

ROTARY District 6490 newsletter



www.rotarydistrict6490.org



District Governor Janet Ellis-Nelson

Dear Friends in Rotary,

It has been a whirlwind of wonderful Rotary activities since I sent my last newsletter! I will preview them here, and you can read more about each within the newsletter. Five members of Champaign Rotary (including me), District Governor-Elect Mike Martin from Mattoon Rotary, and 18 other Rotarians from around the United States traveled to Guadalajara, Mexico, for a week-long, very impactful service trip. The Arthur Rotary Club took RI President Gordon McNally's theme, "Create Hope in the World," to heart by hosting a program of a couple who shared the tragic story of their son committing suicide and what they – AND ROTARY/INTERACT can do to help. Several Rotarians from the District enjoyed a great Women in Rotary speaker luncheon at Rob Dob's in Bloomington! My husband, Doug, and I were privileged to attend CU Illini After 5 Rotary's 19th Anniversary Dinner and heard a preview of DGE Mike Martin's DG Speech. You will enjoy hearing from him at his club visits, beginning in July! I presented a club charter to the Bloomington-Normal "BloNo" Collegiate Rotaract Club, I was also busy helping plan our District Interact/Rotaract Conference, our upcoming Rotary Youth Leadership Awards Camp and Foundation Dinner, Larry Kenemore's important club visits March 11–14, and traveling around District 6490 to present awards to many generous donors to The Rotary Foundation!



MARCH



Warm regards,

Janet Ellis-Nelson

Rotary District 6490 Governor



TAKE ACTION: Join Rotary, Be a People of Action



Click here to see a water project Champaign Rotary implemented at Faulu Academy in Kenya with the help of club member Carl Burkby: <https://youtube.com/shorts/wCFXPZep2A?feature=share>

The Gift of Vision, The Joy of Clean Water, and Connecting Hearts through Rotary

Six Rotarians from District 6490 participated in a Rotary Service Trip to Guadalajara, Mexico, in January. The trip was organized by two major partners in Rotary's Heart to Heart Program, District 6820 (Mississippi) and District 4140 (Guadalajara). Twenty-four Rotarians from seven states joined Rotarians from clubs in the Guadalajara area on this annual trip to serve disadvantaged communities in the region by providing four all-day clinics for medical, pharmacy, dental and vision, completing various construction projects, and distributing

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District 6490 Rotarians Chet Alwes, Janet Ellis-Nelson, Andréa Fain, Marlys Scarbrough, and Mike Martin received a warm welcome at the airport from Tlaquepaque Rotary Industrial members. Not pictured: Alvaro Hernandez.



Prescription glasses were assembled for vision patients needing distance assistance.



Andréa Fain, Janet Ellis-Nelson, Marlys Scarbrough, Chet Alwes, and Alvaro Hernandez from Champaign Rotary.



Before and after water filtration.



Look how many families we were able to help!

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wheelchairs. Local dentists and a doctor and medical students donated their time to provide professional services at each location. There were many poignant moments when patients with extremely limited vision were prescribed glasses that allowed them to reach or exceed 20-20 vision. What a life-

changing gift for each newly sighted person and their families! In four days of clinics, 319 medical patients were treated, 252 dental patients were treated, 356 vision patients were screened (90 received prescription eyeglasses, and 162 received readers), 795 medications were dispensed, and 17 wheelchairs were provided.

The Champaign Rotary Club donated \$3,840 to support their members' service—enough to purchase 100 water purification faucet filters, which were distributed along with buckets to families in two rural villages in the mountains that typically get their water from dirty outdoor reservoirs and rainwater. Residents eagerly lined up to receive these tools for easily creating clean, potable water for their homes and families!

The trip was a transformative experience for each participating Rotarian and for the grateful people served in Mexico. The next Rotary Service Trip to Guadalajara is expected to take place in February 2025.



