

Midland Rotary News



President's Message



Happiest of holidays, Rotarians! As you know, each month is dedicated to one of Rotary's major themes. December is Disease Prevention and Treatment Month.

The health and vitality of a person, a family and a community can be seriously impaired by what in many cases is a preventable disease. Disease prevention is really a keystone to progress in other areas because of the interplay with other areas of Rotary's focus like Water and Sanitation and Maternal & Child Health.

Closer to home, December is already off to a great start. We celebrated our club's 100th (OK, 102nd) birthday. We are grateful to Sharon, Ron, Scott, Jerry, Kate and Tawny for their amazing planning and execution of the club's birthday celebration.

Also, it was great to see so many Rotarians participate in bell-ringing for the Salvation Army this month at Kroger. Thanks to Tawny for her assistance in organizing this! We also are thankful to Abby Scherzer for organizing volunteers for the annual senior Christmas luncheon at West Midland Family Center!

Later this month, we will have a pre-Christmas presentation on the Santa House, and on Dec. 29, we will have a service project at the Bridge Food Center in lieu of our regular Thursday meeting.



Have a great month!

Jon Lauderbach

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PAUL HARRIS FELLOW RECIPIENTS

Jim Bakeman
Jeff DeHaven



IMAGINE ROTARY

ROTARY CLUB OF MIDLAND LINKS

Facebook [www.facebook.com/ MidlandNoonRotaryClub/](http://www.facebook.com/MidlandNoonRotaryClub/)

Twitter <https://twitter.com/MidNoonRotary>

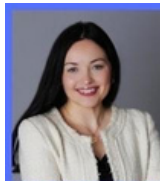
Instagram: [www.instagram.com/ midlandminoonrotary/](http://www.instagram.com/midlandminoonrotary/)

Official logos/Rotary Global Rewards:

<http://midlandrotaryclub.org>

Club Website: www.midlandrotaryclub.org

New Members



GET TO KNOW THIS
ROTARIAN
KAYLA STRYKER



ORIGINALLY FROM: Midland

SPONSOR: Amy Jaster

CURRENTLY WATCHING/LISTENING TO: I listen to audiobooks while I'm working and tend to listen to anything mystery/suspense. I most recently finished listening to "Where the Crawdads Sing". In terms of TV, I'm a big fan of all of the worst reality shows (think Bachelor, Love is Blind, etc.) but am also currently watching White Lotus on HBO.

FUN FACT: My partner and I have four animals - two cats and two dogs.

WHY I JOINED ROTARY: I thought it would be a great way to meet people and give back to the community.

WHAT I'M MOST LOOKING FORWARD TO IN ROTARY: Participating in the different projects Rotary is involved in, maybe joining a committee to meet more people and get involved.



GET TO KNOW THIS
ROTARIAN
MELISSA REED



ORIGINALLY FROM: Birch Run, and I grew up just outside of Frankenmuth (about five minutes from Bronner's, the famous Christmas store).

SPONSOR: Melina Buccì

CURRENTLY WATCHING: Yellowstone!

FUN FACT: I'm a huge golfer. I have played since I was six years old! My high school did not have a women's team, so I tried out and played on the men's.

WHY I JOINED ROTARY: To get more involved and meet new community members.

WHAT I'M MOST LOOKING FORWARD TO IN ROTARY: Partnering with fellow members and making a difference in the community.



UPCOMING MEETINGS

Dec. 15

Midland Daily News

Dec. 22

Christmas celebration

Dec. 29

No regular meeting -
Bridge Food Center
service opportunity.
Happy Holidays!

Jan. 5

Focus on Youth

Jan. 12

Classification

Jan. 19

Classification

Jan. 26

Classification

Feb. 2

MRF and RI



Pies for Polio raises funds

By Dallas Rau

Thanks to our club members and community, the Rotary Club of Midland had another successful fundraising effort for our "Pies for Polio" campaign that celebrated World Polio Day on Oct. 24.

