



Quick Notes



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Mental Health and Your Club

By District Governor Michael Soden

In his message for October 2023, RI President Gordon McNally emphasized the significance of World Mental Health Day, which took place on October 10, and urged Rotary Clubs to collaborate in making an impact. President McNally cited two exemplary projects and encouraged perusal of additional initiatives on Rotary Showcase. Notably, on October 10, President McNally held a Facebook Live event during which Rotary commemorated World Mental Health Day and conducted a comprehensive exploration of how Rotary members can embark on this mission. Moreover, he advised that at this moment, there exists someone within the Rotary community who might benefit from additional care and attention, highlighting Rotary's propensity towards fostering global camaraderie as fostering mutual support and fellowship.

MENTAL HEALTH AND YOUR CLUB

Dear fellow Rotary members,

The World Health Organization designates 10 October as World Mental Health Day, and with Rotary placing a special focus on mental health this year, I would like to help answer the question posed to me most often when I travel to meet members: How can my club get started?

There are some wonderful examples of Rotary members taking action already. In the Philippines, the Rotary Club of Tiaong-Hiyas held a 12-week health challenge for mothers in the community to promote some baseline health screenings and coaching on a healthier lifestyle. By the end of the challenge, the mothers had a special bond and decided to form a Rotary Community Corps called Ilaw ng Tahanan ("one who lights up the home") with the goal of involving more mothers in health education and wellness support — and later youth services, teen pregnancy prevention, and help with unhealthy substance use. Almost a year later, the RCC is preparing to open its



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own health center where mothers can come for peer-to-peer support.

Another strong example is in Colorado. In the fall of 2021, a small group of stakeholders from the Rotary Club of Highlands Ranch formed the Rotary Clubs of Colorado Endowed Fellowship for Pediatric Mental Health, which enhances the ability of Children's Hospital Colorado to recruit and train pediatric psychiatry providers and allows the hospital network to make additional appointments. This increases access to mental health care for children and decreases provider shortages. Since then, the project has brought on new supporters and is now fully funded with a \$500,000 endowment. Investment income from this endowment will support a fellow — a psychologist or psychiatrist — at Children's Hospital. A new fellow will be named every one to two years, beginning spring of 2024. Over time this will create a cohort to bolster the mental health workforce, treating kids from all 64 Colorado counties and neighboring states.

There are many more great mental health project stories on Rotary Showcase, and I invite you to share your experiences as you begin your own projects. Also, please reach out to mindhealth@rotary.org with any thoughts or ideas you would like to share about mental health in the Rotary world.

On 10 October, I will host a Facebook Live event when we will recognize World Mental Health Day and further explore how Rotary members can begin this journey. But I would like to leave you with one way every Rotary member can make a difference.

Right now, there is someone you know in the Rotary world — in your club, from a project you've worked on, in a Rotary Fellowship or Rotary Action Group — who could use a little more of your time and attention. Rotary is this great gift of global friendship, and that also means being there for each other. Discovering the human connections that bind us is what we do through our membership every day. It's what Rotary has always been about, and we can build on it by helping each other find peace at home.

We need to learn how to ask not just "How are you?" but also "How are you really?" By doing so, Rotary can continue to *Create Hope in the World*.

Gordon McNally
President, Rotary International

Rotary Leadership Institute Is Back!!!!

By Dennis Franklin, District 5300 Rotary Leadership Coordinator

You have the opportunity to attend two Rotary Leadership Institute (RLI) events this fall in District 5300.



1. Saturday, November 4 at Sellers Elementary School, 500 N. Lorraine Ave., Glendora, CA 91741

2. Saturday, November 18th at Roseman University, One Breakthrough Way, Las Vegas, NV89135

Because of its interactive nature, RLI has proven to be one of the most effective member engagement and leadership development programs available. The skills you'll learn will impact your club, community, business, church, and family lives. We encourage all Rotary, Rotaract, and Interact members, as well as their guests to join us.

For more information and to register please click on one of links below.

Rotary Scholarship Program Deadlines

By Mark Mariscal, District Rotary Foundation Committee Chair

This article is about two Rotary scholarships. The purpose is to help prepare students for careers in one of Rotary's seven Areas of Focus and to foster international understanding and friendly relations among people of different countries.