Left and right: Champaign Rotarians Marlys Scarbrough and Janet Ellis-Nelson with some of their happy patients. The gift of vision was life-changing for the recipients—and for us!



RLI Registration Deadline Is May 14

ROTARY LEADERSHIP INSTITUTE is designed for those Rotarians who have the potential and willingness to engage in future club leadership, not necessarily as club presidents. RLI increases your Rotary knowledge and leadership skills and helps you make connections with Rotarians around the District—learning about their successes and experiences in their clubs.

The leadership skills you obtain at an RLI event will help you in your involvement in Rotary as well as your leadership efforts professionally.

Join us for the next RLI:

Saturday, May 18, 2024

Check In: 8:30 a.m.

Program: 9 a.m. to 3:30 p.m.

Richland Community College, Decatur

Educational materials, as well as a light breakfast, drinks, and lunch are included in the \$50 registration fee. Many clubs sponsor members who are interested in attending RLI.

Register by going to:

<https://www.dacdb.com/index.html?EventID=77730499>

Registration must be completed no later than **Tuesday, May 14, 2024**, as each session has a maximum number of participants. If you have any questions, please contact RLI Chair Cindy Guthrie at district6490rli@gmail.com.



All-District 6490 Lunch & Learn on Human Trafficking

Learn to be more aware of the dangers of human trafficking and what you can do if you see it in action.

Hosted by: BN Sunrise Rotary Peacebuilding Committee

Friday, April 5th, 11:30am-1pm

11:30-12 lunch; program starts at noon

Special guest speaker: The Center for Prevention of Abuse

Lunch provided by Great Harvest Bread

For further details and to buy tickets:

<https://givebutter.com/3nTf3P>



Recognitions from Rotary Foundation

Major Donors, Level I and Paul Harris Fellows + Named for Champaign



Steve and Donna Carter (center) are recognized by District Governor Janet Ellis-Nelson and Champaign Rotary Foundation Chair Scott Anderson, Jr. as Major Donors, Level I to The Rotary Foundation. Steve and Donna have made cumulative donations of \$10,000 to The Rotary Foundation. Note: Scott Anderson took off and passed around his sports coat so members of Champaign Rotary could examine all his Paul Harris Fellow pins!



Champaign Rotary Foundation Chair Scott Anderson (left) recognized Chet Alwes PHF+6, David Thies PHF+2, Doug Nelson PHF+6, Eric Meyer PHF+8, and Lott Thomas PHF+4. Major Donors Marlys Scarbrough and Janet Ellis-Nelson were asked to pin the pins on their husbands, Chet and Doug.

Recognitions from Rotary Foundation

Atlanta Rotary Celebrates Three Paul Harris Fellows



Assistant Governor Nestor Ramirez and District Governor Janet Ellis-Nelson (center) recognize Paul Harris Fellows with members of the Atlanta Rotary Club (left to right): Dean Sasse, John Adams, PHF President Chris Coyne, Nestor, Janet, PHF Doug Thompson, Laverne Thompson, PHF Harold Drake, and Treasurer Phil Mahler

Illini After Five Rotary presents Paul Harris Fellow + Awards at Anniversary Dinner

DG Janet and DGE Mike Martin (far right) present Les Schulte with a PHF+7 pin and Don Weubbles with a PHF +4 pin. Rita Schulte and Laura Aull Johnston donated their Paul Harris points for these awards.



How One Rotary Club Is Leading Donations to The Rotary Foundation

By Bloomington-Normal Sunrise Rotary Foundation Co-Chair Pat Messinger

Bloomington-Normal Sunrise Rotary Club has a stellar record of involving its members in donating to The Rotary Foundation! District Governor Janet Ellis-Nelson asked Foundation Co-

Chair Pat Messinger to share their methods.

When a new member is inducted, President Sue Seibring asks the new member three questions: "Will you join a committee? Will you sign up for Rotary Direct? Will you get to know your fellow members?"