Chuck Cusick, our District Polio Plus Chairperson, recently highlighted in the October District Dispatch the following:

"It is hoped that all Rotary clubs will undertake activities during October and November to reemphasize to members and the community that polio eradication is Rotary's top humanitarian priority and polio could return to any community...Rotarians financial support remains crucial as well as advocacy to promote polio vaccinations in every community...As of September 28th, 27 cases of wild poliovirus have been reported: 2 in Afghanistan, 19 in Pakistan, and 6 in Mozambique. Most cases are from the North Warzinstan district in Pakistan. The total number of cases in 2021 was 6, and in 2020 there were 140 cases."

Grand Traverse Pie Company in Midland donated \$1 from each slice of pie and \$2 from each whole pie that was sold for our Pies for Polio campaign. Proceeds benefited the Polio Plus fund.

This year, through sales at our club meeting and on October 24th at the GT Pie Company cafe, we raised \$238 to donate toward the effort to #ENDPOLIO. Club members also had the option to purchase a pie and donate it to a local organization, and Midland's Open Door was a happy recipient of a delicious pie!

I'm so grateful to those within our club who assisted with this effort; the staff at GT Pie Company in Midland; honorary club member Jenny Kendrick for creating the flier to advertise this event; and those who contributed by purchasing pies. This truly shows the spirit of Rotary and how when we work together toward a common goal, we can create great impact within our community and around the world.

What is a Paul Harris Fellow?

It's Thursday at the Midland Country Club, and Christian Velasquez approaches the president's podium with a signature blue folder enveloping a special certificate of achievement.

He calls your name.

He does so because you're a large contributor to the Rotary Foundation. Or maybe it is your birthday, or a special work anniversary, or different career achievement. Or maybe it's a special life milestone, or simply an appreciation of what you do for the club and our community.

For whatever reason, he calls your name and congratulates you on being named a Paul Harris Fellow.

For our newer members, the Paul Harris Fellow recognition acknowledges individuals who contribute, or who have contributions made in their name, of \$1,000 to The Rotary Foundation.

Rotary established the recognition in 1957 to encourage and show appreciation for substantial contributions to what was then the Foundation's only program, Rotary Foundation Fellowships for Advanced Study, the precursor to Ambassadorial Scholarships.

The first Paul Harris Fellows included past RI Director Allison G. Brush, who served during the 1937-38 Rotary year, and longtime RI Treasurer Rufus F. Chapin, both for donations made in 1946. Mrs. Adan Vargas was the first woman to receive the recognition, for a gift made in 1953. Mrs. Harry L. Jones was the second, and one of only five people recognized for contributions actually made in that inaugural year.

Early Paul Harris Fellows received a certificate of recognition. In 1969, the Foundation unveiled the first Paul Harris Fellow medallion at the Rotary Convention in Honolulu, Hawaii, USA. Japanese metal artist Fiju Tsuda created the piece under the direction of former Foundation Trustee Kyoza Yuasa. Today, Paul Harris Fellows receive a certificate and pin. They are also eligible to buy a Paul Harris Fellow medallion.

Rotarians have a tradition of supporting the Foundation by honoring others. Ida LeTulle Taylor became a Paul Harris Fellow in 1978 when her husband, Vann Taylor, who was serving as a district governor, made a donation in her name in honor of their 34th wedding anniversary. The gift also made her the 25,000th Paul Harris Fellow.

At the International Assembly in 1979, incoming RI President James Bomar challenged each Rotary club to make one non-Rotarian a Paul Harris Fellow. The Rotary Club of Pikesville, Maryland, USA, responded by making a donation in the name of Mother Teresa in 1980.

Paul Harris, continued...

The entertainer Pearl Bailey also became a Paul Harris Fellow through a joint effort of the Rotary clubs in Cape Cod, Massachusetts.

