

Midland Rotary News



President's Message

Dear fellow Rotarians,

October brings with it a sense of renewal and vibrant transformation. The changing leaves paint a picturesque backdrop, reminding us of the beauty that surrounds us. It is during this time that we can pause, reflect, and find inspiration in nature's remarkable display.

In our club, we have the privilege of witnessing the power of connections. Together, we have built a community that is dedicated to making a positive impact. Each member brings unique talents, ideas, and perspectives. We celebrate each of you and are grateful that you are part of our club.

As we move forward into this new month, let us continue to embrace the spirit of connection. Reach out to visitors and fellow members, engage in meaningful conversations, and discover new opportunities to collaborate.

It is through these connections that we create a sense of belonging and can amplify our impact and make a lasting difference in the lives of others.

I also encourage you to take a moment to appreciate the beauty of the fall season. Whether it's a leisurely stroll through a park, hike in the woods, a drive north or a quiet pause to admire the colors of nature, let the changing leaves serve as a reminder of the endless possibilities that lie ahead for our club and our community. Thank you for your dedication, passion, and unwavering commitment to Rotary values. Wishing you a month filled with joy, connection, and the warmth of autumn.

Yours in Rotary,
Angela Cole

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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**



**CREATE HOPE
in the WORLD**

IMPORTANT ROTARY/LINKS

Facebook facebook.com/MidlandNoonRotaryClub/

X twitter.com/MidNoonRotary

Instagram: instagram.com/midlandminoonrotary/

Logos/Rotary Global Rewards:
<http://midlandrotaryclub.org>

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



GET TO KNOW THIS

ROTARIAN

JESSICA BLEWETT



ORIGINALLY FROM: Weidman, MI

SPONSOR: Kathryn Tate

OCCUPATION: Fund Development & Prevention Outreach Coordinator at The Legacy Center for Community Success

CURRENTLY WATCHING: Sweet Magnolia, Spy Ops, and Bridgerton

FUN FACT: I love traveling and understanding new cultures

WHY I JOINED ROTARY: To be a part of something bigger than myself. What drew me to Rotary the most was the 4-way Test. I believe you should always be truthful, fair, help to build goodwill, and benefit others

WHAT I'M MOST LOOKING FORWARD TO IN ROTARY: Connecting with the community I live in and helping to guide people in the right direction.



Stewards of Rotary seek names for cards

If you know someone who is in need of a card due to an illness or a death in the family, please reach out to Missie Freier at missief@1ststate.bank or (989) 878-3445. If you would like to become a member of the Stewards of Rotary, please contact Missie to be added to the group.

Thanks to all who have helped send cards to lift up our fellow Rotarians!

ClubRunner 101: This tutorial is here to help

ClubRunner 101 | One-Pager



Hello! Our club is transitioning from its current membership database, District and Club Database (DACdb) to ClubRunner (CR). The board recently decided that it was a good time to make the switch with a new Secretary coming into the role, to ease the redundant work necessary to ensure a seamless data transition to Rotary International, and the fact that we have been the only club in our District on the platform, to name a few.

To start...let's get you logged in!

Step 1: To log-in, follow this link: <https://admin.clubrunner.ca/5732/User/Login> Please note, you will need access to your email inbox to log-in to ClubRunner.

Step 2: You will receive a new username and be prompted to create a new password by following the links below. Your username will no longer be your email address and will be provided to you when you follow the prompts. **If you need assistance logging in, please contact Club Secretary, Michelle Vannest (mvannest@wildfirecu.org) and she can help!**

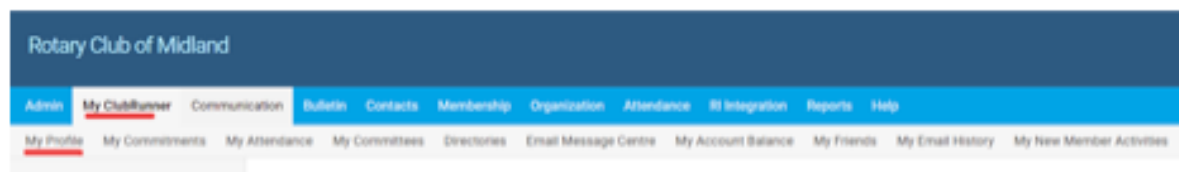
- Note: When you log in, your ClubRunner page may look a little different than the "screenshots" of the examples given based on access levels, which are determined by a member's role within the club.

