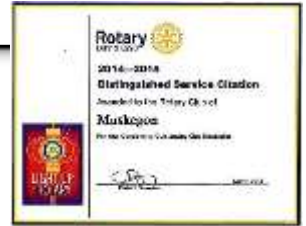
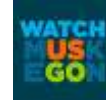




Muskegon Rotary in Motion



Susan Crain, President
Josh Wallace, Pres-Elect
Cathy Brubaker-Clarke, Pres Nominee
Pam Babbitt, Secretary
Tim Arter, Treasurer
Brianna Scott, Imm Past President

Muskegon Rotary Club

Club 216 (2809) – District 6290, Chartered May 1, 1916

January 28, 2016 12:10pm

Muskegon Harbor Holiday Inn

<http://www.muskegonrotary.org>



Ed Hendrickson, Director
Linda Juarez, Director
Kathy Moore, Director
Jason Piasecki, Director
Kathy Moore, 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?



Program: "Alliance for Marijuana Prevention" DJ Hilson

MEETERS / GREETERS

Ginny Sprague

TIME FOR REFLECTION

Gary Ostrom

THIS MEETING'S MENU

Taco Bar/ Beef and Chicken;
salad bar w/ 6 toppings, 3
dressings; chips w/ salsa;
assorted desserts

STUDENT GUESTS

Mona Shores Sailors

NEXT WEEK'S BIRTHDAYS

George Maniates	Jan 29
Heather Brolick	Jan 30
Judy Johnson	Jan 31
Lee Coggin	Feb 1

UPCOMING PROGRAMS

02/04 Conflict Resolution
02/11 Diversity & Inclusion
02/18 Junior Achievement
02/25 Rebound Brazil Student
04/30 **100 YEAR CELEBRATION**

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Jason Piasecki Jason@revel.in



Our [Rotaract of Baker College of Muskegon](#) continues its service tradition of excellence, ← shown here back to [Kids' Food Basket](#) on the first Friday after winter break. These team members, from left, are: Rosemary Ruiz, Courtney Alt, Brittney Johnson, La'Quesha Dixon, and Rodney Savage.*

* Related Baker request- page 2

Accomplished Women

The Greater Muskegon Woman's Club will honor three Muskegon County women who achieved great things through their lives of service to the community. The breakfast ceremony will be held at the Woman's Club, 280 W Webster, on Saturday, March 5, 9-12 AM. The featured speaker will be **Nancy Crandall**, left, former



mayor, state representative, and past president of the Muskegon Rotary Club. The following link provides additional details and ticket info:

<http://clubrunner.blob.core.windows.net/00000001911/e-n-ca/files/homepage/greater-muskegon-woman-s-club/Greater-Muskegon-Woman-s-Club.pdf>



Three Stories at a Time:
Women of Accomplishment

One in 21 Connection

TOO SMALL FOR HIS BREECHES



A long time weight loss program available through a West Michigan hospital is topping a new list. Click to... [Read More #](#)

True success stories in the world of healthy weight management

are, sadly, too few and far between. But we've got one involving a beloved stablemate worth sharing. It begins in RIM today with Donna Welch, above left, and Carrie Kelly, employees of the Mercy Health Weight Management Center, hoisting a creation very much like a product of Omar the Tent Maker.

- Continued on page 2 – OMAR

LOOKING FOR OMAR???

Ed. Note: OK, you've found Omar. This is actually an update on Bob Scolnik's recent weight loss and a Channel 8 interview (cover page's "[Read More](#)") running this week. For those already thinking "summer" and skimpy beach attire, the words ahead may inspire you. They're swiped from a Bob Facebook memo.

"About a week ago, I received a call from Mercy Health's Weight Management center... the program I recently used to lose 37 pounds... and they said that their system, the HMR program, was listed on the *US News & World Report* list as the "Best Quick Weight Loss Diet for 2016." It had also been featured on *Good Morning America*. They asked if I would be willing to take part in a TV interview with Channel 8 News. They considered my weight loss an excellent success story and thought I'd be a good candidate for the interview.

