

The RIM Newsletter

Rotary

InMotion



Club 16 (2809) District 6290, Chartered May 1, 1916
<http://www.muskegonrotary.org>



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

Celebrating the people, events, and actions of the Muskegon Rotary Club September 19, 2024

Next Meeting (September 26, 2024, 12-1:30pm) — Pesto Chicken at the Lake House
Program Topic – 5 Rotarians, 5 Minutes

What's Coming

Sept. 26 – 5 Rotarians, 5 Minutes
 October 3 – Every Rotarian Every Year

Upcoming Birthdays

September 28	Nancy Crandall
September 29	Dimitri Poland
September 29	Andrew Zahrt
September 30	Carla Flanders
September 30	Bill Loxterman
October 2	DJ Hilson
October 2	Joanne Stoneburner

Caring Connections Fund



[Click this link to donate \\$10 on your birthday](#)

Greeter This Week

Joey Foley & Don Kalisz

September Reflectors

Adam Bell	September 19
Rob Cook	September 26

RIM Reporting this Edition

Photographer – CeCe Riley
 RIM Reporter – Ginny Sprague
 RIM Editor – Susan Besteman

9/19/2024 Muskegon Rotary
 YouTube Video Link: [Click here](#)

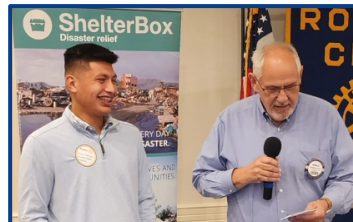


Adam Bell encouraged us to have “unstructured time” this week and finished with a poem by Robert Frost called “Acquainted with the Night”



Ava Bentley, guest of **John Noling**, was a former President of the Mona Shores Interact Club who went to U of M and excelled in the Rotaract Club while there. She is now working at the University of Utah Hospital Cardiology Dept.

VISITORS & GUESTS



Allanger Salgado, owner of Allanger Salgado Insurance Agency, was introduced by his office neighbor, **Doug Brown**



Melissa Moore introduced her guest, Nicholle Applewhite (Program Director for the Center of Health & Wellness for the Urban League of West Michigan)



North Muskegon guests were welcomed today with pronounced applause after **Marty Sytsema's** introduction & perfect picture pose! Principal Jennifer Schultz introduced Bear Brewer (Sophomore) and Sophia Corbin (Junior).

ReWine meetings are every 1st & 3rd Thursday each month at 5:15pm at **Unruly Brewing**

This week's program: MUSKEGON SHIP: A Landmark NIH ComPASS Community Award



Speakers: Samantha Cornell & Allison Revell
Introduced by: **Rem Sprague**
Reporter: **Ginny Sprague**

Samantha Cornell, Director of Community Based Services with Access Health, opened our program today with a brief history of Access Health, which will be celebrating its

25th birthday next month as a community structural change catalyst. The Access Health multi-share, community-designed

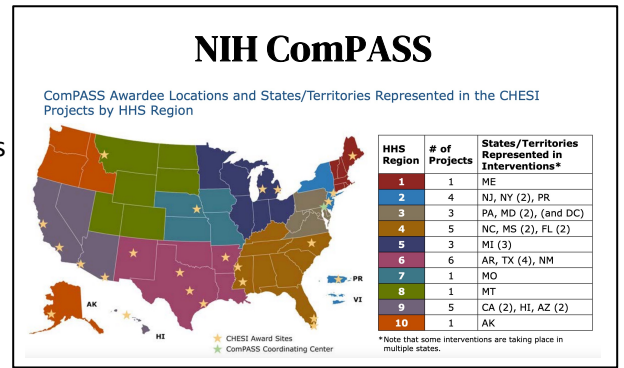
model aligns community systems to address social determinants of health, support local small business growth by enhancing their ability to attract and retain employees, and provide low-income workers with comprehensive, affordable health coverage to the segment of our population not eligible for Medicaid but needing a zero deductible, low-cost insurance plan. The Access Health Coverage Plan, which is aligned with the Affordable Care Act (ACA), was the first in the nation to achieve CMS MEC certification, is a gold metal tier plan, and on the cusp of achieving platinum status based on



government and accounting specialists' evaluation.

The Access Health model is rooted in an integrated systems approach to improve health. Based on its 25-year history of a community-designed and integrated approach to improving individual and community health, Access Health was asked to apply for this this landmark NIH Community Award and was one of only 25 awardees across the United States and its territories. This program is unusual in that this is a ten-year program.

