

## Rotary Club of Schaumburg -Hoffman Estates, Illinois



# THE BUZZ

August 28, 2020

President Wes opened the meeting at Chandler's and on-line with three up lifting news items. 1) RI announced Africa is polio free! 2) Abbot labs has developed a COVID 19 test that's easy to use, affordable, and presents quick results. 3) In the midst of California's horrific wild fires, one man has rescued thousands of animals.

### HAPPY DOLLARS

- . Terry has been live-trapping animals invading his garden since spring. To date 2 squirrels, 41 chipmunks, a grouse, and a skunk have been relocated to a field north of his house. Turns out it's near Gail's house!
- . Gail will be finding Terry's skunk and relocating it back to Terry's!
- Also, the picnic Saturday was great fun. Holly's house is a perfect party house. The polio-free Africa story was on the news and RI's efforts were mentioned.
- . Pat congratulated the club for receiving the highest award from the RI President, a platinum level RI Presidential citation. Only 13 Clubs in D6440 received a citation. Only one other was platinum.
- . Jean announced that she and Vicki will not be moving permanently to Florida. Instead they will be snowbirds and spend only colder months there. She is very happy to remain in the club.
- . Rachel reported that the Project Selection grant received by NWSRA last spring for activity boxes has been extra special due to COVID 19. Parents and their children love them. The boxes gave their stranded children many options for fun. "They are the gold standards for activity and fun."
- . Mary Jo reported that a Satellite Club member received a TV show "Somebody you should know" award.

## CLUB BUSINESS & ANNOUNCEMENTS

- . A liaison is needed to work with Blue Star Recycling to arrange two collection days of used electronic. Bill Landwer volunteered.
- . PE Tom said invoices will go out this week to all members. It will include annual dues and the TRF quarterly contribution.
- . Wes proudly announced the ACE II Global Grant for \$160,000 was approved by The Rotary Foundation. A presentation of everything ACE I and II and Fishing Well will be presented on September 11. He wants to make sure everyone understands both programs.
- . Holly asked everyone to sell, sell, sell tickets in the remaining 5 weeks before the Vacation Drawing. To date \$10,000 have been sold. Last year the total was \$30,000.

## PRESENTATION

Dr Mary Berge is a psychologist and made a presentation “Staying Sane During COVID 19 and Other Stressful Times”. She is a member of the RC of Johnsborg, PA. She recommends the following points to stay sane.

- 1) Limit the amount of information you allow into your life. Plan to receive information only twice a day. The last time should be more than two hours before bedtime. More info is simply overwhelming.
- 2) Reestablish routine. Know what’s expected of you every day. Write daily goals and include hydration, exercise, work and Rotary goals. Take screen breaks from your computer every two hours for at least ten to fifteen minutes. Walk, read, exercise, stretch, change scenery, etc.
- 3) Releasing good neurochemistry of the brain can thwart anxiety and depression. Serotonin is released when exercising and helps us feel good. Dopamine, a happiness/utopia drug, is released when we receive and express gratitude. Oxytocin, the hug drug, is released with physical touch and intimacy. It can last for days. So practice exercise, expressing gratitude and hugging daily to feel good.
- 4) The biggest enemy of peace of mind is anxiety. The mindset festers with the “what ifs” of the future and the “would haves”, “should haves” of the past.

Practice these two exercises to turn off anxiety:

Deep breathing technique- while seated with eyes closed and chin on chest, slowly inhale through your nose and raise your head; hold for a few seconds; then slowly exhale through your mouth as you lower your head. This should take about 30 seconds. Repeat cycle two or three times in a row. Your body will go “ahhhh”.

Bilateral sound therapy- listening to peaceful sounds of nature, music, water, etc. Several apps are available. Mary’s favorite is David Grand’s “Brain Spotting”. Use ear buds and close your eyes. As sounds alternate to your left and right ears your eyes will automatically follow. This causes your brainwaves to cross hemispheres and turn off the overactive hot spots in your brain which will reduce anxiety, frustration and depression.

5) Force yourself to smile! Your brain doesn’t differentiate between a fake smile and a genuine smile. Smiling releases dopamine, the utopia chemical. You’ll feel better with a smile, genuine or otherwise.

6) Choice. During this time when we have no control over current events, how you come through it is up to you. Choose to better yourself. It’s your power and something positive you can control.

#### **FUN & FROLIC - ALLEN GABE**

. Fines for not turning in sold Vacation Drawing tickets next week will be: \$5 for officers and directors; \$3 for Past Presidents; \$2 for everyone else.

. Finds assessed for: No pin, not responding to today’s question; not attending the picnic; not reaching out to another Rotarian.

. Tom and Brian are wearing Hawaiian shirts and didn’t let others know.

. Bob’s phone rang.

. This week’s question (from Mary Sprow) was: if you could be in any movie, what would it be and what role would you play? Member responses are attached to this email. They are quite entertaining.

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