

Heartbeat

January-February 2021



RIP Holger Knaack



P2 / Director Message

RID Floyd offers tips on setting, tracking and celebrating New Year commitments.



P3 / Red Coats to 'Baa Baas'

Dochterman governors annually reunite.



P4 / Seven Areas of Focus

Clear calls for Rotary education and action.



P5 / Making a Big Difference

Zone Summit nets \$20,000 for Oklahoma's homeless and hungry.



P6 / PETS Schedule

Online PETS sessions set February through March.

'Baa Baa Bunch' Sets the Tone

This time last year, like years before, we were wrapping up the holiday season, reflecting on the past year, perhaps preparing to watch the ball drop, contemplating new resolutions, and looking ahead to the second half of our Rotary year. While things look very different this new year, with COVID hanging on, there's merit in that still. Also a good chance you'll hear or partake in an "Auld Lang Syne" singalong soon.

It's the kind of tradition — and practice of welcoming the new with a nod to the familiar — that PRIP Cliff Dochterman knows well. So, too, his Red Coats (or "Baa Baas," as they've come to refer to themselves.) They've been hosting reunions since their Rotary governor



year under Cliff back to 1992-93. Zone 31/District 6200 PDG John Gates (himself 94 years young), tells it this way: "Over the years, we found that our interest in Rotary, along with having an outstanding President for our year, added to the bonding of the 'Baa Baa Bunch.' The Baa Baas of '92-93 were willing to take on an annual meeting in locations relatively convenient to our group.

"We had Bob Ellis of Houston, who started mailing out newsletters. While our song (*stolen from the Whiffenpoof Song*) was developed at our first get-together in El Paso as something to use at receptions for current governors and 'big wheels,' the governors-elect for '92-93 were not invited. The 92-93 governors-elect had our own meeting where it was suggested we burst in on the reception that we were not part of, and it continued from there."

(Learn more, page 3)



What is ahead for you in 2021?

At the beginning of each year many of us take on the challenge of setting goals, resolutions, desires, and/or

challenges. I personally like to look at what I hope to achieve in the new year as commitments. During the last few days of each year, I stop and think about what I personally want as outcomes for the new year. Many begin with a list of resolutions. Many also break resolutions due to lack of commitment — often before the end of January.

Whether you set goals, resolutions or plans, the important thing is to make a commitment and set a strategy with measurable steps along the way.

A few thoughts I'd like to share that may resonate with you:

Do something you love each and every day....

Take time to enjoy fellowship and accomplishments through our Rotary world. Enjoy what Rotary offers in service to others and what we do for each other through our networking.

Do something for you that is meaningful to others.... Doing a good deed by helping someone in some small way is one way to get that warm feeling. Oftentimes, that smile or thank you is just what the doctor ordered for you and the person you helped.

Strive to learn something new every day....

Take time to learn more about Our Rotary Foundation. You know: the part you've always wanted to know but were too busy to pursue. Don't get bogged down in the same old routine. Read an article, newsletter or the Rotary Magazine. Have a discussion about a new approach for your club's activity with your club's leadership.

Listen more than you talk.... That old adage about one mouth and two ears is true. Plan to listen more when among family, friends, club members, etc. They might just have that suggestion worth hearing, but no one gave them opportunity to be heard. It may be a thought at the club level about how to Grow Rotary, attract members or pursue that never-thought-of-before service project.

Track your To-Do List.... OK, so now you have your commitments. Use a method to track your success. Using a planner allows you to empty much of the daily detail from your mind, whether it's Microsoft Office Outlook, Google Calendar, or an app on your Smartphone. If exercise is on your list perhaps the Fitbit, Apple Watch, Smartphone or other personal exercise tracker can help you keep track of steps, calories, weight, sleep and exercise. This is handy for tracking personal goals as well. Dumping the information into a tracker gives your mind room for more critical thinking.

Now you have commitments; here's how to keep them.... This is the part where you don't stuff your list into a drawer and forget about it. Your commitments will be more manageable—and, by extension, more achievable—if you keep the concepts simple. Nothing says you have to tackle any or all you've listed. Choose the ones that most resonate with you, the commitments you're most likely to stick with—commitments with the greatest opportunity to transform your world and the world we all live in.

Time to celebrate.... When next December rolls around, pull out your list, check it over and be proud of the accomplishments achieved. That will be the time to **CELEBRATE!!!**

Stay healthy and safe. Happy New Year!
Yours in service to Rotary,

Floyd, RID, Zones 30 and 31



From Red Coats to 'Baa Baas'

Thurmond John Gates, PDG

Zone 31, District 6200

All 1992-93 District Governors are officially known as “Red Coats.” Twenty-five in Zones 5 and 11 before realignment of Districts are affectionately referred to as “Baa Baas.” We’ve been together since the Kansas City International Institute in 1992. On to Lafayette, Overland Park and Houston for Institutes in ‘93, ‘94 and ‘95. There followed Eureka Springs (‘96), Ponca City (‘97), Hot Springs (‘98), Galveston (‘99), Hannibal (2000), Wichita (‘01), Independence (‘02), Galveston Cruise to Cozumel (‘03), Natchez (‘04), Fredericksburg (‘05), Branson (‘06), San Antonio (‘07), Baton Rouge (‘08), Tulsa (Zone meeting ‘09), St. Joseph (‘10), Camden (‘11), Shreveport (‘12), Jefferson City (‘13), Tyler (‘14), Branson (‘15), Kansas City (‘16), Houston (‘17), St. Louis (‘18), and Bentonville (‘19).