Many other notable figures have been named Paul Harris Fellows, including U.S. President Jimmy Carter, Russian President Boris Yeltsin, U.S. astronaut James Lovell, UN Secretary-General Javier Perez de Cuellar, and polio vaccine developer Jonas Salk.

The number of Paul Harris Fellows reached the 1 million mark in 2006.

If you'd like to join this esteemed group of Rotarians, you can do so by achieving the following:

- Paul Harris Fellow: When you give \$1,000 or more to the Annual Fund, PolioPlus, or an approved Foundation grant. To recognize someone else as a Paul Harris Fellow, you can give that amount in their name.
- Multiple Paul Harris Fellow: When you give additional gifts of \$1,000 or more to the Annual Fund, PolioPlus, or an approved Foundation grant.
- Paul Harris Society member: When you elect to contribute \$1,000 or more annually to the Annual Fund, PolioPlus, or an approved Foundation grant.

Service opportunity at the Bridge Food Center

In lieu of our regular club meeting on Dec. 29, Midland Noon Rotarians can volunteer at the Bridge Food Center located on at 1539 Washington Ave.

This is a chance for club members to share their time with members of the community to help stock the shelves, help shoppers, and perform other needed tasks.

The Bridge is run by volunteers and without them, the work wouldn't get done. The Bridge Food Center, located in Midland, focuses on customers that make a household income of \$61,000 or less and may be struggling to put food on the table.

The Bridge bridges the gap between opportunity and accessibility to food such as meat (beef, chicken, pork, fish, etc.), soups, fruits & vegetables, pastas, paper, cleaning, personal care items and more. People can choose and purchase food at low costs.

The Bridge serves people from all parts of our community and is a great place to shop and get groceries for your family at the lowest prices in town.

Healthy habits for this holiday season

By Amy Jaster

As we head into this holiday season, it is important to maintain the healthy habits we have been working on all year long. This year as more parties and gatherings will be in person it is super important. The holiday season means irresistible foods at parties and gatherings, colder weather, stress, and less sleep.

So, what are we to do... Here are a few habits to hang on tight to:

- Drink plenty of water daily. Aim for half your body weight in ounces. Carry water containers with you to ensure you are staying hydrated.
- Aim for 7-8 hours of sleep a night. The body needs time to rest and repair
- Eat at home, when possible, to ensure that you are preparing meals that are balanced with a variety of foods and don't skip breakfast.
- Move your body daily. Aim for a minimum of 20-30 mins a day. This time can be broken up into 10 min segments if needed to achieve
- Find a way to de-stress/decompress – the holidays are a stressful time

Enjoy the fun foods that WILL be present at those gatherings. But use a small plate to limit portions.

Most importantly, give yourself grace and enjoy this holiday season!



Midland Noon Rotary Club

@MidlandNoonRotaryClub · Nonprofit organization

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We're social!

Facebook:

<https://www.facebook.com/MidlandNoonRotaryClub/>

Instagram:

[Midlandnoonrotaryclub](https://www.instagram.com/midlandnoonrotaryclub/)

Twitter: @NoonRotary

Rotarians ring for Salvation Army

Volunteers participated in some jingle jangle Dec. 3 at Kroger to help out the Salvation Army. Thanks to Tawny Nelb for organizing this year's bell-ringing schedule. A new slate of Noon Rotarians picked up the bell on Dec. 10, and those volunteers will be featured in next month's newsletter.



Birthday party celebrates our history

We celebrated our 100 (+2) birthday on Dec. 1, and the celebration included a game of Jeopardy with questions about our club's history! Didn't get a chance to attend? Here were some of the questions!

A: Rotary formed this current group in 1984-1986 under the leadership of past President Ian Bund to train leaders in our community.

Q: What is Leadership Midland?

A: This is where the club met after our founding because there were no restaurants large enough to hold members in a private room.

Q: What is the Dow Cafeteria?

A: In this year, women first joined Midland Noon Rotary.

