



Muskegon Rotary in Motion



Brianna Scott, President
 Susan Cloutier-Myers, President-Elect
 Josh Wallace, Pres Nominee
 Pam Babbitt, Secretary
 Kathy Byma, Treasurer
 Don Crandall, Imm. Past President



Muskegon Rotary Club

Club 216 (2809) – District 6290, Chartered May 1, 1916

July 17, 2014 12:10pm

Lake House Waterfront Grille

<http://www.muskegonrotary.org>



Cathy Brubaker-Clarke, Director
 Larry Larsen, Director
 Kathy Moore, Director
 Dave Sipka, Director
 Frank Marczak, RIM Reporter
 Bill Johanson, RIM Editor

THE FOUR WAY TEST THAT ROTARIANS USE IN MAKING ETHICAL DECISIONS:

Is it the truth? Is it fair to all concerned? Will it build goodwill and better friendships? Will it be beneficial to all concerned?



Program: "YMCA Veggie Van" Sara Vander Zanden

MEETER / GREETER

Tom Powers

INVOCATION

Dan Sawka

THIS MEETING'S MENU

Roast Turkey Breast with
 sherry/sage gravy; garlic/
 parmesan mashed potatoes;
 fresh vegetable – offered with
 garden salad bar and cookies

NEXT WEEK'S BIRTHDAYS

Kathy Betts	Jul 18
Wayne Clock	Jul 19
Julia Koch	Jul 19
Bill Marietti	Jul 19
Mort Kantor	Jul 20
Dick Morgenstern	Jul 21

PROGRAMS/EVENTS

07/24 Disability Diversity
 07/31 Muskegon Lake Update
 08/15 Rotary's *Party in the Park*
 09/17 *Grape Escape*

This Week on Stage

The YMCA Veggie Van is West Michigan's first and only mobile farmers market. The Veggie Van runs year round, making daily stops in urban neighborhoods throughout Grand Rapids and Muskegon, assuring that fruits and vegetables are available to people who otherwise have limited access to fresh produce. They sell locally grown, top-quality fruits and vegetables at reduced prices.

"When you say Bud-weiser..."



Photo: Nate McClure



Photo: Wallace Studios

The Budweiser Clydesdales and the Wallace brothers – above, Jay Jr, Jared, and Josh – contributed to last weekend's festivities, each in their own special way.

Parties in the Park

Friday, August 15

"It's never too early to sign-up"



Photo: Toni Lankerd

RIM

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This publication, *Muskegon Rotary in Motion* (RIM), is intended for the private use of our members and friends. The deadline for RIM announcements is Thursday noon for the following week's issue. Submit brief announcements in writing to one of the RIM Correspondents listed above.

What a great weekend!



Photo: Jim Fisher

Bill Johanson and Bob Scolnik caught in the act of being their cute, cuddly selves.

Say what you will about Muskegon in summer, it's bound to be something like, "Ain't no finer place, I'm a-thinkin'".

It's not just the "stuff" that visitors look forward to – the arts 'n entertainment, amusements, restaurants, weather and, oh yes, lest we forget, the Big Lake (and lots of smaller ones) – no, much of the local luster must be attributed to our citizens, and their gentle enthusiasm about life and sharing with others. Visitors often report feeling welcomed and cheery in Muskegon, and more than a few look forward to returning.

Many times, Muskegon Rotary is a chief "good times" contributor to all that's going on, largely through its creative leadership, its volunteers, and planning expertise. And so it was during our recent rash of fun and patriotic merriment.

We therefore thank heartily all Rotarians who took part. What you did will be remembered affectionately by many for a long, long time.

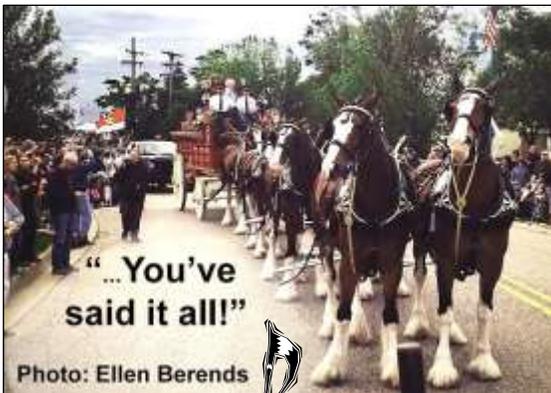


Photo: Ellen Berends



Party a month away

Rotary's *Party in the Park* is on Friday, Aug 15, 5-9pm. It needs lots of volunteers for easy, friend-filled duty. We ask only a two-hour shift, the 7-9pm shift being the most exciting. Please sign-up to help; sign-up sheets are available at Club.

