from the hurricane out of their pools.

Past President Rod Mabe donated \$200 for the hurricane fund. And told us that **Plamen Blagoev** had called to ask to use his garage, but alas, he had to turn him away. He reported that there was only one injury reported to his company from Ocala, when a tree crashed into the kitchen.

Bob Payne was happy to be attending the meeting. He was operated on and it was very close. He said that after a near-death experience, he is thankful to revisit what is truly important. His wife, Mary Ellen and kids are with him. He also thanked **Bob Magulick** for putting up his shutters.

ANNOUNCEMENTS

By
PRESIDENT SHIRLEY HIRSCH

BOARD MEETING: Postponed. The meeting date has been rescheduled until October 7th at **Andy Petry's** office.

CHILDREN, HOPE AND HORSES: We collected \$3015 for this wonderful charity and our club did an Awesome Job! Thanks to all who participated!

DISTRICT 6930 Relief Fund: A disaster fund for the hurricane has been set up in Jupiter. The northern district has been badly hit! Please see Shirley with donations after the meeting.

MEMBERSHIP MEETING: September 30th – please bring a prospective member – and contact **President-Elect Eileen Katz** with names, phone numbers and addresses!

STRESS RELIEF: Many of us have been stressed with the hurricane. Volunteering with the Red Cross, United Way or any other agency, some of our members will tell you, is a great way of helping others and relieving internal stress.

WALMART LITERACY HELPLINE: If you are looking for some type of volunteer work, or if you know somebody who wants to learn to read, call this number between 7:30 AM to 11:00 PM – 800-929-4458.

WELCOME BACK: Bob Payne and Past President Rich MacFarland were applauded for their returns after accidents and illness.

**NEW MEMBER INTRODUCTION
JESSE LIEBERMAN**



Past President John Gallo inducted new member **Jesse Lieberman** into our club. Rotary International has more than 1.2 members in 87,000 clubs in more than 370 countries. All members are invited to attend meetings at other clubs when traveling, or for make-up meetings. **Jesse** promised to do his best to promote fellowship and service in the Rotary tradition, and told us that his uncle in Atlanta is a Rotarian and is extremely proud to have him inducted into Rotary. He is a personal injury attorney, and he is married to Andrea, who accompanied him to the breakfast. We gave him a warm round of applause.

**SPEAKER OF THE WEEK
CHRISTINE KADIN
STRESS WORKSHOP**



Rotarian Member Christine Kadin was introduced by **President Shirley Hirsch**. **Christine** is a licensed psychologist therapist, a teacher at FAU, and a mood meteorologist. And she is a great member of our club!

Her topic today was the recent hurricane, and she got all of us involved, table by table, to discuss the most poignant thought that we had during Hurricane Francis.

Some of us were concerned about work, the radio kept us all connected during the power outages. Some more of the critical stress incidents that were shared were grieving over the loss of nature and destruction to their neighborhoods.

What we all went through during the hurricane was a traumatic event, a personal experience confronted by the actual threat of death. Traumatic events include serious injury or the expectation of injury to our physical self or others. Some experience an intense fear or horror. We can feel trapped or helpless.

There is a collective hubric assurance in the Western World; a nanno-technology that we have the illusion that we can control our circumstances.

**CHRISTINE KADIN
STRESS WORKSHOP – CONTINUED**

We all should realize by now that there is nothing in the Western World that allows us to actually control all of the circumstances. A collective traumatic event for our country was September 11, 2001.

When Hurricane Ivan hit the West Coast of Florida, we suffered an overwhelming sense of loss of control. This is the setting for stress disorder to occur.

Signs of stress disorder are short tempers, overeating, tired, not being able to sleep, smoking, a feeling of being trapped, feeling stuck, lack of focus.

We have a different sense of priorities. We have a sense of being fragile and we constantly reprioritize during periods of stress.

We experience anxiety, sleeplessness and go through periods of unproductive worry. There is tension, stress and chronic fatigue.

The tables said that they were upset driving without the traffic lights when the power went out. All signs are normal during the stress period, but if they continue beyond three weeks, then people are possibly experiencing Post Traumatic Stress Disorder, or PTSD.

If there are flashbacks, recurring nightmares, if people suffer from avoidance, intrusion, arousal, then call Christine if these feelings are still hanging around!

Bob Magulick told us that he did all he did to prepare for the hurricane. He put up the shutters, he got the generator out, got it gassed up, got plenty of water and food supplies. He said that we are living in a hurricane prone area, and once he took the necessary precautions, and made the decision not to evacuate, he was at peace knowing he did all he could.

Bob also told us that we are in a 100 year weather curve, and we are at the point where 3 out of every 10 hurricanes are expected to hit Florida. If we decide to live here, we must all be prepared. We are in a 20-30 year cycle of the hurricanes hitting Florida. There is nothing we can do about the weather, so it's just best to be prepared.

