





“Service Above Self”

Muskegon Rotary in Motion

<http://www.muskegonrotary.org>



Josh Wallace, President
 Cathy Brubaker-Clarke, President-Elect
 Kathy Moore, Pres-Nominee
 Nancy Crandall, Secretary
 Tim Arter, Treasurer
 Susan Crain, Imm Past President



Muskegon Rotary Club

Club 16 (2809) – District 6290, Chartered May 1, 1916

Feb 2, 2017 12:00–1:15pm

Muskegon Harbor Holiday Inn

Satellite ReWine Club 5:15-6:30pm Holiday Inn



Jane Clingman-Scott, Director
 Ed Hendrickson, Director
 Mark Meyers, Director
 Jason Piasecki, Director
 Peggy Maniates, RIM Reporter
 Bill Johanson, RIM Editor

THE FOUR WAY TEST THAT ROTARIANS USE IN MAKING ETHICAL DECISIONS:

Is it the **truth**? Is it **fair** to all concerned? Will it build **goodwill** and better **friendships**? Will it be **beneficial** to all concerned?



(2/2) “District Governor Gernot Runschke”

“This is it: the absolute edge of no return: to turn back now and make home or sail irrevocably on and either find land or plunge over the world's roaring rim” - William Faulkner

MEETER / GREETER

Ginny Sprague

INVOCATOR - REFLECTOR

Alan Alpert

THIS MEETING'S MENU

Spinach Salad w/ 3 dressings/ 6 toppings; Bread Butter; Grilled Chicken*; Wild and White rice - vegan*; Steamed Broccoli*
 Fruit Bowl; Assorted Desserts

*** no salt, no butter, no oil**

STUDENT GUESTS

North Muskegon Norsemen

NEXT WEEK'S BIRTHDAYS

None to report

FUTURE PROGRAMS

02/09 Silversides Museum
 02/16 Pound Buddies
 02/23 United Way on ALICE
 03/02 Women's Rotary Leadership
 03/09 Muskegon History Project
 03/16 First Tee Golf

Muskegon Rotary Board

Josh Wallace joshua@mckenzieprice.com

Cathy Brubaker-Clarke

Cathy.Brubaker-Clarke@postman.org

Kathy Moore mooreka@co.muskegon.mi.us

Nancy Crandall ncran28@comcast.net

Tim Arter tarter@brickleydelong.com

Susan Crain susancloutier@yahoo.com

Jane Clingman-Scott janecs1@comcast.net

Ed Hendrickson ckdr2@gmail.com

Mark Meyers mmeyers@nortonshores.org

Jason Piasecki Jason@revel.in



Whatever the subjects

School is School

By RIM Stringer Annoesjka Soler

Whiskey School 101, hosted by the Social Committee, was a huge success at Hennessy's Pub on January 17. It was a great mix of about 50% Rotarians and 50% friends and family. The class filled at 50, so Hennessy's opened a second class on January 18! Next time, you'll know to sign up right away if you really want to attend.



Allister introduced us to Monkey Shoulder Scotch, Tullemore Dew

Phoenix, Buffalo Trace Bourbon, Glenlivet scotch, Michter Whiskey, and Bushmills. Fun was had by all, and we think it will be become an



annual winter ritual as a way for Rotarians to warm up.
 Photos:

- 1) Allister teaching us
- 2) Briana's group was the largest
- 3) Tom Keenan, wife Diane and son Tom with Chris McGuigan and Gary Neal
- 4) The Crandalls intensely focused
- 5) Rotarians in my bunch: Jeff Lewis, JD Wallace and me – Annoesjka



This Week On Stage

District Governor Gernot Runschke has been practicing architecture for the past 48 years. Gernot is a member of the Grand Haven Rotary Club.



SPEAKERS, NEW MEMBERS ALWAYS WELCOME



Muskegon Holiday Inn
Thursdays 5:15 – 6:30pm

**Feb 2: ReWine meeting
will be at the Muskegon
Innovation Hub**

**Click for ReWine Minutes on
1/19/17:**

<https://clubrunner.blob.core.windows.net/00000001911/en-ca/files/homepage/rotary-rewine-meeting-minutes-1-19-17/ReWine-Meeting-Notes-1-19-17.pdf>

Like everything else, it seems...

Lunch Prices on the Rise

Starting January 2017, the cost to the Club for a member's lunch increased to \$13.00. Dues are temporarily remaining the same. But please be aware that all **guest** lunches will be billed (unless they are paid for at the meeting) \$13.00 instead of the previous \$12.00. Contact the bookkeeper at...
Muskegonrotary.bookkeeping@gmail.com
if you have any questions.

