

## Support for Hikikomori in Tokyo, Japan

The Rotary Club of Tokyo Edogawa, Tokyo, Japan, holds a hydroponics clinic for individuals suffering from Hikikomori, or severe social withdrawal. The clinic teaches participants to cultivate and cook vegetables while creating safe social interactions that help them reintegrate into society. Club members are committed to expanding the project, funded by district grants, to help those experiencing extended periods of isolation.

## Bridging Generations in Chichester, England

The Bridging Generations initiative by the Rotary Club of Chichester Priory, Chichester, West Sussex, England, connects college students with elderly community members every two weeks for coffee and conversation. Meals are prepared by catering students. The club funds transportation for the seniors to the Chichester College-facilitated event. It enhances the students' interpersonal skills and provides the elderly with valuable social interactions, strengthening ties across generations. This story originally appeared in Rotary's Great Britain and Ireland Magazine.

## Enhancing Understanding of Neurodiversity in Haiti

The Rotary Club of Juvénat, Port-au-Prince, Gonave-Azuei, Haiti, is holding workshops to train education professionals in understanding neuro-atypical disorders among children. The workshops teach trainees to better integrate the children, who often face stigma, into the community. They also teach how to respond appropriately to students with psychological distress. The club also hosted a televised symposium on child mental health challenges, featuring expert psychologists and psychiatrists. It put the spotlight on efforts to prevent affected children from being isolated and excluded.

# THINK ROTARY

# THE EARLY RISER

EVERY ROTARIAN  
US \$100  
EVERY YEAR



26 July, 2024  
Volume 42, Number 3

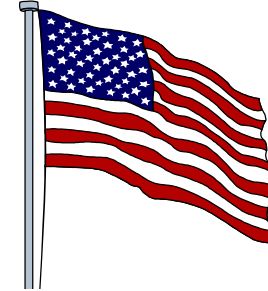
### THE ROTARY 4 WAY TEST

First: Is it the TRUTH?

Second: Is it FAIR to all concerned?

Third: Will it build GOODWILL and BETTER FRIENDSHIPS?

Fourth: Will it be BENEFICIAL to all concerned?



### ROTARY PRAYER

Oh Lord, and giver of all good, we thank Thee for our daily food.

May Rotary friends and Rotary ways, help to serve Thee all of our days.

# THE ROTARY CLUB OF WICHITA FALLS NORTH



2024-25 R.I. President and D5790 Governor:

President of Rotary International: Stephanie Urchick  
5790 District Governor: Andy Eads

OFFICERS AND BOARD OF DIRECTORS – 2024-25

President: Matt Milhollon ~ President Elect: Brandy Fields

Immediate Past President: Ajay Kumar ~ Treasurer: Ann Lucas

Executive Secretary: Jeani Secord ~ Secretary: Tom Sheriff

Sgt at Arms: Joe Clement: Directors: Clint Wood, Phil Waggoner, Gary Southard

Linda Sheriff ~ (PDG Ex-Officios) Tom Sheriff & Troy Secord

Website: [www.wichitafallsnorthrotaryclub.org](http://www.wichitafallsnorthrotaryclub.org)

*FUTURE PROGRAM ASSIGNMENTS*

July 26 ----- Julie Day  
**July 28-----Emilies Legacy Rescue ~ Fundraiser 7-9**  
 August 1 ----- Presentation on “Flag Etiquette” at The Forum  
 August 2 ----- Phil Waggoner  
 August 9 -----A.G. Clint Wood  
**August 16----- Board Meeting**  
 August 23 ----- Joe Clement  
 August 30 -----Mike Crocker  
 September 6----- Larry Gunnell  
 September 13 ----- Brandy Fields  
**September 20 ----- Board Meeting**  
 September 27 ----- Ajay Kumar  
 October 4----- Ann Lucas  
 October 11 -----Mrunalini Radker  
**October 18----- Board Meeting**  
 October 25 ----- Bill Neale  
 November 4----- Rob Noble

NEWS FROM OUR LAST CLUB MEETING HELD AT THE HAMPTON INN

Clint lead the club in the pledges and I didn’t catch who lead the Rotary Prayer.

The brag bucket was fed by Troy, Tom, Linda, DG Andy and Gary.

Jeani was put on the proverbial “Hot Seat”.

It was noted that Bill arrived earlier than Oku!

There were no anniversaries, birthdays or club anniversaries to announce.

The meeting was the Official Visit by our District Governor Eads. Andy gave a very inspirational presentation.

The raffle raised \$23.00 and Mike was the winner. Mike drew the 2 of diamonds for a \$5.00 prize. If this week’s winners draws the ace of spades they will win \$62.00 + ½ of what is raised today.

*NEWS FROM ROTARY INTERNATIONAL:*

ROTARY CLUBS LAUNCH INITIATIVES FOR COMMUNITY WELL-BEING:

Loneliness is a growing global health concern, affecting both mental and physical well-being. Its many causes include the increased isolation that resulted from the COVID-19 pandemic. Rotary clubs worldwide are tackling this silent epidemic. They’re launching a variety of innovative projects that seek to reconnect individuals with their communities and foster stronger social bonds. Here’s a sampling of how Rotary clubs are promoting mental health and making a profound impact on people’s lives.

**Music Therapy in Singapore**

The Rotary Club of Suntec City, Singapore, champions mental wellness through a three-year campaign involving music therapy sessions at the FRCS Eldercare and Caregivers Centre in Bukit Batok West. These sessions incorporate tunes and interactive movements to stimulate seniors’ minds and bodies, producing joy and combating dementia. The club plans to conduct a breakout session at the 2024 Rotary International Convention focusing on strategies to boost mental well-being.

**Youth Mental Health in Hilden, Germany**

Facing rising mental health challenges among teenagers, the Rotary Club of Hilden-Haan, Hilden, North Rhine-Westphalia, Germany, launched the Empowerment of the Youth project. This initiative teaches self-management, emotional intelligence, and resilience through workshops at the Realschule Hochdahl. The workshops reduce feelings of isolation while equipping youth to handle life’s challenges.

**Friendship Dinners in Boise, Idaho, USA**

The Rotary Club of Boise, Idaho, USA, introduced Better Friendship Dinners to combat loneliness. Members host diverse culinary events ranging from sushi rolling to barbecues. Todd Fischer, who initiated the project, envisioned the gatherings as a means of strengthening ties with the community while showcasing how Rotary members take action for lasting change.