Ed Mabry (5910) wrote the words that defined our group, and put it to music of the Whiffenpoof Song. We think so fondly of Ed and Bob Ellis (5890) that we held our 2017 reunion in Houston, allowing them to join from assisted living facilities. As most of us slowed down, Robert McKay (our youngest Baa Baa, 6090) and wife Cheryl brought the group together and developed agendas. PRIP Cliff joined us when able, and provided messaging throughout. We’re also proud to have contributed to The Rotary Foundation through **The Clifford Dochterman ‘Red Coat’ Endowment Fund**, generating income in perpetuity.

The Baa Baa Song (first verse original)

We’re poor little lambs who have lost our way

Baa! Baa! Baa!

We're little black sheep who have gone astray

Baa! Baa! Baa!

Gentleman songsters off on a spree

Doomed from here to eternity

Lord have mercy on such as we

Baa! Baa! Baa!

We are Rotary Governors who are here to say

Serve! Serve! Serve!

Seeking a difference each and every day

Serve! Serve! Serve!

Twenty-five Districts with a personality

A united cause known as Rotary

God grant your blessings on the efforts of we

Serve! Serve! Serve!

We are Rotary Governors who are here to say

Serve! Serve! Serve!

We can find happiness each and every day

Serve! Serve! Serve!

Twenty-five Districts, united and strong

While helping others, we can't go wrong

Please have mercy on this poor throng

Serve! Serve! Serve!

I come from District Five Eight, Nine, Oh

(substitute your year)

Baa! Baa! Baa!

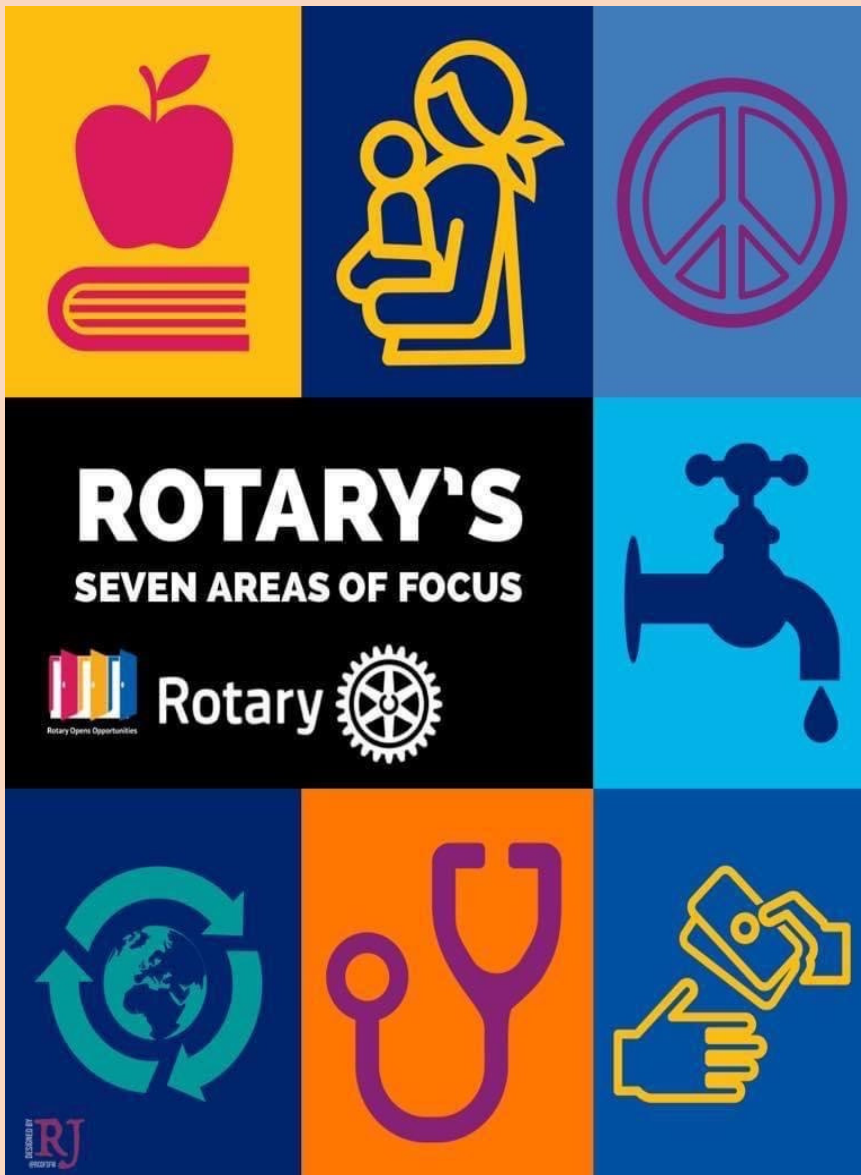
We follow our leader whenever we can

He's taught us to be that uncommon man,

Proud to be a Red Coat since our year began,

Baa! Baa! Baa!