Kathy Betts, Bookkeeper

RIM Reporting Team

Chris Burnaw cburnaw@cffmc.org
Jane Clingman-Scott janecs1@comcast.net
Tamera Collier tamerac@dcilmi.org
Lisa Hegenbart lisa@bbbslakeshore.org
Jamie Hekker helsenja@co.muskegon.mi.us
Bill Johanson bill.johanson@yahoo.com
Peg Maniates margaret.hennelly.maniates@gmail.com
Kathy Moore MooreKa@co.muskegon.mi.us
Jason Piasecki Jason@revel.in
Robin Henshaw robin_henshaw@usc.salvationarmy.org
Diane VanEpps dianemvanepss@gmail.com

This publication, Muskegon Rotary in Motion (RIM), is intended for the private, non-commercial use of our members and friends. Content includes RIM correspondents' reports, meeting announcements, satire sort of, Club- or member-contributed social media items, and Club-related borrowings from media friends. The deadline for RIM announcements – the timeframe adherence to best guarantee accuracy and publication of a reader's message – is Thursday noon for the following week's issue. Submit brief announcements in writing to Editor Bill Johanson or one of the RIM Correspondents above.
© 2016 Rotary Club of Muskegon

NEWS / ANNOUNCEMENTS – PRESIDENT



Mercy Health's "The RIDE" returns to the Lakes Mall March 11. **President Josh** reported that Rotary has two teams participating in this indoor stationary bike ride fundraiser. The cost per rider is \$50 and riders only need to ride for 25 minutes competing for one of the sparkling trophies above. Contribution\$ would also be welcome.

"10 Brave Heroes" Contest

Our Holiday Inn hero this previous week was **Dave Alexander**, and only the following three contributors remain:
Bill Johanson, Frank Peterson, and Josh Wallace.

NEWS / ANNOUNCEMENTS – COMMITTEE MEMBERS, GUESTS, ETC, ETC, ETC, ETC



New Harbor Hospice President Lisa McMichael, left, was the recent guest of the firm's Ammy Johnson.

Washington Connection

You may on occasion want to contact your US Senator and/or Congressman or Congresswoman. Making it easy, call 202-224-3121 for US Capitol Bldg information, and follow instructions.

President Josh thanked the Holiday Inn for providing wonderful, healthy meal choices for the Club. He was pleasantly surprised at how creative the staff could be, especially with Thursday's selection of Jack Fruit pulled pork.

The jackfruit (*Artocarpus heterophyllus*), is a species of tree in the fig, mulberry and breadfruit family (Moraceae). It is native to parts of South and Southeast Asia and is believed to have originated in the southwestern rain forests of the Western Ghats in the Indian subcontinent. The jackfruit tree is well suited to tropical lowlands, and its fruit is the largest tree-borne fruit, reaching as much as 35 kg (80 lb) in



weight, 90 cm (35 in) in length, and 50 cm (20 in) in diameter. The jackfruit tree can

produce about 100 to 200 fruits in a year. The jackfruit is a multiple fruit, composed of hundreds to thousands of individual flowers, and it is the fleshy petals that are eaten. The jackfruit tree is a widely cultivated and popular food item throughout the tropical regions of the world. Jackfruit is the national fruit of Bangladesh.



"Get Your Chili On," says Mona Shores Interactor Mallory Meston.

LAST WEEK'S PROGRAM

Muskegon Area Career Tech Center

**Speaker: Principal Kyle Fiebig
by RIM Reporter Peggy Maniates**

"Give these Young People a Future!" Kyle Fiebig says is the rallying call for the Muskegon Area Career Tech Center

Bob Chapla introduced Kyle Fiebig, below, Muskegon Area Career Tech Center (MACTC) principal to the Club. And just as quickly, Kyle fell back into his role of teacher and queried the Club "what is the number #1 common thing successful people have?" After numerous wrong or partially wrong answers, he responded. "In high school, successful people had part-time jobs." The room seemed surprised but upon further contemplation we all agreed—jobs, no matter how menial (such as cracking eggs or delivering Fuller Brush supplies), we all worked.

Fiebig then noted how difficult it is for young people in our community to do the same. That is why the MACTC is launching a program called "Muskegon Made". This program will be rolled out during the next few months and will provide students with the opportunity to work a part-time job. The program is made up of several phases. First, in February all Muskegon County High Schools will implement a "Career Cruising Program" which is an interactive **career** guide featuring multimedia interviews with real people in every **career**, in-depth occupational profiles and information on colleges

and universities.

www.careercruising.com. The second phase will be working with the community to help students explore different careers through career days, externships, internships and jobs.

Fiebig explained the career tech center is like a pipeline. Students work with their high school counselor and begin the process of applying to the program. Once accepted, students are "piped" into 17 different fields based upon



interests. **Dave Alexander** asked which of the 17 pathways has the largest need in the community and which do the students prefer. The principal stated the largest need in the community is manufacturing, but not many students understand what that means. They

tend to apply for space in programs that they know about, such as health care, green energy and their own creative ideas. Many come into the program as undecided and need additional information on what types of careers are available. This is where "Career Cruising" comes into play. Fiebig, commented students tended to change their mind between 7 and 10 times as they are exposed to different career options.