Rotary Global Grant Scholarship. District Governor Michael Soden has committed funding to award at least one Rotary Global Scholarship this Rotary year. The scholarship amount is \$30,560 (subject to increase slightly) and is to be used for graduate-level expenses to attend a foreign university for a minimum of one year. The scholarship is for the academic year that starts after July 1, 2024. The university must be in a city that has a local Rotary club (the local club serves as a Host Club). An applicant must have attended a high school, undergraduate college or have parents within the boundaries of Rotary District 5300. The applicant must be sponsored by a local Rotary Club and be approved by the club's Board of Directors before being considered by the District.

Scholarship for West Point or Claremont Colleges graduate. In addition to this scholarship, a scholarship is available for a student who received an undergraduate degree from either West Point Military Academy or one of the Claremont Colleges (priority given to a graduate from Claremont-McKenna College).

The application process for both **opens on November 1 and closes on December 31**. Candidate applications will be screened, and the most qualified students will be invited to interview with the District Global Scholarship Committee in late January or early February. More information can be found on the D5300 website, or a club officer can call either GG Scholarship Chair Dawn Smith at 908-528-4427 or DRFCC Mark Mariscal at 323-816-6713.

District and Club Events, Meetings and Fundraisers

October 17th, 7:00-8:00 AM
[DG Official Visit - Sierra Madre](#)

October 18th, 8:00-11:00 AM
[Baby's Bounty - Diaper Distribution](#)

October 19th, 7:00-8:00 AM
[DG Official Visit - Boulder City Sunrise](#)

October 21st, 8:00-11:00 AM
[Just One Pop Up--LV Summerlin](#)

October 23rd, 9:00-11:00 AM
[Back to school Extravaganza -- Covina](#)

October 24th, 7:00-8:00 PM
[DG Official Visit - Greater Chino Hills](#)

October 25th, 7:45-8:45 AM
[DG Official Visit - Duarte](#)

October 26th, 7:30-9:30 PM
[Happy Feet-LV Southwest](#)

October 26th, 3:00-4:00 PM
[Las Vegas Southwest -Tour of U.S. Marshall's Office](#)

October 28th, 7:00-11:00 AM
[2023 Walk to End Alzheimer's - LV Summerlin](#)

October 28th, 8:00-12:00 PM
[Make A Difference Day Service Event-Monrovia](#)

October 31st, 11:30-11:45 PM
[Club Intent to Participate TLC](#)

November 4th, 12:00-4:30 PM

October 17th, 12:00-1:00 PM
[DG Official Visit - Monrovia](#)

October 18th, 12:00-1:00 PM
[DG Official Visit - Barstow](#)

October 20th, 5:00-9:00 PM
[Oktoberfest Progressive Dinner-- Green Valley](#)

October 21st, 5:38-9:00 PM
[Claremont Fall Social](#)

October 23rd, 5:00-9:30 PM
[Service - HallO'Veen \(Opportunity Village\)--Green Valley](#)

October 25th, 7:00-8:30 AM
[Green Our Planet with LV Rotary Club](#)

October 25th, 12:00-1:00 PM
[DG Official Visit - Upland](#)

October 26th, 12:00-1:00 PM
[DG Official Visit - Ontario - Montclair](#)

October 27th, 5:30-9:00 PM
[Trunk or Treat for the LV Police Protective Assoc--LV Summerlin](#)

October 28th, 7:30-9:00 PM
[Walk to End Alzheimer's-Green Valley](#)

October 28th, 10:00-12:00 PM
[Rotary Essentials Online - Public Image](#)

November 4th, 10:00-11:00 AM
[Put Up Flags for Veterans Day & Thanksgiving-Altadena](#)

November 7th, 6:00-8:00 PM

**Rolling for Rotary Fundraiser-
Lancaster Sunrise**

November 10th, 12:00-1:00 PM

DG Official Visit - Arcadia

November 11th, 10:00-12:00 PM

Rotary Essentials Online - Foundation

November 14th, 7:15-8:15 AM

DG Official Visit - Rancho Del Chino

New Member Event-Green Valley

November 10th, 6:00-9:00 PM

USMC Benefit Dinner - San Dimas

November 11th, 10:00-11:00 AM

**Holiday Food Distribution - Pack
Boxes - Altadena**

November 15th, 3:30-5:15 PM

**Agassi Thanksgiving Celebration and
Birthday Hour**