Opportunities In All Areas of Focus



BASIC EDUCATION & LITERACY

MATERNAL & CHILD HEALTH

PEACE & CONFLICT PREVENTION/RESOLUTION

WATER & SANITATION

SUPPORTING THE ENVIRONMENT

DISEASE PREVENTION & TREATMENT

ECONOMIC & COMMUNITY DEVELOPMENT

Rotary International and The Rotary Foundation concentrate on **seven areas of focus** as organizational priorities:

- ◆ **Basic education and literacy**
- ◆ **Maternal and child health**
- ◆ **Peace and conflict prevention/resolution**
- ◆ **Water and sanitation**
- ◆ **Supporting the environment**
- ◆ **Disease prevention and treatment**
- ◆ **Economic and community development**

Of those, Supporting the Environment is new — grant applications for related projects being accepted as of July 1, 2021.

What's happening in your neighborhood, city, state and region to truly **make a difference** in one or more of these areas? What's your Rotary Club, District and Zone doing to not only **support, understand and promote** focused efforts in these areas but **truly engage** on some effort? Are **committee members assigned** in each area?

What's happening to educate members on highest areas of opportunity and grant participation? Conducting **needs assessments** in your community and beyond? **Partnering with others** in your District, Zone and internationally?

Try **hosting club speakers** — live or virtually — on any mix of these topics. **Surf the Rotary website** for ideas and live projects. And, most of all, **give to The Rotary Foundation**. It's where we do our best work.

Making a Big Difference in Oklahoma



You did it, Heart of America and Oklahoma Rotary Clubs: Helped move in big ways very meaningful support for Oklahoma's most vulnerable populations.

Donations raised by our "Taking Rotary by Storm" Zones 30-31 Summit yielded \$10,000 for Positive Tomorrows, Oklahoma's only elementary school specifically serving homeless children, and \$10,000 for Food and Shelter Inc.

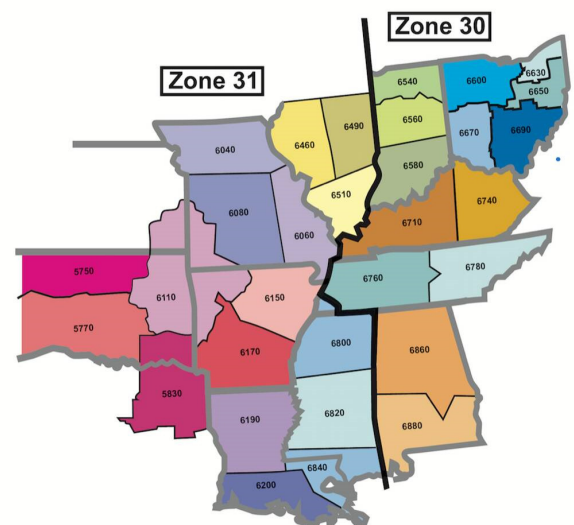
Receiving the check from PDG Lance Singleton (5750) for the school is President and CEO of Positive Tomorrows Susan Agel.



Pictured for the Food and Shelter Inc. presentation are Rotary District 5770 Governor Tim Eaton, PDG Glenda Thomas, and Executive Director of Food and Shelter Inc., April Heiple.



The HOA "Taking Rotary by Storm" October 2020 virtual Summit was attended by some 1,200 Rotarians from across 13 states.



Upcoming Presidents-Elect Training Seminars (PETS)

Schedules are set for 2021 Heart of America Presidents-Elect Training Seminars (PETS), those beginning at end of February and going through end of March. All are likely to be online or virtual this year, given ongoing COVID restrictions and precautions. Check out the one for your District by way of the listing and links below:

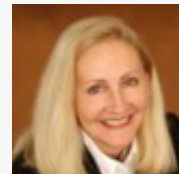
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|------------------------|---------------------------------|-------------------------------------|
| February 24 to March 1 | Lone Star | Online |
| March 11 to March 13 | All Ohio | Online |
| March 11 to March 13 | Great Lakes | Online |
| March 12 to March 13 | Ole Man River | Online |
| March 19 to March 20 | Mid-South | Online |
| March 20 to March 21 | Land of Lincoln | Holiday Inn (Likely Online) |
| March 25 to March 27 | Mid-America | Doubletree Hotel (Likely Online) |
| March 25 to March 27 | Show Me Rotary | Capitol Plaza Hotel (Likely Online) |



Heart of America Zones 30 & 31

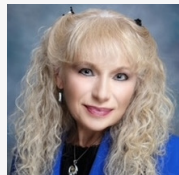
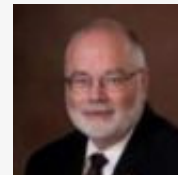
Heart of America RIDE and Coordinators

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