Allison Revell, the Project Manager for the NIH ComPASS Opportunity took the lectern to talk about the details of the NIH grant. ComPASS is an acronym that stands for Community Partnerships to Advance Science for Society. Announced in 2022, this is a community-led research program to study the underlying structural factors within communities that affect health. It will enable research into sustainable solutions that promote health equity to create lasting change in communities across the nation.



The 10-Year Timeline is divided as follows: Years 1-2 will be for planning; years 3-8 will be implementation, and years 9-10, evaluation. This plan will help build the SHIP, which stands for Sustainable Health Investment Partnership.

Muskegon County is one of the least healthy counties in Michigan, ranked 69 out of 83 counties. Ms. Cornell identified some of the health issues our residents experience including high rates of adult smoking, obesity, physical inactivity, excessive drinking, diabetes, high cholesterol, high blood pressure, adult asthma, kidney disease, teen births, sexually transmitted infections, and low birthweight babies.

Why does Muskegon County experience such poor health?

Residents of Muskegon County have spent a lot of time asking the whys to identify the root causes of our health disparities. Money is a factor. Ms. Cornell reported 42% of households in Muskegon County are ALICE or below. ALICE is an acronym for asset-limited, income-constrained employed. In 2021, the level for ALICE was \$25,932 for a single adult and \$59,016 for a family of four.

Muskegon residents have been giving a voice to the financial needs of our community to address our poor health numbers. The on-going

Livability Labs allow our residents to identify barriers to income. Our speakers encouraged Muskegon Rotarians to get involved in the Livability Labs and lend our voices to the discussion.

The Muskegon SHIP program seeks to improve community health, provide economic mobility for workers and their families, and support employers by reducing absenteeism and turnover. [Accesshealth.org/SHIP](https://www.accesshealth.org/SHIP)
Over the next nine years, our community will build the SHIP through a community wellness plan designed to improve health by addressing barriers to health and economic mobility. In addition to Access Health, the SHIP team includes community partners.

SHIP Research Team

Access Health

Primary Investigator: Samantha Cornell
Co-Investigators: Jennifer Barangan (Community Data)
Dr. Byron Varnardo (Health Impact)
Allison Revell
Project Manager:

SHIP Think Tank

Community Intervention Partners

Research Partners:

Michigan Public Health Institute (MPHI) - Health
W.E. Upjohn Institute for Employment Research - Economic

The program looks to build a community benefits bridge that will align existing programs and find the gaps to address our health needs. The plan will not duplicate existing programs. Our speakers concluded their presentation identifying our multi-sector and community-led anchor support for the SHIP initiative: Access Health, Tri-Share Childcare, and Wheels to Work.

Ms. Cornell and Ms. Revell answered questions from our Muskegon Rotarians on this exciting health investment for our Muskegon community.

Spotlight Video Cathy Brubaker-Clarke



In celebration of International Peace Day 2024 (Sept. 21, 2024), our Muskegon Rotary Peace Builders Club is reaching out to Muskegon County school Interactors for their views of what peace means to them. Cathy Brubaker-Clarke, co-chair of the Peace Builders Club, explained whatever form their impression takes (written, spoken, musical, etc.), the students' work will be shared with our club at the December 5th meeting.

To see the full video, [CLICK HERE.](#)

Muskegon Rotary Board

Tim Arter, President
Dave Alexander, President-Elect
Roger Morgenstern, President Nominee
Ginny Sprague, Past President
Kristi Nagengast, Treasurer
Jane Clingman-Scott, Secretary
Kim Boersema, Club Coordinator
Directors:

Aaron Maike Tom Palmer
Brandon Turnbull Esther Ricco
Marty Sytsema Lisa Tyler

Please email Club Board Members through this [link](#):

