

# Rotary



## Club of Dayton SMILE



SERVE TO CHANGE LIVES

### Club Leaders



Shaun Yu  
President



Walter A.  
Hibner  
President -  
Elect



Kimberly  
M.  
Bramlage  
Vice  
President



Linda  
Groover  
Secretary



Matthew  
J. Scarr  
Treasurer



Brian O.  
Martin  
iPast  
President



Brenda J.  
Stansfield  
Assistant  
Governor

### Birthdays



Gary W.  
Gottschlich  
August  
27th



John E.  
Kidd  
August  
27th



William E.  
Weaner  
August  
28th

### Speakers

## This Week at Rotary

**MONDAY, AUGUST 23, 2021**

**At Sinclair Community College for those who have reserved a spot. Also there is a ZOOM option for those who wish to attend virtually.**

**"Winsupply's Growth in Dayton and Beyond:  
How the Next Generation is Delivering  
the American Dream to More Entrepreneurs"**



Speaker: **Richard Schwartz**

Winsupply is an entrepreneurial machine that's grown rapidly in recent years. But what does Winsupply's rapid growth mean for its future in Dayton? Learn how Winsupply, founded in 1956, is sustaining its unique philosophy and business model as it passes the baton to the next generation and where this \$4 billion soon to be \$5 billion dollar in annual sales wholesaler of construction materials is going next.

Chair of the Day: Shaun Yu

## This Happened Last Monday...

At 12:10 PM President Shaun Yu called the meeting to order with approximately 50 attending in-person and 26 attending via Zoom. Bill Nance led an invocation that included prayers for our first responders, the 4-Way Test and the Pledge of Allegiance to our flag. Some of the News of the Day included 1) food stamp benefits to be increased from prior \$121/person/month by \$36. 2) 5,000% increase since January in job postings requiring COVID vaccine. 3) A man was pulled over going 155 mph on a German freeway while checking a financial page in the paper. I was only checking my shares, not reading a long article. the fine was \$100 and a 3 month suspension.

Julie Deacon welcomed our Rotary guests and visitors. Susan Hayes introduced prior city manager Valerie Lemmie now of the Kettering Foundation, Walt Hibner's guest was Kristina Scott who moved from Birmingham, AL to fill the shoes of Tom Lasley at Learn to Earn. Luke Dennis introduced Mawa Iqbal who is a new reporter for the WYSO news room. Two guests of John Lyman on Zoom were Dr. Samia Borchers, MD dermatologist and Dr. Jimmy Case, DDM (Ret).

Secretary Linda Groover dropped her son off in St. Louis and wasn't sure that she got positive vibes from a mascot called a Billiken. Her announcements reminders for:

- 1 - **Collecting for Crayons for Classrooms** through the end of the month, see the club's fundraising page or donate directly.
- 2 - It is time for **Committee sign ups** by the end of this week.

Happy Birthday to Bill Butt, Thom Kramer, Brady Kress, Ron Smith.

It was a generous day for Day-Tens and Foundation gifts:

- Lisa Wagner, Day-50 for the arrival of her 1st grandchild, Althea Margaret.
- Thom Kramer, Day-200 for the successful activities of his two sons.
- Jean Maychack Day-10 in honor of Fran Rickenbach who received the Presidents Club of Dayton Volunteer of the Year

**August 23, 2021**  
[Richard Schwartz, WinSupply](#)  
Winsupply's Growth in Dayton and Beyond: How the Next Generation is Delivering the American Dream to More Entrepreneurs