Once you log-in, you will need to find your Member Profile and review it for any updates.

1. Click the "Member Area" (circled in red)



2. Then, click on "My ClubRunner", and then "My Profile":



Your member profile will appear. Here you can click the large blue "EDIT" button on the right and make the necessary updates to your profile and upload a headshot if one doesn't exist – or provide an updated image. Updating your information will ensure you receive relevant communication from our club, the District, and Rotary International, club invoices, and allow fellow club members to connect with you.

For help with logging in, please refer to the following resources:

ClubRunner 101 | One-Pager

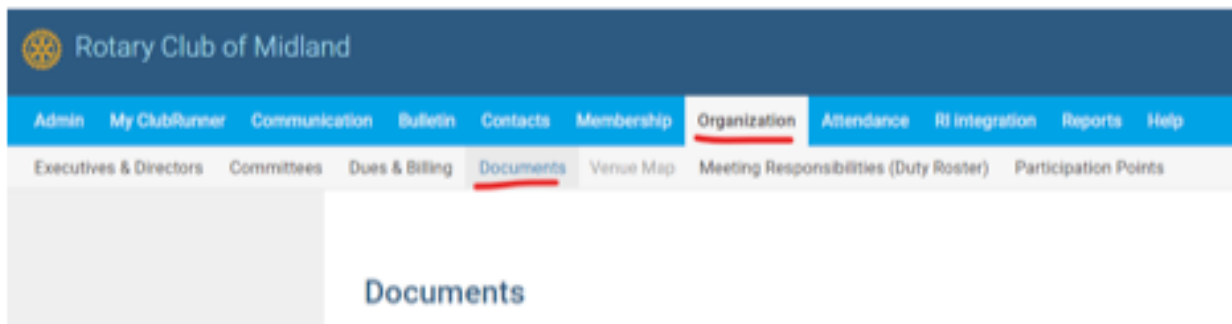


- <https://www.clubrunnersupport.com/kb/articles/how-do-i-log-in-to-clubrunner>
 - 4-minute YouTube video on how to log-in: <https://www.youtube.com/watch?v=kms86OUR5ck>
3. Click "SAVE" when your edits are complete.

HOW TO VIEW SECURE CLUB DOCUMENTS

To access secure club documents, please do the following after you've logged in:

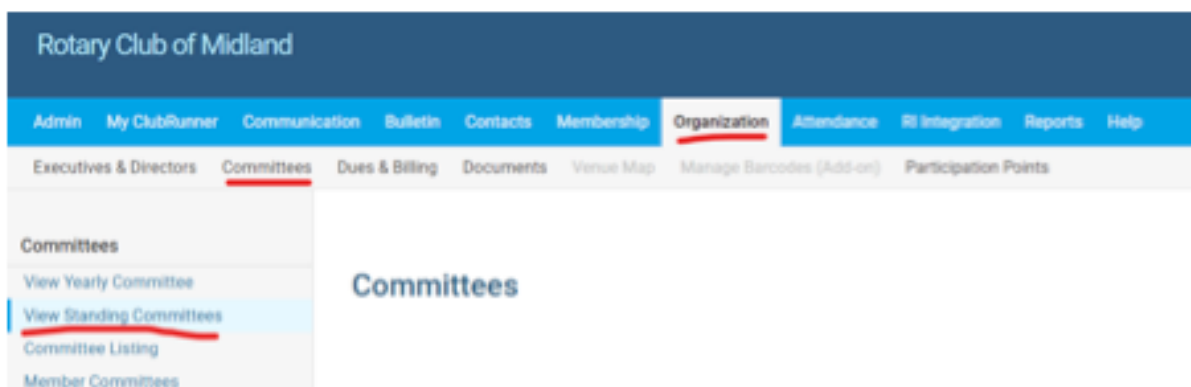
4. Click on "ORGANIZATION" and then "DOCUMENTS"



