

District 5580 Environment Project Form

1. What was the project about?

Bismarck Rotary Club coordinated the 11th annual Keep Bismarck Beautiful community-wide clean-up day. Hundreds of volunteers of all ages including civic organizations, youth groups, business owners, city leaders, sports teams etc. came together to pick up the community! This is a powerful opportunity to practice service above self and care for the environment.

2. What did the project accomplish?

Cleaner, more beautiful roads, ditches, parks, and cities are the result of the great community effort. Participants' mental wellbeing is enhanced through this opportunity that provides fellowship, physical activity and volunteering.

3. How much did the project cost?

Booth at Earth Day Festival in Bismarck (4/16/24) \$200.00 receipt attached

Donated:

- Give away at Earth Day Festival booth (promotional opportunity 2 weeks before the Keep Bismarck Beautiful Clean-up event)
- 250 donuts for volunteers from Bearscat Donuts
- Coffee for 250 from Starbucks
- Gloves and garbage bags for 250 donated by Keep ND Clean
- Shirts and backpacks for 200 donated by Keep ND Clean
- Commercials from our local cable company (MIDCO)
- News interviews with 3 TV stations
- Coverage in our local newspaper, The Bismarck Tribune
- Directional signage for Keep Bismarck Beautiful event

4. Does this project also address the area of mental health?

Yes, there are proven benefits of spending time outside, physical activity and volunteering to increase satisfaction with life and positively impact mental health.

- **Benefits of outdoors:** [UC Davis Health](#), [American Psychological Association](#), [Harvard School of Public Health](#)
- **Benefits of physical activity:** [US Department of Health and Human Services](#), [National Institutes of Health](#), [UK Mental Health Foundation](#), [Mayo Clinic](#)
- **Benefits of volunteering:** [Mayo Clinic](#), [National Alliance on Mental Illness](#), [National Institutes of Health](#)

5. If yes, please share briefly about it.

Being physically active and spending time socializing with others outdoors can help improve mental health. Additionally, physical activity and exercise, which participants got by walking around picking up litter, can ease depression and anxiety symptoms. Lastly, volunteering and allowing others to benefit from the work you do has been shown to reduce stress, increase happiness, develop confidence and find a purpose.

6. Does your club have an Environmental Leader / Liaison?

Clark Johnson serves as our arboretum committee chair, so he would be an appropriate environmental liaison. _____

Link photos



See more photos of the actual Keep Bismarck event following the event on 5/4/2024 on <https://www.facebook.com/KeepBismarckBeautiful/>

Media Coverage

<https://www.kxnet.com/news/local-news/keep-bismarck-beautiful-spring-clean-up-set-for-may-4/4/22/2024> Radio show appearance with iHeart Media

Link MIDCO Spot:

https://drive.google.com/file/d/1kN6rgTsLv6ysPk2FFWJD4ZovmqqOA_Va/view?usp=sharing

Earth Day Festival Exhibitor Receipt

A note from Bis/Man Earth Day Festival

Hello Molly Herrington,

Thank you for your support and willingness to have an exhibitor booth at the Bis/Man Earth Day Festival. Your support helps inspire and educate today's youth on the importance of all things that matter to the Earth and become informed citizens for our future!

If you would like to contribute further, learn how to be part of the planning committee, or become a volunteer please contact:

Josh Steffan
2024 Earth Day Festival Chair
josh.steffan@nd.gov
1-701-328-5346

Transaction receipt

Molly Herrington (Bismarck Rotary Club)

PO Box 2431, Bismarck, North Dakota 58502-2431, US

Payment date: March 15, 2024

Payment method: **** 3399

Donation amount: **\$200.00**

Optional contribution to Zeffy: **\$0.00**

[What is Zeffy?](#)

Paid amount: \$200.00