

# THE PILOT'S WHEEL



## VERMILION ROTARY CLUB

P.O. Box 224  
Vermilion, OH. 44089

CLUB WEBSITE: [vermilionrotary.org](http://vermilionrotary.org)  
DISTRICT WEBSITE: [rotarydistrict6600.org](http://rotarydistrict6600.org)

**Birthdays**  
None this week



**Anniversaries**  
None this week

### Moment for Rotary

By  
Sue Hunt

#### Banner Exchange- - - - -

One of the more colorful traditions of Rotary is the exchange of club banners. Rotarians traveling to distant locations often take banners to exchange at make-up meetings as a token of friendship. Many clubs use the decorative banners they have received for attractive displays at club meetings and district events.

By 1959, exchanging banners had become so popular that the RI Board of Directors was concerned the practice would be a financial burden on clubs. It urged Rotarians to "exercise discretion, moderation, and measured judgment in making provision for such exchanges." The approximately 20,000 banners in the [Rotary History and Archives](#) collection reflect clubs' hometown pride and their connection with the international organization.

In addition to incorporating the Rotary emblem, banners often include symbols or imagery of a club's town, region, or country.

# NEWSLETTER

DATE: August 12th 2009

"The Future of Rotary is in your Hands"

**This Week**  
**MESA Bike Ride Experiences**

**"Speaker"**  
**Bill Matijasic**

PRESIDENT: Terry Pena  
PROGRAM CHAIRPERSON: Bill Matijasic  
KEYBOARD: Judy Somers  
SONG LEADER: Sid Jordan  
NEWSLETTER: Bob Kyle

### Last Week:

Treating Trauma was the subject of last week's program given by Betsy Doane's daughter-in-law, Dr. Lisa Stines Doane. Dr. Lisa is a licensed clinical psychologist and researcher. Dr. Lisa earned her PhD in clinical psychology at Kent State University in 2005, after completing her clinical internship at the National Crime Victims Center at the Medical University of South Carolina, where she specialized in treating child and adult survivors of physical and sexual abuse. Dr Doane also completed a post-doctoral fellowship at Case Western Reserve University. Dr. Lisa said that people who have experienced being abused physically by assault or natural disaster are often plagued with bad dreams and distress. They actually relive the event mentally. This gives the person a phobia and to persistently avoid the things that abused them initially, such as a child who is bitten by a dog is afraid of all

- Queen of Hearts is worth: \$212.00
- Rotarians: Lorain: Bob Rees
- Honorary (Vermilion): Bob Brown
- Guest: Betsy Doane's G-daughter, Maggie
- Present last week: 26 members

## AMERICA

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.

## VERMILION GRACE

Let us pause in the rush of the  
fray  
And reflect on our duties so high  
We confess and exalt Thee today,  
We beseech Thee thy care,  
God most high.



## SMILE

Smile and the world smiles with you  
Sing a song,  
Don't be weary, just be cheery  
All day long.  
Whenever your trials  
Your troubles and your care  
Seem to be more than you can really  
bear, so  
Smile and the world smiles with you  
Sing a song!

## HELLO

Hello, Hello, Hello  
What a wonderful word hello,  
Hello, Hello, Hello  
You will hear it wherever you go.  
Strangers like your friendship  
When you greet them;  
So smile and say hello  
When you first meet them.  
Hello, Hello, Hello,  
What a wonderful word Hello!

## BIRTHDAYS & ANNIVERSARIES

Happy Birthday to you  
Anniversary too.  
Have a great celebration  
Love and Joy all year through

Others represent local craftsmanship or cultural traditions by displaying leatherwork, weaving, embroidery, or hand-painted designs.

August 7th 2009, Roy York wrote: Our club, Las Vegas Fremont Rotary located in downtown Las Vegas, has hundreds of banners on display at every meeting. We are a well visited club and enjoy meeting Rotarians from all over the world. We have people come back on a subsequent trip and they always look for their banner to be displayed. We try not to disappoint. Come, visit us and bring one of yours.

At 9:23AM on August 7th 2009, Phil Kormornik wrote: "I have long been a proponent of exchanging banners when visiting clubs outside my area and have felt it shows appreciation for being welcomed at another Club's meeting and a sense of pride in ones own Club. After the exchange "ceremony" is where the dilemma arises, especially in Clubs where members have reason to travel a lot. The banners accumulate and are often stuck away someplace only to be seen again when a new Club officer is cleaning out a storage area. Even at that, I feel the tradition of the exchange is a good one and deserves its part in Rotary Clubs."

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Don't forget to wear your Pin to meetings!

dogs. In other words, they want to avoid the trauma related thoughts. This trauma related event can often cause sleeping and falling asleep disorders. Dr. Lisa stated that most of us will experience a traumatic event sometime in our lifetime. She said that about eight to ten percent of the people who experience this event will have problems with their nerves. People who have been sexually traumatized have more trouble moving on in their lives, especially women who are twice as likely to experience PTSD than men. Dr Lisa said that there are different kinds of treatments for this problem, but exposure treatment works best. She said that through her experiences, she doesn't think that the "davenport-talk" type treatment works as well as the Psychiatric treatment. Even the medication treatment used by some doctors doesn't work as well. After the treatments, about seventy percent of the people are free of their problem. She said that most people don't do anything about their trauma problems, but the ones, mostly women, who do get help, wait on the average between five to eleven years to start their treatment. Dr. Lisa gave a WEB site out to the group to get more information on this subject which is:

Association for Behavioral and Cognitive Therapies. The URL is: [abct.org](http://abct.org). We thank the Doctor for bringing the Club this very important lecture. Thanks to Betsy for providing the great program to us.

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Notice to all newer Rotary members !!

Jim Hunt, past District Governor sent a WEB site to your editor to help inform you about the "Rotary Basics." "This site tells you everything you wanted to know about Rotary, but was afraid to ask," Jim said.

[www.rotary.org/en/Members/NewMembers/RotaryBasics/Pages/ridefault.aspx](http://www.rotary.org/en/Members/NewMembers/RotaryBasics/Pages/ridefault.aspx)