RIM Reporting Team

Co-Editors: Susan Besteman & Jackie Farrar

Reporters: Kathy Moore, Roger Morgenstern, Meredith Smillie, Sue Samaniego

Photographers: Mark Alpher & Roger Morgenstern

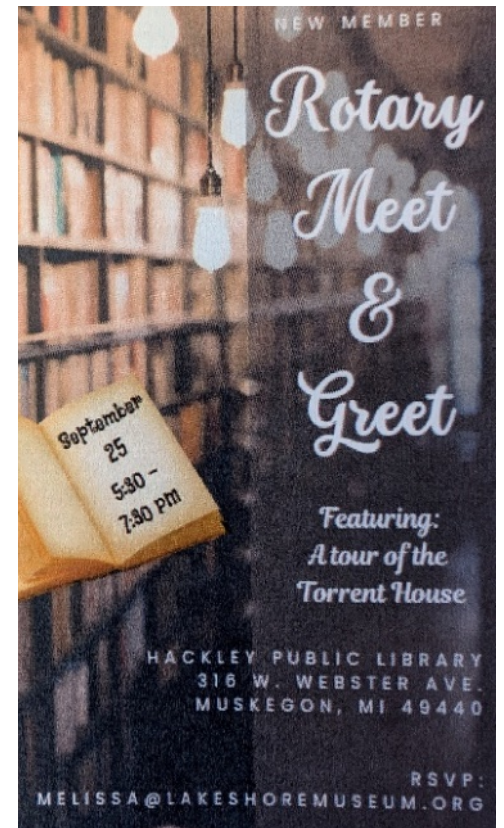
Contributors: John Noling, & Mike Vogas

ANNOUNCEMENTS

Sunday Funday Now Make-Your-Own-Fun Day



Irma Carney announced our next Rotary Social Committee event for Sunday Fun Day at Muskegon Luge Adventure Park has been cancelled due to unforeseen circumstances. Stay tuned for future events.



Microforest Mondays

8:30am – 10:30am

Help is still needed!

Contact **John Noling** for more info

Big Read Lakeshore



Sarah Rinsema-Sybenga invites all of us to participate in this year's Big Read Lakeshore with "The Great Gatsby." You're also invited to a block party for this year's kickoff at Bethlehem Park (421 W. Summit St, Muskegon Heights) on Thursday, September 26th at 4-6pm. See Sarah for more details!



Adopt-A-Highway Program – Volunteers Needed Sept 28th

Our next pickup for the Muskegon Rotary stretch of highway on I-96 will be on Saturday, September 28. Volunteers will meet promptly at 8:45am for a short safety talk, then head out on the road to pick trash. (We will finish no later than 11:00am, sooner if we get a lot of help 😊). If you can help, please contact **Esther**

Ricco, riccoe@gvsu.edu and she can provide you with details. Be a part of keeping our adopted stretch clean and taking action to protect our environment!

Rotary District Conference in Muskegon – Oct 18th-20th



President Tim Arter announced our Club is offering a \$100 registration incentive to the first ten members who have never attended a District Conference. Please contact **Kristi Nagengast** or **President Tim** for the details.

To register – [CLICK HERE](#)

Click on the picture to see **District Governor Brianna Scott's** invitation to the upcoming conference.



We're excited to invite you to our upcoming District Conference from October 18th to 20th at the beautiful Delta Hotel in Muskegon. This year's conference promises to be a truly

magical experience with three extraordinary events that you won't want to miss:

1. **The Rotary Foundation Gala:** Celebrate the incredible work we've done together and look ahead to even greater accomplishments. This elegant evening will be filled with inspiration, recognition, and fellowship.
2. **Fall Learning Summit:** Elevate your Rotary journey with insightful sessions and dynamic speakers. You'll gain new skills, fresh ideas, and the motivation to take your impact to the next level.
3. **Community Service Project - Part of the District Conference:** As part of our commitment to making a difference, we will participate in a hands-on project focused on improving literacy in our community. Your contribution will have a lasting impact on many lives.

And for a special treat, we'll be joined by a magician who will not only dazzle you with tricks but also inspire you with magic that ties into our Rotary values.

There are several options available to you. You can attend all three events (yes, there is a discount) or only one. The choice is yours! Mark your calendar for this extraordinary weekend. We can't wait to see you there! Click the below picture for more details:



OCT. 24, 2024 @ 5-8pm

Baker College Culinary Institute of Michigan



Harvest Fest

A perk of volunteering Oct. 24 during Harvest Fest is discounted admission!

This event is for the entire community, and we welcome anyone to join in on the fun (not just Rotarians).

Tickets:

Tickets are on sale now! More information can be found [HERE](#). Tickets are limited so be sure to get your ticket(s) soon!

Sponsorship:

The HF committee would like to challenge each member to help raise funds for this event. It is very simple challenge, they ask that EACH OF YOU call or email ONE friend or business person you know, and ask them if they would be willing to sponsor the event! [HERE](#) is a link to view and download the sponsorship document. Feel free to email it or print it off and share it with someone you know! There will also be copies at the weekly Rotary luncheons on the back table.