The full listing of what we used to refer to as "Secure Files" are now listed here and categorized. Please take some time to review this section!

HOW TO VIEW COMMITTEES

To access Committees and member info, you must be logged in and then click on "ORGANIZATION", then "COMMITTEES", and then on the far-left column, click on "VIEW STANDING COMMITTEES"



All our club committees are listed here, including the chair/co-chair, description of their work, and a list of members.

You will find that ClubRunner is quite intuitive (*though you may experience a lag when you click or type on the site*), but we realize it's a new platform and will take some time to get used to – for all of us! Michelle and I are happy to help walk you through this process, should you have questions. As we continue to learn more about the features of ClubRunner we will pass them along and provide updates at meetings, to your email, and in our monthly newsletter. Thank you!

In Rotary Service,

Michelle Vannest, Club Secretary (mvannest@wildfirecu.org)
 and
 Dallas Rau (dalstar17@hotmail.com)



UPCOMING MEETINGS

Oct. 12

United Way with Dr. Lydia Watson and a few United Way partner organizations

Oct. 19

Plane Crash of 1950's with Historian Floyd Andrick

Oct. 26

Classification — Stephanie Davis

Nov. 2

Wellbeing Committee to host panel of speakers regarding how their organizations help with the wellbeing of our community

Nov. 9

Saginaw Spirit and 2024 Memorial Cup

Nov. 16

Classification — Ryan Rickel

Nov. 23

Thanksgiving — No meeting

Nov. 30

Classification — Holly Miller

Dec. 7

Classification — Jeff DeHaven

Dec. 14

Annual Business Meeting

Dec. 14

Holiday program — More information to be announced

Well done, Jon and Terri!

Congratulations to Jon Lynch and Terri Johnson, fellow Rotarians, on their well-deserved recognition!

They have been selected as outstanding leaders in business and were inducted into the Junior Achievement Business Hall of Fame on October 4. They are pictured next to Noon Rotary President Angela Cole, and fellow Rotarian Amanda Oster is pictured far right.

Their excellence and contributions to both the business world and their communities are truly commendable. We are proud to have such exceptional leaders as part of our Rotary community.

Congratulations, Jon Lynch and Terri Johnson, on this prestigious honor!



WORLD POLIO DAY PIES FOR POLIO!

OCTOBER 24, 2023

**\$1.00 DONATED PER
SLICE OF PIE
\$2.00 DONATED PER
MINI PIE
\$3.00 DONATED PER
WHOLE PIE**

Join Rotary and the Grand Traverse Pie Company (Midland location only) in helping to eradicate Polio. GTPC will donate proceeds from their pie sales on World Polio Day, October 24, to help The Rotary Foundation eliminate Polio throughout the world.

Or you can purchase a pie to donate to a local nonprofit such as Open Door, Hidden Harvest, or Shelterhouse and can be delivered by local Rotarians.

Rotary
Midland



**PEOPLE OF
ACTION**

**Are you interested in Rotary?
Midland has two clubs;
Morning and Noon. Morning
meets at 7:00am every
Tuesday, Noon meets at
12:00pm every Thursday. For
more information, check out
our website at
www.midlandrotaryclub.org**

Midland Rotarian wins MacRae Peace Award



Gail Hoffman recently was presented the Donald MacRae Peace Award.

“Not only was I surprised, but also deeply honored,” Hoffman stated on social media.

