

# THE PERK LAT R



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>

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 JoplinDaybreak

"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 Sweeney
- 10/9 Daybreaker: April Foulks  
Program: *Higher Power Garage*
- 10/16 Daybreaker: Jeff Koch
- 10/23 Daybreaker: John Huitsing
- 10/30 Club Assembly

## IMPORTANT ITEMS

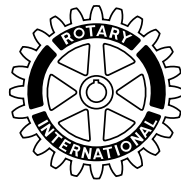
- Please remember to check your name on the attendance at the door & if eating or not.
- Please put cell phones on silent before the meeting.
- We understand that a member may sometimes need to leave the meeting early. If you do, please leave before the speaker begins his/her program.
- eCLUB ONE (electronic make-up). You have the opportunity to process your make-ups on-line. Go to the website: [www.rotaryclubone.org](http://www.rotaryclubone.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 **REQUIRED** (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*