Connecting with others and getting involved is critical for member retention. Signing up for Rotary Direct can be a first step in connecting with The Rotary Foundation and International Service. As the Foundation Co-Chair

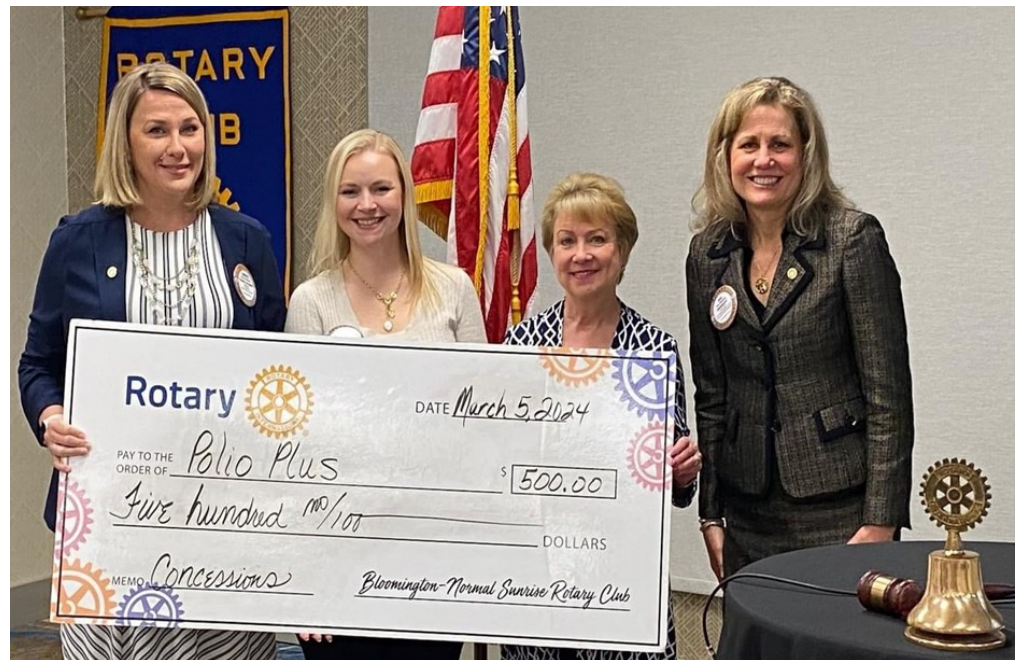
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Bloomington-Normal Sunrise Rotarians Shine in Donations to TRF!

District Governor Janet Ellis-Nelson presented Paul Harris Society Awards to Vicki Tilton and Club Foundation Chair, Pat Messinger, for their commitment to donating \$1,000 annually to The Rotary Foundation Annual Fund. Each received a certificate and a chevron to wear with their Paul Harris Fellow pins.

Bloomington-Normal Sunrise Rotary President Nominee Lindsey Meister and Samatha "Sam" Mlot present a check for \$500.00 for The Rotary Foundation Polio-Plus program to District Governor Janet Ellis-Nelson and Club President Sue Seibring. They earned the \$500.00 from selling concessions.



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of my club, the following process has worked for me:

1. Place a full-color Rotary Direct form in a 10-inch-by-13-inch clasp closure manila envelope. Link to [Rotary Direct form](#). Attach a cover letter on the outside of the envelope with a brief introduction and your contact information. Enclose an ink pen.
2. Write in your club name and club number in the shaded portion of the

Rotary Direct form. Write "Leave this blank" on a sticky note where the member number is required. Under the heading Recurring Gift Amount, write "\$10" in the space provided. Highlight in yellow the selections of "Annual Fund" under Gift Designation and "Monthly" under Frequency as suggested choices. (Many members decide to donate more than \$10 a month. \$85 a month makes members a Paul Harris Society Member = committed donation of \$1,000 every year.)

3. Invite the new member to complete and return the form to you in the pro-

vided manila envelope. Be available to answer questions.