The award honors the contributions of Halifax Rotarian Donald MacRae who, at the International Convention in 1918, proposed that Rotary become an agent for the promotion of goodwill and peace among nations. This was the first time that an international vision of Rotary was publicly expressed.

That vision: Together, we see a world where people unite and take action to create lasting change — across the globe, in our communities, and in ourselves.

Hoffman thanked District 7680 Governor-Elect Kevin Kendrick and her husband, Tom Lane.

Muko High School thanks Midland Rotary

ACT Uganda thanks the Midland Rotary Club for your outstanding grants that enabled the school to have solar and multiple trainings in computer skills, of which both ACT and MHS Staff benefited from. Because of your generosity, we will be able to further our mission of improving lives of the people we serve in Muko community by equipping more staff that join us with more skills to manage the organization and school programs for much better service delivery. We assure you this will make a huge difference in the lives of our staff and the people we serve in general. Thank you again, for the great opportunity offered to us.

Sincerely Yours, Generous Turinawe, ACT-Uganda
Director

MIDLAND NOON
ROTARY CLUB

OCTOBER BIRTHDAYS

KIM BACZEWSKI
BRAD BLANCHARD
DAN BLOOM
DALE J DAVIS
JEFF DEHAVEN
MIKE J DIZER
KATE HESSLING
JIM HOHMEYER
DOUG JACKSON
JUSTIN LIPSCOMB
SCOTT MACGREGOR
MEGAN PELLERITO
NATHAN RAPANOS
FRED ROLF
JOHN SEARLES
LINDA SIEMSEN
KAYLA STRYKER
KATHRYN TATE

Diversity, Equity and Inclusion

Promoting Mental Wellbeing



Sharon Mortensen

Mental health concerns are on the rise in our society. This year our Rotary International President, R. Gordon R. McNally has made mental health a focus during his presidency.

At the Rotary International convention, he stated the following, encouraging, "...all Rotary members to become champions in our effort to illuminate mental health needs near and far. This includes helping one another feel more supported, advocating for mental health services, and building bridges with experts in the field to expand access to treatment."

Statistics bare out the prevalence of mental health needs. Nationally, suicide is the second-leading cause of death among people aged 10-34 in the U.S. and the 10th-leading cause of death in the U.S. And mental health concerns start young with half of all lifetime mental illness beginning by age 14, and 75% by age 24.

There were 1,482 suicide deaths in Michigan in 2021. And where we live, the Midland County health survey of adults showed depression increased from 26% in 2019 to 34% in 2022 and anxiety increased from 29% in 2019 to 41% in 2022.

And our youth are likewise impacted with depression increasing from 17% in 2106 to 28% in 2021 and suicide attempts increasing from 14% in 2016 to 19% in 2021.

We know that belonging improves mental health. As we've explored in past articles, inclusion is about making sure everyone feels accepted, included, and experiences a sense of belonging. The World Health Organization has designated October 10 as World Mental Health Day. It is a day that we remember the importance of promoting belonging and inclusion as a way to promote mental health.

President McNally stated the following about this topic, "Our goal is to create a sense of belonging, from our club meetings to our service activities. We need to continue creating inclusive, welcoming environments where everyone can be their authentic selves. All people of action need to be able to imagine a place for themselves in Rotary — it's up to us to ensure they can do so."

As we think about the mental wellbeing of those around us, let's look for ways to connect and deepen relationships.

See WELLBEING: Page 9



GET TO KNOW THIS
ROTARIAN
GRAHAM SMITH



ORIGINALLY FROM: I moved to Midland when I was 4 and have been here ever since!

SPONSOR: Melissa Reed

OCCUPATION: Assistant Vice President, Community Business Banker at Huntington National Bank

CURRENTLY READING/WATCHING: I just started Paul White's book "The Answer Discovery" and it's football season, so I'm watching a lot of Lions and Michigan Football

FUN FACT: My wife, Abby, and I are high school sweethearts. We met in our 12th grade Sociology Class taught by Kathy Snyder!

