

District Dispatch

VOLUME 33, ISSUE 6

DECEMBER, 2023

Rotary District 6310

Grant Trainiing	2
"Tis the Season"	3-4
RI President Message	4
Polio Update	5
Bequest Corner	5
Annual Fund—SHARE	6
Pollinator Project	7
Membership Minute	7
Rotary Vocational Day	8
Suicide Resource & Response Network	9-10
Disease Prevention & Treatment Month	10
Interact News	11
Around the District	12-14
Foundation Gala Photos	15
Upcoming Events	16-18
Give the Gift of Rotary	19

Happy Holidays!

It is that busy time of year—and that can be seen by all the Rotary Club activities, too. I am always amazed at the wide variety of activities amongst the clubs!

As Dee Brock, Past District Governor and District Interact Chair, announced, we have 17 Interact Clubs in the District! And 16 of these Interact students are headed to the Dominican Republic, led by Randy Ettema, Past District Governor, to help the local community with clean water, medical, and painting projects. We look forward to hearing about their projects when they return.

As Shelley Norris, our District Rotaract Chair, has shared, we have three Rotaract Clubs that are restarting at SVSU, CMU, and Alma is on its way. We are still looking for someone to help at Northwood University. Congratulations to all involved in this valuable effort. Rotaract is a great opportunity for us to grow by introducing Rotary to young people in college or in the community at large.

December is Disease Prevention and Treatment Month on the Rotary Calendar. I think it is good timing when we think of the busy holiday season we are approaching as well as this year's focus on mental health. Let's not forget what Rotary International President Gordon McInally has shared—that as Rotarians we can help address our mental health needs by helping each other feel more supported, with a listening ear or an act of caring.



District Governor Melanie McCoy

Continued on Page 2

Happy Holidays (continued)

Just as a reminder: This year we are awarding a \$500 grant for a Mental Health Project.

Here is our criteria:

- Innovative strategies/actions that are address an identified community need
- Led/supported by Rotarians
- · Bonus points for multi-club activities
- Completed in the 2023-2024 Rotary year

This Mental Health Award, in addition to the Pollinator Project, will be awarded at the District Conference in Bay City - April 19th-20th.

I hope everyone has a great holiday season!!

District and Global Grant Training Coming Rotary Year 2024-25 Save the Dates!!

Each year, the district provides district and global grant training sessions for those clubs that plan to participate in either of the grant programs in the upcoming Rotary year. These training sessions address the key information that will prepare your club to apply for, implement, and close a successful grant project. While only one club member is "required" by The Rotary Foundation to attend, we have found that clubs benefit from having more than one member participate in the training.

Our training session for *district grants will be Wednesday, February 21*st at 7 p.m. The *global grant training session will be Wednesday, February 28*th at 7 p.m. Both sessions will be *via zoom* to eliminate travel time and the risk of postponement due to winter weather conditions. We will ask clubs to register their attendees in January.

Between now and then, please determine which of the training sessions your club will need to have members attend and who those members will be. It is only required that your club participate in the training session(s) for the type of grant you will be applying for in 2024-25. If you have questions, please reach out to Cheryl at cheryl.rotary@gmail.com

"Tis the Season"...

Rotary Foundation Committee Chair Cheryl Peterson

Can you hear it----ringing out loudly, in unison or in harmony? Carolers gustily singing the old favorite:

"Tis the season to be jolly, fa la la la la, la la la la".

It can also be: "Tis the season to be merry",

"Tis the season to be thankful",

"Tis the season to be giving".

And many more as fits our personal perspective in this "season" of the year.

Many of us celebrate through the giving of gifts to our friends and family. Some of us celebrate the season by giving gifts to those we don't know as we support a family or families in need. Some choose to support families who are food insecure by contributing to a food bank, others by dropping off a supply of food on the doorstep of the needy family. Some give to those who are in need of winter gear, help with an electric bill, or help with heating a home. And others entrust their giving to organizations who provide for the needs of the needy. Some giving is very public, while other giving is very private. However you choose to give----"tis the season to be giving."