Q: What is 1989

A: This Rotarian was the first female president of Midland Noon Rotary.

Q: Who is Ruby Imawasa?

A: After a series of tragic drownings in the river in 1927, Rotary purchased land in town for a public pool to be built here.

Q: What is Central Park?

A: This organization was formed in 1977 to allow charitable gifts by members to support club programs.

Q: What is the Rotary foundation?

A: The first Pancake Supper was held in this location in 1972.

Q: What is First United Methodist?

A: This committee which began in 1932 was the origin of the Rotary Foundation.

Q: What is the Student Loan Committee?

A: He was district governor, but known locally for his leadership developing the silicone industry at Dow Corning, and including the accidental discovery of Silly Putty.

Q: Who is Earl Warrick?

A: Midland Rotary was chartered in this year.

Q: What is 1920?

A: This event is the single-most recognized fundraiser for Midland Noon Rotary in our community.

Q: What is the Pancake Supper?

A: This is a current city service that Rotary studied and helped the city implement in 1990 during Jim Brozzo's presidency.

Q: What is recycling?

A: This Rotary program was established in Midland in 1975 during Dr. Don Carlsen's presidency, and our club has the largest representation currently in the district.

Q: What is Rotary Youth Exchange.

A: This global crisis is the reason the club raised \$120,000 for Rotary International activity in 1986-87.

Q: What is polio eradication.

A: One of the co-founders of the club, he listed his classification as Horticulturist/Orchardist instead of his main profession of chemist and company president.

Q: Who is Herbert Dow?

A: This spin-off club was formed in 1988 directly because of many members of Midland Rotary not wanting to accept women.

Q: What is Midland Morning Rotary?

A: This Rotarian became our District Governor after leading the Midland Noon club through Polio Plus fundraising.

Q: Who is Andy Rapp?

A: This 1987 issue split the club members as Rotary International moved forward on 1986 federally mandated organizational change.

Q: What is accepting women members?

A: In 1975, this worldwide sport was in its infancy in the United States, but Rotary funded a seed project to get in going in Midland.

Q: What is soccer?

A: In the 1990s, Rotary was a major community fundraiser for this event in collaboration with Church World Service, a faith-based organization transforming communities around the globe through just and sustainable responses to hunger, poverty, displacement and disaster.

Q: What is the CROP Walk?

A: In 2016, to help raise funds for Polio Plus, the club brought a special artifact to the community to share the history of polio and inspire donations to Rotary International.

Q: What is an artificial lung?

A: The club organized the Anti-Drunk Driving Alliance of Midland in 1982-83 and facilitated community-wide education as a precursor to this national group.

Q: What is Mother's Against Drunk Driving (MADD).

A: This international peace organization began in 1920, the same year as Rotary International was formed.

Q: What is the League of Nations?

A: District Governor Ernest Britton introduced the club's theme song that is still sung today.

Q: What is "Smile" ?

Rotarians help with road cleanup



Club conducts annual meeting

President Jonathan Lauderbach called the meeting to order at 12:20 p.m. in Founders Room at The Midland Center for the Arts. A quorum of 71 was established with 67 present in person and 4 present online.

Secretary Gail Hoffman presented the secretary's report, including:

