



## The Cog

Rotary Club No. 3503  
P. O. Box 544,  
St. Marys, OH 45885  
[www.stmarysrotary.org](http://www.stmarysrotary.org)  
February 4, 2015

### Call to Order

President Randy Elsass called the meeting to order followed by Alex Pittman offering the invocation, and the Pledge of Allegiance was recited by all. We were visited today by Memorial High principal Bill Ruane with seniors Melanie Howell, Katelyn Brackney, Cameron Swanson, Tyler Sullivan, Josh Young and Kyle Clements and counselors Sarah Palus, Deb Hinckley and Bill Cheslock. Jan Heinrich was also with us today.

### Song

Jeff Squire led the group in song today as we all sang "All Hail to Rotary." There were no birthdays.

### Happy Dollars

Our Happy Rotarians today included Jeff Vossler, Sue Pittman, and Robbie Burke.

### Fines

Ron Gorby was our finer today. He did a little quiz about which Rotarians had tattoos. He fined Jeff Squire, Alex Pittman, Keith Fledderjohann and others until it was revealed that he had planted fake tattoos among the group. Kathy Sampson should now have to get a real tattoo.

### Announcements

- New Member Orientation will be at 5:30 PM, tonight, at J.T.'s in St. Marys. The Club will cover the cost of drinks/appetizers. Any member who would like to update their knowledge of Rotary is welcome to join the new members for this event.
- Wapak Rotary Wine Tasting and Dinner is Saturday, February 14<sup>th</sup>.
- Dues are due...
- Sue Pittman was the big winner for the Super Bowl Squares. Other winners included Pat Cogan, Robbie Burke, Jeff Vossler and Bob Leugers.
- Randy presented Sarah Palus with a check for our club's support for the Academic M program.



### Paul Harris Recognition

Jeff Squire presented Keith Fledderjohann with his Paul Harris Plus Four pin.

### Program

Our speaker today was Brittany Scheer, a music therapist who owns Living Music LLC. She is a board certified music therapist. She holds a bachelors and a masters degree in Music therapy. She worked in a hospice center for several years before deciding to go on her own to offer music therapy in a private setting.



Brittany brought her guitar with her and did several demonstrations about how music therapy can be used to help people in a clinical setting. She can use the tempo of music to lower heart rates and reduce anxiety in patients. She described how after an hour of music therapy a patient's breathing can deepen, oxygen levels improve, and calls for nurses can decrease. She also described how music can connect with dementia patients and can be used to in some neurological patients to retrain the brain for rhythmic activity such as

walking. She can also work with people in bereavement care, where music can help people, especially children, process feelings through music.

Currently there is no Ohio license for music therapists, but there is legislation in the works. She did say that more insurance companies are starting to cover music therapy but in Ohio not many do. Most of her private clients are self-pay.

### Queen of Hearts

Trish Barnes won the drawing again, but...the Queen Lives!

### Upcoming Program

- Feb 11<sup>th</sup> Mike Mullen-"Mullen it Over"
- Feb 18<sup>th</sup> Kevin Harlan-Grand Lake Health Systems
- Feb 25<sup>th</sup> Fire Chief Doug Ayers

### Upcoming Greeters

2/11 Mike Makley  
2/18 Gayle Masonbrink  
2/25 Brent Miller

*\* Please note: All Rotarians scheduled to greet, please be in place by 11:30 a.m.*

The meeting was adjourned after recitation of the "Four Way Test".