If you are one of those who entrusts your giving to an organization, I hope you will consider The Rotary Foundation as one beneficiary of your year-end gift. Giving to The Rotary Foundation helps to enable Rotarians to make sustainable change in the lives of people in local communities and around the world. Whether we are feeding our community, creating safe water in a developing country, purchasing winter gear for school children, or designing a soap-making industry in a community far from home, the work of The Rotary Foundation occurs **ONLY** because of those who give.

At the beginning of December, the Rotary year was approximately 40% complete. Thanks to the Rotary Clubs of Sebewaing, Pigeon, Midland Morning, and Pinconning & Standish for exceeding 40% of their Annual Fund-Share giving goal for this Rotary year. What a tremendous outpouring of the giving spirit!! And congratulations to the Rotary Clubs of Ithaca, Saginaw Valley, and Frankenmuth Morning for closing in on the 40% mark!

"Tis the Season" (continued)

If you, as an individual, are planning end-of-year giving, I would respectfully ask you to consider The Rotary Foundation. You can give your gift in a variety of ways:

- A check written to The Rotary Foundation and mailed to: The Rotary Foundation, 14280 Collections Center Drive, Chicago, IL 60693
- Online with a credit card at <u>Donate | My Rotary</u>
- By phone with a credit card at 1-866-9ROTARY (1-866-976-8279)
- Online giving through Rotary Direct by clicking on this link: https://my.rotary.org/en/rotary-direct

Be certain to include your Rotarian membership number, District number (6310), and individual club number. Your club secretary would be a good resource in assisting you with making your gift to assure proper acknowledgement.

Thank you for your giving spirit!

"In December, I will attend the United Nations COP28 climate change summit in Dubai, United Arab Emirates. There, I will speak about the convergence of two global crises: climate and mental health. As the World Health Organization has noted, climate change worsens risk factors—such as disruptions to homes and livelihoods—for mental health problems. The emotional distress of a disaster also makes it difficult for people to recover and rebuild.

Rotary partner ShelterBox is an international disaster relief charity that has helped more than 2.5 million displaced people in approximately 100 countries with emergency shelter, essential household items, and technical support. I wish to share my December *Rotary* magazine column with their CEO, Sanj Srikanthan, who explains that the words we choose to describe disasters matter."

R. Gordon R. McInally President, Rotary International

Polio Update

By Chuck Cusick

As of November 29th, 11 cases of the wild poliovirus have been reported: 6 in Afghanistan and 5 in Pakistan. These numbers are reported on a calendar-year basis. As we come close to the end of calendar year 2023, we realize that our goal to end transmission of the wild poliovirus type1 might not be reached this year. We will keep you advised of any changes as they occur.

Approximately 950 million doses of nOPV2 have been administered across 35 countries. An additional sixteen countries have met the requirements for nOPV2 use in case of an outbreak. This is the vaccine that was developed to combat the circulating vaccine derived poliovirus.

Thank you to all Rotarians who are helping to eradicate this terrible disease.

If your club would like a presentation on polio, contact cvcusick@aol.com.

Bequest Corner Q&A

Every month the Dispatch will include a Q&A about estate gifts to The Rotary Foundation.

This month our Bequest Corner deviates from the usual Q&A about estate gifts to The Rotary Foundation. Instead of asking for estate gifts, we ask that, as the calendar year ends and you review your charitable gifts for the year, you consider a gift to Annual Fund—SHARE.

These gifts come back 50% to the district to direct their expenditure in three years. We use them for District Grants, Global Grants, Global Scholars, additional contributions for Polio Plus, for Peace Centers, and for occasional other international service projects. The other 50% goes into the World Fund, which we tap for matches for our Global Grants and Global Scholars.

The Rotary Foundation is recognized as one of the best charities in the U.S. year after year. You can be assured your gifts will be well spent and that administrative expenses will be kept at a minimum.

