

District Dispatch

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Happy Birthday, Rotary!

February is an active month!! Presidents Elect are starting their training for next year on February 17th in Bay City. President Elect Training—commonly referred to as PETS—starts with this Pre-PETS led by our District Learning Facilitator Tara Welch. This year we are hoping to recruit as many President Elect Nominees to the training as we can so they can be even more prepared for their year, in addition to being a supporting team member for their current Presidents. Assistant Governors (AGs) will also be joining us, and AG Tom Lane will be leading their training sharing information he learned at Zone training in Toronto.

I am currently in Chicago after attending the Central States Rotary Youth Exchange winter meeting. What an amazing organization of 20 Rotary Districts covering over a dozen states. And once again, I am so proud to be part of District 6310, where we have a fantastic Youth Exchange Committee.

How appropriate that February is Peace and Conflict Prevention Month in the Rotary calendar. Our Youth Exchange is an example of building world peace one student at a time. (Just a nudge hosting a Rotary Youth Exchange student in your club is such an uplifting opportunity.) You may want to invite one of our students to speak at your club meeting!

Jan Lampman jan.lampman@yahoo.com is our District Youth Exchange Chair and Lynne Mischley lynnemischley@gmail.com is our Short Term Exchange Program Chair.

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Happy Birthday, Rotary! (continued)

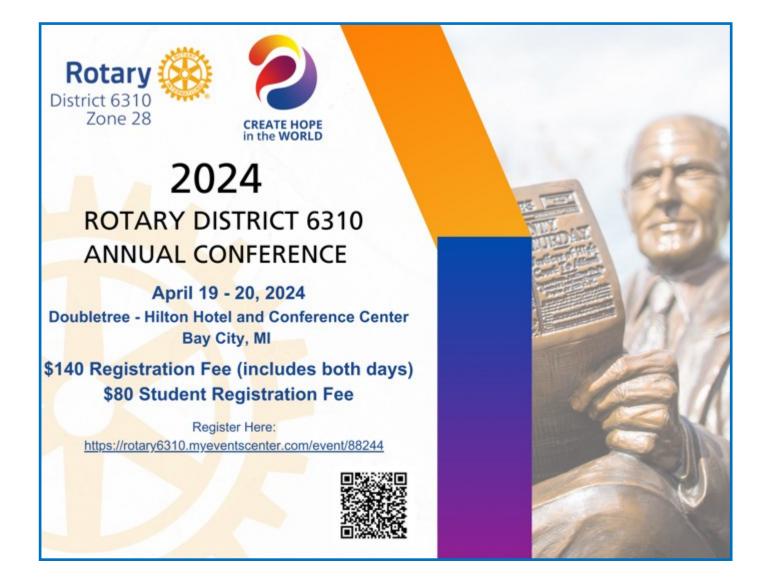
Our Rotary Foundation Committee is active in Peace and Conflict Resolution under the guidance of Peace and Conflict Resolution Champion Gail Hoffman. One of the projects is in South Sudan. The Rotary Club of Midland will be hosting (virtually) Patricia Schafer, Executive Director of NewGen Peacebuilders, on February 22, 2024 to talk about the work.

I am excited to join the Alma-St Louis Club next week to hear about an Orphanage project they have sponsored in Sierra Leon. Hopefully you will be hearing more about this exciting project in the near future!



District Governor Melanie McCoy

Have a great month - Happy Birthday, Rotary—119 on February 23rd!



2024 District Conference

By Co-Chair Brian Reinhardt

One of the great responsibilities/opportunities that comes with being the home club of the District Governor is that we get to help plan and orchestrate the 2024 Rotary District 6310 District Conference, April 19-20, at the Doubletree Hotel in Bay City

DG Melanie McCoy has put together a fabulous team made up of Rotarians from the Rotary Clubs of Sebewaing, Bay City, Bay City Morning. and Saginaw to plan and orchestrate this two day-event. We started meeting before last year's District Conference, and this team has put together an agenda of activities that contains all the things that make Rotary great!

There will be times of great learning from speakers and one another. There will be plenty of networking opportunities. There will be several "lightning talk" times when we can learn from other clubs. There are times set aside to have fun discovering Bay City. There will also be times to be inspired to make Rotary stronger in your town and in the world!