- Membership statistics: We have 151 active members (a decrease of four from the same time last year). There are 17 active-R85 members, which is a decrease of six over the same time last year. In total, we have 168 members recognized by Rotary International. Lastly, we have five honorary members (a decrease of three over the same time last year).
- Regarding gender, 37.5% of our club is female, and 62.5% is male. Unreported accounts for 1.8%.
- Regarding age, six members are under the age of 29; 16 are between 30-39; 40 are between 40 and 49; 37 are between 50 and 59; 25 are between 60 and 69; and 36 are age 70 or higher. Eight members are undefined.
- Current Service Opportunities: Members donate significant volunteer time each year beyond weekly Club meetings to meet the challenge of "Service above Self." Newer members are encouraged to seek ways to engage; long-time members wishing to change focus are encouraged to check out the variety of options available in our committee structure. Additional information is provided on the Club's website <http://midlandrotaryclub.org> under "Members/Committees."
- There are 17 club committees, and new clubs chartered during 2021-2022 include Supporting the Environment and Wellbeing through Communication & Connections.
- There are 24 subcommittees supporting the club committees.
- Rotary service projects during a "normal" Rotary Year include Riverdays, Golf Outing, Tridge Walk, Salvation Army Bell Ringing, Seniors Christmas Luncheon, Pancake Supper, and Midland Blooms. During Rotary Year 2021-2022, Riverdays, the Tridge Walk, Seniors Christmas Luncheon, and Pancake Supper were cancelled due to COVID-19.
- At mid-year of Rotary Year 2022-2023, Riverdays and Golf Outing have taken place; planning is underway for Seniors Christmas Luncheon, Salvation Army Bell Ringing, Pancake Supper, and Midland Blooms.
- Volunteers: 232 volunteers provided 531 volunteer hours in 2021-22, and so far in 2022-23, 104 volunteers have provided over 338 service hours. These 338.5 service hours are valued at more than \$10,000!

Annual Report, continued...

- At mid-year, we are exceeding projections for our service activities! Thanks, in part, to Supporting the Environment, Grove Park, Trunk or Treat, and the reporting of volunteer numbers and hours, which is needed by Rotary International.

Also during the annual meeting, Treasurer Kellie Bos reported the club is in good financial standing.

Rotary Foundation Chair Chris Velasquez provided an update of progress toward goals for the General Fund and PolioPlus. He reported:

- The Rotary Foundation helps Rotary members to advance world understanding, goodwill, and peace by improving health, providing quality education, improving the environment, and alleviating poverty. Since it was founded more than 100 years ago, the Foundation has spent more than \$4 billion on life-changing, sustainable projects.

- As of Nov. 17, 2022, the Club has achieved 24% of the General Fund goal, 58% of the PolioPlus goal resulting in progress toward Foundation giving of 29%.

- EREY – Every Rotarian Every Year. If every Club member contributed a gift of \$25, the Club would achieve this significant, important recognition.

In other business during the annual meeting, Midland Rotary Foundation Chair Tim Dyste provided an update. He reported:

- There are \$1,136,000 in assets as of Aug. 31, and 2022 grants went to the Legacy Center Tutoring Program; Longview Early Childhood; M20 Headstart Playground; Community Center Capital Campaign; Learning Tree Co-op Preschool; DARE Officer training; Phoenix Community Farm – Youth. Total grants were \$29,200 for 2022.

- Member donations in 2021 were \$8,995. As of August of this year, they were at \$7,535.

- The Midland Rotary Foundation is leading the fundraising effort to help make Midland more inclusive by building a fully accessible restroom in Grove Park. In addition to a regular ADA restroom, the plan calls for a Changing Places facility to allow those with severe disabilities including brain injury, disease, or the elderly and their caregivers to use equipment such as a hoist (accessed by a passcode or swipe key), height-adjustable adult-sized changing table, privacy screen, centrally located peninsula toilet with space for caregivers to aid the disabled user, and an oversized automatic electric door.

Concluding the annual meeting, President Jon Lauderbach presented the mid-year annual report, and members approved the proposed 2023-2024 slate, including:

- President | Angela Cole (2023-2024)

Annual Report, continued...

