



Selinsgrove Area Rotary Club

Rotary Opens Opportunities
Vol. 96, No. 18 President – Stacey Napoli Editor – Carol Handlan

Rotary Newsletter

Next Meeting Reminder – November 9 – Courtney Haines, host – John Sporar, Wealth Advisor with Starr Financial Services

November 2, 2023: 22 Rotarians and 2 guests (Rocco Napoli and Natalie Shirk) gathered at Isabella's to hear Dr. Ruth Shaffer, who was also the host, speak on Post Traumatic Syndrome. Dr. Ruth, is a retired clergy and has a small private psychology practice. She made it clear a few times that she is not soliciting patients. She also reminded us of her time as a Selinsgrove Rotary Exchange Student and the impact it had on her life and recently moved back to Selinsgrove from New York and is involved with Susquehanna University students. Dr. Ruth gave us an amazing inside look into PTSD and how many different acts of trauma we can encounter and the impact it has on humans. She explained her training with the Department of Veterans Affairs and her work with returning combat veterans and how trauma events are stored and compartmentalized. Different events trigger and we believe we can control it but it never goes away....individuals need to seek therapeutic help and finding a trusted counselor. It helps to find relaxation methods to reduce stress; such as, gardening, painting, etc. The goal is to no longer be a victim but a survivor and how to deal with your PTSD. Group therapy is helpful because it puts people with PTSD in an environment where someone else has experienced like circumstances and makes it relatable. It was a very interesting presentation!



Announcements: 1) President Stacey Napoli mentioned the board met today and she also encouraged club members who are interested in filling a position on the 2024-25 board to let her know; 2) Marv Rudnitsky shared that Mike Flock has resigned from Rotary so he can focus on his health.

Sergeant-at-Arms: Marv Rudnitsky provided a little humor and collected Happy Fines from Carol (speaker, guests, John Lazur for Cocktails & Community); Stacey (speaker, guests, son Rocco, Cocktails & Community, SU Field Hockey); Jordan (speaker, going to miss next meeting); John F (speaker, visit with Mike Flock); Marv (speaker, football season); Ruth (speaker, guests); Sheri (Cocktails & Community); Marty (missed meetings); John L (speaker, trip to Maine, Cocktails & Community). Sorry if I missed or got something wrong!

Future Programs: PLEASE SECURE YOUR SPEAKER AND LET CAROL KNOW WHO IT WILL BE VIA EMAIL. IF A PROJECTOR IS REQUIRED CALL ISABELLA'S PRIOR TO THE PRESENTER'S DATE. 570-374-0255

November 16 – Stacey Napoli, President, Club Assembly

November 23 – NO MEETING – Happy Thanksgiving

November 30 – Mary Peterhaensel, host - TBA

Future Events:

December 21, 2023 – Holiday Luncheon

Birthdays:

November: 6 Donna Shuck, Gerald Stauffer; 9 Marty Blessing, 15 Art Bowen,

Quotation: "Happiness is not by chance, but by choice." – Jim Rohn