One of the quotes I love that was credited to Paul Harris is that "Rotary should be a place where [women and] men can be [girls and] boys again and have fun." (The quote has been updated to reflect women in Rotary.)

More details on the 2024 District Conference will be included in the March *District Dispatch*. Our District Governor Melanie and Conference Co-Chair Carrie Strohkirch will outline the agenda to reflect our opportunities to learn and have fun in Rotary.

You can register online by clicking on the following link <u>https://rotary6310.myeventscenter.com/88244</u> or by scanning the QR code provided on the previous page in this *District Dispatch*.

The two-day general attendance for Rotary members, spouses, or guests is \$140 per person. A one-day general attendance for Rotary members, spouses, or guests is \$100 per person. Student admission is \$80 per person. All general attendance and student admission reservations include all meals during paid attendance at the event. Small service and processing fees will be applied to your order.

Mark your calendar, and come prepared to create "Hope in the World," and to celebrate Rotary!



What's In Your Club's Future in 2024-25? By Rotary Foundation Chair Cheryl Peterson

In January, the District Governors Elect from around the world gathered together for intense training as part of the ongoing preparation for their role as District Governor in the coming Rotary year. This, perhaps, is a key signal to all of us that we should begin thinking about the future of our respective clubs in 2024-25, if we have not already done so.

A central question to consider is how each of our clubs would go about "doing good in the world." What projects that your club has completed have had resounding success, lives changed, or more needs in the local community met? Does that project lend itself to repeating?

What new needs or opportunities are becoming evident in our local communities? Our world, whether on the global scene or in our home areas, is changing continually. How are we assuring our clubs are continuing to be relevant to those changing needs?

Why ponder these questions now? Because the opportunity will soon exist for your club to engage in our district's grant program in 2024-25. Some clubs participate in this program every year to expand their reach into their local community and make a greater impact. Other clubs use the program sporadically and some very infrequently.

The purpose of the district grant program is to assist clubs to be able to do "more" good in their local communities by providing matching funds for local projects. This matching process includes club projects that are new, recurring, or recurring but have not had district grant support previously. There is also an opportunity to engage in small international projects using district grant funds. Each category of grant has a maximum amount of match.

To participate in the district grants program, each club needs to have at least one person trained in the grant management process. You may have seen our previous two announcements about grant training for 2024-25. It is coming soon—*training for district grants is February 21st at 7 p.m. via Zoom. We encourage more than one member from each club to attend—especially the project chairperson.* Please email cheryl.rotary@gmail.com to register for the training if you have not already done so.

What is one or more of the passions of your club: literacy, environment, basic needs, food insecurity, peace, parks/activities for youth and/or adults, something else more specific for your community, such as emergency response equipment? What is a continuing need or a new, growing need in the area your club is located? Can the district grant program enhance your good work?

You may wonder: *where do these funds come from? They come from us—our gifts to the Annual Fund-Share provide funding called DDF (District Designated Funds).* Each year a new amount of DDF is available to our district—50% of that amount can be utilized to support district grants. *In 2024-25, we expect the funding amount for district grants to be approximately \$41,000.* Let's use these funds to continue or to grow our good work!!

Don't miss this opportunity to participate in the district grant program for 2024-25! Email your registration soon!

Understanding Annual Fund-SHARE By Annual Fund Chair Paul Hornak

What is the Annual Fund-SHARE system in Rotary?

Through the Annual Fund-SHARE system, contributions to The Rotary Foundation are transformed into grants for projects around the district and world. At the end of every Rotary year, contributions to the Annual Fund-SHARE from all Rotary clubs in a district are directed into two funds: Fifty percent is credited to the World Fund and fifty percent is returned to the District Designated Funds (DDF). In District 6310, 18 grants worth \$34,570 have been awarded for local projects this fiscal year. Here is a list of some of the local grant projects: mental health and first aid training, supplying items to needy families, funding needy senior citizens' home improvement projects, providing a wheelchair ramp, funding a preschool literacy project, helping improve a playground and park, and providing products and services to a baby pantry. The contributions also funded numerous global district projects.

