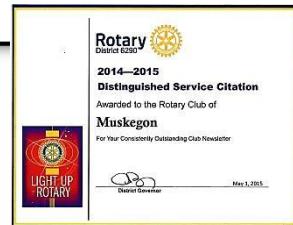


"Service Above Self"

Muskegon Rotary in Motion

<http://www.muskegonrotary.org>



Cathy Brubaker-Clarke, President
Kathy Moore, President-Elect
Linda Juarez, President-Nominee
Nancy Crandall, Secretary
Tim Arter, Treasurer
Josh Wallace, Immediate Past President



Muskegon Rotary Club

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

May 3, 2018 12:00–1:30pm

Lake House Waterfront Grille

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

Jane Clingman-Scott, Director
Ed Hendrickson, Director
Mark Meyers, Director
Jason Piasecki, Director
Ammy Seymour, RIM Reporter
B Johanson, D Manley, RIM Editors



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?



(5/3) "Law Day Speeches" Award Winners

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

Kathy Moore

INVOCATOR - REFLECTOR

JD Wallace, Sr

THIS WEEK'S MENU

Beef Stroganoff with buttered egg noodles; a garden salad bar; herb roasted redskin potatoes; chef selection roasted vegetable; and cookies & brownies

NEXT WEEK'S BIRTHDAYS

Robin Hard May 03
Susan Holkeboer May 09

STUDENT GUESTS

Reeths-Puffer Rockets

FUTURE PROGRAMS/EVENTS

05/03 **Begin Lake House** for 6 months
05/03 **Law Day Speeches**
05/03 **New Member Get Together**
05/10 **Greater Muskegon Women's Club**
05/17 **Meet @ Holiday Inn, not Lake House**
05/17 **No. Initiatives Dev. Financing**
05/24 **Frauenthal Center Update**
05/31 **Rotaract/Interact Annual Report**
05/31 **Community Mixer-Mona Lake Park**
06/07 **Economic Case for Justice Reform**
06/14 **Miss Michigan Scholarship Pageant**
06/21 **El Salvador/Honduras Report**
06/28 **Passing of the Gavel - Cathy to Kathy**
06/29 **Rotary's "Party in the Park"**



This Week on Stage

According to a *Wall Street Journal* article, the average American now reads only 19 minutes a day. According to a recent *Wall Street Journal* article, the average American now reads only 19 minutes a day. That's not much time at all, when you think about it. Literacy is a pre-requisite for the kind of government our Founders had in mind. For freedom and self-government to work, we need engaged and responsible citizens. This has always been a work in progress but seems to be needed even more today.

Looking at the kind of discourse going on around us today, it seems clear that we could use some more work on more reading for understanding, writing for clarity, and speech that is civil and reasoned while advocating a position.

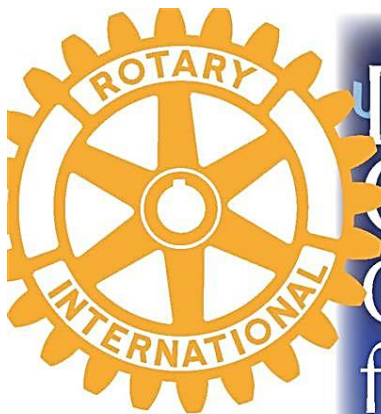
The F.O.E.'s attractive 8-lane bowling alley downtown Muskegon, below, hosted Rotary's after-hours soiree on Thursday. More kegler party talk later.



Baker College Rotaractors were seen during highway



trash pick-up last week, above, modeling the Club's new reflective safety vests. They're quite stylish, Ashley and Megan seem to be saying, and are available for borrowing. Contact J Griffith or Orville Crain or any PR Committee member.



District 6290 Conference... Can't Miss Events for All Rotarians

Thursday Night
Foundation Gala!
@Citi Flats

Youth Exchange

Fun Events
for Rotaract,
Interact and Youth
Exchange!

Friday!

