

A PUBLICATION OF DAYBREAK ROTARY CLUB OF JOPLIN - DISTRICT 6110 Chartered March 11, 1991 - Charter Year (91/92) President - Roy Freund - 2020-21 President - Laurie Delano Friday Mornings, 6:45 a.m. - Hilton Garden inn, Joplin, Missouri

http://www.joplindaybreak.org



"Service Above Self"

Friday, September 4, 2020

Today's Greeter

April Foulks

Today's Daybreaker

Andy Ostmeyer

Today's Program

Joplin Trails Coalition

Upcoming Events

September

- 9/11 Daybreaker: Garry Haralson
 Program: Clifford Wert Connect
 2 Culture
- 9/18 Daybreaker: Rebecca Hutchinson Program: Solace House of the Ozarks
- 9/25 Daybreaker: Bob Honeywell Program: Larry Kenemore -District Visitor

October

- 10/1 Board Meeting
- 10/2 Daybreaker: Dave Sweeney10/9 Daybreaker: April FoulksProgram: Higher Power Garage
- 10/16 Daybreaker: Jeff Koch 10/23 Daybreaker: John Huitsing
- 10/30 Club Assembly

IMPORTANT ITEMS

- Please remember to check your name on the attendance at the door & if eating or not.
- Please put cell phones on silent before the meeting.
- We understand that a member may sometimes need to leave the meeting early. If you do, please leave before the speaker begins his/her program.
- eCLUB ONE (electronic make-up). You have the opportunity to process your make-ups on-line. Go to the website: www.rotaryeclubone.org and click on "make-up info" to complete the short form, or just go to our website and click on "electronic make-up."

Welcome back to Hilton Garden Inn FACE COVERINGS are <u>REQUIRED</u> (by the hotel)

Congratulations to John Huitsing's wife, Gracie!! She was the winner of the Arctic Cat vehicle, from the MSNI drawing on Aug 22!

West Central Elementary Garden Project

THANK YOU to Michael Wischmeyer, Jon Schwarten (and his 3 children, Emma, Jackson and Nate), Dan Scott and Bob Honeywell for their work on the Garden Project last Saturday! Check out the article in the *Joplin Globe*.



Birthdays

Theresa Kenney	9/13
Barb Hicklin	9/15
Jon Schwarten	9/15
April Foulkes	9/17
Laurie Delano	9/20
Jenny Hocker	9/21
Robert Honeywell	9/21
Steve Chenault	9/22
Dan Scott	9/29

It's Good to Be Kind

Doing good doesn't only benefit other people. It helps us, too.

Studies show that helping others boosts serotonin, a neurotransmitter that makes us feel satisfied. Another benefit to feeling rewarded when we do good: It lowers our stress levels. Who couldn't use that right now?

Facing the COVID-19 pandemic, people everywhere are feeling anxious about their health, their families, their jobs, and their futures.

"When we are all feeling lower than we are used to feeling, with some levels of situational depression, we all need a boost," says psychologist Mary Berge, a member of the Rotary Club of Johnstown, PA, who has led discussions with many Rotary clubs about coping during the pandemic.

"There has been a lot of research that when we are helping others, or when we are doing something for someone else, our reward centers light up in the brain and our stress levels go down as cortisol is released."

It feels good to do good

In a 2016 study, researchers asked participants about scenarios in which they either gave or received support. The study, published in Psychosomatic Medicine: Journal of Biobehavioral Medicine, found that MRI tests showed only the instances of giving correlated to reduced stress and enhanced activity in the brain's reward centers — which suggests that giving support ultimately had greater mental benefits than receiving it.

Researchers at Oslo Metropolitan University in Norway and the Technical University of Dortmund in Germany

continued on back

Be Kind (continued)

explored the relationship between volunteering and well-being in 12 European countries, noting the relative lack of such studies outside the U.S. Their 2018 analysis found that people who are or have been volunteers report greater well-being than people who have not.

And in a 2013 Canadian study posted by the National Library of Medicine, researchers looked at the effect on the cardiovascular health of adolescents who do volunteer work. The study confirmed that helping people reduced the volunteers' body mass index and other cardiovascular risk factors.

Coping during the pandemic

Berge, a training leader for Rotary, saw anxiety rising among her patients because of the pandemic and developed the Staying Sane During COVID-19 presentation. She has delivered the talk by videoconference more than 70 times, mostly at Rotaryrelated events.