**August 30, 2021**  
[Judge Steve Dankof](#)  
The State of Bail Reform

**September 06, 2021**  
**NO MEETING - LABOR DAY HOLIDAY**

**September 13, 2021**  
[Carol Hughes](#)

**September 13, 2021**  
[Rotary on the Road at the Dayton Metro Library](#)  
Redlining in America Exhibit

**September 27, 2021**  
[Carol Hughes, District Governor, Rotary District 6670](#)  
Serve to Change Lives

**October 04, 2021**  
[Kari Tucker, Associate Director of Development](#)  
Shriners Hospital Dayton

**October 18, 2021**  
[Paul Day, Former NASA Flight Director](#)

**October 25, 2021**  
[Phil Jenkins](#)  
International Polio Day

- Award for Rotary.
- Rick Schwartz gave Day-20 for his son-in-law, Brady Kress's birthday and as an attendance reminder. Brady is on a college drop off trip for his daughter.
- Carolyn Rice, Day-250 to celebrate a return to in-person meetings at Rotary & seeing family after a year without and a new knee.
- Iris Juergens, Day-100 for her Paul Harris as her daughter's family change of station to Germany and announced **Red Ribbon meetings start back up on Thurs, 9/9 at 7:45 AM**
- Dona Vella, Day-100 for the Tom Lasley Fellowship and for in-person meetings.
- Fran Rickenbach, Day-18. She explained 18 means life in Hebrew. She thanked the members of Dayton Rotary for the honor of the Presidents Club Award. The 18th is when she thought her recognition was to take place, so she thanked Brian Martin for accepting the award on her behalf when she unknowingly missed the ceremony last week.
- Steve Rubenstein, Day-50 in thanks for Rotary's support for Crayons for Classrooms supply drive.
- Penny Wolff, Day-56 for 56 years of wedded bliss to her husband Bill and woke up to WDPR 88.1 announcing it as they were sponsors for the day.

During his President Time Shaun Yu requested that we all mark **Saturday, September 25th** on our calendars for a **Rotary Day of Service**. It is the opportunity to walk the walk of being a service organization. This year we will be putting beds together for the organization Sleep in Heavenly Peace whose goal is that all children will have a bed upon which to sleep at night. Clubs in Rotary District 6670 are banding together to assemble 200 beds on that day. More info coming soon on how you can help.

Chair of the Day Commissioner Carolyn Rice introduced our speaker, Richard Biehl. He is the recently retired Dayton Chief of Police, served 43 years in public service, 13 of these as Chief of Police. The accolades for his work are innumerable. He is an author, **Trauma in the Theater of the Body** where he explores role of yoga to mitigate trauma. He practices and teaches yoga and mindfulness. He has found these practices to be a source of healing for both physical and mental chronic pain.

### **From Healing to Well-Being: the Mindfulness Connection** by Chief Richard Biehl

Meditation and yoga started to be noticed in the 1960's with The Beatles. It had increasing momentum through the 1990's and made the cover of Time magazine in 2003 and now there are conferences featuring multiple headliner speakers on the subject matter. Mindfulness is not just something done while sitting on a cushion but is in all we do. It is being present in the moment. A wandering mind is either in the past ruminating or in the future agonizing. It is best to be in the present.

Chief's own journey into mindfulness was motivated by the need to address chronic pain. He started by watching Bill Moyer's series **Healing and the Mind** and studying the work of Jon Kabat Zinn who said **No one can listen to your body for you. To grow and learn, you have total responsibility for listening to it yourself.** The steps are :

- 1- Notice what you are feeling and where
  - 2- non-judgmentally explore the pain and be present with it
  - 3- be aware of the **timeline** of the feeling, there is a beginning, a middle and an end
- If we push away the feelings we don't want to deal with, it actually prolongs the pain.

Watched this video explaining mindfulness <https://www.youtube.com/watch?v=gyB7hkaACBM>

The Military saw the benefits of mindfulness years ago to cultivate both individual and organizational resiliency. Deployment to a war theater the stress can cause changes in cognitive abilities called attentional lapses where fail to recognize potential threats. This can also happen during the police day as well. It was found that those using mindfulness training had decreased attentional lapses and informational overload lapses.

Police officers are suffering with ongoing increasing risk of police suicides. Mindfulness as a tool to help. Mindful Warrior, a community building through resilience says the broad awakening has yet to occur in policing that resiliency is a developed trait.

Chief Biehl discussed the pain caused by the Oregon District Mass Shooting. It could only be dealt with successfully by recognizing it and then being present and honest with the feelings.

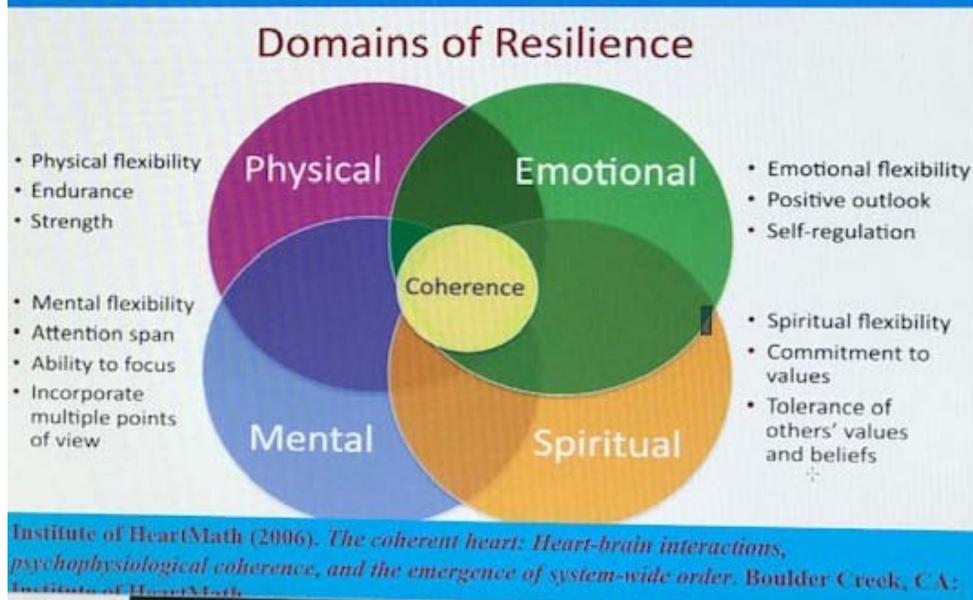
Watched this video on effects of mindfulness trying on police: decreased stress, burnout and aggression.  
<https://www.nbcnews.com/nightly-news/video/police-officers-learn-meditation-to-tackle-job-tension-1349636163854?v=raila&>

