



Dickinson, North Dakota Rotary Club

Branding Iron

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Kris Fehr, Editor

**Today!!
Your Greeters Are:**

Glenice Hansen & Jon Hendrickson

Next Week: Tom Henning & Bill Herauf

Birthdays Today

Bruce Howe (7/2)
Vicky Steiner (7/9)



Give Thanks Today: Dennis Hulsing
Next Week: Jim Irsfeld

Creator: In our lives, may we always have
...sufficient failure to keep us humble
...sufficient success to keep us
optimistic
...sufficient anticipation to consider
what's coming, and
...sufficient attention to what really
matters.

Amen.

Give More, Live Longer

For Rotarians, **Service Above Self** is a succinct guide to life. Now, scientists are finding that Rotary's motto may represent even more: a prescription for good health.

Service to others is "as important as exercise and quitting smoking," says Stephen Post, coauthor of *Why Good Things Happen to Good People* and director of Stony Brook University's Center for Medical Humanities, Compassionate Care, and Bioethics, in New York.

For several years, Post has observed mounting evidence that volunteering can benefit both mental and physical health. One study with participants over age 55, conducted by Doug Oman, a professor at the University of California, Berkeley, School of Public Health, found that volunteering for at least two organizations was as beneficial as exercising four times a week in reducing mortality rate.

Rotarians might engage in philanthropic projects out of a desire to help others, but they also likely enjoy the social interaction with their peers. And though a sincere urge to serve can result in health benefits to the volunteer, Post notes, "a lot of the success of volunteering depends on how we take care of volunteers. To optimize their capacity to give, you don't want to forget that people have physical and emotional limits."

~ From the July issue of *The Rotarian Magazine*

Program Chair:
Jason Hanson

Your Program Today:

District Governor
Ajoy Chatterjee

Coming Up

July 15: TBA

July 22: TBA

July 29: TBA

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Campfire Memories

Last Week's Announcements:

- ✦ **Ken Nelson** brought copies of the Dickinson baseball booklet. The Rotary ad is on page 14.
- ✦ **Bibiana Santos** has attended her last Rotary meeting in Dickinson. She leaves for her home in Brazil later this summer. She just returned from a trip to the East Coast of the United States.

Braggs & Fines

- ✦ **Irene Schaffer** is thankful to be alive after hitting a buck and almost totaling her car. She only has \$2,500 damage.
- ✦ **Shirley Dukart's** daughter is moving back to Dickinson and has a job at Rehab Visions.
- ✦ **Glenice Hansen** bragged about the ugly tie contest judges!

Goodbye, Bibiana!



Last week, exchange student **Bibiana Santos** was named a Paul Harris Fellow by our club. She received a medallion, pin and certificate from **Jim Ozbun**. She also received a Dickinson rotary banner to present to her Rotary Club at home.

Special thanks:
Baker Boy
 &
Guy Moos
 for printing the Branding Iron!

Last Week:

President Jason Hanson ran his first meeting. Members approved a budget for the coming year that includes income of \$68,315 and expenses of \$64,262. There are only two changes from last year's budget: no allocation for an exchange student and the additional expense of \$2,500 to match the Gates Foundation gift to PolioPlus™. Committees met and developed a goal for the coming year. Please see Jason if you aren't yet on a committee or if you want to change to a different committee.



Birthdays:



Bruce Howe was born the same year as FDR and Elizabeth Taylor. A home cost \$6,515 and gasoline cost 10 cents a gallon!

LaVonne Bullinger is as old as she is!



Guests:



Left: Gaylon Baker's guest was Dave Lehman.

Lloyd Moldenhauer's guest was his wife, Rose.

Dickinson Club Website:
www.dickinsonrotary.org
 District Website:
www.clubrunner.ca/5580
 Rotary International Website:
www.rotary.org