Give your donation to your club Foundation Chair or Treasurer or go to rotary.org, sign on as a member, and click the Donate Now link. And a special thank you to our Sustaining Donors who make regular monthly contributions already to The Rotary Foundation Annual Fund—SHARE.



Annual Fund—SHARE

By Annual Fund Chair Paul Hornak

We know that The Rotary Foundation is the non-profit charitable arm of Rotary International. It is supported by contributions from Rotary members and other donors who share our vision of a better world. The Foundation's mission is to help Rotary members advance world understanding, goodwill, and peace through local, national, and international humanitarian and educational programs.

The Annual Fund—SHARE system is how The Rotary Foundation distributes funds to districts. When you contribute to Annual Fund—SHARE. the first 5% is deducted for operational costs. The remainder of the contribution is divided between the World Fund and District Designated Funds (DDF). The trustees of The Rotary Foundation allocate money from the World Fund, and our district allocates DDF to the programs that clubs in the district want to support. You can help our district and support meaningful projects by giving to the Annual Fund—SHARE.

Local grants from DDF money within District 6310 for the 2022-23 Rotary year, numbered twenty for the total amount of \$37,070. Some items that were purchased with grant money were benches for several community parks, backpacks for children, a kayak launch, items for a baby pantry, a wheelchair ramp, books for a preschool library, food for a food pantry, supplies for a medicine project, a youth hygiene project, and books for a library.



Saginaw Valley—Thomas Township Nature Preserve Seating Project



Caro—Youth Hygiene Project



Oscoda—Preschool Library



Bay City and Bay City Morning—Benches at YMCA Uptown Park

Pollinator Garden Project

By Environment Champion Anne Trahan

Early winter is the perfect time to plant wildflower seeds for a pollinator garden next summer. I spoke recently at the Rotary Club of Saginaw Valley and ended the talk by passing out seeds to plant. Wonderful Rotarian Joan Douglas (deceased 11-16-23) had arranged for me to speak at the club and even emailed me while in Henry Ford Hospital. Let us plant seeds to honor her and our commitment to the environment.

Earth Day is April 22, 2024, and I hope you are planning on making a visible effort.

I am available to come speak to your club about our efforts for the environment. Contact me at anne@annetrahan.com.

Membership Minute

Club Leaders,

Do you have a Rotary goal for 2024? Achieving goals can be challenging; but if you create a plan, you're halfway there.

If your goal is to grow your club, remember every January, we see a big increase in inquiries about joining Rotary. These prospective members are waiting to hear from you. You can gain a better understanding of how to turn these leads into members by taking the Online Membership Leads course.

Establish a leads management process within your club, and distribute the workload within your membership committee. This way tasks can be accomplished efficiently and effectively. It's important to create a consistent, positive experience for these potential members.

If you know people who might be interested in joining Rotary, follow your club's process for proposing a new member or ask them to complete the <u>Join Rotary form</u>. The form allows prospective members to indicate their preference for a club meeting location.

When new members join your club, engage them right away. Make sure all new members take the member interest survey so you can understand their interests and how they' like to get involved.

Also, the <u>Club Experience Concierge</u> is available and offers advice on how to improve the five aspects of club experience that matter most to members.

Rotary Vocational Day

By Bay City Morning Rotarian Matthew Felan

On November 2nd, the Rotary Club of Bay City Morning and the Rotary Club of Bay City joined forces to host Rotary Vocational Day. Vocational Day is an opportunity for Rotarians and their business contacts to host high school juniors and seniors from throughout Bay County for a 3-4 hour job shadow opportunity. In 2023, seven area high schools participated in Vocational Days including Bangor John Glenn, Bay City All Saints, Bay City Central, Bay City Western, Essexville Garber, Pinconning, and Saginaw Valley Lutheran. Rotarians were able to secure in excess of 150 job shadow opportunities for students at employers like McLaren Bay Region, Michigan Sugar, Clements Electric, Alpha Media, City of Bay City, Bay County, Bay Area Chamber of Commerce, along with a litany of others. The Rotary Clubs work in coordination with counselors from the various schools to identify student interest and to secure job shadow opportunities that match. The high schools and counselors have been instrumental in making Vocational Day such an overwhelming success for the community.