4. Enroll your new member in Rotary Direct by mailing the Rotary Direct form to: Rotary Direct, One Rotary Center, 1560 Sherman Ave., Evanston, IL 60201-3698. You'll need the member ID number for the enrollee, which can be obtained from the District and Club Database (DACdb). Enrollment will generate an acknowledgment email from The Rotary Foundation, thus connecting the new member to information about the good work of the Rotary Foundation/Rotary International.



Arthur Rotary Club members with Anita and Johnny Boone. Pictured left to right: Tanya Walker, Marsha Bowyer, Julie Paddock, District Governor Janet Ellis-Nelson, John Stewart, President Jill Bunker, Anita Boone, Johnny Boone, Jerry Winters, Rick Weger, and Dave Allen.

Arthur Rotary Hosts Special Event—ALL Rotarians Will Want To Support!*

We think we know what is going on in the lives of our loved ones, of our friends and family...until we find out sadly that we don't. Unfortunately, this has been the experience of too many, including Johnny and Anita Boone of Monticello. The Boones were on hand at Yoder's Kitchen Thursday, Feb. 1, to share their story of being "suicide loss survivors," as mom Anita expressed it. Their youngest son, Jamie, tragically took his own life last year on May 30. Jamie seemed to have it all. He was 21, a recent graduate of the University of Illinois, had a summer internship in Chicago, and was going to start in the masters program in business at the U of I in the fall. And then his family received the news shortly after 3 p.m. on that date that has changed their lives forever.

Anita related that Jamie, the youngest of five sons, had dealt with some depression from health issues including diabetes, but he had gone through counseling and no one suspected just how deep the hurt was for him. She also told the group how being a suicide loss survivor affects those left behind who suffer both physical and mental exhaustion, memory loss, brain fog, and, of course the hardest, guilt and

regret at the signs missed. She shared how it has affected relationships and friendships and how lonely it often feels; how the circle has been broken.

Jamie's dad, Johnny, then shared statistics as to the rate of suicides among young people and how that rate has increased dramatically over the last few years, especially among young people in rural areas. He stated that "we need to be more intentional in looking out for our kids and to keep the lines of communication open. Tell kids they have people to talk to and stress the need to talk. They need to know there are resources (hotlines, websites, etc.) and the importance of taking a mental inventory every day."

Both parents stressed that we as a society must destigmatize mental health struggles, especially among adults who too often ignore the issue.

As a result, the Boone family is starting "The Jamie Boone Project," in which they hope to distribute J.A.M.I.E. (Just A Mental Inventory Everyday) bags to the local communities and to the schools. Quote: "We are putting some tools together and giving them to rural high school and middle school teens who are in a crisis situa-

tion. We are trying to give our youth a bit of direction and hope and tools to get through those moments of crisis! We are trying to make suicide unfashionable!" They also ask that we keep this project in our prayers as they "try to show each child that they do matter!"

The bags will contain a journal, pen, safety sheet with suicide hotline numbers and websites to reference, a fidget toy, and a bookmark that tells about Jamie and his story. The bags will also contain this note to each young person: 1) write three things that didn't suck today; 2) write one thing you accomplished today; 3) write one thing you hope to accomplish tomorrow. These bags will cost approximately \$20 each. For those who wish to donate to the cause, more information will be forthcoming.

Friends and family of the Boone family were in attendance as well as school administrators from District No. 305, ministers, and business people, Douglas and Piatt County health personnel, law enforcement members, and mental health care representatives. Jerry Winters, a family friend and local

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event. Rotary President Jill Bunker opened the meeting with a prayer and introduced the Boones. Janet Ellis-Nelson, Rotary International District 6490 Governor, was present and shared that this subject hits close to home for Rotary International President R. Gordon McInally, as his brother committed suicide. She also announced that Rotary District 6490 is very interested in supporting this project as plans are being made to coordinate efforts to get the J.A.M.I.E. bags to both middle and high school students.

businessman, and Arthur Rotary members helped sponsor and promote the



Anita and Johnny Boone are shown with a picture of their late son, Jamie, and another of the whole family. Anita's shirt says, "It's okay if the only thing you do today is breathe!" Johnny's shirt says, "Broken Crayons STILL Color!"