O The Muskegon Area Career Tech Center opened in January 2005 to serve juniors and seniors in the Muskegon Area. This 73,000 square foot "world class" training center provides students with the opportunities to ensure their success in both college and careers. The school is located at 200 Harvey St, Muskegon, MI 49442. The center has

a capacity of between 900 and 1000 students who come from all areas of the country. For more information, please visit their website at www.muskegonisd.org/career-college/ctc.

#

President Josh showed the Club a Rotary Fellowship Pin for bicycling. Rotary Fellowships groups are independent, social groups that share a common passion. Being part of a fellowship is a fun way to make friends around the world. He encouraged the club to look into options available on the website. <https://www.rotary.org/en/our-programs/more-fellowships>

Committee Reports:

Brianna Scott and **Bill Erickson** discussed the Community Service



Projects Committee's next event- Hygiene Kit Packing for International Aid. The event will take place on February 15, at 8:00pm. Hygiene Kits are consumable goods that people can use around the world when they are suffering or recovering from recent disasters or illness. Events are held once a month and there is a \$15.00 fee to participate. The last event broke the record for kits packed in one session – 3,600. Can the Muskegon Rotary Club break that record? Please Contact Brianna to sign up and for more information, please see <http://www.internationalaid.org/about/media/photos/hygiene-kits-2/hygiene-kits-get-involved/>

Brianna also reminded the Club that the final Habitat for Humanity build dates are coming up. Please see the sign-up sheets and do your part.

It's time to start getting ready for *Parties in the Park*. The committee will meet on Thursday, February 9, at 11:15am in 3rd Street Grille.

Everyone's invited.

The Rotary Scholarship Committee will meeting shortly as the scholarship process

begins February 1.

Everyone who has been a part of the process in the past will receive an email.

If you would like to help please email

Megan Byard-Karaba.

Stephan Newman, a Mona Shores Interact member reminded everyone about Get Your Chili On to buy materials for the upcoming Honduras Trip.

Howard Hardesty announced New Member Orientation this next Wednesday from 8:00 to 9:30am at the Shoreline Inn.

Darlene Collet hopes that all 33 Red Star Members are open to doing some projects to have those stars removed.

Visiting Rotarians & Guests

Retiree and former member

Susan Meston (Chris

McGuigan); MAISD-CTC's

Bethanie Swier (**Megan Byard-**

Karaba); Rev Joel James (**Jim**

Fisher); Mona Shores Interactors

Mallory Meston (**Susan Meston**)

and Steffen Newman (**Phil**

Friedrick); and Bellabay Realtors'

Carrie Eppard (**Susan Crain**).

Green Apple Badge Pgm

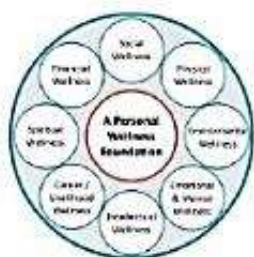
Some of you are already signed up and plugging away at becoming healthier.

Others may not have had a chance to sign up yet. If you are interested in signing up, please click this link:

<https://goo.gl/forms/8XEmAK5reUueYjeN2>.

We've also included the checklist, **below**.

Please do not hesitate to contact any member of the 1 in 21 Motivation Team with questions. Those members are **Jerry Conrad, Jamie Hekker, Jim Fisher, Ammy Johnson, Nate O'Brien, Cathy Brubaker-Clarke & Jeff Lohman.**



Muskegon Rotary 1 in 21 Committee Checklist for Rotary "Green Apple" – Badge Program



The Four-Way Test of the things we think, say, or do...

Is it the truth?

Is it fair to all concerned?

Will it build goodwill and better friendships?

Will it be beneficial to all concerned?

Required

		Check-off	Date
1	Physical with primary care provider annually		
2	Adopt a consistent exercise routine (walking, running, cardio, aerobics, etc.)*		
3	Eat a balanced diet, with at least 5 servings of fruits and vegetables daily. In consultation with health care provider, nutritional goal is to maintain or achieve an optimal weight **		
4	Register for Seaway Run (6/24/17) as a participant or volunteer – or participate in 1 in 21 Action Team/Committee		
5	Tobacco cessation program, if applicable		

Healthy Habits/Activities – Daily living (choose 2)

		Check-off	Date
1	Get at least 7 hours of sleep/night		
2	Drink 8 glasses of water daily		
3	Eliminate high sugar and artificially sweetened drinks (e.g. soda pop, energy drinks)		
4	Do simple stretches in the morning and evening		
5	Buy a fitness tracker and track your progress daily (Fitbit, Garmin, etc.)		
6	Floss daily		
7	Eat lunch away from your desk/computer to limit screen time		
8	No electronics at the dinner table		
9	Get up from your desk and walk at least once per hour		
10	Do not use electronics for at least 1 hour before bed		
11	Compliment someone daily		
12	Use proper handwashing technique – sing Happy Birthday!		
13	Limit your intake of alcohol to moderate consumption recommendations: up to 1 drink per day for women and up to 2 drinks per day for men***		
14	Practice safe driving including no texting or app use		