Students started their day by joining Bay City Morning Rotary for their weekly breakfast meeting, and they had an opportunity to hear a keynote address from Trenton Robinson. Trenton Robinson is a graduate of Bay City Central High School who went on to star at Michigan State University, and then he played in the NFL for the Washington football team. Trenton shared his thoughts on following dreams, overcoming adversity, and failing forward.

Rotary Vocational Day has been taking place in Bay City for the better part of the past 4-5 decades. Longtime Rotary Club of Bay City Members Griff Acker, a Veterinarian, and Ralph Knopp, a Civil Engineer, started Vocational Day in the 1970's because they were concerned about the lack of students pursuing careers in their fields. They thought it was imperative that students had the opportunity to learn about jobs that are available right here in the Bay community.

Matthew Felan (Bay City Morning Rotary), President & CEO of the Great Lakes Bay Regional Alliance, along with Trevor Keyes (Rotary Club of Bay City), President & CEO of Bay Future, serve as co-chairs of the annual Rotary Vocational Day. Both organizations they represent have a major focus on talent development, attraction, and retention. Their work helps to build the workforce of tomorrow for current employers in Bay County and across the Great Lakes Bay Region.

You can see photos of many of the students at their job-shadow workplace on the Rotary Club of Bay City Morning Facebook page.

Suicide Resource and Response Network

By Michael Stoner

Note: With the focus on mental health issues by RI President McInally, the following program presented at the Rotary Club of Pinconning & Standish has special significance this year.

On November 30, 2023, members of the Rotary Club of Pinconning & Standish heard a presentation on the work of the Suicide Resource & Response Network, which was created 32 years ago by Barb Smith. The organization is housed at the CMU College of Medicine in Saginaw. Barb shared the statistics on suicide during her presentation. For instance, there have been 926 road fatalities in Michigan in 2023 as of November 18th. During this same period, there were 1,288 suicide deaths in our state, an average of four per day. In 2022, there were over 49,000 suicides in the United States. The suicide rate went down during the COVID pandemic but rose again afterwards. Men are three times more likely to take their own life than women are. The highest suicide rate is among men over the age of 75. Contrary to popular belief, suicides are not more prevalent during holiday periods; but they increase after holidays.



Rotarian Mikaela Wackerle [left] and Barb Smith [right]

Barb Smith noted that the highest suicide rates occur in the spring, a time when most people look forward to a renewal of life activities. Depression and hopelessness are the main factors influencing people's decision to end their lives. These individuals are not able to share in the optimism they see all around them. Among young people, a key issue is having no sense of purpose or connections, resulting in hopelessness on their part. People who take their own lives have concluded that it is easier to end their life than to live.

There are three steps that we can take to assist a person who may be suicidal: ASK [because you've noticed something]—LISTEN [to understand what is going on]—and CONNECT [to keep the person safe]. Barb stated that talking about suicide does not encourage it but provides an opportunity to understand what is troubling the individual, to offer assistance in dealing with the issue, and to assist people in reconnecting, allowing them to see why living is the better option.

There is a nationwide suicide and crisis lifeline available twenty-four hours a day similar to the emergency services number 911. Calling "988" connects the caller—either the person who is contemplating suicide or someone wanting to assist that person—to a trained professional who can assist with the crisis. A crisis text line is also available. Also, many workplaces have an Employee Assistance Program [EAP] in place which can provide professional assistance to individuals dealing with a variety of difficult situations.

Suicide Resource and Response Network (continued)

The Suicide Resource & Response Network offers specialized training to groups wishing to know more about handling potential suicides. First is the "ASIST" Training program which takes place over two days. The other is the "safeTALK" program which takes about 3½ hours. Grants are available to support some of these programs, but business and professional organizations are encouraged to provide financial assistance so that the programs can be offered in their community.

