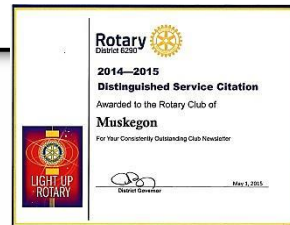


"Service Above Self"

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 23, 2017 12:00-1:15pm

Lake House Waterfront Grille

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



Jane Clingman-Scott, Director
Ed Hendrickson, Director
Mark Meyers, Director
Jason Piasecki, Director
Lisa Hegenbart, 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?



(2/23) "United Way Update on ALICE Project" Christine Robere

"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

JD Wallace Sr

THIS MEETING'S MENU

Barbecue Chicken Buffet –
served with a garden salad bar,
herb roasted redskins, a
fresh vegetable and cookies

STUDENT GUESTS

Whitehall Vikings

NEXT WEEK'S BIRTHDAYS

Jim Fisher Feb 26

Esther Ricco Feb 29

FUTURE PROGRAMS

03/02 Women's Rotary Leadership

03/09 Muskegon History Project

03/16 First Tee Golf Program

03/23 West MI Power Cleaning

03/30 RI Foundation

04/06 The Hope Project

04/13 Crandalls Combing Cuba

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Mark Meyers mmeyers@nortonshores.org

Jason Piasecki Jason@revel.in



January 2017

Rotaractor of the Month AJ Henderson

AJ is a first year member of the Rotaract Club of Baker College of Muskegon. He is majoring in Entrepreneurship and hopes to help others once he

obtains his degree. During January, AJ spent every Friday morning volunteering at Kids' Food Basket, which helped him earn our Rotaractor of the Month award. When he isn't volunteering at Kids' Food Basket, you might find him working out at the gym or spending his time helping other organizations he is passionate about. We are lucky to have such great members like AJ in our club. Thanks for all you do, AJ!

This Week On Stage

ALICE, a United Way acronym which stands for "Asset Limited, Income Constrained, Employed" represents the growing number of individuals and families who are working, but are unable to afford the basic necessities of housing, food, child care, health care, and transportation.

"TO THE MOON, ALICE... TO THE MOON"

Through a series of new, standardized measurements, United Way is quantifying the size of the workforce in each state that is struggling financially, and the reasons why. These measurements provide a broader picture of financial insecurity than traditional federal poverty guidelines.

SPEAKERS, NEW MEMBERS ALWAYS WELCOME



Muskegon Holiday Inn

Thursdays 5:15 – 6:30pm

The Station Grill is opening on a Sunday for our Baker College Rotaract club so we can raise money for Boys & Girls Club of the Lakeshore. It is a great value for the buffet line food being offered-1/2# burger with a variety of toppings, buffalo wings, Texas fries, and a soft drink. Tickets are only \$15 per person – Linda Meyers, Faculty Advisor

Baker College of Muskegon
ROTARACT CLUB PRESENTS

BUILD YOUR BURGER

ALL PROFITS GO TO THE BOYS & GIRLS CLUB

AT THE STATION GRILL
VARIETY OF TOPPINGS

COMES WITH BUFFALO WINGS
CLASSIC TEXAS FRIES
AND SOFT DRINK

\$15

ON MARCH 12TH FROM 11-4PM

910 W BROADWAY AVE, MUSKEGON

Mark Your Calendars
THIS WEEK, FEBRUARY 23,
AND ALSO ON MARCH 9, AND
MARCH 23, ROTARY WILL
MEET AT THE SHORELINE INN.

Smaller on a Sliding Scale



Bob Scolnik wrote: "Busy day Saturday that included a radio interview with Merle and I and Carrie Kelly, operations supervisor at Mercy Health's Weight Management Center at the H.E.A.R.T Center on Sherman Blvd and Roberts in Muskegon. The moderator was Mike Zalewski, a member of the Mercy Health Public Relations team and the show was produced by old friend, Bill Marshall of WFFR 100.9 Muskegon Radio. We were there to talk about our combined weight loss of over 62 pounds using their program and the HMR system that they recommend and use. The HMR program is currently #1 on the *US News & World Report's* list of fastest weight loss systems. It is more difficult to lose weight as you age, but Merle and I are great examples of the fact that it can be done and it doesn't take any extraordinary effort. The interview was featured on 100.9 Sunday, February 12 at 1 pm. A story recently appeared in the Mercy Health News that also featured our story. We were pretty pleased!

