



ROTARY CLUB OF CENTENNIAL COLORADO

Established 2001, Centennial, Colorado

December 15, 2015

*** Meeting Start Time is Now 7:15 AM ***

2015-2016 Club Officers

- President—Randy Pye
- President Elect—Nicolle Davis
- Secretary—Mary Alice Jackson
- Treasurer—Barbara Medina
- Sergeant at Arms—Paul Horiuchi

Directors

- Club Administration—Roxy Hahn
- Community & Club Innovation—John Gile
- Local & International Service—John Berry
- Technology Innovations—Paul Fritzler
- Membership Growth & Enrichment—Mark Gale
- Rotary Foundation—John McCarty



Linda Rinehart was the speaker at today's meeting and she spoke "My Personal Journey Back to Mental Health." At age 24, one week after entering OCS at Lakeland Air Force Base, she was stricken with a manic-schizo episode. Hospitalized for 60 days in Lakeland, discharged and then sent to her parents. Since that day of the start of the episode she has been dealing with mental health. Linda talked about the steps she has gone through to get to where she is today. Linda talked about her Dark Days, Acceptance, Treatment, and Coping Skills. She stresses the relationship she has with her psychiatrist and her therapist and how they are so important to mental health. She has a genetic predisposition in her family. It was a very enlightening speech.

UPCOMING EVENTS

DEC 22—DARK

DEC 29 —DARK

JAN 9—RI PRESIDENT'S DINNER AND POLIO PLUS



Welcome to Bill Kirton, the newest member to the Rotary Club of Centennial.



Paul Horiuchi graced Paul Harris with some Christmas spirit.