



FEBRUARY 1, 2016

February already?!? Where is the year going? With Valentine’s Day around the corner, we’re all reminded about how much we LOVE Rotary...except for Dwight Bowman...who’s a big fan of R-O-A-RY. Maybe you had to be there.

GETTING CENTER[ED] ON WELLNESS



Our presentation on Center[ed] on Wellness, formerly Samaritan Counseling Center, started with a poignant and very personal story from their Board President K.C. Gast. Gast shared that the work of this organization hits very close to home to him as he relayed a past struggle with mental health.

Gast described a job he held 35 years ago for the “world’s worst company” down in southern Texas. Working in sales for an oil field supply company, his boss set the expectation of making eight sales calls a day.

He described a day in 1981, sitting in his car on the way to a sales call and being stuck in traffic. He started sweating, his hands were shaky and he immediately knew something was wrong.

After a thorough exam at the Rosewood General Hospital, Gast was given a perfectly clean bill of health. However, the very next week, the situation repeated itself and he found himself at the same hospital with the same doctor who then suggested that Gast meet with a pastor. This Methodist pastor also happened to be a counselor with Samaritan Counseling Center.

Through this path, Gast found the help he needed--following the primary advice of finding a new job. He acknowledges that most people are not so lucky to have their mental health crisis be so neat and tidy with a quick happy ending but it made a major difference in his life and compels him to share how important these resources are in our community.

You see, due to confidentiality, Center[ed] on Wellness, they can’t share these stories with the general public so Gast feels very strongly about sharing his.

IMPORTANT DATES

- ❖ 2/5-2/7 Magical Ice Fest
- ❖ 2/8 Meeting: Rob Cleveland, Cornerstone Alliance
- ❖ 2/15 Meeting: Vincent DesJardins, Southwest Michigan Regional Airport
- ❖ 2/22 Meeting: Gayle Olson and Mary Anderson, Cuba: The Doors Begin to Open
- ❖ 2/25 Board Meeting, 7:30 a. m. at Area Agency on Aging
- ❖ 2/29 Meeting: Whitney Behnke, St. Joseph Today



The Four Way Test

of the things we think, say and do

1. Is it the **TRUTH**?
2. Is it **FAIR** to all concerned?
3. Will it build **GOODWILL** and **BETTER FRIENDSHIPS**?
4. Will it be **BENEFICIAL** to all concerned?

JOKE OF THE WEEK

Listening to wife is like reading
the terms & conditions of website.
you understand nothing, still you
say...

"I Agree"....!



VISITING ROTARIANS

Terry Bush, South Bend Rotary
Jim Smith, Benton Harbor Sunrise Rotary

ROTARIANS WITH GUESTS

Whitney Behnke brought Tess Carragher
Dennis Bowen brought Jack Sukup
Dwight Bowman brought Rob Cleveland
Rick Villa brought Jennifer Cole

FEBRUARY BIRTHDAYS

2/3 - Stuart Boekeloo	2/16 - Jack Porritt
2/7 - William Rahn and Rick Dyer	2/19 - Wendy Edwards
2/8 - Steve Banyon	2/20 - Bob Starks
2/9 - Burt Pearson	2/26 - Bill Dillingham
2/10 - John Carter	2/28 - Carol Sizer
2/12 - Katie Winfree	



CELEBRATE ROTARY!

Thank you to all who are sponsoring the event to make it easily accessible to the public! Sponsors include:

Gold Level: Shadowland on Silver Beach, Silver Beach Carousel, Curious Kids' Museum, Holt Bosse, Lakeland Care

Silver Level: Aubrey Court Reporting LLC, Hilton Garden Inn, Banyon Investments, Vail Rubber, Honor Credit Union, Bill Marohn

Member Support: Mike Kinney, Jessica Kinney, Amy Zapal, Charles Jespersen, Allan Westmaas

Please email emily_m_hosinski@whirlpool.com if your sponsorship is missing or if you are listed incorrectly.

Make sure to mark your calendars for April 13!