Board members on the move

We recently said thank you to outgoing or transitioning officers and directors **Jay Wallace Jr**, Past President; **Larry Larsen**, Secretary;



and **Josh Wallace**. The Club then installed, above from left, **Kathy Moore**, Director; **Pam Babbitt**, Secretary; **Josh Wallace**, President-Nominee; and **Susan Cloutier-Myers**, President-Elect.



Above, unpaid RIM art critic I. "Sketch" Pad's critical eyes were drawn last week to local emerging artist Janet Smith Guss' rendition of a Jeremy Church photo of the Sylvania Precious tour boat Port City Princess. Sketch thought readers might enjoy seeing it, too. We agree.

The RI Strategic Plan includes five core values:

- Service
- Fellowship
- Diversity
- Integrity
- Leadership

Muskegon Rotary Board

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'Round Rotary's RIM



Newly inducted **President Brianna Scott** opened the meeting leading the Club in the Pledge of Allegiance. **Eric Grimm**, surprised by the request to lead the Club in prayer, responded quickly to his fellow attorney's request, thanked her, and immediately came up with words appropriate to the day and occasion. **John Rupert** followed and took us through the Rotary Four Way Test with nary a hesitation from any member of the Club.

President Brianna informed us that under her reign she will institute a unique "Who is that Rotarian?" quiz beginning this week, July 17. Each Rotarian will be asked to place his/her name on a card and write something about her/himself that may not be readily known or apparent. The card will be read to the Club and guesses about "Who is that Rotarian?" will be proffered. Brianna promises a prize to lucky guessers.

Thursday was RED STAR REMOVAL DAY. And up for removal of the red >>>



Frank Peterson and sponsor Ken Kraus

Fellowships to Four

We had the distinct honor last meeting of presenting Paul Harris fellowships to local community members who exemplify the qualities so inherent in Paul Harris recognition around the world. →

Nancy Crandall and **Judy Johnson** first recognized the outstanding couple of Dr. Richard Peters and his wife Nancy. The list of their “service above self” is too long to go into but suffice it to say, they have truly met the mark of a Paul Harris standard.

Nancy and Judy then recognized another community member, also a member of Rotary, who has given of her time, talent and treasure serving the needs of those in Hospice Care. None other than our own **Mary Anne Gorman** was recognized for her long-term service to this community as a social worker and eventually executive director of Harbor Hospice. She was “tricked” into attending today and it was great to hear about her “service above self” in this community, one she promises never to leave.

The third Paul Harris awardee was **Jason Piasecki**. Recently honored by the Chamber of Commerce as the Entrepreneur of the Year, Jason continues to serve on boards of organizations that support youth. He has been a Rotarian for 9 years and said he was truly humbled and honored to receive the award.

‘Round Continued from page 2

>>> star which indicates that a new member has fulfilled the list of duties which **Kathy Moore** outlined, was **Frank Peterson**, recently inducted Rotarian. More are scheduled in following weeks.

Announcements

Mary Anne Gorman reminded members of the Harbor Hospice Regatta which will be held this Saturday, July 12, at the Muskegon Yacht Club. A Caribbean >>>



Above, then clockwise: **Judy Johnson, Rick Peters, Nancy Peters and Nancy Crandall; Mary Anne Gorman; and Jason Piasecki**

items that will bear the emblem. He suggested that it would be great for the Rotarians who volunteer to work *Party in the Park* buy and wear a T-shirt with the Logo proudly displayed. See **Jay Wallace, Jr** to order this fine merchandise.



>>> Menu will be available from noon to 5:30pm at a very reasonable cost for adults and children. For more information, call Harbor Hospice at 728-3442.

Josh Wallace passed around a sign-up sheet for our *Party in the Park* that will be held on Friday, August 15 in Hackley Park. This is a fundraiser for Rotary so, please, all hands on deck.

Jodi Nichols reported that Habitat for Humanity is holding the second annual Gary Conrad Memorial Golf Outing on Saturday, July 26, at Moss Ridge Golf Club. For more information contact **Ryan Bennett** at 616-837-0222, ext. 13. Sponsorships are available for raising funds for Muskegon County Habitat for Humanity.

