



This Week—Jan. 6, 2010

Lori Ausman
CYPO

Programs

Program Coordinator
Sandy Ott
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Next Week—Jan. 13, 2010

Dr. Allan Foster
Sleep Disorders: When Counting
Sheep is not the Answer

THIS WEEK.....What is CYPO

Lori Ausman, fellow Menomonie Rotary Club member is our Club Youth Protection Officer (CYPO). On January 6, 2010 Lori will be telling us more about her position and what it entails. We also have Dennis Beety and Tim Eiden as assistant Youth Protection Officers with Mike Glappa as our Youth Exchange Officer and Paulette Sorenson as the club's Youth Exchange Counselor.

Our club is involved in various youth-related activities and as such should uphold the Rotary International's Statement of Conduct for working with youth shown below:

Statement of Conduct for Working with Youth

Rotary International is committed to creating and maintaining the safest possible environment for all participants in Rotary activities. It is the duty of all Rotarians, Rotarians' spouses, partners, and other volunteers to safeguard to the best of their ability the welfare of and to prevent the physical, sexual, or emotional abuse of children and young people with whom they come into contact.

Adopted by the RI Board of Directors, November 2002

Rotary International sponsors many youth related activities such as Rotary Youth Leadership Awards, Rotaract, Interact, Rotary Youth Exchange and Ambassadorial Scholarships. Our club members typically host exchange students year to year and have other contact with youth through our schools, etc. It is important that parents of youth sent to live in our community and participate in our club can rest assured that their child will be free from any abuse. All Rotary Clubs that work with youth have been mandated to create a Youth Protection Committee and also follow their club's District Youth Protection Policy. Undoubtedly, this is one of the reasons our club's Board amended the bylaws this past summer; to support the appointment of a Club Youth Protection officer for our Club.

As Lori reminded me, our Rotary District 6250 has adopted the RI Board of Directors standard of conduct for working with youth and has required clubs to develop C.Y.P.O.s and to train such individuals to help clubs become better informed about how each of us can help in the protection of our youth and assure our contacts with them are safe and secure. Youth protection is an important and vital aspect of having an ethical club organization with membership of high moral character that seeks the best interest of the youth we serve or for which we have contact with. Thus, on January 6, 2010 Lori Ausman will educate our club on why this policy has been put into place; the District level and Club level requirements; and how you as a Rotarian can help in supporting our youth.

Happy New Year to one and all! Let's make 2010 a great Rotary year for Menomonie!



Article submitted by Editor, Tony Manzella

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Club Youth Protection Officer

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THE 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?

AN OPPORTUNITY TO MAKE A DIFFERENCE

The Dunn County Partners for Resilience Coalition is pleased to offer a training opportunity to school district staff, community agency representatives, parents and interested community members. The training will focus on the encouraging **Resilience** research and a best practice principle based model known as **Health Realization**. This understanding enables us to tap our own resilience and common sense in stressful times and develop a common language of prevention and health with youth and clients. If interested call 232-1642, Ext. 10127. Registration costs are paid for by a federal Drug Free Communities and Support Program grant.

Resilience/Health Realization Summary-

Principles: An explanation of how we operate from the inside out to create our experiences of life in the moment. The process by which human beings create their own experiences with their thinking...it's not WHAT we think, but THAT we think.

Thinker – We create our experience of life with our thinking

Knower – Every person has wisdom within

Noticer – Human beings have awareness, the ability to bring thought to life

Resilience/Health Realization refers to the resilience research base theoretical framework for tapping natural resilience and the strategy for tapping resilience known as Health Realization.

Resilience may be called wisdom within, common sense, or innate mental health. Natural Resilience involves the human capacity for navigating life well, self righting, the birthright of every human being.

State of Mind is a person's recognizable level of well-being at any moment-in-time.

We may be secure or insecure; busy or calm; inflow or hard processing

Which chair are you sitting in today? Every adult and student at any time can notice their own state of mind and describe it.

ROTARY FRIENDSHIP EXCHANGE—ESSEX ENGLAND

Clubs in District 6250 have an opportunity to take part in a Rotary Friendship Exchange with District 1240 of the United Kingdom. District 1240 is located in the southeast of England close to London. The exchange suggests our English friends visit us in the late summer of 2010 and we visit them in the Spring of 2011. The exchange will last ten days and visit three clubs in each area. Five to six hosts will be required in each city to host 10 to 12 visitors. If your club is interested in participating in the exchange please contact Bill Erickson at billjneteric@tds.net or (608)849-7445.

WHAT'S COMING UP???

Jan. 15th—Board Meeting 12:00 pm at the Westconsin Credit Union's East Office

Jan. 20th—Mike Lockheart, MD, in occupational medicine will tell how this relates to employers.

Jan. 27th—Health Realization/Resilience presented by Gary Johnson

Feb. 3rd—Youth Service Awards

Feb. 10th—Gene Smith, Dunn County Administrative Coordinator

Feb. 17th—Civil Rights Tour(s) of the Upper Midwest



HAPPY JANUARY BIRTHDAY!!

Lisa Lyon

Chris Meyer

Bruce W Trimble

Peter Gruetzmacher