WHY I JOINED ROTARY: My career in business banking has really exposed me to the needs of the Midland community and the ability to help businesses. Joining an organization like Rotary further enhances that connection to community and, more importantly, to a group of like-minded people looking to come together to help our community continue to thrive.

WHAT I'M MOST LOOKING FORWARD TO IN ROTARY: I'm, very much, a people person and so excited to meet the fellow members of our Noon Rotary. I really look forward to working with and getting to know these leaders going forward!



WELLBEING

As President McInally wrote, "As we put a greater focus on mental health, let's not think of this effort as something new to Rotary, but rather as something we can do better and as a result have a greater impact on ourselves and the people we serve."

As Rotarians, we are about service above self which means reaching out to those around us who may need our service by virtue of a listening ear or an act of caring.

President McInally said, "Right now, there is someone you know in the Rotary world — in your club, from a project you've worked on, in a Rotary Fellowship or Rotary Action Group — who could use a little more of your time and attention. Rotary is this great gift of global friendship, and that also means being there for each other."

Let's be there for one another as Rotarians who desire to promote mental wellbeing as we build an inclusive environment where experience a sense of belonging.



GET TO KNOW THIS
ROTARIAN
PENNY MILLER-NELSON



ORIGINALLY FROM: West Branch, Michigan; A community grounded in agriculture that is known for its Victorian-themed downtown and the Smiley Tower, which can be seen from I-75

SPONSOR: Amy Jaster

OCCUPATION: Superintendent at Midland Public Schools (MPS)

CURRENTLY READING: Various publications related to the work of leading school systems and supporting our MPS team. I like listening to podcasts when I walk and appreciate Adam Grant's podcast, ReThinking, because it makes me consider other perspectives, which is important when you serve and lead a team

FUN FACT: I grew up on a dairy farm, and those experiences influenced my entire life. I have a degree in Agriscience Education from Michigan State and taught high school agriculture and natural resource classes.

WHY I JOINED ROTARY: I believe the local school system is an important contributing member to an overall thriving community. As a representative of MPS, I want to contribute in positive ways to support the work of Rotary in our local community and beyond and build strong connections for our schools

WHAT I'M MOST LOOKING FORWARD TO IN ROTARY: Connecting with others who care about our community and making a positive impact through my service



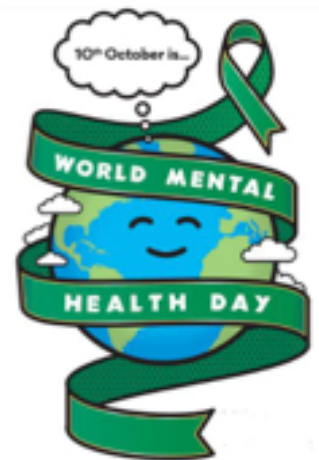


Rotarians – Make a Difference with Mental Health!

World Mental Health Day Webinar, Tuesday October 10, 2023 7:00-8:30 PM ET

Please join us! Rotary Zones 28 & 32 will host a webinar titled “Rotarians – Make a Difference with Mental Health!” on World Mental Health Day - Tuesday, October 10th 2023, 7:00 – 8:30 ET

Rotary International President Gordon R. McNally has encouraged Rotarians across the globe to Create Hope in the World. Rotarians can do this is by addressing and advancing mental health and wellness and helping to reduce the stigma of mental illness and substance use disorder. Come join us on Tuesday, October 10th to learn how Rotarians can make a difference with mental health.



