



Flint Rotary World

Charter No. 220 – **Rotary Club of Flint, Michigan** – Organized April 7, 1916
Rotary theme for 2009-10 – “The Future of Rotary is in Your Hands”
John Kenny, Grangemouth, Scotland, President, Rotary International - Tanya Wolff, Sarnia, Canada, Governor, District 6330

**Coming up this week: December 11, 2009,
The Economic Forum at the UM-Flint Northbank Center
432 S. Saginaw Street in Downtown Flint**

Treating Post Traumatic Stress Disorder

Rotarian **John Musgrave** introduced today’s speaker, **Andrew Armstrong** from the First Presbyterian Church’s Gerholz Counseling Center in Downtown Flint.

The Gerholz Center provides counseling for adults, couples, families and children. It provides specialized resources and specially trained staff for working with children. All services are provided on a donation basis.

Andrew Armstrong, Director of the Gerholz Center, brings to his work 32 years of experience in psychotherapy, as well as extensive theological training. Andy is a licensed social worker and marriage counselor. He grew up in Illinois, right across the street from the headquarters of Rotary International.

His topic was treatment for Post Traumatic Stress Disorder (PTSD). The key words to Post Traumatic Stress Disorder are “stress” and “trauma.” Post traumatic stress disorder (PTSD) is an emotional illness that usually develops as a result of a terribly frightening, life-threatening, or otherwise highly unsafe experience. PTSD sufferers re-experience the traumatic event or events in some way, tend to avoid places, people, or other things that remind them of the event (avoidance), and are exquisitely sensitive to normal life experiences (hyper-arousal).

Andy explained the complex symptoms that would indicate that a person is suffering from PTSD.

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VITAL STATISTICS

Many thanks to those who helped make the December 4th meeting a success:

Dick Ebbott	Song Leader
Reg Lancaster	Inspirational Message
Ken Halter	50/50
Sherlynn Everly	Set-up/Take-Down
Al Rohde	Greeter
Jerry Knoodle	Guests and Visitors

Many thanks to **Paul Vanston** for doing a fabulous job at the piano.

Upcoming Programs

Dec. 11 Dr. John A. Helmuth, Dean of UM Flint’s School of Business leads a panel of economists to discuss the road ahead in financial and business matters. Note that this meeting is being held at the UM-Flint’s Northbank Center at 423 N. Saginaw Street in Downtown Flint.

Officers and Directors

President - James Franklin III
President Elect - Jerry Johnson
Vice President - Don Rockwell
Vice President - Tiffany Flynn
Director - Joe Fioroni
Director - Joy Martinbianco
Director - Kevin Keane
Director - Dawn Hibbard
Past President - Roxanne Caine
Club Administrator - Amy van der Putte
Treasurer - Rebecca Millsap
Secretary/Treasurer Emeritus - Richard Cordell

Other Rotary News:

The **50/50 first place winner** at the December 4 was Joe Fioroni, who donated his winning back to the club (as did third place winner **Melissa Jacobson**). There won't be a 50/50 raffle at the December 11 meeting at the UM-Flint Northbank Center but Joe will be on hand to run the 50/50 raffle on December 18.

Our condolences to Club Administrator **Amy van der Putte** whose mother-in-law passed away last week. If you wish to send her a card or message you can send it to:

Amy van der Putte
2481 Delwood Drive
Clio, Michigan 48420

Thought for the day:

“Shared joy is double joy; shared sorrow is half a sorrow.”
-Swedish proverb

Where to make up:

Monday

Saginaw Valley 12:15 p.m.
Horizons Conference Center

Tuesday

Clio 7:15 a.m.

Roger's Lodge

Durand Noon

Papa Joe's Restaurant

Grand Blanc 7:15 a.m.

Sophie's Kitchen

Fenton 7:15 a.m.

Spring Meadows Country Club

Genesee Valley (Flint) 12:15p.m.

Redwood Lodge

Lapeer 12:10 p.m.

Lapeer County Center Bldg.

Columbiaville 6:30 p.m.

Rotary Building

Wednesday

Greater Flint Sunrise 7 a.m.

Sarvis Center

Owosso 12:15 p.m.

Owosso Memorial Hosp. Annex

Saginaw Noon

Saginaw Club

Davisburg 7 p.m.

Don Hart Community Center

Thursday

Flushing 7 a.m.

Sorrento's Restaurant

Burton 12:10 p.m.

Brookwood Golf Club

Frankenmuth 12:10 p.m.

Zehnder's Restaurant

Corunna Noon

United Methodist Church

Flint Rotary Election of Officers:

The December 4, 2009 meeting included the election of new club Officers and Directors for the 2010-2011 year. Winners of the vote were as follows:

Immediate Past President - **James Franklin III**

President – **Jerry Johnson**

President Elect – **Tiffany Flynn**

Vice President – **Joe Fioroni**

Vice President – **Don Rockwell**

Treasurer: **Becky Millsap**

Director – **Kim Egerer**

Director – **Dawn Hibbard**

Director – **Kevin Keane**

Director – **Shannon Polk**

Secretary/Treasurer Emeritus – **Richard Cordell**

Best wishes and thanks to all those Rotarians willing to give of their time to help make Flint Rotary a strong club.

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The three groups of symptoms that are required to assign the diagnosis of PTSD are: 1) recurrent re-experiencing of the trauma (for example, troublesome memories, flashbacks that are usually caused by reminders of the traumatic events, recurring nightmares about the trauma and/or dissociative reliving of the trauma); 2) avoidance to the point of having a phobia of places, people, and experiences that remind the sufferer of the trauma and a general numbing of emotional responsiveness; and 3) chronic physical signs of hyper-arousal, including sleep problems, trouble concentrating, irritability, anger, poor concentration, blackouts or difficulty remembering things, increased tendency and reaction to being startled, and hyper-vigilance to threat.

One out of every three combat veterans from Iraq and Afghanistan suffer from PTSD, as do many civilians who have experience abuse or violence.

Some Rotary wisdom...

In a single word, Rotary means "opportunities." Through Rotary membership, you can discover dozens of opportunities to enhance your life and enrich the lives of family and friends. There may be opportunities to establish close friendships with individuals around the world whom you would never have met, except through the magic of Rotary. There are opportunities to share with many others a common belief and philosophy of service, without any thought of personal return.

Rotary helps you become a better person and makes the quality of your own life just a little richer and more meaningful. What a wonderful experience it is to have all of these opportunities knocking at your door—just because you are a Rotarian.

- Clifford L. Dochterman

President, Rotary International, 1992-93.

The Rotary Four Way Test

Of the things we think, say or do:

1. Is it the **TRUTH**?
2. Is it **FAIR** to all concerned?
3. Will it build **GOODWILL** and **BETTER FRIENDSHIPS**?
4. Will it be **BENEFICIAL** to all concerned?"

Rotary Make-ups

Date	Rotarian	Location
11/24/09	Dick Cramer	Palm Beach Gardens, FL
12/01/09	Larry Cywin	Genesee Valley
12/01/09	Rick Warmbold	Genesee Valley
12/02/09	Rick Warmbold	Flint Sunrise

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