Why should I give to the annual fund?

Giving supports the local projects in District 6310. The Rotary Foundation transforms your gifts into service projects that change lives close to home and around the world. The Annual Fund-SHARE is the main funding source for Foundation programs. Your gift empowers Rotarians to carry out sustainable service projects in your community and around the world. Donors who give charitably are able to claim deductions on their tax returns.

What is the "Every Rotarian, Every Year" Club (EREY)?

Rotary clubs that achieve a minimum Annual Fund-SHARE contribution of \$100 per capita with every duespaying member contributing at least \$25 to the Annual Fund-SHARE during the Rotary year will receive a EREY award banner. When every Rotarian gives every year, it makes *Doing Good in the World* possible through life-changing, sustainable projects.

What is a Sustaining Member?

A Rotary Foundation Sustaining Member is a person who contributes \$100 or more per year to the Annual Fund-SHARE.

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Understanding Annual Fund-SHARE (cont.)

What is the District 6310 Foundation Goal?

This year's goal is to raise \$175,000 for the Annual Fund-SHARE. So far \$71,452 has been contributed by club members in the district. Thank you to the 269 donors who have supported the Annual Fund-SHARE Rotary account already. Four district clubs have met their club giving goal so far. If you are one of the 1,063 district members who have not given yet to the Annual Fund-SHARE account, please consider donating. It is a goal of the district that each club member donates \$100, but give what you can. There are numerous methods to contribute to the Annual Fund-SHARE:

- 1. Online (<u>my.rotary.org/give</u>)
- 2. Online (Rotary direct, auto draws)
- 3. Mailing in your check and giving form to Rotary International
- 4. Writing a check to your club and having your club secretary or treasurer mail in your donation.

(Make sure you include your membership number, club number, district number [6310], and specify **Annual Fund-SHARE** account when donating). If you need help in any way, please contact your club foundation chairperson.



"I am enthused and encouraged by your embrace of mental health initiatives throughout the Rotary world....Rotary members are asking for more fellowship, camaraderie, conversation, cohesiveness, and connection. They also want more recognition, validation, and integration. They are seeking more service opportunities, and they want more wellness activities, including mental health speakers, awareness efforts, and education....

Everything you do to strengthen connections in Rotary, with each other and the people we serve, also helps improve mental health. And everything we do to improve mental health helps strengthen those connections. Let's continue this virtuous cycle."

R. Gordon R. McInally President, Rotary International

Polio Update

By Chuck Cusick

There have been no cases of wild poliovirus reported this year. Our work to eradicate polio continues to show results.

The number of wild polio cases for **2023** as of Jan. 31, 2024, is **12**. There were 6 in Pakistan and 6 in Afghanistan.

The total number of wild polio cases in **2022** was **30**. There were 2 in Afghanistan, 20 in Pakistan, and 8 in Mozambique.

The total number of wild polio cases in **2021** was **6**. There was 1 in Pakistan, 1 in Malawi, and 4 in Afghanistan.

The total number of wild polio cases in **2020** was **140**. There were 84 in Pakistan and 56 in Afghanistan.

More children are being reached with polio vaccines in Pakistan thanks to a local tradition: drumming. By playing tunes familiar to those living in the Punjab district, health workers are successfully engaging children and parents alike to spread the message of the importance of vaccination. This intervention is proving as effective as it is fun, as these communities were more receptive when polio teams visited next to deliver drops.

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



Every month the Dispatch will include a Q&A about estate gifts to

The Rotary Endowment is a fund at Rotary that accepts gifts for investment and makes the earnings each year available to the World Fund and to districts through SHARE (District Designated Funds).

Your gifts to The Annual Fund are spent three years after they are received. They are invested for three years, and the earnings pay for the operational costs of Rotary International. In contrast, your gifts to the Rotary Endowment provide long-term, permanent funding for the humanitarian work of Rotary. They are invested, and only the earnings are spent each year.

Rotary is currently conducting a campaign to build the assets of the Rotary Endowment so that by the convention in Calgary in 2025, there will be a total of \$2.025 billion in assets and commitments in the Endowment. This campaign is called *"Building The Rotary Foundation Endowment:* 2025 by 2025."



