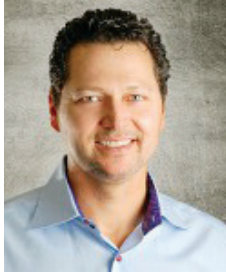




THURSDAY, AUGUST 24, 2023 YAKIMA CONVENTION & EVENT CENTER

*Create Hope
in the World*

MICHAEL KANE SUSTAINING AN AGING BODY WITH PHYSICAL FITNESS



Michael is the owner and founder of Pro-Motion Physical Therapy and Pro-Motion Functional Fitness. After having worked in many different environments ranging from troop medical clinics in the US Army to Pacific Sports Medicine, a cutting-edge sports medicine practice he helped open in Tacoma, Washington, he realized his goal of creating a rehabilitation and performance centered physical therapy practice. The basis for all treatment provided at Pro-Motion revolves around the central theme of function. Movement is their medicine.

Michael grew up in the Bay Area of California. He loved sports as a child and played football in high school (the Washington Huskies) and then played 4 years of college football at the University of California-Davis. Michael graduated with a master's in physical therapy from the US Army-Baylor University Program in Physical Therapy. He received a second master's degree in Orthopaedic Manual Medicine from the Ola Grimsby Consortium and the Regents of Utah. He is an expert and leader in the AFS (Applied Functional Science Approach) and is a Fellow of the Gray Institute for Functional Transformation. He is a Nike Golf Performance Specialist and is a part of the adjunct faculty at the University of Puget sound's Doctorate Program in Physical Therapy. He is the President of InVisage.us, an exclusive collaborative community of autonomous physical therapy private practice owners that have come together from across the nation with common challenges and purpose... to achieve and create new possibilities for their practices and people.

His professional career spans over 20 years and includes business ownership, clinical practice, and teaching. He teaches the nationally acclaimed Orthotic Reaction Seminar Series – The Art and Science of Locomotor Biomechanics and Foot Orthoses. His professional interests lie in organizing, understanding, and mastering the marriage of movement science and manual therapy in the private physical therapy practice setting.

Michael and his wife Molly are happily married and the proud parents of their son Owen.

FOR THURSDAY'S MEETING

Greeters – Greg Luring, Bill Douglas

Music – Linda Kaminski

Invocation – Jan Luring

Sergeant-at-Arms – Tim Carlson

Program – Nancy Leahy

Attendance – Marisol Fast

Marble Draw – Charlie Eglin, Jeedan Corpron

FUTURE PROGRAMS

August 31st – Dan Newhouse, Legislative Update

September 7th – Rotary Picnic

September 14th – Darlene Wilczynski, Fed's Approach to Monetary Policy & Interest Rates

September 21st – Lunch & Tour of Pacific Northwest University of Health Sciences



MARBLE DRAW



It's been three weeks and we haven't had a winner yet. The good news is that the pot has grown to \$1,070; this week's ticket sales will be added to that. Your odds of winning have also improved with only 7 marbles left in the bucket.

Pick the clear marble and win half the pot; Rotary Charities will get the other half. It's a win/win for everyone! Don't forget to bring extra money.

SAVE THE DATE - COMING SOON

August 22nd
Distribute backpacks at MLK Jr.
Elementary School
1:45pm to 3:30pm

August 30th
Second Chance Wednesday
The Distillarium
5pm to 6pm

August 31st
Volunteer Set-Up Opportunity for
Overdose Awareness Day
2pm to 3:30pm
Triumph Treatment Services

REVIEW

It was a day on the road as we traveled to Yakima Valley College this week. With our Rotary at Work boards outside guiding us in, the entry was full of life with Pattie Graffe and Tom Gaulke serving as greeters, Connie Falon joining in to greet and taking attendance, and Sharri Greene, Sheri Bissell, and Jim DeGrasse selling marble draw tickets. Inside the room Doug Rich played beautiful background music.

With the ring of the bell, Sharon Miracle shared a prayer for those that have lost loved ones and their homes from the fires in Maui. That translated into John Cooper's Barbie and Ken themed sergeant-at-arms with all the proceeds going to the Rotary District 5000 Foundation for Maui fire disaster relief. We raised over \$1,700. If you would like to make a donation, please contact the Rotary office. President Erin welcomed our guests and shared about three upcoming events. The first was helping hand out the backpacks we filled with school supplies for students at MLK Jr. Elementary next Tuesday, August 22nd; the Second Chance Wednesday scheduled for Wednesday, August 30th; and a volunteer opportunity to help with an event sponsored by Triumph from 2pm to 3:30pm on Thursday, August 31st as part of Overdose Awareness Day.

Our featured speaker was District Governor Marjolein Lloyd. She began by sharing that the best part of her job was traveling around the district visiting clubs and seeing how they are impacting their communities and the world. Our District (Rotary District 5060) is unique in that it is an international district that extends from Prosser, Washington up to the Kamloops/Revelstoke area in British Columbia, Canada. In the past, district governors have come to ask for more giving to the Rotary Foundation and increases in membership. While important, Marjolein sees her role as not one that tells clubs what to do, but to be their head cheerleader cheering their successes, providing resources if needed, and sharing RI President Gordon McNally's theme and goals.

Rotary International President McNally is a true Scotsman who joined at the young age of 26 in 1984. His theme for the year is Create Hope in the World. Through that he is calling on Rotarians to promote peace, help those affected by conflicts and disasters, and maintain the momentum of initiatives by past leaders. The main word in his theme is Hope; by helping the world heal from conflict we have the ability to achieve lasting change one person at a time. His message about the power of continuity was equally as important; there is no reason to reinvent the Rotary wheel every year. Helping those affected by crisis includes mental health, something that affects each of us. As Rotarians we need to offer hope to those affected by mental health. Rotary should be an organization that not only takes care of its community members but our own members. It starts with one question, how are you and adding one more word to ask, how are you

really? It means thinking about members we haven't seen in a while. Think about picking up the phone making a call, sending a text or email to offer a conversation, to take a walk, give a hug, or a extend a handshake. People need to know someone cares.

There are 57 clubs in our Rotary district. They range from 7 members strong to the largest club which is us. As she visits clubs, she loves to see collaboration. The three Yakima clubs do it well. Our communities need to know about our successes. Share them on social media and don't be afraid to brag about your club. Our Rotary district has its own website, newsletter, and social media. All three venues are a great source of information. Two events to get on the calendar now are the Rotary Leadership Institute on October 21st-22nd in Ellensburg. There are openings for only 24 participants - registration will open soon. The other one is the District Conference set for May 2nd-5th in Penticton, British Columbia.

The program ended with a quick presentation by State Treasurer Mike Pellicciotti who was in town for the day. The office of the State Treasurer has three core functions (1) to manage investments, (2) manage debt management, and (3) serves as the state's banker, money managing the flow of money in and out. In addition to the operating budget, there is a capital budget and transportation budget. It is not his job to figure out projects in those budgets; it is up to the legislature. It is up to the State Treasurer to manage the bonds issued.

When he became state treasurer, one of the first things he did was to ask his team what was working well and what was not. One of the things they shared was outdated laws that impacted the work that they did. While the State Treasurer's office can't pass laws, they can make recommendations. Three recommendations that have been made and accepted are to return reserves to pre-pandemic levels, meet the actuarial obligations for pensions and shore up underfunded pensions, and maintain a debt/service ratio of 5% or less. For all the challenges in the world, Washington's state finances are not one of them. Depending on what study you look at, Washington has the #1 or #3 best funded pensions in the nation and has a triple A credit rating.