Upcoming network fundraisers include the "Mental Health Awareness Night" as part of the February 10, 2024 Saginaw Spirit hockey game, and the August 4, 2024, "Walk for Hope" which attracted 1,500 participants in 2023. Sponsorships for both events are being sought.

More information on the work of the Suicide Resource & Response Network can be accessed at barb.smith@srrn.net, or by phone at 989-781-5260. The Network's website is www.srrn.net.

Disease Prevention & Treatment Month

Disease prevention is important. The probability of dying is twice as high for children under age five as for children and youths ages five to 24, which is why Rotary and its partners have been delivering vaccines globally for 40 years, seeking to ensure that all children grow up safe from preventable diseases.

Help us fight disease. During December, Rotary's Disease Prevention and Treatment Month, you can take action to fight disease in your community:

- Support health education programs that explain how diseases spread and how to reduce the risk of transmission.
- Partner with medical institutions or ministries of health to immunize people against infectious diseases.
- Support training and continuing education for health workers through scholarships or stipends or simply by recognizing existing training efforts.
- Improve and expand access to affordable health care in underserved areas.
- Get help from Rotary Action Groups, which help clubs develop sustainable, effective service projects that strengthen communities. These groups can advise your club on planning and implementing projects and help you find partners, funding, and resources for projects that focus on disease prevention and treatment.

Interact News



The Oscoda High School Interact Club students were busy Saturday, December 2nd, helping to set up the Christmas Gift House. The students unloaded boxes of toys to be unpacked and set up for children in the Oscoda and Tawas area.

The Gift House is sponsored by the Oscoda and Tawas FISH organizations.





Members of the Laker High School Interact Club who attended the Foundation Gala in Frankenmuth were: Emma Smith, Samantha Harder, Kate Hill, Gwyn Zimmerman, and Alexis Stafford.



Pigeon Rotarians, Laker HS Students, and Laker Interact Club members participated in Thumb Breadbasket on Saturday, December 2, 2023.

Around the District



Rotary Global Scholar Emmanuella from Lagos, Nigeria, was a recent guest at the Rotary Club of Pigeon. She will be here for three years studying at Central Michigan University. Her interest is disease prevention.

Nigeria is the giant of Africa, but problems include lack of access to good healthcare, poor transport, lack of shelter, food, and clothing, not to mention the lack of good education and knowledge. Much of the water in Nigeria is polluted by oil.

Emmanuella has eight years of pharmaceutical experience and has worked with several pharmaceutical companies. She is getting her Master of Public Health degree at CMU. Emmanuella wants to partner with WHO and UNICEF at some point. She wants to serve the world at large.

To close the meeting, Emanuella played her guitar and led the club in singing Hallelujah.

PDG Jeff Leipprandt and President Andrew Johnson presented Paul Harris Fellow awards to Teresa Gascho PHF +4; Jay Dubey PHF +5; Shelly Gunden PHF +3; Michelle Hill PHF +2; and Terry Lutz PHF+3.

Thank you for the continued contributions to The Rotary Foundation.



PDG Jeff Leipprandt, Teresa Gascho, Jay Dubey, Shelly Gunden, Michelle Hill, Terry Lutz and President Andrew Johnson.



Several members of the Rotary Club of Oscoda met the day after Thanksgiving to decorate the Rotary Pocket Park located in the center of downtown.

This gem of downtown Oscoda is all decorated and ready for the holidays. In mid-December the park will be transformed again into the Warming Corner.

Stay tuned for pictures in the next *Dispatch.*

Members of the Rotary Club of Pinconning & Standish worked at the Santa Train event at the Standish Depot on December 2nd. About 400 - 500 people attended the hour-long event, half of them small children.