https://l.facebook.com/l.php?u=http%3A%2F%2Fwww.mercyhealthnews.com%2F2017%2F02%2F10%2Fb0b-and-merle-scolnik-achieve-success-with-hmr-program-offered-through-mercy-health-weight-management%2F&h=ATPvph6vPxxhEgmm8KzB5-B0X-tJ007oLqNS_tYPcUnq2AWqbFR-RY4ztSQ405c_6Mv_8aSB2JEQJA6guEvaX8JvCkXIOAp4SbAmLTqErbDUToJaHnQP1fFwfwmisc6xUYb8PlhWwPfmTmw

Some Soup for you

I'm writing today to be sure you are aware of an opportunity coming up on **March 8** to help feed the hungry of Muskegon County. It is the 20th annual Soup's On Along The Lakeshore! fundraiser that supports the Muskegon food pantry, which is operated by Catholic Charities West Michigan

In addition, it is a great night of sampling dozens of soups donated by local restaurants >>>

>>> who also want to fight hunger. There will be live entertainment throughout the evening at the Trillium Event Center in Spring Lake (just off US 31 on Van Wagoner Road). Doors open at 6 pm on Wednesday, March 8. All money raised is restricted for use only in Muskegon County. Tickets are \$40 each and available at our agency's Muskegon office, 1095 Third Street, or online at soupsonforall.org. Find more information about Catholic Charities West Michigan at cwestmi.org.



Paul Keep

Catholic Charities West Michigan | Director of Philanthropy and Communications | cell: 616.570-5718 | work: 616.551.5662

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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 or the following week's issue. Submit brief announcements in writing to Editor Bill Johanson or one of the RIM Correspondents above.
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Grape Escape

Charity Partner Sought

The Muskegon Rotary Grape Escape Committee, announcing that this major fundraising event is Wednesday, October 4, 2017 from 6 to 9 pm at the Frauenthal Center, is seeking applications from charitable, 501(c)3 organizations to be our 2017 beneficiary of funds in the amount of \$10,000 towards direct service programs that show evidence-based outcomes. More than \$130,000 has been raised over 13 years for programs that impact our community. The Grape Escape 2017 Charity RFP can be found on our website:

<http://muskegonrotary.org/grape-escape-2017-beneficiary/>

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

Acting President Kathy Brubaker-Clarke announced that Rotary International is hosting the World Peace Conference at the University of Michigan, Ann Arbor on March 31-April 1. Jody Williams, Nobel Peace Prize 1997 will be presenting, "Imaging Peace in an Unstable, Divided World." Our Rotary Club was asked to share in the total cost of the conference, \$240,000, with a contribution of \$2000. The Board voted to provide \$1200, an anonymous donor is at \$400 and Kathy asked for Club members to consider donating towards the remaining \$400.



Rem Sprague introduced the newest **Paul Harris Fellow, Mary Boyd, Executive VP, Regional Operations for Mercy Health.**



Red Star Removal: Ammy Johnson, left, from Harbor Hospice had the star ripped from her badge by sponsor Mary Anne Gorman....

There are still dates available in February and March that volunteers are needed to assist with building of the Habitat for Humanity home. Sign-up sheets went around to all members. Please reach out to **Kathy Moore** or **Brianna Scott** if you can assist.

Recruiting Chair **Orville Crain** wanted to thank all members for continuing to recruit new Rotarians. With four new inductees Thursday, that brings our Club total to 238 members with more in the pipe. We're now only a few members away from being the largest Club in District 6290.

Last Week's Program

Putting People and Pets Together

Speaker: Lana Carson, Director

www.poundbuddies.org /

By RIM Reporter Lisa Hegenbart

Pound Buddies Animal Shelter and Adoption Center is Muskegon County's largest animal shelter serving the needs of homeless animals and pet-loving people since 2002. Their core purpose is to care for homeless dogs and cats and find them new loving families. Their mission is to be a guiding force to ensure the well-being of every dog and cat in Muskegon County. Each year



more than 2000 animals are welcomed into their shelter as they are an "Open Admission" facility, which means they take in any cat or dog that comes to them. As of last year, they became a "No Kill" shelter meaning that they will not euthanize animals that are adoptable.