"Rotarians in particular have a high need for being compassionate," says Berge. "In my Zoom meetings, I hear people say, 'What can we do to help?' They are desperate to get that feel-good feeling again. I think they see that in doing these things, it relieves our own stress, sadness, anxiety, and irritability."

Rotary member Jenny Stotts, a social

worker, child advocate, and trauma specialist, has written about how we can increase our resiliency, adapt to adversity during the pandemic, and emerge stronger.

"When we express meaningful and intentional gratitude or engage in planned acts of kindness, we experience the benefits of serotonin and dopamine, which are two neurotransmitters responsible for us feeling pleasure or joy," says Stotts, a member of the Rotary Club of Athens Sunrise, Ohio, USA. "Not only do we benefit others from this activity, but it has a way of recharging our batteries.'

Stotts notes that when we do acts of good repeatedly, something interesting happens in our brains. "If we engage in a regular daily practice of kindness and gratitude, we are essentially carving out pathways within our brain that make us healthier and a little more emotionally stable."

Rotary members may not realize the significant role they can play in changing how people think, Stotts says.

"When we, as leaders in our community, adapt a way of thinking — that level of intentional gratitude and intentional kindness — we have a way of setting a really good example," she says. "I think it is a calming and stabilizing force. We can set that tone for our entire club and for our communities."

by Arnold R. Grahl

SMILFI

Two men go on a fishing trip. They rent all the equipment - the reels, the rods, the wading suits, the rowboat, the car, and even a cabin in the woods. I mean they spend a fortune!

The first day they go fishing, but they don't catch anything. The same thing happens on the second and third days. Finally, on the last day of their vacation, one of the men catches a fish.

As they're driving home they're really depressed. One guy turns to the other and says, "Do you realize that this one lousy fish we caught cost us five thousand bucks?"

The other guy says, "Wow! Then it's a good thing we didn't catch any more!"



A cowboy and a biker are on death row, and are to be executed on the same day. The day comes, and they are brought to the gas chamber. The warden asks the cowboy if he has a last request, to which the cowboy replies, "Ah shore do, wardn. Ah'd be mighty grateful if'n yoo'd play 'Achy Breaky Heart' fur me bahfore ah hafta qo."

"Sure enough, cowboy, we can do that," says the warden. He turns to the biker, "And you, biker, what's your last request?"

"That you kill me first."

THE ROTARY 4-WAY TEST

- •Is it the TRUTH?
- •Is it FAIR to all concerned?
- •Will it build GOODWILL and BETTER FRIENDSHIPS?
- Will it be **BENEFICIAL** to all concerned?

2020-2021 OFFICERS

President	Laurie Delano
Pres. Elect	Jon Schwarten
Immediate Past Pres	Jeff Koch
Secretary	Barbara Hicklin
Treasurer	David Ellington
Sgt. at Arms	Patrick Scott

BOARD OF DIRECTORS 2018-2021

John Huitsing, Laurie Delano, **Annette Thurston**

2019-2022

David Ellington, Barbara Hicklin, Jeff Koch

2020-2023

Jhan Hurn, Jon Schwarten, Dan Scott

COMMITTEES

Administration	Adam Bokker
Foundation	Jeff Koch
Fundraising	Adam Maggard
Membership	Tom Franz
Public Relations	SValerie Searcy
Service Projects	S Jake Skouby
	& Elisa Bryant
Youth Services	Amber Sachetta
	& Michael Wischmeyer

District 6110

District Governor	Jay Craig
Dist. Gov. Elect	Kevin Merrill
Asst. Governor	Glenn Fischer

WHERE YOU CAN MAKE UP **NEAR "DAYBREAK"**

Makeup meeting must be made up to 28 days prior or after a regularly scheduled meeting. **LOCATIONS & DATES MAY CHANGE DUE TO** COVID-19

TUESDAY

Miami, OK - noon Paul Thomas Family Center Pittsburg, KS - noon Via Christi Hospital Springfield, MO Kentwood Hall

WEDNESDAY

Bentonville, AR noon Does Eat Place Frontenac, KS 1st & 3rd noon Sacred Heart Catholic Church

Grove, OK noon First Methodist Church Neosho, MO noon The Civic

Rogers, AR noon Embassy Suites

Webb City/Carl Junction noon Granny Shaffer's Banquet Center

THURSDAY

Carthage 1st & 3rd 6:30 pm Cherry's on the Square Joplin Club noon MSSU Springfield SE noon Ocean Zen