

# Midland Rotary News



Dear fellow Rotarians,

As we enter the new year, I am reminded of the powerful symbolism it holds. Just like turning a page in a book, the start of a new year offers us a chance to reflect on the past and set fresh goals for the future. In our Rotary Club, the symbolism of the new year reminds us of our collective power to make a difference. Together, we can unite around our shared vision of service, improving the lives of others in our community.

Let's embrace this new chapter with a spirit of growth and renewal. Set ambitious goals that inspire us, whether it's expanding our community outreach, strengthening our connections, or supporting the development of our youth.

Each one of us plays a vital role in our club's success. By working together, we can create positive change in our community and beyond. Let's support and uplift one another along the way.

I'm grateful for each and every one of you and the contributions you make to our Rotary family. Your dedication, passion, and enthusiasm are what make our club thrive.

As we embark on this new year, together, let's make a difference through meaningful connections, impactful projects, and transformative experiences.

Wishing you a happy and prosperous new year.

Yours in Rotary,

Angela Cole  
2023-2024 President

# Service above Self



## Rotarians volunteer to help Bridge

During the week between Christmas and New Year, several members of our club volunteered at The Bridge, a small grocery store for low-income families.

This local resource provides a quiet, freshly-stocked place to shop not only for groceries but other household and personal items.

Anyone can volunteer, and we encourage you to reach out if interested.

Grateful for the opportunity to serve! We love serving and volunteering!



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## PAUL HARRIS FELLOW RECIPIENTS

JENNIFER WEST +1  
LARRY WASHINGTON +1  
REVA CURRY +3  
MATT LAMING

JON LYNCH +1  
TAWNY NELB +3  
CHRISTIAN VELASQUEZ +2  
JENEE VELASQUEZ +3

## UPCOMING MEETINGS

**Jan. 11**

Classification - Dr. Dale Davis

**Jan. 18**

Classification —  
Jeff DeHaven

**Jan. 24**

Classification — Bob Brentin

**Feb. 1**

Classification — Eric Fridline

**Feb. 8**

Paul White

**Feb. 15**

Toni & Trish House

**Feb. 22**

Youth Peacebuilding in  
South Sudan

**Feb. 29**

Pancake Supper/No Lunch  
Meeting

**March 7**

Holy Cross - Carly Lillard



Stephanie Davis  
Jesse Fletcher  
Todd Gambrell  
Matt Smith  
Alina Warner  
Mike Hayes  
John Zimmerman  
Ryan Rickel  
Kellie Bos  
Sharon Mortensen

# January Birthdays

Jeanny Figueroa  
Tom Lane  
Tom Valent  
Larry Washington  
Tim Dyste  
Brad Duling  
Paul Haselhuhn  
Matt Laming  
Mark Bone



**Rotary**  
Midland

## IMPORTANT ROTARY/LINKS

**Facebook** [facebook.com/MidlandNoonRotaryClub/](https://facebook.com/MidlandNoonRotaryClub/)

**X** [twitter.com/MidNoonRotary](https://twitter.com/MidNoonRotary)

**Instagram:** [instagram.com/midlandminoonrotary/](https://instagram.com/midlandminoonrotary/)

**Logos/Rotary Global Rewards:**

<http://midlandrotaryclub.org>

**ClubRunner Login:**

<https://admin.clubrunner.ca/5732/User/Login>

# Service project at West Midland Family Center



CREATE HOPE  
in the WORLD

# Focus on Mental Health and Inclusion



*Sharon Mortensen*

## The LARA Method

Happy New Year! Many people write about the new year and fresh starts. Taylor Swift says, "This is a new year. A new beginning. And things will change." T.S. Eliot stated, "Every moment is a fresh beginning." As we start the new year, let's look at a way to better understand and communicate with those around us. As in previous articles, we are looking at ways to address two important Rotary priorities: inclusion and mental health. The information today will help to promote inclusion and will help us have deeper connections with others.

These deep meaningful connections can be helpful to those struggling with mental health.

The LARA method is a way of communicating with one another and communicating across differences. LARA stands for Listen, Affirm, Respond, and Ask/Add. This method of communication came from the Intergroup Dialogue Project from Cornell University. Information about this style of communication states, "The LARA method builds respect and common ground between people in conversation, allowing you to explore your differences more openly and honestly."

Let's look at how you can use this method of communication in the new year. First, start with listening. Rather than thinking about your response, slow down and truly listen. Listen for emotion and listen to understand the other person's experience. With empathy, understand what is underneath their words. The greatest gift we can often give another person is to truly listen.

Next affirm what you heard. Affirming does not mean you agree with the other person, simply that you heard what they said. Paraphrasing what the other person said is one way to affirm. This also helps to confirm what you heard and allows the speaker to clarify or correct. Affirming also establishes a connection between the speaker and you as the listener. It demonstrates that you are working to establish a connection. Express appreciation for the speaker's honesty and vulnerability.

The "R" of LARA stands for response. Responding is more than simply restating the speaker's words. It goes beyond the previous step of affirming. Responding provides an opportunity to share your thoughts in an honest and respectful way. If you disagree, share your thoughts. Using "I" statements can be a helpful way to share your beliefs and experiences. With differences of opinions, avoid debate. Instead, work to state both areas of conflict and areas of agreement.

Finally, ask and add. Up to this point, you've listened to the other person, you've affirmed that you heard them by reflecting what they said, and you have responded by sharing your opinions and thoughts. You can add to the conversation by sharing pertinent facts and information.

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Allow the other person to share additional facts and information as well. Remember, this is not a debate. In a debate, information is used to prove your point. Here you are sharing and hearing relevant facts and information that may help each of you learn.

Engaging in conversations with the LARA method provides a fresh beginning to greater understanding. Rotary is about building understanding and working for goodwill and peace. That involves courageous communication, and the LARA method can help us achieve this. As Rotary's International's president, R. Gordon R. McNally, has stated, "Discovering the human connections that bind us is what we do through our membership every day." As Rotarians, let's explore human connections as we listen, affirm, respond, and ask/add.

**JANUARY IS**

**VOCATIONAL SERVICE MONTH**

*"Vocational service gives Rotarians the opportunity to help others escape poverty and gain a measure of self-respect. As business and professional leaders, we have a duty to lead and encourage good ethics through vocation."*

*Carlos Frum, PDG D6440*



[www.rotary.org](http://www.rotary.org)