Don Crandall introduced the new → Rotary logo for the Club and displayed a number of clothing



It was “10 Brave Rotarians” time again with a need to select a cadre of Rotarians willing to “walk the plank,” as **Secretary Pam Babbitt**, left, put it, and volunteer to be one of the “sailors.” Very quickly, the crew of **Orville Crain, Bob Irwin, Jenna Blamer, Jane**



Clingman-Scott, Bob Scolnik, Jay Wallace, Jr, Doug Woods, Steve Dix, Josh Silvis and Eric Grimm offered their checkbooks to be a participant. After weekly drawings to inflict the prescribed punishment, the last sailor standing will be offered the opportunity to accept or designate another person for a Paul Harris Fellowship. Bring on grog for the sailors!!!

Last Meeting's Program
Prescription Drug
Abuse/Awareness
by Frank Marczak

Ken Kraus, Rotarian Extraordinaire, below, introduced Missy Gallegos, right, and Cinti Mwangu, below at bottom, both Public Health Educators for the County of Muskegon.

Each of them presented Club members with some alarming statistics about the misuse of prescribed medications. Kids in West Michigan begin misusing prescription drugs by age 13. It has reached epidemic stages. And 80% of all prescription pain killer drugs in the world are used by Americans. In the 49442 zip code area of Muskegon County, over 207 million prescriptions were written in the last four years alone. The question is raised: are we the most pained people in the world or do we think we really need "feel good" medicine.



Our presenters shared a farcical video depicting a woman who was suffering from a mild disorder called Pretendatum. The video gave the members a mocking description of how much Americans abuse pain killing drugs to rid themselves of pain and suffering by the use of drugs. Admittedly an exaggerated video, it nevertheless brought guffaws from the audience who realized the extent to which some people may go to obtain prescriptions in order to feel good.

A chart depicting the number of fatal

accidents due to misuse of drugs was illustrated, and the use of Valium and Xanax in accidents in this county has increased from 18 in 2008 to 31 in 2010. The biggest source of misused drug prescriptions??? The family.

Missy and Cinti described the Muskegon Area Medication Disposal Program. Twice a year, the County offers a means for residents to dispose of excess and unused prescription drugs and sharpies; needles and other medical paraphernalia that are no longer needed and can be dangerous if used incorrectly. From 2010 to 2014, over 7 tons of medications and sharpies have been collected.



Various police departments in this county will assist and accept excess medications with no questions asked if one brings in the substance that might be used improperly.

A flyer describing how to properly dispose of meds at home was shared. Following are some of the means of ridding one's home of unneeded drugs:

1. Take prescription drugs out of original containers.
2. Mix drugs with an undesirable substance such as cat litter or used coffee grounds.
3. Put the mixture into a disposable container with a lid, such as an empty tub or into a sealable bag.

4. Conceal or remove any personal information, including Rx number on the empty containers by covering it with permanent marker or scratching it off.

5. Throw the sealed container with the drug mixture and the empty drug containers in the trash. Do NOT place it in a recyclable container.

Strongly suggested is that adults monitor and inventory excess drugs in the home. Many of the drug related issues are caused by leaving drugs too available to kids, friends, neighbors or a delivery man who may ask to use a bathroom in a home and proceed to take a few of the discovered pain killers.

The two presenters described a new and emerging drug that one needs to be aware of. Called Zehydro ER, this drug has the potential for drug abuse and can have nasty side effects. Also in the scheme of social activities are Skittle parties where drugs are mixed with colorful candies. These can result in a cheap "high" and have become popular. Likewise, Dramamine, used for sea sickness or sleep issues is being abused. It does not require a prescription and like other drugs that may seem relatively harmless are described as being OTC, over the counter, i.e.; a prescription is not needed.

Prevention is the key and a free cell phone app. called www.talksooner.org is available to those who wish to learn more about talking early and in earnest with their kids about drug abuse. And of course there is the final word: Never share meds. It is against the law.

Guests, Visiting Rotarians

Retired Los Angeles Superior Court member John Green; Oakridge Public Schools Superintendent and prospective member Tom Liveley (**Jim Fisher**); Coalition Community Development volunteers and board members Nancy Peters and Rick Peters (**Judy Johnson**); Mercy VNS & Hospice Services Executive Director Sara Simonds (**Mary Anne Gorman**); and visiting Los Angeles Rotarian John Greg.