Volunteer:

Volunteer registration is open! [HERE](#) is the link with more information. All volunteers that

would like to enjoy the Harvest Fest activities before or after their shift will enjoy a discounted ticket price for the event!



Tickets on sale for \$85

Proceeds support the Muskegon Rotary Foundation



Ep 37: The Culinary Institute of Michigan: Preparing the Next Generation of Food Service Professionals



Join host **Rem Sprague** and guest **Aaron Maike** as they explore the Culinary Institute of Michigan at Baker College of Muskegon.

Discover how this program blends classroom learning with real-world restaurant experience to train the next generation of award-winning chefs and restaurateurs. From mastering culinary techniques to running a successful business, the CIM is shaping the future of the food service industry.

Get ready to be inspired and maybe even a little hungry.

<https://www.buzzsprout.com/2269729/15769631-the-culinary-institute-of-michigan-preparing-the-next-generation-of-food-service-professionals>

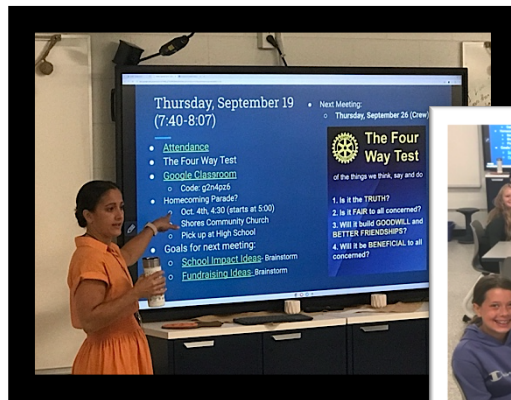
Chili Cook-off Committee Members Needed



ReWine has commenced its planning for the Chili Cook-off and is looking for committee members to assist with event planning, promotion, ticket sales, sponsor support, and other roles. If you are interested, contact **Jerry Kuester**, **Katie Drake**, or **Craig Pirrotta**.

Interact Insider

Club Adviser Jenna Arter met with a very talented and inspired group of students this morning to discuss fall plans. Rotary welcomes you and we look forward to working with you!



September is Hispanic Heritage Month!



September is Hispanic Heritage Month and [CLICK HERE](#) or scan this QR Code to view a reading list.

Pop over to your local library branch to find these (and more!) books!



Please welcome potential new members:

Dr. Emma Schroeder McClintock who is self-employed at Equinox Chiropractic. Emma is sponsored by **Lisa Kraus** and has been approved by the Muskegon Rotary Board. Emma will be inducted in the next few weeks.

Lisa Gatti-Arnold who is the Dean of Nursing & Health Programs and MCC. Lisa is sponsored by **Susan Samaniego** and has been approved by the Muskegon Rotary Board. Lisa will be inducted in the next few weeks.

Andrew Mateskon who is the Founder of Mateskon Law. Andrew is sponsored by **Brandon Turnbull** and has been approved by the Muskegon Rotary Board. Andrew will be inducted in the next few weeks.

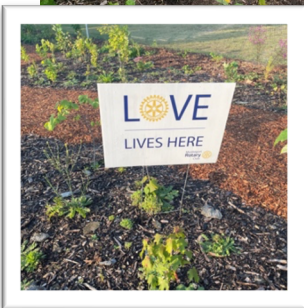
Patrick O'Brien who is employed by the Boys & Girls Club of the Lakeshore and works in Resource Development. Patrick has been approved by the Muskegon Rotary Board and will be inducted in the next few weeks.

Microforest Update

The Marquette Microforest is off to a great start thanks to our terrific Rotary partners:

- United Way of the Lakeshore
- City of Muskegon
- West Mich Regional Shoreline Development Commission
- Marquette Neighborhood Association

Our appreciation to United Way for organizing the very successful Sept. 6th Day of Caring and installing the new Born Learning Trail at Marquette Microforest! Help is still needed; please contact **John Noling** if you can help.



LECTURE SERIES

Fall 2024

WEDNESDAY SEPTEMBER 25

6:00pm • Stevenson Center Room 1300
Free & open to the public



Dr. Kevin Timpe
Professor of Philosophy,
Calvin College

“Disability Justice and Civil Rights”

THURSDAY NOVEMBER 14

6:00pm • Stevenson Center Room 1300
Free & open to the public



Dr. Emily Dolson
Assistant Professor in Computer
Science and Engineering,
MSU

“Building Lifelike Ecology and Evolution in a Computer”

Come join us!
Each lecture will last for about an hour with Q and A to follow.



**Muskegon
Community
College**