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B-N Sunrise Initiates Talkington, Seidle into Honored Member Group

On Feb. 28, the Bloomington-Normal Sunrise Rotary Club initiated Joe Talkington and Ken Seidle into their BN Sunrise Rotarian Honored Member group, thanking them for so many years serving Rotary in the community.

Global Grants and District Designated Funds (DDF) Requests

By iPDG Connie Walsh, District Steward, Global Grants Committee

Is your club considering partnering with an international club on a global grant or discussing a request for District Designated Funds (DDF) in contributory support of a global grant?

To be consistent with all requests and to ensure good stewardship, the District Global Grants Executive Commit-

tee recently reviewed current practices and policies. After thoughtful review and discussion, the Global Grants Executive Committee updated the district's guidelines for global grant requests and for DDF requests. The document is available here: [https://www.dacdb.com/Rotary/Accounts/6490/Downloads/0/D6490GlobalGrantsDDFRequestProcedures\(ApprovedFeb152024\).pdf](https://www.dacdb.com/Rotary/Accounts/6490/Downloads/0/D6490GlobalGrantsDDFRequestProcedures(ApprovedFeb152024).pdf).

In addition, the revised document is posted on the district website at Rotary District 6490. Additional information can be found in the Global Grants section under the International tab located at the top of the webpage.

We want your club to have successful global projects, so please do not hesitate to contact any of the Global Grants Committee members for assistance.



WELCOME NEW MEMBERS

Libby Moeller, Effingham-Sunrise, Sponsored by Becky Brown

Brian Semple, Effingham-Sunrise, Sponsored by Jay Wallace

Lainey Trosino, Bloomington-Normal Sunrise, Sponsored by Heather Miller

Shawn Finlen, Bloomington-Normal Sunrise, Sponsored by Brady Lange

Bittu Spedding, Bloomington-Normal Sunrise, Sponsored by Paul Gilbert

Kevin Kelsey, Mahomet, Sponsored by John Howard

Brian Buss, Moraine View, Sponsored by Jane Chamberlain

Ashley Immke, Danville, Sponsored by Emily Duncan

Nancy Ridenour, Normal, Sponsored by Drake Zimmerman

Brian Beube, Decatur, Sponsored by Randall Grigg



WELCOME NEW MEMBERS

Melissa Walters, Danville, Sponsored by Emily Duncan

Stephanie Yates, Danville, Sponsored by Tanya Hill

Kimberly Hubbard, Champaign West, Sponsored by Nick Voss

Deanna Grussing, Bloomington, Sponsored by David DeHaan

Marilyn Benedino, Pontiac, Sponsored by Marlon Eilts

Matt Rovenstine, Vandalia, Sponsored by Jay Joliff

J.P. Thompson, Champaign-Urbana Sunrise, Sponsored by Joe Rank

Garrett Colbert, Champaign-Urbana Sunrise, Sponsored by Scott Paceley

Jarrett Rodgers, Normal, Sponsored by Dayna Brown-Nielsen

Sharla Jolly, Champaign, Sponsored by Carol Timms

Beth Whisman, Normal, Sponsored by Alan Chapman



Frosty Adventures: A Weekend Youth Exchange Trip to the UP

A bunch of RYE students set out on a weekend getaway to Houghton, Mich. Their schedule was jam-packed with thrilling winter activities like snow tubing, sled hockey, curling, and snowshoeing. The Houghton Interact Club and Rotary Club lent a hand in organizing the weekend's adventures! Amidst the snowy landscapes of Michigan's Upper Peninsula, they found joy in their winter escapades and formed lasting friendships.