Rotarians

A great start to the Day with a Buffet Breakfast, followed by Greetings from Rotary & Elected Officials, and morning Keynote Address by **Brianna Scott** on Diversity and Inclusion, and finding your Passion through Rotary.
Six Great Breakouts cap the morning program.



Great Breakouts!

Friday Morning Breakouts

- Orville's Membership Challenge
- How to write a TRF Grant
- Water and Sanitation Projects
- Rotary Leaders for the 21st Century (middle school leadership conference)
- "Students to Students" India School Desk & Teacher Training Project
- Rotary Centers for Peace and Conflict Resolution

Interact

Following a hearty lunch refuel, Internationally acclaimed U.N. Rotarian and Former General Secretary of Rotary International, **Ed Futa**, delivers his Keynote address followed by Special Recognitions Awards and a special presentation by **Court Clarke**, Youth Exchange from Canada to Zambia who brought her two distinct Rotary Clubs together to "Make a Difference" globally.

Six Key Breakout Sessions complete the afternoon... then Social Time begins! Explore all that Downtown & Lakeshore Holland has to offer!

Enjoy a Special **Dinner at Macatawa Bay Yacht Club** and more time to enjoy the wonders of Holland in May!



We call it "Big Red"



@Haworth Inn, Holland

More Afternoon Breakouts

- District Public Image Initiatives
- Connecting Rotaract, Interact, Youth Exchange, RYLA with Rotary Service
- District Interact Report
- District Rotaract Report
- Fundraisers that Work
- Impact of District Rotary Foundation Grants

Saturday!

6290 Conference 2018 wraps up with a terrific schedule:

- Buffet Breakfast
- Memorial Service
- Final Breakout Reports
- Rotary Peace Fellow Report
- Rewards & Recognitions
- 6290 Business Meeting
- Little Libraries Service Project and Networking
- Tour Holland and Safe Home!

Rotaract

District 6290 Conference

Thursday - Saturday
May 17, 18, & 19 • 2018 • Holland, Michigan





Return with us now to that thrilling tale of yesteryear and those reflective vests that actually cast a bright flashlight shine as the live-long day melts into night. Orville Crain and J Griffith, above, have vests to lend; Susan Crain, background, likes to present the latest in subtle photo bomb techniques.



Muskegon Holiday Inn

Thursdays 5:15 – 6:30pm

RIM Reporting Team

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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 for the following week's issue. Submit brief announcements on writing to Editors Bill Johanson or Dave Manley or one of the RIM correspondents above.

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Note: We now are meeting at the Lake House until November. Tell your friends; then get 'em to join.

Rotary Park: The Latest

According to Bob Lukens, Community Development Director for the County, Muskegon County Facilities Management is preparing specs for the irrigation system, which will include plumbing, electrical and irrigation elements. As soon as they are complete, they will go out for at least here quotes. Facilities is also lining up quotes for installation of the imprinted pavers at the granite memorial. The Peace Pole will be placed near the granite memorial. Please advise on placement of the pole.

Nancy Crandall added, "We hope to have a dedication early summer."

Visiting Rotarians & Friends

Lakeshore Museum Development Director and prospective member Katie Van Duselaar (**Annoesjka Solar**). Student guests were Fruitport Trojans.

Muskegon Rotary Board

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 Kathy Moore mooreka@co.muskegon.mi.us
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 Mark Meyers mmeyers@nortonshores.org
 Jason Piasecki Jason@revel.in

You are cordially invited

Harbor Hospice
35th Anniversary Open House
 3:30 to 6:30 PM - Thursday, May 3rd

Harbor Hospice Main-Office and Scolnik Healing Center
 1050 W. Western Avenue, Muskegon

3:30-6:15 PM Tours, Appetizers, and Libations
5:30 PM Welcoming and Testimonials

For Information:
 Ammy Seymour

The favor of a reply requested by Friday, April 20
 1.800.497.9559 or email info@HarborHospiceMI.org

NEWS / ANNOUNCEMENTS – PRESIDENT AND OTHERS

President Cathy encourages our Club members to read the April issue of the *Rotarian* connecting fellow Rotarian's around the world with conversations that affect us all.