- President-Elect | Christian Velasquez (2024-2025)
- President-Nominee | Camille Gerace-Nitschky (2025-2026)
- Immediate Past President | Jonathan Lauderbach (2023-2024)
- Treasurer | Kellie Bos (2022-2024)
- Secretary | Michelle Vannest (2023-2025)
- Director | Reva Curry (2021-2024)
- Director | Tom McArdle (2021-2024)
- Director | Jennifer West (2022-2025, serving last 2 yrs for Camille)
- Director | Todd Gambrell (2022-2025)
- Director|Kristin Stehouwer (2023-2026)
- Director| Amy Jaster (2023-2026)

Jon also presented an update on our progress toward our club goals, including:

Membership & Service

- We have 168 members; our goal is 180
- We have 104 members engaging in service; our goal was 100
- New member sponsorship is at 5; our goal is 15
- We have met our Rotary Action Group Participation goal of 2
- We are at zero for our leadership development participation, and our goal is 4
- Our goal is to have 10 members attend the district conference
- We have met our Rotary Fellowship Participation goal of 3
- Our District Training Participation goal is 4; we are at 0
- We have completed eight service projects; our goal was 7

Rotary Foundation Giving

- Our annual fund contributions are at nearly \$3,000; our goal is \$12,000
- PolioPlus Fund contributions total \$1,450; our goal is \$2,500

Young Leaders

- We have one Rotary Interact Club underway

Public Image

- Our strategic plan is in progress
- We expanded our online presence
- We embarked on one social activity; our goal is 2
- We have updated the website and social media 30 times, which is well on the way to our goal of 50
- Media stories about our club projects total 20; our goal was 10
- We have successfully used official Rotary promotional materials

Rotarians attend District Gala

Recently, Rotarians from all over District 6310 gathered at Zehnder's in Frankenmuth to celebrate giving and recognize individual and clubs for their generosity to the Rotary Foundation and efforts to eradicate polio worldwide. John Germ, past Rotary International President (2016-2017) gave the keynote, and our club received an award for our giving to Polio in the 2021-2022 year.



Giving: It's good for the soul

Building a culture of belonging

By Sharon Mortensen



Maya Angelou stated, "I have found that among its other benefits, giving liberates the soul of the giver."

With December well underway, we have entered what is often called the "giving season." It's a merry time to get caught up in the bustle of the season but giving and volunteering are also good for you.

As Rotarians, we are committed to service above self. That means giving is a part of who we are as Rotary members.

It's important to remember that giving does not just mean providing money but offering your time and talent to help others. Giving includes a smile, a compliment or a kind word. This principle is illustrated in a quotation from one of my favorite childhood books.

If nature has made you for a giver, your hands are born open, and so is your heart; and though there may be times when your hands are empty, your heart is always full, and you can give things out of that--warm things, kind things, sweet things--help and comfort and laughter..."

— Frances Hodgson Burnett, *A Little Princess*

Happiness and giving are inextricably linked. Researchers have found that when individuals give money to someone else, their happiness increases more than spending that money on themselves. In fact, giving causes the brain to experience what has been termed "the helper's high," a concept introduced by Allan Luks over two decades ago. So to put it simply, giving increases happiness. One could argue that we are all meant to be givers.

Giving translates into better physical and mental health. It reduces stress and increases endorphins. Some studies have linked giving to a longer life, fewer symptoms of depression and anxiety, higher life satisfaction and greater hopefulness.

Another benefit of giving is that it connects us with others. Giving and volunteering can help us battle the loneliness that pervades our culture. It brings us together to make a difference in our community.

Whether it's ringing the bell for Salvation Army, cleaning up at Grove Park or serving at the pancake supper, Rotary offers us many opportunities throughout the year to give through volunteerism.

[See Giving • Page 15](#)

Giving, continued...

Giving brings us closer to others and it encourages others to give.

Have you ever had someone ahead of you pay for your coffee or meal? It sparks the desire to continue to “pay it forward” creating a ripple effect in the community.

During this giving season, let’s remember that giving is good for the soul. Booker T. Washington said it this way, “Those who are happiest are those who do the most for others.”

DECEMBER IS



DISEASE PREVENTION AND TREATMENT MONTH

“The prevention of disease today is one of the most important factors in line of human endeavor.”

Charles Mayo



www.rotary.org