

Midland Rotary News



President's Message

Dear fellow Rotarians,

November brings a reminder to appreciate the blessings in our lives and to be grateful for the small joys we often overlook. As we continue in service to our community, let's remember how our kindness and compassion can make a big difference to others.

In this season of change, it's also important to take care of ourselves and reflect inwardly. So, take a moment to enjoy nature's melodies, feel the gentle touch of falling leaves, and find peace in the beauty all around us.

Let the falling leaves remind us of our connections to one another. As the leaves gently fall to the ground in blanket-like fashion, let's remember that we are part of the same world. Together, let's cherish our connections and create a community where everyone feels safe, valued and cared for. Let us, together, create hope in the world.

I want to express my gratitude for your unwavering dedication and the kindness that defines our Rotary family. May this autumn season bring you joy, peace, and countless blessings.

Yours in Rotary,
Angela Cole

IN THIS ISSUE:

- 3...Thank you, Jim Hohmeyer
- 3...Upcoming Meetings
- 4...Diversity, Equity and Inclusion Essay
- 5-6...Club's Belonging Journey
- 7...Upcoming Events
- 9...November is Rotary Foundation Month

PAUL HARRIS FELLOW RECIPIENTS

- JENNIFER WEST +1
- LARRY WASHINGTON +1
- REVA CURRY +3
- MATT LAMING
- JON LYNCH +1
- TAWNY NELB +3

IMPORTANT ROTARY/LINKS

Facebook facebook.com/MidlandNoonRotaryClub/

X twitter.com/MidNoonRotary

Instagram: instagram.com/midlandnoonrotary/

Logos/Rotary Global Rewards:
<http://midlandrotaryclub.org>

ClubRunner Login:
<https://admin.clubrunner.ca/5732/User/Login>

November Birthdays:

- Mike Stein 11/7
- Ralph Brozzo 11/9
- Eric Curtis 11/11
- Abby Scherzer 11/11
- Kevin Scorsone 11/13
- Bryan Crosby 11/13
- Sara Eastman 11/15
- Tara Stensrud 11/20
- Jenni Wontorcik 11/20
- Sarah Schulz 11/30



10 Reasons to Join A Rotary Club



- The Opportunity to Serve
- Leadership Development
- Citizenship in the World
- Business Development
- Continuing Education
- Personal Growth
- Entertainment
- Community
- Friendship
- Fun

UPCOMING MEETINGS

Nov. 2

Wellbeing Committee to host panel of speakers regarding how their organizations help with the wellbeing of our community

Nov. 9

Saginaw Spirit and 2024 Memorial Cup

Nov. 16

Classification — Ryan Rickel

Nov. 23

Thanksgiving — No meeting

Nov. 30

Classification — Holly Miller

Dec. 7

TBA

Dec. 14

Annual Business Meeting

Dec. 21

Holiday program — More information to be announced

Dec. 28

Bridge Store Volunteer Opportunity

Jan. 4

Classification

Jan. 11

Classification

Jan. 18

Classification — Jeff DeHaven

Jan. 24

Classification



Thank you, Jim Hohmeyer!

Jim Hohmeyer recently celebrated his 25th anniversary as a Rotarian.

With his nimble fingers dancing on the keys, he brings an enchanting musical touch to our meetings, filling the room with joy and harmony.

That by itself is such a gift and his contributions go far beyond his musical talent. His infectious humor and lightheartedness uplift our spirits, making our gatherings even more enjoyable. Whether it's serenading birthdays, sharing a witty joke, or bringing talented young musicians to our club, his presence brings an extra dose of fun to our Rotary family.

He is always there to lend a helping hand, no matter what is needed. He shows up and steps up in so many ways such as holding the microphone, helping with the sound system, volunteering at events, serving as our humor moment backup, sharing ideas and quietly noticing the important details. His kindness knows no bounds. His willingness to assist ensures the smooth functioning of our club.

