

Rotary



Club of Williamston Sunrise

Club Leaders



Wanda Bloomquist
President



Laska J Creagh
President-Elect



Gene Klco
Secretary
Webmaster



Christopher A. Lewis
President-Nominee



Steve Terry
Treasurer



Earl K Wolf
President-Nominee
Nominee



James Conroy
Club
Director



Elgar Brown
Sergeant-at-Arms

Speakers

May 24, 2022
Sarah Belanger
Mindfulness

May 31, 2022
Beth Director at
Senior Center
Pizza & Tour at
Senior Center

June 07, 2022
Jennifer Wonnell
New Dansville
Superintendent

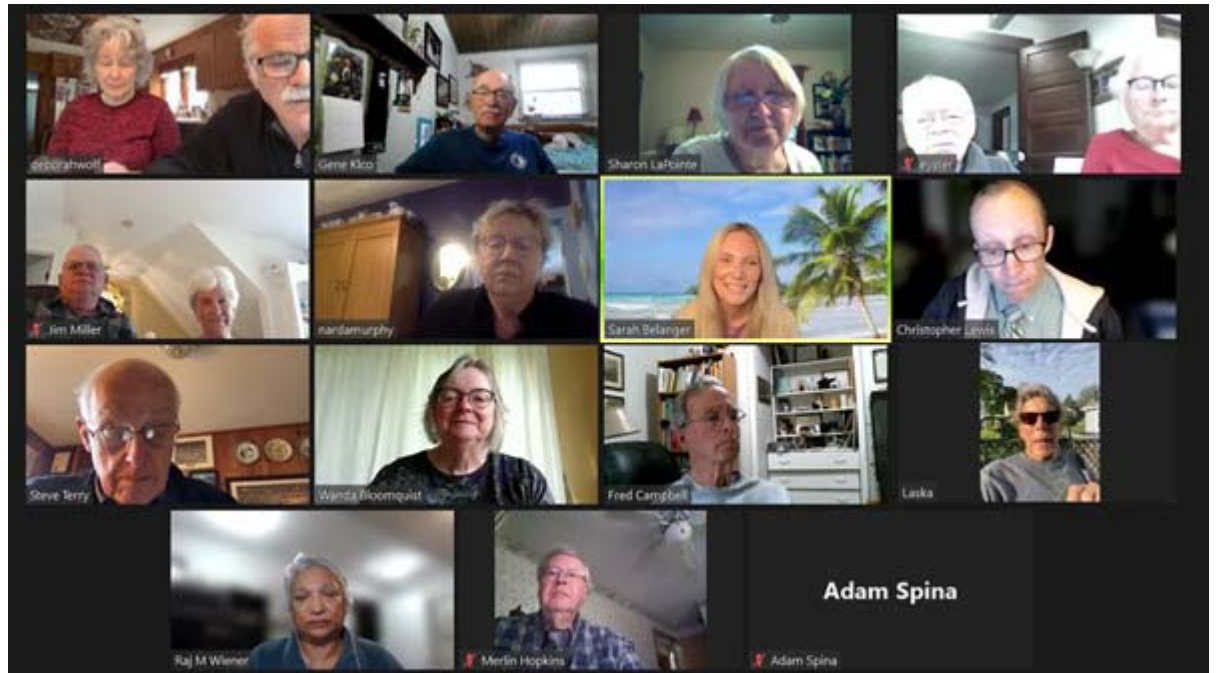
June 14, 2022

5/24/22-Sarah Belanger

By Gene Klco on Tuesday, May 24, 2022

General Discussion:

- Attendance: Members=16, Associate Members=1, Guests=1



- President Wanda started the meeting with the Pledge of Allegiance

Guest speaker today was **Sarah Belanger** speaking on **Mindfulness**



- May is Mental Health Awareness Month
- Sarah has incorporated mindfulness in her life the last 3-4 years
 - She asked of us who knew what Mindfulness is
 - And who practices it (primarily Fred)
- Mindfulness
 - What? Why? How?
 - Definition:
 - "Mindfulness is a type of meditation in which you focus on being intensely aware of what you're sensing and feeling in the moment, without interpretation or judgment." source Mayo Clinic
 - Why practice it?
 - To improve & help your:
 - Breath, balance, soul, meditation, awareness, body & stress reduction
 - Can be for 1 minute, 5 minutes or longer
 - How?
 - Breathing techniques
 - Exercise – walking, jogging, biking, ...
 - Single tasking
 - Mindful driving
 - Mindful eating, gardening, meditation, puzzles, drawing
 - Mindfulness for Kids:
 - Blowing bubbles (see them grow bigger & bigger)
 - Dragon breathing (deep breathing)
 - Monkey see, monkey do
 - Others – calm cards, balloon breath, swing breathing, rainbow breathing, ...
 - How to do it?
 - Find a calm space
 - Walking dog, sitting, anywhere you can relax
 - Putting it all together
 - Mind Full or Mindful?
 - Then Sarah showed a short video
 - [What is MINDFULNESS and how do you do it? \(Zen Den\) | Cosmic Kids - YouTube](#)
 - Take time to pay attention to ONE thing
 - Often breathing
 - Train your mind to be better at focusing
 - Makes you feel more calm & relaxed
 - Chose which thoughts to focus on
- Q/A:
 - Used to be a problem to teach mindfulness in schools
 - Now they have tools and strategies to use
 - About 30 years ago
 - Michigan Model – to calm kids down after recess
 - Criticized as mind bending
 - Lots of backlash
 - Jim asked Fred how he practices mindfulness
 - Be comfortable
 - Breath with diaphragm - not chest
 - US Army uses a 4 count system for breathing
 - Mind controls the body

- Eating slowly and thinking about what you are eating
 - Deb noted that yoga uses breathing as one of the most important parts to get started
 - What works for one person doesn't work for everyone
 - Find what works for you
- After thanking Sarah for the interesting info, we moved on to general discussion
- Duck Race
 - Signups for Farmer's Market sales
 - Sunday at Williamston FM
 - People there will help with setup and tear down
 - This Sunday – Norm & the Wolfs
 - 10 extra Duck Race Tickets in the box
 - Steve has got a list of things to do and for selling at the Farmer's Market
 - And a list of duties for all for ticket sales
 - Will be sent out to membership soon
 - May order more tickets to be printed
 - Want to get as many Sponsors listed on the tickets as possible
 - Use a 'Square' for credit card sales (lots of people want to charge the tickets)
 - Get one that fits your phone (have both for iPhones & androids)
 - Duck Deals
 - Need to get them to Wanda so they can show on website for the QR code
 - Wanda will list on Google Docs
 - Add sponsors to the QR code linked form
 - Sponsorships are coming in
 - Keep Wanda informed on Duck Deals & Sponsors
 - Ticket sales to Wanda too
 - No sales at Meridian FM this Wednesday or Saturday
 - Sharon will let them know
- Run signup is active
 - Williamston Harvest 5K Run/Walk
 - Sunday October 16, 2022
 - [Williamston Harvest 5K \(runsignup.com\)](http://Williamston_Harvest_5K_(runsignup.com))
 - Logo is ready – designed by Earl



- Post on your Facebook page to encourage runners you know
- Board meeting to follow this meeting
- We concluded with the 4-Way Test (+1)

Special Event Calendar

By Gene Klco on Tuesday, April 19, 2022

Williamston Sunrise Rotary

2022 Special Events

- April 30, 2022 – 500 Tree Planting at Township Park
- May 21, 2022 – Plant 85 larger trees from pots at Township Park
- June 20, 2022 - Citizen of the Year Dinner – Part of Red Cedar Jubilee
- June 25, 2022 – Duck Race
- September 2022 – Start of ticket sales for the Rockin' Rotary Raffle
- September 17, 2022 - Tom Clay Golf Outing at Wheatfield Valley Golf
- October 16, 2022 – Williamston Sunrise Rotary 5K Fun Run
- December 3, 2022 – Drawing of Winner of Rockin' Rotary Raffle at

Thought for the Week

By Gene Klco on Thursday, July 1, 2021

[Nothing is impossible, the word itself says 'I'm possible'!](#) ~ Audrey Hepburn

Joke of the Week

By Gene Klco on Thursday, July 1, 2021

GOLF TRIVIA 3 -If there's a storm rolling in, you'll be having the game of your life. -If your opponent has trouble remembering whether he shot a six or a seven, he probably shot an eight. -Golf appeals to the child in all of us. This is proven by our frequent inability to count past the number 5. -It's easy to keep your ball in the fairway, if you don't care which fairway. -If profanity had any influence on the flight of a ball, most everyone would play better.

May Birthdays

By Gene Klco on Sunday, May 1, 2022

Wishes for a **Happy Birthday** in **May** go out to:

We have no May birthdays