I certainly hadn't lost the most weight - some have lost more than 150 pounds - but Donna, Mercy's health educator, said that I had "gotten it"... not only with the diet, but with the fitness piece and the lifestyle changes. I'm still at my lowest weight... months after reaching it. I'm not special and started the weight loss program because I was sick of being overweight. I made up my mind to follow through, even when I really wanted to get off course. Honestly, it wasn't that hard and I've become hooked on exercise: walking every day and I use a treadmill for about half of what I need every day. I also use a Fitbit Activity Tracker. There are lots of tracker brands; this one keeps track on my wrist and I can see my progress all day. It was a key piece of the puzzle to keeping me on track. — Bob Scolnik



Bob and Health Educator Donna talk as part of the Channel 8 feature last week. Some 35 new prospective clients called the center the day interview first aired.

Cheerin' for Addy



"Addy is about a third of the way through her chemo treatments and is responding well. Her white blood count is potentially such that she can't be around a lot of people, so she spends most of her time with just family members. I take her to the park to swing A LOT! Linda and I are here (in Florida) for the rest of the month to provide care while her parents work. Your thoughts and prayers have been invaluable to all of us. See you in February." — (Grandpa) **JD Wallace, Sr**

GOLDEN BAKER OPPORTUNITY

Hi... Our Rotaract club at Baker College of Muskegon **is looking for a few guest speakers** to come to our meetings. We would like to have someone about once a month for the next four months. Might there be any "takers"? We meet on Tuesdays from 4:30 - 5:45pm.



Our club is also going to a Muskegon Lumberjacks game on 2-5-16. We will be raising money for Kids' Food Basket at the game. We **would love to have some Rotarians at the game** to help support our efforts and cheers us on!! We can get \$8 tickets for anyone interested.

For both opportunities, please contact me - linda.meyers@baker.edu

Linda Meyers, Faculty Advisor

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This publication, Muskegon Rotary in Motion (RIM), is intended for the private, non-commercial use of our members and friends. RIM content includes correspondents' reports, meeting announcements, satire sort of, and Club- or member-related social media items. The deadline for RIM announcements 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.
© Rotary Club of Muskegon



Above, an "old" friend, last year's Miss Shoreline (West Michigan's contestant at Miss Michigan), Quinn Fischman, was busy last week at the North America International Auto Show at Detroit's Cobo Center.

CLIP 'N' SAVE

Good Reason to Mark Calendars

To help us understand how the "other half" lives, we're changing two of our regular meeting locations. We will meet at the Lake House on February 18, and the Watermark 920 on February 25. Again...

Feb 18 – Lake House

Feb 25 – Watermark 920

then it's back to the Holiday Inn

Last Week's Program

The World of [Physical] Rehabilitation

by Kathy Moore

Fellow Rotarian **Marty Sytsema** presented a moving and humorous program last meeting about the history, opportunities and threats in the profession of physical therapy. Sytsema is an expert on the subject, as he is currently the Reimbursement Director with the



Michigan Physical Therapy Assn, and teaches manual therapy Continuing Education courses

for other therapists around the country. In addition, Marty is co-owner of *I'move* (formerly named Shoreline Sport & Spine Physical Therapy) with five locations in West Michigan. The main *I'move* hub is in Ferrysburg/Spring Lake where US-31 intersects with Van Waggoner Road.

Staffed with a multidisciplinary group of movement professionals, the company provides individualized treatment, training, and teaching to help their clients >>>



>>> embrace an active and healthy lifestyle. According to our speaker, "The 'I' represents your body and unique goals; the 'move' signifies the truth that daily movement can transform your life."

Physical therapy (PT) primarily focuses on movement, reduction of pain, restoration of function and prevention of disability. "The history of physical therapy and rehabilitation started with WWI," Marty explained, "when nurses trained as reconstruction aides." Today, the completion of a



doctorate program is required. "It's *really hard* to get into the program," he emphasized.

Physical therapy is present and active in a lot of different settings, including hospitals, sports, schools, nursing homes, workplaces and more. Sytsema highlighted some of the new advances in the PT profession such as robotics, haptic devices, video game platforms, and telemedicine. He shared that some of the recent challenges/threats to the profession include a changing reimbursement model, licensing issues, turf wars (other professions doing what *they* do), and medical system ownership (big fish gobbling up little fish). Opportunities on the horizon include direct access (no physician referral needed initially),

cash services, and workplace wellness initiatives.

