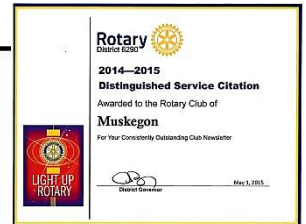




Muskegon Rotary in Motion



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

July 30, 2015 12:10pm

Lake House Waterfront Grille

<http://www.muskegonrotary.org>



Linda Juarez, Director
Kathy Moore, Director
Jason Piasecki, Director
Frank Marczak, RIM Reporter
Jason Piasecki, 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: "Rotary/MSU Peru Medical Service Project" Chris Rogalla

MEETERS / GREETERS

Marty Sytsema and
Jane Clingman-Scott

INVOCATION

Adam Zuwerink

THIS MEETING'S MENU

Fajita Bar with warm tortillas,
grilled chicken, refried beans,
sautéed onions and peppers,
salsa, sour cream, shredded
lettuce, diced tomatoes,
shredded cheese, and
brownies

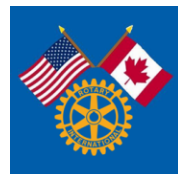
NEXT WEEK'S BIRTHDAYS

Connie Maxim-Sparrow	Jul 30
Steve Dangel	Jul 31
Joan Schmitt	Jul 31
Jane Johnson	Aug 1
Matt Kaley	Aug 2
Mary Lou Achterhoff	Aug 3
Roman Marciniak	Aug 3
Gary Post	Aug 3

PROGRAMS/ EVENTS

08/06 E-merge Update
08/13 Empowering Ex-Offenders
08/20 TEDx Renae Hesselink
08/27 Every Woman's Place
09/03 Life Leadership Conference
09/10 Civilian Community Corps
09/17 Irish Consulate
09/24 Boys & Girls Club
09/23 **Grape Escape**

International District 6290



District 6290 is an international district of sixty Rotary clubs, fifty-six in West Michigan and four clubs in northern Ontario spaced along a

three-hundred-sixty kilometer stretch of the Trans-Canada Highway between

Wawa and Blind River. Last week's speaker was District Governor Tom Schmidt, above.



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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, occasional satire, and 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.

This Week on Stage

Students, faculty members and alumni from the MSU College of Osteopathic Medicine, along with other physicians, last August went on a two-week medical journey to Peru where they took more than \$150,000 in medications and supplies that were used to treat nearly 1,900 patients.

More than 50 participants, including 26 students and another 20 physicians and residents, traveled to the village of Iquitos and spent several days treating



patients from a boat along the Amazon River, above. MSU student Chris Rogalla will lead us thru this adventure.

2015-16 Club Directory

Were it not for a just-discovered leak in our 55-gallon Army Surplus drum of printer's ink, the Club Directory would already have been at local newsstands and available on-line thru Amazon and places like that. So until the next ink drum arrives, you still have time to ensure your ClubRunner profile is current and no participle is left dangling.

Down - Down - Down



Bob Scolnik and workout trainer Ron Clark

While many of us struggle with weight control, even as we actively support the Club's 1 in 21 initiative, **Bob Scolnik's** recent success (27.5 pounds in 13 weeks) is enough to give many dieters hope. Working with Hackley Health Management's long established weight-loss program, keeping careful track of what he eats, meticulously counting calories, and exercising, Bob's success is visibly obvious.

"Also, it's easy to do with the www.myfitnesspal.com website," he said. "I limited myself to 1550 daily calories, plus active exercising. In the weight management class, I learned that if you take your goal weight, say 170 pounds, and (for a man) multiply it by 11 ... that's the number of calories, maximum, you should eat in a day. Women should use a multiplier of 10.

"In my case, I am now eating a maximum of 1870 calories per day and the weight is still coming off ... I feel great and I think my eating and exercise habits have changed. Why, in another few months of aggressive exercise, I may try out for a part as The Hulk in the next Avengers movie."



Coming to a theater near you in July 2023

'Round Rotary's RIM



President Susan sporting her friendly and welcoming smile brought the club to order at 12:15 on a beautiful sunny day in Muskegon. She introduced her guest, **Julia Rupp**, a member of Health West. Julia is a pending member of the club.

Birthdays of five Rotarians were acknowledged and each paid \$10 to furnish the coffers of a fund that is used to help the needy.