Christine told us that the hurricanes are the great unknown. We don't know how big, how long. After it's over, it's best to try to get back to your routine.

Knowing you cannot do anything about the weather gives one great inner strength, we are at peace with ourselves and others, and recognize our spiritual self.

Because you were with loved ones, you realized that the only thing that really matters is intangible.

The only thing that really matters is love.

Christine then read us the following:

*If someone says to you,
"In the fortified city of the imperishable,
our body, there is a lotus
and in this lotus a tiny space
what does it contain that one
should desire to know it?"*

You must reply:

*"As vast as this space without
is the tiny space within your heart:
heaven and earth are found in it,
fire and air, sun and moon,
lightening and the constellations,
whatever belongs to you here below
and all that doesn't
all this is gathered in that tiny space
within your heart.,"*

*From Chandogya Upanishad 8.1.2.3
Sama Veda (Brahmana Religion)*

We then applauded Christine for this great workshop.

Tad Balzer won the drawing, but did not pick the winning card.

CALENDAR OF EVENTS

Our regular weekly meeting is held at 7:30 AM (get there early) on Thursday Mornings at the Renaissance Hotel, East of I-95 at Glades Road. See the District Website for other Rotary Meeting Sites in Eastern Florida, or the International Website if you are traveling. Every Rotarian is encouraged to attend a weekly meeting, or make it up at some other club or in a committee meeting. Meetings last approximately 75 – 90 minutes (1.5 hours) and are a means of fellowship.

Board Meetings are generally the 2nd Thursday of the month 6:00pm at Andy Petry's office of Grubb and Ellis at 2385 Executive Center Drive #150, Boca Raton. The only exception this year is in October when meeting is on the first Thursday, 10/7/04 as the Hirsch's will be on a training mission in Charleston, S.C. All Rotarians are welcome.

9/30/04	MEMBERSHIP BREAKFAST – ROTARY SUNRISE (Eileen Katz, Chair)
10/1/02 – 12/2/02	ROTARY SUNRISE RAFFLE TICKET SALE - \$50 EA. LIMITED (Andy Petry, Tim Aman)
10/8/04 – 10/11/04	ROTARY CRUISE – Leaves from Port Canaveral to Bahamas (Mary Malatesta)
10/16/04	ROTARY DELRAY'S ALL AMERICAN DUCKY DERBY – Adopt a Duck for \$5.00
10/12/04 to 10/17/04	ZONE INSTITUTE -Charleston, SC District Governor (Ken Hirsch) Training
10/28/04	NO MEETING (Go to the Picnic – Children's Halloween Costume Parade & Lots of Fun)
10/31/04	PICNIC AT BIWA PARK – HONORING DISTRICT GOVERNOR JEAN STARKEY (Armand Rossi)
11/1/04	JUNIOR LEAGUE WOMAN OF YEAR AWARD LUNCHEON – Honoring Rotary Sunrise Club's Nominee Mary Malatesta at Boca Raton Hotel & Resort – (Eileen Katz, Chair)
12/4/04	HOLIDAY PARTY - TBA
1/22/05	DISTRICT LEADERSHIP SEMINAR - IRCC (Indian River Community College) St. Lucie West - District Visioning Workshop & President-Elects Boot Camp
2/18 /05 – 2/25/05	ROTARY INSTITUTE - Anaheim, CA District Governor (Ken Hirsch) Training
2/27/05	ROTARY BIRTHDAY PARTY – Florida Youth Concert 4:00-6:00 PM Sanborn Square
3/4/05 – 3/5/05	PETS - Orlando Airport Marriot President-elects Training (PETS)
March....	Mary, I'm not the chair for the outgoing GSE team to Italy in July 2005. However, I am the local area liaison for the <u>incoming</u> GSE team from Italy in March 2005. Thanks,
4/7/05 – 4/10/05	RYLA - (Rotary Youth Leadership Assembly) Holiday Inn Port St. Lucie
4/30/05	ROTARY UNIVERSITY -IRCC at Ft. Pierce - Club Officers and Directors Training All Rotarians Invited
5/14/05	GOLF TOURNAMENT - Our Annual Golf Tournament. (Joe Unger, Chair)
6/12/05	AWARDS BRUNCH – District - TBA
6/18/05 – 6/22/05	ROTARY INTERNATIONAL CONVENTION – Chicago, IL Register on line at www.rotary.org for both the convention and housing.

Rotary Websites

Rotary International: <http://www.rotary.org/>

Rotary District 6930: <http://www.rotary6930.org/>

Rotary Boca Raton Sunrise: <http://www.rotarybocasunrise.org/>