Diversity, Equity, and Inclusion: Building Relationships By DEI Committee Chair Sharon Mortensen

Relationships are the building block of connection and inclusion. At its core, effective diversity, equity, and inclusion revolves around the skill of building and nurturing relationships. Not only does building relationships help with inclusion, but it also helps with wellbeing. This month, let's explore how we can build meaningful relationships with a variety of individuals, including those different from us.

First, let us look at some of the science behind this. We are social creatures, and relationships are a critical component of experiencing wellbeing. Healthy relationships are also a vital component of overall health. More than 50 studies show that social support (i.e., positive relationships) lowers blood pressure and stress hormones.

A Harvard study on adult development indicates, "Close relationships, more than money or fame, are what keep people happy throughout their lives...[Close relationships] protect people from life's discontents, help to delay mental and physical decline, and are better predictors of long and happy lives than social class, IQ, or even genes."

According to the U.S. Surgeon General, Dr. Vivek Murthy, "Our relationships are a source of healing and wellbeing hiding in plain sight—one that can help us live healthier, more fulfilled, and more productive lives. Murthy stated further, "Given the significant health consequences of loneliness and isolation, we must prioritize building social connection..."

Authentic social connection is what allows individuals to experience inclusion. Bottom line, building relationships allows us to establish a welcoming environment where all feel included and promotes greater health and wellbeing.

So, what does it take to build meaningful relationships? Here are a few tips to help:

- Show empathy.
- Be curious.
- Accept and celebrate differences.
- Communicate authentically and honestly with others.
- Listen effectively.
- Give people your time and focus.
- Accept feedback and, when asked, provide feedback.

DEI: Building Relationships (cont.)

For people to fully share their opinions, thoughts, and ideas, they need to trust those around them. Once trust is established, we will see more robust sharing. That kind of open sharing reflects the inclusive environment we want to build in our clubs.

Rotary International's President, R. Gordon R. McInally, recently talked about relationships in his January speech stating, Rotary is "about becoming more inclusive so we can expand our reach, and about creating meaningful relationships — lifelong friendships..."

Enjoy building and nurturing meaningful relationships that allow us to connect with and include others.

EARTH DAY 2024

By Environment Champion Anne Trahan

It is always time to think about what we can do for our environment, our Earth, our home.

Earth Day this year is April 22nd, which is a Monday. I encourage each club to organize a cleanup, education program, or planting effort this year. Pollinator Garden is a buzzword. Yes, good for the bees and other pollinators. Our District Governor Melanie McCoy has encouraged us to plant Pollinator Gardens. To that end, I have already handed out seeds to some clubs that invited me to speak. Come to the District Conference, and we will share more seeds. Rotarians can plant seeds and create pathways of habitat and pollinator pockets which will benefit us all.

Thanks again to all clubs and individuals who contributed to The Nature Conservancy *Feed in Focus* program. Here is a link for more information, <u>bit.ly/feedinfocus</u>.

I am happy to come speak to your club about ideas for involvement in projects promoting and helping our Environment. You may contact me at <u>anne@annetrahan.com</u>.



Short Term Youth Exchange

By Chair Lynne Mischley

The Short Term Exchange Program (STEP) this Rotary year involved seven students from our District 6310 visiting four countries—Austria, Italy, Japan, and Spain—and seven students from other countries visiting in our district. Below you will find some photos and quotes from the Exchange Students. Enjoy!

Outbound students:

"My experience was fantastic. I was surrounded by new everything and with each thing I learned, I've come back as a mentally better person. I experienced new foods, speaking a new language, and made lifelong friendships with everyone there." Alyssa to Italy

"The STEP exchange is an amazing experience that I wish every teenager could have. It opened my mind to the beautiful, extensive world that exists outside of the small world that I know." Eva to Italy

"I learned more Spanish, I ate delicious food, and I explored places that I did not even realize existed! This was an incredible experience that changed the entire way I look at the world." Clara to Spain

"Ironically, the month I learned the most about my own culture was the month I spent on this exchange away from it. Immersing in another culture forces you to think differently, and gain a new perspective on life." Al to Japan

