

Rotary Club of Sugar House



District 5420 | Salt Lake City, Utah

“Rotary: Making a Difference”!

Vol. 62 NO. 6.1

CLUB #1085 SUGAR HOUSE

DISTRICT 5420

December 7, 2017

<http://www.sugarhouserotary.com>

PO Box 526102, SLC, UT 84152

Thursday Noon, Forest Dale Golf Club

OPENING - 12 PM

Greeter: **Margie Waltz**
Song: **America**
Pledge/4-Way: **?**
Thought/Prayer: **?**
Guest Intro: **Brandon Briggs**
Sgt at Arms: **Mr. Barry Bank**

December Birthdays!

12/4—W. Ursenbach

December Anniversaries

12/16—S. Knudson

12/30—J. Crandall

CALENDAR

12/7—Club Assembly

12/14—Holiday Party

12/21—Julie Tille, Nancy Brown
Scholarship Event, Westminster

12/28—No meeting

Music by Craig Kaelin, Piano Conductor: Dave Baranowski

My country 'tis of thee,
Sweet Land of Liberty,
Of thee I sing.
Land where my fathers died!
Land of the Pilgrims' pride
From every mountain side,
Let freedom ring!

My native country thee,
Land of the noble free,
Thy name I love.
I love thy rocks and rills,
Thy woods and templed hills;
My heart with rapture thrills
Like that above!

WELCOME SONG

Song by Wally Williams (Former Club Member)

Welcome to Sugar House Rotary,
We're mighty glad you are here
We'd like to sing you a long song
But a wrong song might appear
So sit you down and make some
friends today . . . Right Here!

BIRTHDAY SONG

*Fellow Rotarians, we're glad
you're here*

*For we understand your
birthday dates are near*

*So if it's passed, today, to-
morrow*

*Here's a phrase we'll gladly
borrow*

HAPPY BIRTHDAY TO YOU!

*Youth is a gift of nature, but
Age is the work of art!
Count your life by smiles, not
Tears,
Count your age by friends,
Not Years!*

*May your Facebook wall be
Filled with messages from
People you never talk to!!!!*

Sugar House Rotary Club 2017-2018

President -	Errol EerNisse
President Elect -	Margie Waltz
Immediate Past Pres.-	Ken Simpson
Vice President -	Chuck Baker
Director -	Todd Suekawa
Director -	Cassie Craig
Director -	Amanda King
Sergeant at Arms	Barry Bank
Chili Open Chair -	Paul Halliday
Secretary -	David Baranowski
Treasurer-	Rick Augustine

THIS AND THAT . . .

*Talking to yourself in the third per-
son can help control emotions in
stressful situations, say Michigan
State University and University of
Michigan researchers. One experi-
ment found that so-called third-
person self-talk—asking “Why is
John upset?” rather than “Why am I
upset?”—allowed people to quickly
gain some distance and calm when
reflecting on painful experiences,
such as a relationship breakup or
illness. Emotional reaction to stress
was measured in regions of the
brain using magnetic resonance im-
aging!*

*. . . from The Rotarian, December
2017*

