



The Sunriser ..... June 21, 2006

## Calendar of Events

### Meetings

- 6/29 Linda Bradshaw, President-Elect  
Rotary Club of Tulsa  
ROD - Carol Orr
- 7/5 Peggy George, District Governor
- 7/12 Club Assembly

### Other Events

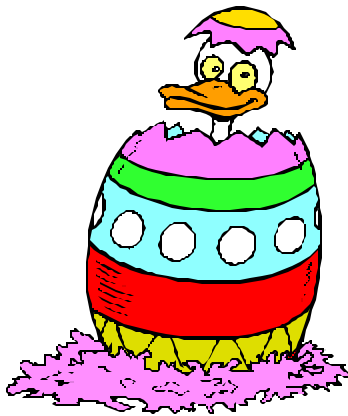
- 6/30 Change Of Ducks  
See Details Below
- 8/17 - 9/6 The Russians Are Coming

## News Roundup

**Change of Ducks.** Will be Friday, June 30 at the Oaks Country Club. Cocktails from 6:00 - 6:30 and a buffet dinner at 6:30. Dress is formal — we Sunrises clean up real nice!

The program includes presentation of new Paul Harris Fellows, so wear your Paul Harris medals.

Price is \$32/person. **J.R. Rollo** has tickets.



**Peggy George To Visit Sunrise.** New District Governor Peggy George will speak at Sunrise's July 5th meeting as part of her official club visit. Please plan to attend.

**Ed Hardesty Visits Sunrise.** Ed Hardesty, Immediate Past District Governor from 6110, visited the 6/21 meeting on behalf of the

## Ray Cordray Tells Sunrise About Depression

**Dr. Ray Cordray**, Interim Chair of the Department of Psychiatry at OSU-COM, spoke at Sunrise's 6/21 meeting. He spoke on the costs of depression and stress.

You hear about depression everywhere. The step before that, though, is stress. There is a great deal of stress in the business world.

Stress can result in physiological changes including increased heartbeat, elevated blood pressure, labored breathing, trembling, and more.

Is it necessary to address/treat everything? The 80/20 principle has proven to apply in stress treatment and is in other areas — 80% of the benefit can be realized from the first 20% of effort

### We need to change our way of thinking about psychiatric disorders.

**Dr. Ray Cordray**

There are links between stress/depression and lower back pain. Stress can change the way people use their muscles. Pain management programs now address stress.

Symptoms of stress in industry include:

- turnover
- absenteeism — 80% is caused by personal illness and family issues
- "presenteeism" — people who are there, but who are not performing

Depression is a clinical disorder and it is treatable. We need to change our way of thinking about psychiatric disorders.

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## 2005-6 Officers & Board

### Officers

President .....	Tamara Miller
Vice President .....	Paul Brauer
Secretary .....	Kit Sprague
Treasurer .....	Joy Ondracek
Sergeant-at-Arms .....	Steve Care
Past President .....	Scott Cyrus

### Directors

Club Services .....	Paul Reagan
Community Services .....	Michael Briggs
Vocational Services .....	Bethany Depue
International Services .....	David Dyson

### News Roundup, Continued

Rotary Foundation. Ed described the Paul Harris Society, which includes Rotarians who commit to endowing at least one Paul Harris Fellow each year. Sunriser **Tom Clark** is a charter member of the society. On this visit Ed inducted **Don Walker** into the Society. Congratulations, Don!



**RI Convention Follow-up.** As part of attending the recent RI convention, **Tommy Williams** had planned to make a side trip to Moscow. He told the 6/21 meeting the story of his strange odyssey, which included delays, several unplanned stops, and travelling independently of his luggage. It was quite a story.

**Don Walker** also had a great time. On his Russian side trip he met with some of the Russians who had visited him last summer. He said that me may take part in getting a Rotary Club started in Dimitrovgrad, Russia.

**Wallace Williams** of North Tulsa Rotary also attended the RI convention. Ask him for stories about the time he had!

Sounds to me like the recent RI convention will be the topic for a future meeting.

### Stress, Continued

Prozac is like penicillin for the treatment of depression.

There has been controversy about anti-depressants, but no suicides actually occurred in the tests. Some subjects has suicidal tendencies when they started the tests, but these improved during the test. Anti-depressants can do harm to bi-polar people is used incorrectly.

Cordray offered some guidelines for people to use in dealing with stress:

- Analyze your current life/work situation.
- Learn about the negative effects off stress on your physical and emotional health.
- Establish priorities and set boundaries.
- Develop a plan of action.
- Relax
- Build solid relationships
- Revisit and revise your plan of a regular basis.

If the current mentality of 24/7 or 100 hours week persists, a massive burnout and actually decreased productivity will start to set into the system.

In a recent Fortune 500 survey, men started to say something different

- 84% said they's like job options that let them realize their professional aspirations while having more time for outside.
- 55% said they were willing to sacrifice income
- 50% wondered if the sacrifices they made for their career were worth it
- 73% believed it is possible to restructure senior management jobs in ways to increase productivity and make time available away from the office.
- 87% said that companies that enable such changes would have a competitive edge in attracting talent.

Thanks, Dr. Cordry, for a provocative presentation.

**NOTE: Send your announcements, events, ideas, or other items to [johnhill@cox.net](mailto:johnhill@cox.net), or call John Hill at 808-0987. Thanks!**