Inbound students

"I enjoyed literally everything. I think that every second of my exchange, from the exact moment I stepped in Michigan was the best of my life. I felt so much loved and part of a family, in every moment of my stay. They taught me so many things that I will never forget, and I will keep in my heart forever." Fillipo from Italy

"The best part of my exchange are the people that I met there." Camilla from Italy

"The friendship that I have created with my host sister." Maria from Italy

"Probably getting to know a new country and it's culture and getting to know new people." Greta from Austria











Eva in Italy

Clara & Claudia in Spain

Eli & Fillipo in Michigan

Gretchen & Greta

"Thanks for Staying" Scholarship Fund By Janet Martineau, Rotary Club of Saginaw

With absolute joy and pleasure, the Rotary Club of Saginaw recently paid a significant medical "bill." Back in September, the club sponsored a fundraising golf scramble and raised \$3,800, which golf chair AG Cathy Tafel presented in check form to Michael Zehnder, the Senior Director of Advancement for the Central Michigan University College of Medicine.

That money — and thank you to all the golfers who participated and the sponsors — went into an unusual, if not unique, endowment, the "Thanks for Staying" Scholarship Fund.

The CMU College of Medicine started in 2010 in response to the need for primary care doctors to practice in rural and underserved areas. The scholarship fund began as a partnership between the CMU College of Medicine, the Rotary Club Saginaw, the Rotary Club of Saginaw Valley, and the Rotary Club of Saginaw Sunrise. Annually, it awards \$10,000 to a CMU medical graduate who agrees to spend his or her residency in the Great Lakes Bay Region.



Michael Zehnder and AG Cathy Tafel

The money is applied directly to the awardee's student loan debt. "The national average of medical indebtedness is \$200,000," Zehnder said in accepting the check. "At the CMU College of Medicine, it's closer to \$250,000. It takes many physicians until their 40's before they pay off their medical education debts, even with the impressive incomes they have."

He added, "Studies indicate that wherever a newly-minted doctor spends his or her three- to five-year residency tends to be where they settle permanently. And this portion of the country is considered an underserved area when it comes to doctors."

Eventually the fund partnership hopes to raise \$1 million, which would then allow four \$10,000 "Thanks for Staying" awards annually. With the golf day donation, that fund stands at \$249,371—"thus providing a great return on the investment."

On average, Zehnder said, 70-75% of its graduates match to a residency in a primary care field, with over 50% of them staying in Michigan. By 2030, Michigan will need a projected 862 additional primary care physicians. "Here in Saginaw (where the CMU College of Medicine teaching hospitals are located in addition to its Mount Pleasant campus classrooms), we offer primary care residencies in OB/GYN, Family Medicine, Emergency Medicine, Internal Medicine, Psychiatry, General Surgery, and Pediatrics," said Zehnder.

Currently, the CMU School of Medicine receives more than 8,000 applications from all over the country annually for its 104 openings.

To date, the three Rotary clubs have given a total of \$60,000 to six students who decided to stay in our region after graduation. The winner of the 2024 scholarship will be announced in April.

Around the District



On Thursday, January 18th, a spectacular Chamber of Commerce event unfolded as the **Rotary Clubs of Bay City** and **Bay City Morning** came together as sponsors for the monthly *Business After Hours*. The venue, hosted by Superior Insurance Group, was buzzing with excitement as it welcomed a diverse crowd united by a shared cause.

Rotary, known for its dedication to service, took center stage. Guests had the opportunity to learn more about Rotary's mission and its global impact on communities through humanitarian projects. It was a remarkable gathering of like-minded individuals, all contributing to a memorable evening while supporting Rotary's noble endeavors.

The atmosphere was electric, with a well-stocked bar, delectable food, and guests proudly displaying their purple-pinkies in solidarity. It was a wonderful celebration of both fellowship and Rotary's commitment to making a positive difference in the world.











In early December, members of the Rotary Club of Corunna co-hosted an annual Christmas party for foster children. The event was recently named in honor of Henry Phillips, a Rotarian of more than thirty years and treasured community servant. It will now be known as the Henry Phillips Annual Foster Children's Christmas Program.