In 2018 the Dayton Police Department along with WSU sought a grant to do a mindfulness physiologic study but unfortunately went unfunded.

Awareness training is a combination of action - breath - awareness.

Regulated breathing is great place to start in moving toward mindfulness breathing. Examples are Coherent breathing with a rate of 3.5 - 6 breaths per min (

# Mindful Breathing: Internal Coherence Through Breath Regulation



<https://youtu.be/ZyPHWARoa1A> ) and 4-4-6-2 Counts breathing (<https://youtu.be/KCvOHINsr5c> ). Calm slow breathing has many physiologic benefits while rapid breathing aggravates multiple psychological conditions.

A final Video on kids teaching how regulated breathing to help control emotion and to create calm. (<https://www.youtube.com/watch?v=RVA2N6tX2cg&feature=youtu.be> ).

◆The really important kind of freedom involves attention and awareness and discipline and effort and being able to truly care about other people and to sacrifice for them over and over◆everyday.◆ - David Foster Wallace (1962-2008)

President Shaun Yu thanked Richard for his presentation and adjourned the meeting.

## Rotary Dines Out



### Rotary Dines Out

**Wednesday, September 8<sup>th</sup> at 6pm**  
**at Sueño**  
607 E. Third Street

Please RSVP to Nick Warrington at  
[nick.warrington@wright.edu](mailto:nick.warrington@wright.edu)  
Max of 20 people  
Spouses & Significant Others Welcome!

## Dayton Rotary Office is Moving

The Office will be moving locations on Thursday, September 2nd. We will be closed for business on the 1st and 2nd as we



Dayton, Ohio 45439  
937- 228- 3331

finish packing up and preparing for moving day.

If you would like to volunteer to help us pack up and label boxes on either August 31st or September 1st we would welcome the help. Or on September 2nd unpacking and setting up at our new location.

Please email Laura if you would like to help.

**Our new address effective September 2nd will be:**

**Rotary Club of Dayton  
3131 South Dixie Drive  
Suite 414**

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**Join the 125 Club and Support the Rotary Foundation**

# Join Now in Our First Year



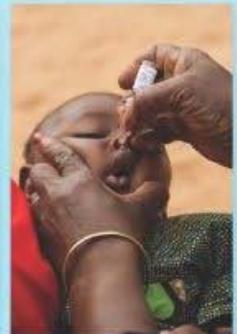
## 125 CLUB

Recognizing Rotarians who contribute at least \$100 to the Rotary Foundation's Annual Fund and \$25 to PolioPlus for the 2021-2022 Rotary Year.

## 5 Easy Steps

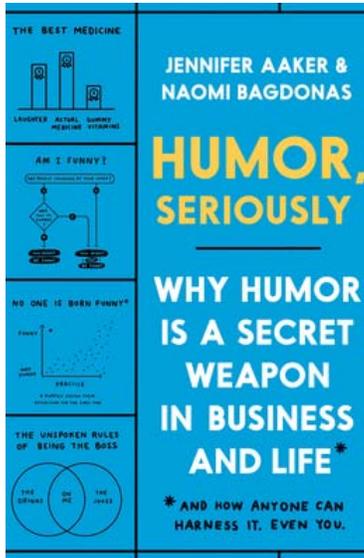
- 1** Contribute at least \$100 to The Rotary Foundation's Annual Fund
- 2** Contribute at least \$25 to PolioPlus
- 3** Notify your Club President that you have completed Steps 1 and 2
- 4** When you receive your District 6670 125 Club lapel pin – Wear it proudly!
- 5** Encourage fellow Rotarians to join the 125 Club! As Rotarians Let's all donate to the Rotary Foundation.