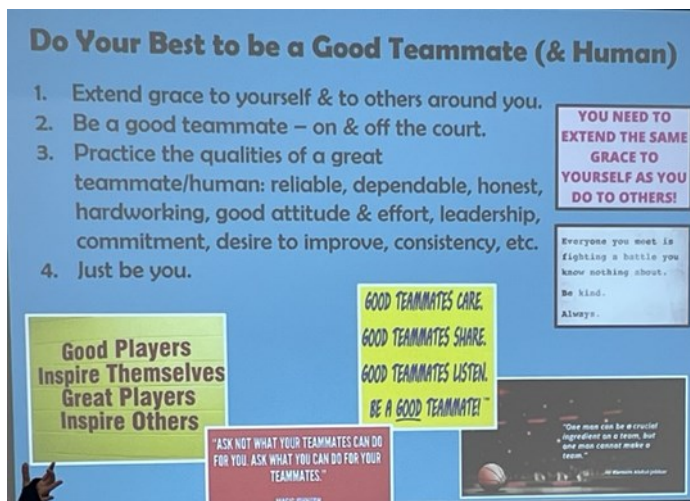
Newsletter

Submission deadline is the 20th of each month for the following month's newsletter. Submit items for future newsletters to Christine Walsh via email at cwalsh1974@live.com.

Please begin subject line with "ROTARY NEWSLETTER."

Like us on Facebook!

District 6490 Rotaract/Interact Conference Held



The message (above) Nichole (left) shared was just as important as her message of overcoming challenges.

The District 6490 Rotaract/Interact Conference was held on Feb. 24 at Central High School in Champaign.

Nichole Millage, Paralympic gold medalist, was the keynote speaker. She embodies Rotary International President Gordon McNally's theme of "Creating Hope in the World," as she lost her leg in a boating accident at the age of 20 and went on compete internationally as a member of the USA National Sitting Volleyball team!

Nichole completed her bachelor's and master's degrees and now serves as an Environmental Sustainability and Recycling Specialist for the City of Champaign.



Students take turns sharing.

Attendees also heard from Champaign Rotarian Jared White, and two members of the Illini Rotaract Club, JiaBao Yu and Neel Archrya, told about their lives of service.

District Interact Chair Rebecca Smith and her committee—Connie Unruh (Clinton Rotary liaison), Dayna Brown-Nielsen (Normal Rotary), and Erin Bennett (Central High School Interact Sponsor)—planned several fun icebreakers and activities, which helped students get to know each other. Attendees had time to interact with different groups to hear the types of service projects clubs are doing and begin planning for future projects in their communities.

Some clubs plan to collaborate on projects this spring.



Empowering Women in Leadership 2024 Speaker Series

Second in Women in Rotary Speaker Series Held



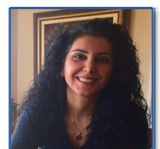
January 12, 2024 - DR. TAMRA CONNOR

Dr. Connor is the Illinois State University Associate Dean for Accreditation & Operations and Professor at the College of Business. Dr. Connor is a recipient of numerous Teaching and Writing Awards. Tamra is an innovative and creative education specialist who is excited to be part of an institution that empowers students to create a legacy and make a difference in the world.



February 9, 2024 - DR. GEORGIA NUGENT

Dr. Nugent became the Interim President of Illinois Wesleyan University for the 2019-2020 academic year and in November 2019 was selected as the 20th and first female President of the university.



March 8, 2024 - DR. MARYAM TAFRESHI

Dr. Tafreshi serves as a faculty member at the Mind-Body Medicine Department at Saybrook University Graduate College of Integrative Medicine and Health Sciences and is recognized as a Global Scholar with The Chicago School of Professional Psychology.