When Jim is around, our meetings are filled with laughter, camaraderie, and a sense of togetherness. He lifts our spirits, much like a conductor leading a symphony. We are incredibly fortunate to have him in our club and more importantly in our lives. Jim's incredible contributions and the positive energy he infuses into our meetings make them memorable and delightful experiences for all.

Diversity, Equity and Inclusion

Gratitude



Sharon Mortensen

The poet, Maya Angelou, said, "Be present in all things and thankful for all things." As we think about building greater inclusion, thankfulness can be the start of appreciating differences and promoting belonging. Not only does gratitude link to greater belonging, it also contributes to increased wellbeing.

With our Rotary International focus on mental health this year, we are exploring another topic that does two things: builds inclusion and increases mental wellbeing.

Let's look first at the impact of gratitude on belonging. One definition of belonging that I recently read stated the following, "the feeling of security and support when there is a sense of acceptance, inclusion, and identity for a member of a certain group or place."

Rotary brings together a diverse group of people around the world. Many of our clubs reflect the rich diversity of our communities; we want to make sure all members feel supported and included.

Rotarians are brought together by a desire to build a world where people unite and take action to create lasting change. According to Rotary's website, "we understand that cultivating a diverse, equitable and inclusive culture is essential to realizing our vision." Gratitude can be a part of building this inclusive culture.

So, what is a simple way to help increase belonging? Express your genuine gratitude for others.

Gratitude strengthens relationships and builds a more connected environment. The key to inclusion is deep and meaningful human connection.

As we're open, we can have a mutual sharing of experiences. Inviting conversation and then listening to one another's stories allows us to build a culture of inclusion and belonging. As part of this, we want to appreciate the differences people bring. Thank those who share their stories.

Not only does gratitude build inclusion, it also increases wellbeing.

How does gratitude impact wellbeing? Research has shown that grateful people experience greater life satisfaction, are more focused on others, sleep better, are more optimistic, have lower stress levels, and even have stronger immune systems.

See WELLBEING: Page 8

TAKE ACTION: WWW.MIDLANDROTARYCLUB.ORG

Our Journey: From Civility to Belonging

Learn about how we are cultivating a culture of caring and belonging in our Club

By Gail Hoffman

This year, RI President R. Gordon R. McNally is encouraging Rotary members to create a culture of care, both within Rotary and around the world, by making mental health a priority. In a caring culture, leaders and members focus on helping each other thrive.

We want to cultivate a culture of caring and belonging in our Club, community, family, workplace ... everywhere, even when there are differences. Our journey started with the Civility Pilot, progressed to chartering our Wellbeing Committee, and hosting a community event. Our cultivation continues as we generate experiences in which all people are welcomed, respected, and valued.

The Beginning (January 2021 to June 2021): Civility Pilot with Kathy Snyder, Coordinator of the Midland Area Wellbeing Coalition

Phase 1: July 2021 to June 2022 ~ Chartered Wellbeing Committee

- Monthly Pre-programs and Programs
- June 9, 2022: Dr. Ken Jolly, Club Program on Social Bridging & Bonding

Phase 2: July 2022 to June 2023 ~ Moving from Civility to Belonging

- Continued monthly programming (pre-programs and programs)
- Planned a community event:
 - June 8, 2023: Community & Connections at our Club-sponsored Grove Park, facilitated by Dr. Ken Jolly, Cultural Awareness Coalition, and Erin Patrice, The Breaking Bread Village (TBBV)
 - First Annual MRIDHA International Institute of Peace & Happiness Symposium at SVSU
 - June 9, 2023: Dr. Gail Hoffman was presented with Community Peace Award.

Phase 3: July 2023 to Present ~ Boldly Moving Forward Together

- As People of Action to "advance world understanding, goodwill, and peace through [the] fellowship of business, professional, and community leaders."

Sharon Mortensen and Gail Hoffman gave a presentation to the Rotary Club of Midland on Sept. 21, 2023, connecting Rotary International President R. Gordon R. McNally's encouragement to create a "culture of caring" globally with our Club's journey to do that locally.