When taking in new dogs or cats, Pound Buddies assesses



each animal from medical, behavioral and social needs. They work diligently to have the dogs and cats in their facility adopted into homes that are a good fit for both animal and family. Beware of the Chihuahua! They can be more of a troublemaker than the 70 lb Pitbull.

As an organization, Pound Buddies thrives to work with partners across the county, state and nationally for the best needs of the animals. They are developing new programs that meet the needs of both pets and people.

Currently, they are piloting a program called, "Operation Heading Home" where up to 10 juveniles in the system are paired with a dog for 10 weeks which teaches positive reinforcement with the youth while working on obedience training for the dog. So far it has been a tremendous success for the youth to learn communication skills and realize success in a safe environment. Additionally, Pound Buddies is working on youth advocacy using animals to cultivate a sense of service and adding a fitness class called 5K9 Pack Walk which will

provide the opportunity for community members to take a dog for a walk in locations throughout Muskegon County.

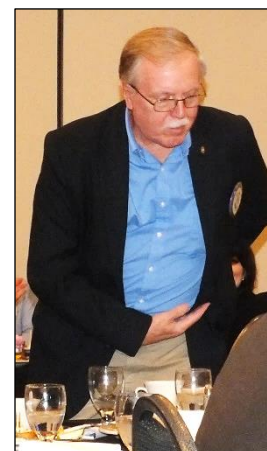
If you have a passion for animals, reach out to Lana Carson at Pound Buddies as they would be eager to have your help through adoption, volunteering or funds to help support the programs.

#

Ginny Sprague shared regarding raffle tickets that are available to support the Rotary Foundation. They are \$20 each and all funds will go to support the foundation.

Matt Kaley and Chris Kuhn are dancers in the upcoming Dancing with the Local Stars a fundraiser of the Women's Division Chamber of Commerce. The shows beginning next week Thursday but are already all sold out. They continue to ask for funds to support them and ultimately the local food pantries.

MCC Rotaract Club is doing a Polio Fundraiser where they are selling cookies. They have sold 50 so far and had cookies available for members to buy today at the meeting. They will also be hosting a Polio Volleyball Fundraiser in April.



The chili cook-off recently raised \$5400. They wanted to thank those who made chili, provided donations and to **Bill Loxterman**, shown here taking an

extra-long bow, for being the winner of the chili cook-off.

Club Still Growing

Four new members were inducted into the Club last week, clockwise, **Heidi Sytsema**, Muskegon Community Foundation; **TJ Morris**, Garland Co; **Carrie Eppard**, Bellabay Realty; and **Mike Poulin**, Muskegon County Sheriff.



Hygiene Kits Prepared



Last Thursday night, nearly 40 fellow Rotarians worked shoulder to shoulder to impact the lives of those in need. The Community Service Committee did a great job mustering the troops to rally around International Aid. The event was a fun and frantic time of fellowship constructing personal Hygiene Kits for distribution to impoverished Native Americans families living on reservations across America. The goal was to build 2160 hygiene kits and consume 15 pizzas. We exceeded our goal on both fronts by completing 2520 kits and polishing off 20 pizzas. My sincere appreciation to my fellow Rotarians for your commitment to service above self!

Bill Erickson

Director of Advancement
International Aid



Above, **Pam Babbitt** shared that **Bill Johanson**, selfie photographer extraordinaire, was the BIG winner of the latest "10 Brave Rotarians" contest. He will receive a 2-night stay at the Holiday Inn, breakfast, \$100 to use at the Third Street Grille, and he will receive a coveted Paul Harris Fellowship.

Visiting Rotarians & Guests

Best friend Devon Kitchen (**Dakota Crow**); Ami Gongalski (**Adam Zuwerink**); Aaron Pulisfer (**Orville Crain**); Mary Boyd (**Rem Sprague**); Kim Nelson (**Ammy Johnson**); Nick Osborn (**Jeff Lohman**); Megan Romkema (Rotaract Committee); Lori Weiler (**Kirk Hallman**); Alan Hinks (**Tim DeMumbrum**); and visiting Grand Rapids Rotarian **Paul Keep**.

Jane Clingman-Scott presented a joint request from Rotary 1 in 21 and Great Start Collaborative for members to complete the Maternal & Infant Health Survey. There were paper copies on the table or an online version that members can complete.

THIS WEEK: LAKE HOUSE



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		