(Pins will be distributed by Assistant District Governors periodically throughout the Rotary year)



## Rotary Book Club

Rotary Book Club met this week and had an interesting discussion about the book *Life's Edge*. Some came for clear answers of when life began, and others came for information they didn't know. The author said there were as many definitions of life as there are people, so we didn't come away with any clear explanations. We did enjoy the many stories told in the book. The group is ready to read something other than science and research, or anything very serious.



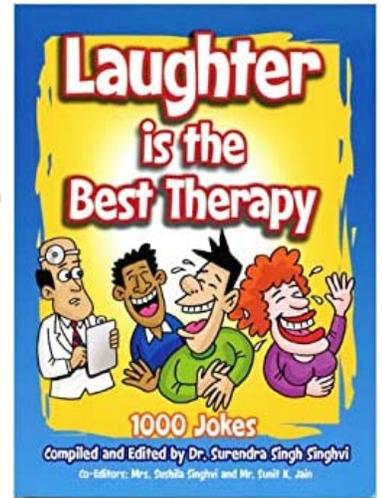
We took the suggestion of Jason Hilliard, who is reading a book about laughter, as our next book. Surendra chimed in and said he wrote a book about laughter and invited us to read it also.

So, our following two books are: *Humor, Seriously: Why Humor is a Secret Weapon in Business & Life* by Jennifer Aaker & Naomi Bagdonas,

And, *Laughter is the Best Therapy: 1000 Jokes* by Dr. Surendra Singhvi. This book is available on Amazon, or Fred Abrams will bring ten copies from Surendra to our next Rotary meeting and give them free of charge to those who request one.

Our next meeting is **Tuesday, October 12, 2021**. Some have asked if we could experiment with a blended in-person/Zoom meeting. John Lyman agreed to explore reserving a room at Boston Stoker, and I will provide the Zoom part of the call, so stay tuned for future details.

Any question please contact:  
Dr. Susan M. Hayes 937-750-7400  
[sm.hayes@me.com](mailto:sm.hayes@me.com)



## Dayton Rotary Cycling to Serve

**Dayton Rotary Cycling to Serve ♦ Fellowship Rotary Casual Rides.**

The one hour rides will be a chance to get out on your bike and enjoy a leisurely experience with fellowship and beverages following. You can use these rides as training for the **Dayton Rotary Team♦s Tour de Gem** ride on October 10, 2021.

All rides are open to members and guests of any Rotary club in our District.

**2021 Dates for Rides :**

(all rides will roll out at 6 pm and return by 7 pm):

Thursday, August 19 - [Dayton Beer Company](#)

Thursday, September 2 - [Dayton Beer Company](#)

Thursday, September 16 - [Dayton Beer Company](#)

Thursday, October 7 ♦ Season Last Ride ♦ [Dayton Beer Company](#)

Sunday, October 10 ♦ **Tour de Gem**

Contact Walt Hibner, Health MacAlpine, Steve Naas or Steve Conklin for any questions.



## School Supplies Drive Benefitting Crayons to Classrooms



Think about being asked to complete a writing assignment without having a pen or pencil. Many children in our community face this situation every day when they go to school!

ROTARY CLUB OF DAYTON IS PARTNERING WITH



Tools For Teachers, Success For Students

### TO HOST A BACK-TO-SCHOOL SUPPLY DRIVE!

You may bring your donations of basic school supplies to the **Dayton Rotary Office** or to the **Dayton Rotary Monday meetings July 15th - August 31st**. Or you can **donate online** directly to **Crayons to Classrooms** at the following link to our **Dayton Rotary Page**—we have a goal of raising \$2000. Link: [\*\*Rotary Club of Dayton | Stuff the Bus \(givingfuel.com\)\*\*](http://Rotary Club of Dayton | Stuff the Bus (givingfuel.com))

Please consider helping students in need as they head back to school this fall! Most requested items include:

• Crayons (24-count)	• Pens
• Colored Pencils	• Pencils & Sharpeners
• Filler Paper	• Glue Sticks
• One Subject Notebooks	• Dry Erase Markers
• Pocket Folders	• Washable Markers
• Highlighters	• Kids Scissors

*Items collected through this supply drive will be placed on the shelves of Crayons to Classrooms, Dayton's only teacher resource center—a “free store” for Dayton-area teachers to supply local classrooms in need. Teachers that qualify can visit Crayons to Classrooms, “shop” for supplies, and return them to their classrooms and students at no cost.*

*Your generosity will make it possible for our area children to go back to school with self-confidence and the supplies necessary to put their best foot forward!*

Thanks for your participation!