Club members distributed Polar Express tickets to every child [with the ticket later punched by the train's conductor], distributed goodie bags containing fruit and candies, served cookies and hot chocolate to everyone who entered the depot, and helped control the crowds waiting to see Santa. Every child who showed up got to speak with Santa and Mrs. Claus. Many Disney characters were on the train and circulated among the people waiting in line.

When the train left Standish, it headed for West Branch, Roscommon, and lastly, Grayling. The weather was good so everything went well. The event organizers thanked Rotary for helping to make the stop a success again this year.



The Rotary Club of Frankenmuth Morning "Prime Rib Dinner Takeout" was a hit, raising over \$6,000 in sales and making a significant monetary donation to Polio Plus. Residents embraced the delicious feast for a cause, uniting the community in support of polio prevention. The event was held at the Frankenmuth Farmers Market, and a record 321 meals were served!







On November 5th, the Frankenmuth Morning Rotary, partnering with Be The Change from Frankenmuth High School, Frankenmuth Jay Cees, and the Frankenmuth 4-H Club, orchestrated the Helping Hands event. Fifty-two volunteers, fueled by support from Frankenmuth Biggby Coffee and Frankenmuth True Value, cleaned and raked lawns for eight households in need. The cooperative effort, set against a backdrop of perfect weather, fostered community unity, transformed outdoor spaces, and left a lasting impact on both volunteers and recipients. The event showcased the power of collaboration, emphasizing that when a community comes together, positive change is not only possible, but profoundly enriching.



Foundation Gala Photos















Christmastown 5K FUN/RUN/WALK December 16 at 10 AM.

Registration link: https://rotary6310.myeventscenter.com/event/Christmastown-5k-Fun-Runwalk-2023





BEEF TENDERLOIN OR TURKEY

Dinner

Fundraiser



Saturday, February 17, 2024 4:30 to 7 pm

Do you have an upcoming Rotary event?

Send your flyer or ad to include in an upcoming edition of the District Dispatch!

Give the Gift of Rotary

Thank you for giving to The Rotary Foundation.

Because of your support, Rotary members have been able to complete projects that transform people's lives. Donors like you fund the life-changing work and sustainable solutions that TRF implements as we work with communities that need our help.

By supporting The Rotary Foundation, you make this work possible and help keep communities strong and healthy. Please consider donating again to **Give the Gift of Rota**ry this holiday season.

Here are some examples of what your gift to Rotary could mean:

- \$ 15 POLIO VACCINES—Polio is still a paralyzing threat to children in Afghanistan and Pakistan.
- \$ 50 WATER FILTERS—In the Dominican Republic, biosand water filters are used to provide clean water.
- \$ 100 VOCATIONAL TRAINING—A café in the United States helps young people with intellectual and developmental disabilities learn the skills they'll need for future jobs.
- \$ 150 HAND WASHING STATION—The WASH in Schools program provides hand washing stations, clean water, and teacher training to educate students on better hygiene practices.
- \$ 200 REPLACING LIVESTOCK—Providing goats or bees to families in Turkey helps them earn a livelihood after wildfires destroyed their homes and previous businesses.
- \$ 320 PEACE LEADERSHIP TRAINING—Scholarships allow youth in the U.S. to attend leadership training that uses spoken word art in teaching violence-prevention strategies and creating peace ambassadors.
- \$ 500 TEACHER TRAINING—Training a primary school teacher in Guatemala to teach reading more efficiently and use interactive methods helps children learn.
- \$ 720 SEWING EQUIPMENT—Women employed at the nonprofit Jhoole in India work in the fair-trade clothing industry to gain economic independence. You can provide supplies that help them gain vocational and computer skills.
- \$1,000 MEDICAL EQUIPMENT—Newborns start their lives healthy when hospitals have up-to-date equipment to care for babies in their first moments.

The District 6310 Newsletter is published monthly. Articles originate from various Rotary International publications as well as from events and activities within the district.

Thank you to all contributors. We encourage the submission of articles. Please provide information and pictures for a future *District Dispatch* to: Connie M. Deford, Administrative Assistanconnie.rotary6310@gmail.com