This past year's party was held at the McCurdy Park Youth Center with special guests including Santa and Mrs. Claus. Families from across Shiawassee County hosted nearly 30 foster children, and all were invited for an afternoon of celebration and gifts. Each year, Rotary members purchase gifts for the foster children. Gifts were provided by the Fraternal Order of Police (FOP) to any siblings the foster child resided with.

Henry was the key coordinator for the program for 24 years, working closely with case workers from the Michigan Department of Health and Human Services Shiawassee County Foster Care Division and members of the Shiawassee FOP to ensure each child attending received gifts tailored to their wishes and needs. The club is saddened by Henry's death shortly after the recent event.

Among Henry's significant contributions to the Corunna community were his decades long membership and commitment to Rotary as a Paul Harris Fellow and where he was also a key coordinator of the holiday street lighting efforts.

Michigan has approximately 12,000 children in foster care at any given time. Foster families around the state keep these children safe and care for them until they can be returned to their family or find a loving adoptive family. Those considering becoming a foster parent can call Foster Care Navigators at 855-MICH-KIDS or learn more at: www.michigan.gov//hopeforahome.





On Monday January 22, 2024, \$1,000 worth of products, purchased by **Rotary Club of Ithaca** member Marci Browne, were delivered to the Gratiot County Child Advocacy Center's Baby Pantry. Rotary District 6310 supported the grant to the Pantry by giving \$500 to match the \$500 from the club.



Left to right Ashley Tupper (Child Advocacy Family Resource Coordinator), Marci Browne, and Paul Hornak

Marci and Paul Hornak also worked putting the grant products on shelves and dividing diapers and hand wipes into bags for distribution to families.

The Rotary Club has committed to supply volunteers over the next couple of months to assist the staff of the Baby Pantry with its operations.

The Child Advocacy Center took over the Baby Pantry from the Red Cross in 2017. The Baby Pantry is open each Wednesday from 11:00 a.m.-3:00 p.m. providing free diapers, wipes, formula, food, clothing, and more. It is available to all Gratiot County residents with children under age 5. There are absolutely no income requirements to receive their services.

The Rotary Club of Oscoda Pocket Park transforms in the winter months to the Rotary Warming Corner. A line is strung the length and width of the park and adorned with mittens, hats, scarves, gloves, and socks. The sign invites those in need to help themselves and those that have adequate winter wear, to donate.

The Warming Corner is stocked regularly by Rotarians who also donate and buy large storage bags to hang the donations. It has been up since the middle of December and approximately 120 bags have been taken from the park. It will stay up until spring.



At a recent meeting of the Rotary Club of Pigeon, Lisa DiCamillo was recognized as a new Paul Harris Fellow, and Scott Maust was recognized with his PHF (+3).



PDG Jeff Leipprandt, Lisa DiCamillo, Scott Maust, and President Andrew Johnson.

New member Aimee Minard, Foundation Director at Scheurer Health, was welcomed to the club.



Member Teresa Gascho, Aimee Minard, and President Andrew Johnson.

As a part of their annual Saginaw Bay Nature Festival, members of the Rotary Club of Pinconning & Standish completed classroom visits to 11 local 4th grade classes.

The program compared 200-year-old bird drawings by John James Audubon with photos of the same birds taken recently in the Pinconning area.

Programs were completed in classrooms at St. Michael's School, Pinconning Central Elementary, Standish-Sterling Elementary, Linwood Elementary, and AuGres-Sims Elementary.

This Nature Festival component is now complete.

SAGINAW BAY NATURE FESTIVAL







Club of Mt. Pleasant

61STANNUAL 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!

Rotary 2024-25 Theme Revealed



Rotary International President Elect Stephanie Urchick announced the 2024-25 theme, *The Magic of Rotary*, at the International Assembly in January. The assembly is Rotary's annual learning event for incoming governors and leaders.

PE Urchick, a member of the Rotary Club of McMurray, Pennsylvania, USA, called on members to use the magic of Rotary to recognize and amplify the organization's power to save lives. She also called on them to make their Rotary clubs "simply irresistible."

"Don't misunderstand me – we are not going to end polio or bring peace to the world by waving a wand and saying some funny words," PE Stephanie emphasized. "It's up to you. You create the magic with every project completed, every dollar donated, and every new member."



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