Our panel of speakers will discuss:

- The state of mental health in the United States and Canada
- How Rotarians can become engaged in addressing mental health
- Practical strategies for Districts and Clubs to reduce stigma
- Opportunities to raise awareness about mental health and substance use disorder
- The importance of self-care and self-awareness, even as a busy Rotary leader

Welcome:



Drew Kessler
2022-2024
Rotary
International
Director

Special Guest:



Gordon R.
McNally
2023-2024
Rotary
International
President

Panelists:



Chuck Ingolia
President and CEO
National Council
for Mental
Wellbeing



Valerie Grdisa, RN,
MS, PhD
Chief Executive Officer
Canadian Mental
Health Association,
Simcoe County Branch
Gambling, Substance
Use & Mental Health
Services



Collyer Smith
Rotary District
6380 Governor



Madine Despeine-Udoh
Director of Self Help,
Advocacy and Education
Mental Health
Association,
Parsippany, NJ



Bonnie Black
Founding Chair of
Rotary Action
Group on Mental
Health Initiatives



Registration link is available on the Zone 28 &32 website <https://portal.clubrunner.ca/50077/> or directly at:
<https://us06web.zoom.us/join/registration/register/t20pdOCvrTsuG9f0IP4TCjPoBFx6s6tOmNA7#/registration>

How to help yourself by helping others

Learn about the benefits of helping others and ways in which we can contribute to the welfare of our fellow humans

By Kathy Snyder, Midland Area Wellbeing Coalition Director

Helping others can be as simple as holding a door for someone or as extraordinary as donating a kidney. It could be informal like mowing a neighbor's lawn or formal like joining a service club. No matter how big or small the act, when we are kind and generous to each other, everyone benefits. Helping others contributes to the vision of Midland. An Inclusive community. Together-forward-bold. An exceptional place where everyone thrives. Everyone in this context means individuals, families, groups, organizations, and our community as a whole. How might we all build and enhance thriving?

As part of Midland County's Neighboring 2023 Week, the Midland Area Wellbeing Coalition, sponsored by the Midland Area Community Foundation, hosted a Public Screening of the award-winning documentary, 'Join or Die" Why you should join a club and why the fate of America depends on it.'" But why should we care? Let's take a closer look at the science behind helping others both formally and informally and some of the ways in which we can put more good into the world around us.

Researchers often define helping others as the intention or the effect of improving the welfare of another without the expectation of material rewards in return. This means that helping others can refer to well-intentioned behaviors that succeed in improving the well-being of another person as well as the well-intentioned behaviors that fall short of their goal. We can't always be certain that the help we offer will produce the outcome we expect, but if our goal is to contribute positively to the welfare of our neighbors on planet Earth, it's always worth a try.

The effects of helping others on both the giver, the recipient, and the community have been a popular topic of research for decades. There are now numerous studies that demonstrate the psychological benefits of helping others.

The body of research is far too vast to describe it all, but here are a few examples:

- Research by Bob Putnam and others have found that life expectancy is increased by joining a group. (Putnam, 2000). In fact, your chances of dying over the next year are cut in half by joining one group, cut in three quarters by joining two groups. Joining service clubs or volunteering in other ways makes us healthier- as individuals, families, organizations, and communities. (Yeung, Zhang, & Kim, 2017)
- A more recent study found that individuals who were donating blood reported that the blood drawing procedure was less painful than individuals who were having blood drawn for personal medical purposes (Wang et al., 2020).

See HELP: Page 12

HELP

- The World Happiness Report, a yearly publication that uses survey data gathered from around the globe to assess well-being and the factors related to it, reported that donating money to charity predicted greater life satisfaction in nearly all countries around the world (Aknin et al., 2019).

How to Help Others

There are as many ways to help people and communities as there are people to help, but here is a list of a few suggestions for how you can help others.

