

# Rotary District 5960 Monday Musings

Notes from Marlene Gargulak, District Governor, 2015-2016

December 4-10, 2015

## *December is Disease Prevention Month*



**WHY?** December is known for Christmas, Hanukah, and other celebrations of giving and love. But DISEASE: We need not look far to realize the needs of our community and our world, especially this month with endless TV commercials and your mailbox filled with requests from organizations with great causes. The NEED is great. Rotarians all over the world are concerned about this ever-growing issue: Check out this site on the Rotary. Org website to learn more about the theme of the month.

<https://www.rotary.org/.../disease-prevention-and-treatment>

An initiative mentioned during my installation is the formation of a **Rotary Health Action Group** or Rotary Healthy Lifestyles committee. This was personal to me because I wanted to be conscious of my food intake and weight gain during the visits to your club. (*District Governor's average weight gain during their term is 28#*) Another important reason is the aging of our club members and the increase of disease in our society. Some of the statistics for death and onset of disease in the US are staggering and many diseases are preventable. As Rotarians it is important for us to take action and as leaders become models for healthier living. Health care costs have skyrocketed in this country due to an over-reliance on treatment.



### WHAT CAN WE DO?

#### 1. World-

- a. Continue our efforts to eradicate polio by providing vaccine for all children of the world. Check out: [www.polioplus.com](http://www.polioplus.com)
- b. Fund International projects for water and sanitation, disease prevention and maternal and child health.



#### 2. Community

- a. Find a champion in your club to collaborate with the public health departments to build awareness of disease prevention including vaccinations for two year olds. Let's make sure no child is vulnerable to a preventable disease.

- b. Research healthy lifestyle initiatives in your community and have a forum based on those resources for Rotarians and community members.

### 3. Club

- a. Does the meal served at your Rotary meeting include healthy options?
- b. Do you have a regular fellowship opportunity that includes a physical activity? (Walking, running, biking or skiing groups)

### 4. Personal

- a. How will you keep on track during the month of December?
- b. What action plan will you do to be true to yourself during this month?
- c. Don't forget to exercise to take good care of yourself.

Note: **Rotary Healthy Action Group** will be sharing ideas at the **Midterm** on January 30, 2016. **Save the Date.**

## RACKS (ROTARIAN ACTS OF CHRISTMAS KINDNESS)

(aka: Random Acts of Kindness)

This is the **SEASON** to give, but it is more fun to think outside the box and do some Rotarian Random Acts of Kindness leading up to the special day on your calendar. As Rotarians we have it in our DNA to share and spread love and cheer. Replace your club program with time to do Random Acts of Kindness

Here are some ideas to make work and home exciting and fun for the week::

- December 7: Leave a Happy Note for a family member or employee.
- December 8: Candy Cane Bomb your parking lot.
- December 9: Be present in the moment for the opportunity to do a Random Act!
- December 10: Drop off some supplies at the local Animal Shelter
- December 11: Ring Bells for Salvation Army
- December 12: Send cards to people you have not seen for a while
- December 13: Stop by the Neighbors



**Being Conscious and Acting Randomly will change your live.**

**DON'T HAVE ENOUGH TIME: HERE IS AN IDEA:**

“ It's easy to implement, immediately effective, and doesn't cost a cent. First, go to your e-mail program. Second, disable all the audio alerts and mailbox pop-ups... That's it; there is no third step. Banishing e-mail notifications will make you about 10 percent more efficient and over a year that translates into one more month of productivity. The best work happens when you engage deeply on a single task. Every time you stop your flow, you have to once again decide to work and then it takes time to become fully re-engaged. Unfortunately we are conditioned to answer e-mail instantly, responding to the telltale 'ding' like Pavlov's dogs. Unless you have a pressing reason, check your e-mail at your convenience, during natural breaks in your productivity.”

(PIERS STEEL FROM THE PROCRASTINATION EQUATION)



*Rotarians and friends, you are invited to attend an open house at Nonviolent Peaceforce, one of Rotary District Grant 5960 partners, with music by Dedrick Flute Duo, and refreshments.*



*Saturday December 12 - 4-6:30 pm  
425 Oak Grove Street, Minneapolis,  
MN 55403 - R.S.V.P -Ann Frisch  
651-964-5738*

**DEADLINE FOR EARLY REGISTRATION IS DECEMBER 15 FOR THE INTERNATIONAL CONVENTION IN SEOUL, KORE**

**Connect with Korea --**



Join us in Seoul! Take advantage of early registration for the convention in Seoul, Korea, 28 May--1 June 2016. Early registration deadline is December 15, 2015. Sign up today at <http://www.riconvention.org/>. The District has

blocked 30 rooms for Rotarians, so please be sure to register with Katie Dailey at Dailey Travel.

THIS WEEK:

### VISIT TO ELK RIVER ROTARY



YOUTH EXCHANGE STUDENT, LUISA CORRA AND TROY ADAMS, PRESIDENT OF ELK RIVER ROTARY

### CELEBRATING BIRTHDAY



MARCOS CASTRO'S 16TH BIRTHDAY- CELEBRATING AT CASA MEXICANA

*Upcoming Events: Mark your calendars*

*December 7: Rotary Foundation Fundraising Committee meeting  
Roseville Rotary's Gala*

*December 8: Rotary District 5960 Board of Directors Meeting*

*December 18: Grants Sub-Committee Meeting*

*January 15-16, 2016: Rotary World Peace Conference, Ontario, California*

*January 29, 2016: Leadership Academy*

*January 30, 2016: Midterm and PETS Orientation*



**We are challenged by this theme: it is a call to action, a directive of service, an order to follow, a course to lay down, and a quest to pursue!**

**Join me during this exciting Rotary year to honor our journey together. Our time is short; it is fleeting already. We have just 7 MONTHS to respond to this challenge.**

**This is our Time!**

**Rotary**



**Be a gift  
to the world**