At the end of his presentation, Sytsema utilized a table of members to demonstrate how the parts of the body are interrelated and interdependent on each other.

#

SATELLITE MTG – 1/21/16

by Stacey Cornell

Tonight was a small meeting, just **Kevin Ricco**, **Phil Friedrich** and myself. Phil was kind enough to fill us in on how fabulous **Marty Sytsema** was today and that it was too bad we missed it. Perhaps Marty could make a special appearance for the Satellite members. Hint, hint.

While tonight's meeting wasn't well attended, it did provide the advantages of getting to know other members in a quieter, more intimate setting. (Those of you with dirty minds, just hush yourselves). Networking is one of the many reasons to be a member of Rotary, and the Satellite meetings are an ideal place to do that. Stop by sometime and meet your Satellite counterparts. Thursdays at 5:15pm at the Third Street Grill.

Committee Announcements



John Noling announced that the Life Leadership Committee has a

PowerPoint presentation available to promote the program to high school juniors and mature sophomores in the community. For more, here's the LLC's website:

<http://ridistrict6290.org/Event/5bc98988-7c86-45d2-9319-b22907e533a4>

LIFE LEADERSHIP CONFERENCE

Jun 17, 2015 1:00 PM – Jun 20, 2015 3:00 PM – Tustin MI

Rotaractor of the Month

Megan Malewitz is a third year member of the Rotaract Club of Baker College of Muskegon.

During December, the last month of Megan's club participation, she has volunteered at our table fundraiser (all proceeds going to our big project this year - Kids' Food Basket) and also helped to decorate Peace Poles with our club and Path'nders. Thanks for all the hard work, Megan!



Visiting Montague Whitehall Rotarian Ed Kaminski invited



members to participate in his club's pancake breakfast event on March 20 at Whitehall High School (7:30am - Noon). There will be entertainment in addition to the breakfast. Tickets are

\$6 adults, \$3 kids ages 6 to 12, and free for kids ages 5 and under.

Tim Arter promoted the Crain House Lottery 50/50 drawing for the End Polio Now fundraiser. The \$10 ticket includes a chance to win 50 percent of the pool and an invitation to the open house reception celebration.



There were 60 Lottery slots available; 45 have been sold.

Visiting Rotarians & Guests

Visiting Montague-Whitehall Rotarian Ed Kaminski; prospective members Eddie and Kendra Babbitt, and Heidi Adams (**Pam Babbitt**); BBBS Executive Director and prospective member Lisa Hegenbart (**Pam Harris**); MLive Account Exec Tom Burger (**Chanda Wilson**); Holton Public Schools Supt Jason Kennedy, Rachael Moreen, Mystic Hayes & Erin McDermott (**Club**); AgeWell Services Director of Advancement Diane Smith (**Kris Collee**); Community Foundation Donor Services Director Heidi Sytsema (**Bob Chapla**); and Friends of Hackley Public Library board member Carolyn Madden (**Don Crandall**).



Brianna, Don, Carolyn, and Marty

Don Crandall, as past chair of the Community Grants Committee, and current chair **Brianna Scott** presented a "handshake," representing a \$2,000 check previously received, to Friends of Hackley Library representatives Carolyn Madden, and **Marty Ferriby**. The funds will be used to purchase lecturns, microphones and other 21st Century equipment as part of a renovations project at the library.



President-Elect Josh Wallace, sitting in for the vacationing (again?!!) **President Susan**, reminded members to please continue contributions towards Every Rotarian Every Year. Based on the winter membership count of 220, the Club goal is \$22,000.



Thanks to a number of ways recently of acquiring a Paul Harris Fellowship, **Mike Hansen** received his Thursday, **Jane Clingman-Scott** and **Eugene Fethke**, above, both received their second fellowship, and **John Noling** was designated a Paul Harris Fellow +2.

Congratulations, all four.



Gary Nelund, with **Secretary Pam** just as delightfully joyous. We thank the mayor for his \$100 contribution and this Cootie cute pose.

And finally, winner of the Cootie competition was