



Newsletter March 2024

DISTRICT GOVERNOR'S MESSAGE



These past few months have been a whirlwind.

I hope your holidays were whatever suits you best—quiet or rowdy, family-filled, time with friends or time to yourself. Ours were just right with a bit of each.

In mid-January, Jeff and I were privileged to be part of a District 5790 group of Rotarians to visit Cuba. Our group took some desperately-needed cash and supplies to Cáritas, Catholic Charities in Cuba. Cáritas is the premier state-sanctioned social agency in Cuba, with programs including children's support, life skills for young adults with learning challenges, senior adult services, and outreach to those with HIV/AIDS as well as offering humanitarian aid and emergency response in crisis situations. Due to the political sanctions in place, the only way for aid to reach them from the U.S. is to take it in person.

We toured the city of Havana, learning about the primary economic drivers of the area. And we saw the disparity between the tourist sites and the reality of life for most of the population. It was truly heart-wrenching to see the poverty rampant throughout the country as well as the lack of available resources. But as we spent a bit of time with a group of seniors and young families with Corazon de Cuba, we learned that the Cuban people are proud of their heritage and their care and support for one another.

This was a life-changing trip, and Jeff and I will never forget what we learned and experienced or our traveling companions who have become new friends.

And Around the District:

The Rotary Leadership Institute is going strong in District 5790. We offered all three parts in January and parts 2 and 3 in February, adding ten more graduates to our corps of Rotary experts here in North Texas. And we will offer one more session of Part 3 on April 13. Stay tuned for details.

The District Nominating Committee interviewed candidates for District Governor 2026-27 and selected Angie Cox, member of Lewisville Noon Rotary and a past Assistant Governor.

In among all this, I've been traveling to clubs who couldn't attend the Rotary Foundation Gala in November to award them their recognition banners for giving to The Rotary Foundation in 2022-23. It has been such a pleasure to see many of you again and have the opportunity to thank you in person for your support of Rotary projects at home and around the world through our Foundation.

And in support of DGE Andy Eads, I assisted with District Leadership and participated in Lone Star PETS as a facilitator for presidents-elect from across Texas and Oklahoma.

All in all, I'm staying busy as your DG. But I always have time to take a call or answer an email. Please reach out if I or the District Leadership Team can assist you in any way.

Pat Peters



2024



June 27th-30th 2024

Texas Woman's University

Join us for an experience of a lifetime! We will challenge you, inspire you, and give you opportunities to work with peers from 32 counties and 75 Rotary Clubs across Texas.

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Rotary Youth
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is a dynamic leadership
experience for young
leaders in district 5790.

135 Youth

24 Counselors

Director

Clint Ishmael
817.774.3102

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www.RYLA5790.org

"RYLA changed my life!"



RYLA Camper Registration Link

<https://docs.google.com/forms/d/e/1FAIpQLSfxn0ocLI4OXcHB4NIFdGIPDgg9f5mnBdZXOoBYJpDfyudGHA/viewform?pli=1>

2024 DISTRICT 5790 ASSEMBLY AND CONFERENCE



- DISTRICT ASSEMBLY
- ALL CLUB CELEBRATION
- FOUR-WAY TEST SPEECH FINAL
- BUSINESS MEETING
- FRIENDSHIP, FELLOWSHIPS AND FUN
- DISTRICT SERVICE PROJECT



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ANDY B'S SOCIAL \$62/PERSON**

MENTAL HEALTH MOMENT

Self Stigma



What it sounds like:

I am dangerous, incompetent, and to blame for my condition.



How it impacts people:

Lowered self-esteem and efficacy. Less likely to seek support.

THE 3 TYPES OF STIGMA IN MENTAL HEALTH

SOURCE: ADAPTED FROM CORRIGAN, ET AL.

Public Stigma



What it sounds like:

People with mental illness are dangerous, unpredictable and hard to work with.



How it impacts people:

Higher rates of unemployment, homelessness and substance use.

THE 3 TYPES OF STIGMA IN MENTAL HEALTH

Institutional Stigma



What it sounds like:

Investing in mental health care is not worth the work or cost.



How it impacts people:

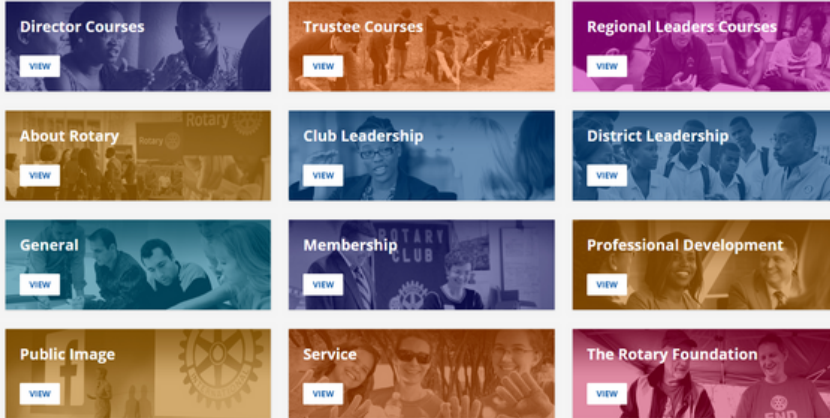
Lower funding for mental health care, research and resources.

THE 3 TYPES OF STIGMA IN MENTAL HEALTH

SOURCE: ADAPTED FROM CORRIGAN, ET AL.

THE LEARNING CENTER

Courses by Topic



Did you know there is a Rotary Learning Center full of courses! Learn about anything Rotary in the learning center.

<https://learn.rotary.org>