Overall Assessment: There were some good suggestions. Bottom line, people really want to connect more with one another and get to know others in Rotary better.

JOURNEY

Comments from the table surveys include the following:

How can we better have a culture of care?

- o Giving us time to chat & visit at the beginning
- o Do more projects: Learn to care for others & to do together (kills 2 stones)
- o Make a conscious effort to do so
- o Continued table talks prior to meeting starting
- o Rotary buddy
- o Stewards of Rotary committee taking “notice” of more; e.g., Carlsen horn, Birthdays
- o Member feedback on their “needs”/wants of club

How can we generate a greater sense of belonging for club members?

- o Assigned buddies – mixed table assignments
- o Building in occasional meetings of just team building
- o Encouraging sponsorship mentoring & outlining what they can do
- o Better identifying each member’s focus
- o Use member app’s to steer people towards the right committee – connect them
- o Work on projects together (gets folks working together)
- o Having a culture of care
- o If you see people sitting alone at a table invite them to your table
- o Continued Communication on events going on
- o If someone is struggling within the club, how do we as a club handle that?
- o Getting to know each other; e.g., greeter, rotate tables
- o Transfer-in members need sponsors
- o Get out of comfort zone
- o Remember the 4-Way Test
- o You have to have to have something you stand for as a club

Bottom line, how can we focus on helping each other thrive?

- o By connecting and re-engaging with each other

Summary

This information was presented to the Board at their October 19 meeting near the end of the meeting. There was no opportunity for further discussion. It appears that several of the Membership Committee’s efforts for engagement during the past year have been successful.

More mentoring of sponsors, committee chairs, and transferring-in members is indicated. Intentional focus on involving members in projects and committees may improve retention, engagement, and recruitment.

Upcoming events at Kroger and Grove Park

Our annual fall Grove Park clean-up will take place from 10 a.m. to noon Saturday, Nov. 4. Grove Park has been adopted by Midland Noon Rotary and, as part of that, we provide fall and spring clean-up help each year. You are welcome to bring family members including children to help.

Please bring work gloves if you have them. Also, you are welcome to bring a rake. Coffee, water and snacks will be provided. For questions or more information, please contact Sharon Mortensen at smortensen@midlandfoundation.org

Here is the link to sign up:

<https://docs.google.com/spreadsheets/d/19nxHzMGfq0rbxanENTmq1UkKQtAFXy8kHrxj6nuJwHI/edit?usp=sharing>

Sign-up also is open for bell-ringing shifts to help the Salvation Army on Saturday, Dec. 2 and Dec. 9 at Kroger on Ashman Street. For questions, please contact Dustin Smith at (989) 326-0393 or dustin.smith@ampf.com

To sign up, visit:

https://docs.google.com/spreadsheets/d/1SySB59SI_VRjSE0yHVyFxsSSs5zVpaJbdRz4UHpziwq0/edit?usp=sharing

Rotarians at work for Oct. 28 Elisenal Drive Clean-Up project!



Rotarians at work for Grove Park trick-or-treat



WELLBEING

Here are a few ways you can work to build greater thankfulness or gratitude in your life:

- Write down three good things that have happened to you in the past 24 hours, as well as how you contributed to that good thing happening.
- Write at least one thank you note each week. Think about a person who did something that helped you or helped the community in some way. Take a few moments to express your gratitude to that person in an email or note.
- Think about those you are closest to and make an effort to thank each of them at least once in the week ahead.

Having an attitude of gratitude can help us focus on both inclusion and wellbeing. As we work to create hope in the world this year, let's make gratitude a hallmark of our actions, building a more inclusive environment in our clubs and promoting greater resiliency among our members.

NOVEMBER IS

ROTARY FOUNDATION MONTH

EVERY ROTARIAN EVERY YEAR

"Clean water, the essence of life and a birthright for everyone, must become available to all people now"
Jean-Michel Cousteau

BECAUSE WE CARE
MAKE A CONTRIBUTION, BE THE DIFFERENCE



TAKE ACTION: rotary.org/contribute