April 19, 2024 - BARB SMITH

Barb Smith is the former Women's Basketball Coach for Illinois State University and associate Head Coach at St. Louis University as the Associate Head Coach. Today Barb is the Founder and CEO at "Find My Team" a motivational speaker, and author of "Beyond the Talent: Profile of a Winning Team"



May 17, 2024 - DEANNA FRAUTSCHI

"Let nature be your guide" - In developing ourselves, we often lose sight of who we really are. Using walks and meditation in natural settings can help us locate our true passions for empowering ourselves. Learn how to chart your own path to self-fulfillment and personal success. Deanna will tell her own story about her transition from insurance executive to wildlife photographer, master naturalist and nature presenter.



June 14, 2024 - RENESIA MARTIN

Resenia Martin is an executive with State Farm Insurance. Her memoir, "Don't Hit My Mama!" is a triumphant account of her childhood riddled with family violence, abuse and neglect. Renesia openly describes the process she went through to find wholeness. In addition, she shares self-help exercises for those who want to embark on their own journey of breaking the cycle of abuse and overcoming the effects of family violence.

**NEW
IN-PERSON FORMAT
AVAILABLE**

Join us for lunch
(\$25 per person)
with our local speakers
at
11:30 a.m.
Rob Dob's Restaurant
801 N. Hershey Rd.
Bloomington
or by ZOOM at
12:00 Noon



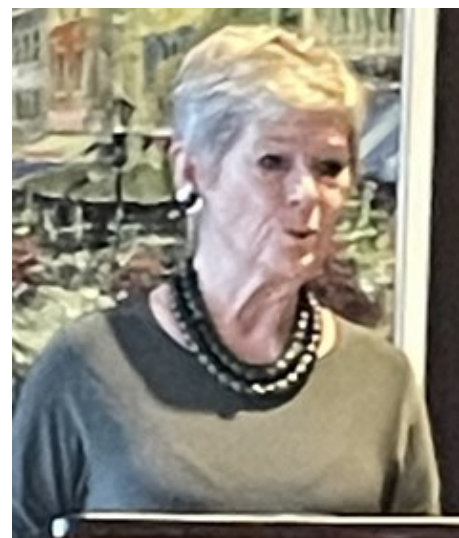
**Amber Gruenloh
Emcee**



**Shandra
Summerville
Facilitator**

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Left: S. Georgia Nugent, Ph.D., President of Illinois Wesleyan University, gave a very interesting presentation about being the first woman in many organizations in which she has served on Feb. 9 at Rob Dob's Restaurant in Bloomington. Additional speakers are scheduled for March 8, April 19, and May 17. Contact Past District Governor Julie Dobski for details at littlejewels.julied@gmail.com. **Below:** Some attendees from the Feb. 9 Women in Rotary event at Rob Dob's.



To Make a Lunch Reservation or Sign-up for ZOOM, contact Pat Grosso at grossopat27@gmail.com

B-N Sunrise Delivers Gloves to Schoolchildren, Present Donation



Just in time for possible snow predicted later in the week, Bloomington-Normal Sunrise Rotary delivered gloves to warm the hands of little ones at Colene Hoose Elementary and others schools in Bloomington-Normal.



Bloomington-Normal Sunrise Rotary who bartended at a recent celebrity bartending fundraiser present a donation check for \$468.50 to Joanne Glancy from Bloomington-based nonprofit Project Oz, which provides youth and family services.

New Rotaract Club in Bloomington-Normal



Above: District Governor Janet Ellis-Nelson presented a congratulatory letter from Rotary International President Gordon McNally and their club charter to members of **BioNo Collegiate Rotaract Club** at their meeting at Illinois Wesleyan University (IW). The club has members from Illinois State University, Heartland Community College, and Illinois Wesleyan University and is sponsored by the Bloomington-Normal Sunrise Rotary Club (Rotarians Doug Schwalm, President Sue Seibring, and Patrick Zajac pictured on right).
Below: The new Rotaractors then got to work, making St Patrick's Day cards for assisted living communities.