Dr. Don Crandall admitting that his report was not directly related to Rotary business but indirectly related to community growth. He reported on the soon to be open downtown campus of Muskegon Community College. On July 27 from 11 am to noon, the public is invited to a Board Meeting of the MCC trustees at the former Muskegon Chronicle Building. Trustees and the public will have a chance to hear and comment about planned architectural changes to the building (including the Masonic Temple) to accommodate college classes.



Megan Byard is still looking for a family, or families to host inbound exchange students for the upcoming school year. A host family is desperately needed by the end of August to host one of the inbound students; the other has already been placed with a family.

Grape Escape is not going to escape our attention. Volunteers are needed to work the tables and pursue items for the auction.

Two inductions took place today and District Governor **Tom Schmidt** had the honor of conducting the ceremony. **Cathy Moore** introduced **Jen Bailey**, a member of

Affinia Health Network. She has been with Trinity Health since 1995 and joined the Lakeshore Network in 2002.



Jim Fisher introduced **Jawana Jackson** who has worked in the health care field since 2004 and is currently with Trinity Health. She has been actively involved in community events and both young ladies are welcome additions to the club.



10 Brave Rotarians – Muskegonopoly Edition



35 Rotarians Enter. 3 Leave with a Paul Harris Fellowship. Find out who these Brave Rotarians will be in just 17 weeks.

Last Week's Program

District Governor Tom

by Frank Marczak



District Governor Tom Schmidt was today's program presenter. Tom and Denise have two children and have been foster parents for 30 children. He joined the Hart Rotary Club in 1977 and was appointed to the role of District Governor in January of this year.



Tom brings the theme of this year's campaign; Be a Gift to the World to each club he is meeting. Schooled and practiced as a pastor, his enthusiasm and belief in the role of Rotary comes through loud and clear. He urged Muskegon Rotarians to practice the "gentle push" philosophy. Encourage each other and friends and family to be a positive force in their community and the lives of others. He especially urged Rotarians to assist with the recruitment of host families for exchange students.

Tom mentioned the 2016 District Rotary Conference that will be held in Muskegon in

April 2016 is also the 100th anniversary of the Muskegon Rotary Club and it would be grand to have a significant celebration during the conference or in May on the actual date of the establishment of the Muskegon Rotary Club.

Tom mentioned that 2014 was the first year in 10 years that the number of Rotarians in the district increased. Over all gains exceeded departures and he wants to continue promoting that action. He also thanked the club for their commitment to the Rotary Foundation and urged 100% participation, one of the goals also set by President Susan.



Club members were treated to a fine presentation by an enthusiastic District Governor who is in his own right, Being a Gift to the World.

Grape Escape September 23

Muskegon Rotary Club will host its Annual **Grape Escape** Wine & Food Festival at Bella Maria's Ristorante & Event Center on September 23, 2015. This annual event, which features Michigan wines, microbrews, and local cuisine is a community-enriching fundraiser that brings together several hundred members of the greater Muskegon community. Moreover, the event has grown in popularity and has become a vital networking and social event for local business leaders.

Your attendance of this event is encouraged and sincerely appreciated.

Your ticket purchase and participation in the Silent Auction will help the Muskegon Rotary provide a \$10,000 grant that will be used to benefit those residents of our Muskegon community who are most in need. This year's grant recipient is The Hygiene Pantry, hosted by Covenant Community Church. The Hygiene Pantry provides basic personal care products, such as soap, shampoo, deodorant, tooth paste and toilet paper to over 150 low-income families each month who would otherwise not be able to obtain such products.

RSVP and buy tickets online at muskegonrotary.org/grape-escape-2015/

Annual Fundraiser
Grape Escape
Muskegon Rotary 2015

Save the Date
9/23/2015
6:00pm - 9:00pm
Wednesday

Taste Michigan Wines & Craft Beers
Eat Delicious Food
Silent & Live Auctions
and more...
\$40/person

Bella Maria's Ristorante
and Event Center
If you have any questions please
message us on facebook
Muskegon Rotary Grape Escape
facebook.com/rotarygrapeescape
Purchase Tickets at:
www.muskegonrotary.org
To benefit:
COVENANT
Community Church, U.S.A.
Community Hygiene Pantry Project





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