- Random acts of kindness
- Joining a service club
- Community service
- Donating (time, skills, food, blood, money, clothes, etc.)
- Letting people know they are appreciated
- Active listening
- Showing compassion
- Volunteering
- Mentoring or teaching
- Lending your voice to someone who is being ignored
- Giving compliments
- Sharing food

In Sum

The ways in which we can help others are limitless- and our community benefits whenever we help others. Whether we donate unwanted clothing, volunteer at a senior center, or spend our lives contributing to our community by being an active service club member, our acts of kindness make a difference in the lives of others as well as our own lives. To learn more about how to engage in the free public screening and the community discussion, visit

<https://www.maxlovesmidland.com/blog/neighbor-ing-week-event-join-or-die>.

References

- Aknin, L. B., Whillans, A. V., Norton, M. I., & Dunn, E. W. (2019). Happiness and prosocial behavior: An evaluation of the evidence. *World Happiness Report 2019*, 67-86.
- Hurlemann, R., & Marsh, N. (2016). New insights into the neuroscience of human altruism. *Der Nervenarzt*, 87(11), 1131-1135.
- Moll, J., Krueger, F., Zahn, R., Pardini, M., de Oliveira-Souza, R., & Grafman, J. (2006). Human fronto-mesolimbic networks guide decisions about charitable donation. *Proceedings of the National Academy of Sciences*, 103(42), 15623-15628.
- Putnam, R. D. (2000). *Bowling alone: The collapse and revival of American community*.
- Wang, Y., Ge, J., Zhang, H., Wang, H., & Xie, X. (2020). Altruistic behaviors relieve physical pain. *Proceedings of the National Academy of Sciences*, 117(2), 950-958.
- Yeung, J. W. K., Zhang, Z., & Kim, T. Y. (2017). Volunteering and health benefits in general adults: cumulative effects and forms. *BMC public health*, 18(1), 8. <https://doi.org/10.1186/s12889-017-4561-8>



CREATE HOPE
in the WORLD

16th Annual Foundation Gala

Rotary District 6310

Friday, November 3, 2023



5:30 - 6:30 pm
Social Hour (cash bar)

6:30 - 9:30 pm
Dinner and Program

6:00 - 6:30 pm
Interact Student
Reception



*Rotarians and friends will gather for an evening of fellowship and fun
to celebrate our district's commitment to The Rotary Foundation*

\$45 per person *\$340 per table of 8 paying Rotarians/guests

Credit Card Payment Preferred: Please see attached Authorization Form
If paying by check, please make payable to Zehnder's of Frankenmuth
Mail either of the above with reservation form to: Zehnder's of Frankenmuth,
730 S. Main St., Frankenmuth, MI 48734
Attn: Natalie Yockey

For reservation/payment questions, please contact: Natalie.Yockey@zehnders.com 989-652-0419

Reservations must be received by October 24, 2023

RESERVATION RETURN FORM

Name: [print] _____ Rotary Club: _____

Phone: Day: _____ Evening: _____ Email: _____

____ Reservation(s) @ \$45 each = \$____ ____ table(s) of (8) @ \$340 per table* = \$____

____ Rotaract/Interact/Youth Exchange @ \$27 each = \$____ Special Dietary Need: _____

*This rate is for 8 paying Rotarians/guests; Rotaractors/Interactors/Youth Exchange not included.

Please list the names of each guest/Rotararian below (attach additional list if necessary)



Grove Park groundbreaking

Last month, 50 attendees gathered for a groundbreaking day in Grove Park for Michigan’s first Changing Places facility — a restroom that goes beyond Americans With Disabilities Act standards. The Midland Rotary Foundation led the effort and did fund part of this project, but other funding collaborators helped. The facility is necessary because it will provide a restroom for those who struggle to go out into the community without bathroom options.

OCTOBER IS

Photo by Alyce Heuson. © Rotary International. Design layout by Gilbert Thien Rotary Club of Mira.

**ECONOMIC
AND COMMUNITY
DEVELOPMENT
MONTH**



“If we can make a difference in the life of one person in a community, it is a small yet significant step to empowering a whole community.”

Loshini Naidoo

Rotary



TAKE ACTION: Join Rotary, Get Involved