Cathy also promoted the next New Membership gathering at her and Doug's house, 2147 Bluffton Ave. May 3, 5-7pm

Are you interested in a \$500 match for a Paul Harris Award? If so, please reach out to **Ginny Sprague**.

The Seaway Run is being run, you see, on Saturday, June 23, 2018.

Sponsorship support, volunteers, and runners are needed, and should inquire to **Jamie Hekker**

231.724.1203.

She has a special card, above, with all the key Seaway Run stuff on it, and will soon send some of it your way.

Rotary Orientation - Wednesday, May 1st 8-9:30am at the Shoreline Inn Community Mixer with Rotary – May 31st 5-8pm at Mona Lake Park. Contact **Marcia Hovey-Wright** for more info.



Last Week's Program

CUP-Health Counseling

By RIM Reporter Ammy Seymour



Our program presenter – Amy L. West, MSW, ACSW – is president of CUP-Health. Amy, left, founded the Center of

Possibilities (CUP) in 2001, a private-practice counseling center. She created the CUP-Health corporate division in 2012, the Employee Assistance Program where she serves as president.

Amy believes getting to the root cause of things, and making a sustainable change is where you need to start.

A contemporary Employee Assistance Program (EAP) is a catalyst for positive change for the company, the leadership, and its employees. At CUP-Health, their innovative programs build trust, improve communication, and impact the bottom line.

Five key areas that will make a positive difference for your employees, your EAP utilization, and your organization.

1. They come to you. An on-site program and visibility result in higher utilization rates and have a favorable influence on culture.

2. Leadership. Although they report aggregate data to preserve confidentiality, their unique, “boots on

the ground” perspective allows them to provide relevant information to leadership for problem solving, planning, policy creation, and team building

3. Program awareness. CUP-Health provides a multifaceted outreach program that increases utilization so people can feel better, get back to work sooner, and be more productive. This comprehensive initiative builds relationships and trust while supporting you and your team.

4. Counseling. They work with you and recommend counseling opportunities that are based on research and real-life experience. They provide a proactive, sustainable solution that impacts change and promotes lasting results.

5. Impacting mental/nervous high spend areas. We know wellbeing impacts wellness. When mental health is compromised, it has a negative impact on physical health. A proactive, coordinated EAP program reduces medical benefit use and expenses.

Taking a closer look

Mental health imbalance – how do you identify it, what does it look like when one is out of balance and what do you do about it?



Executive Research Forum (PERF) more than American lives lost in the entire Vietnam War.

• Lt. Governor Calley reported, more than ½ the heroin addicts (reported addicts) started with prescription drugs...legal drugs couple this with the knowledge: There are 1.1 opioid prescriptions for every person in the state of Michigan...including children.

Signs & Symptoms

• Trust your gut – we all know when something seems off...we feel it.
o Personality shifts indicate a change in mood and emotional, which impacts thinking and behaviors
o The behaviors may present as a distancing/pushing away and a way to check out of life.

• What to do? Find your path.

o Check in with your guidance system
o Look for clues

o Set yourself up for success

o Have a conversation

CUP Health – Here. To Help.

For more information visit www.CUP-Health.com or call Amy West 616.842.0264

Amy received her Associates Degree in Business Administration from Muskegon Community College, Bachelor's Degree with a major in Sociology and minor in Psychology, and a Master's Degree in Social Work from Grand Valley State University. She's looking forward to joining Muskegon Rotary in the near future.

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NOLING STATEWIDE RECOGNITION

Bob Scolnik proudly announced John Noling as the recipient of the Governor's Service Award- Mentor of the Year! John exemplifies this award as it honors an individual who has demonstrated a lifelong commitment to community involvement and volunteer service. You are invited to attend this special event on Tuesday, June 5 at the Warton Center in Lansing at 7pm. Please contact Bob if you are interested in attending.