FEBRUARY 10+ YEAR ROTARY ANNIVERSARIES

13 years - Jerry Reinmann
14 years - Paul Bailey & Randy Bettich
16 years - Patty Kutz
20 years - Char Wenham
21 years - John Proos
23 years - Lynn Kellogg
35 years - Jerry Alberts

SNOW DAY!

Just a friendly reminder that if St. Joseph School District has closed school due to inclement weather, our meeting will also be cancelled.



HAPPY BUCKS FOR SJ TODAY

Whitney Behnk expressed her appreciation for the community support shown over the past weekend with the Chili Tour and the first ever Winter Beer Fest. Mark your calendars for the Magical Ice Fest, Friday-Sunday, 2/5-2/7. [Visit the SJ Today website for more details.](#)



Magical Ice Fest
ST. JOSEPH, MICHIGAN

STUDENT MENTOR PROGRAM

We were joined by Kelli Williams (left), a senior at Michigan Lutheran and Elizabeth Stolte (right), a Lake Michigan Catholic junior who reported on their experience with the Rotary Student Mentor Program. Kelli is interested in a career in the Physical Therapy field and plans to attend Central Michigan University. Elizabeth is interested in a career in Chemical Engineering and plans to attend either MI Tech or MSU...but she's leaning toward MI Tech.



NEW BANNERS?

Pop-up banners (see below for example) are being considered to refresh our marketing presence at events. If you're interested in helping with the design, contact Mike Kinney at kinneyma@gmail.com.



DON'T PANIC

Discussions may soon be happening to evaluate the best day of the week for our Rotary meetings. This is purely exploratory at this point. Keep an eye out for future communications on the topic.



WHIRLPOOL AFRICAN AMERICAN NETWORK JAZZ NIGHT

Our club sponsors a table at this event each year. We have 8 seats available on a first-come, first-served basis. Contact Dwight Bowman at cnd.bowman@aol.com if you are interested in attending.



MEETING MAKEUPS

If you attend a committee meeting or other sanctioned event that counts as a makeup, it is your responsibility to get that information to Bob Peirce. Bob can be reached at bkpeirce@comcast.net.

GETTING CENTER[ED] (CONTINUED)



Kim Forsey, Executive Director for Center[ed] on Wellness, has been with the organization for over eight years. The organization split from the Samaritan Counseling Center network (and name) about two years ago in order to direct

funds into services that most benefit our local community.

Center[ed] on Wellness is still a faith-based counseling organization...Forsey noting that her pet name for the organization is Holy C.O.W. Get it?

The organization provides mental health services and wellness group activities in eight offices in Berrien and surrounding counties. Approximately 3,900 people are served each year.

As Samaritan Counseling Center, the organization dates back to 1974, a time when mental health was not covered by insurance. At that time, in exchange for services, a client would donate \$2 to Samaritan and two hours to their church.

Things are a little different today. Forsey notes that treatment for gambling-related issues appears to be the fastest growing area of service. This is followed closely by treatment for children. She noted that as school budgets are cut, often in-school counseling services are cut back.

A large range of professional counseling services are offered, including:

- Abuse
- ADHD
- Aging Issues
- Alcohol/Drug Addiction Issues
- Anger Management
- Anxiety and Fears
- Art Therapy
- Attention Difficulties
- Behavior & Mood Disorders
- Bipolar Disorder
- Blended Families
- Cancer & Chronic Illness
- Career Coaching
- Church Leadership Consult

- Communication Issues
- Conflict Resolution
- Crisis Response
- Depression
- Divorce/Separation
- Driver Reinstatement Evaluation
- Eating Disorders
- Educational Consult
- Employee Assistance Programs
- Executive Coaching
- Faith & Spiritual Issues
- Family Business Consult
- Grief
- Health Issues
- Intimacy Issues
- Leadership Consult
- Learning Challenges
- Loss & Life Transitions
- Marriage Issues
- Mediation
- Organization Transitions
- Parent/Child Issues
- Parenting
- Play Therapy
- PTSD
- Premarital Consult
- Relationship Differences
- Retirement
- Separation
- Sexual Abuse or Dysfunctions
- School Performance
- Stress Management & Reduction
- Social Skills Training
- Testing/Evaluations
- Trauma
- Women's & Men's Issues

All of the counselors at Center[ed] on Wellness are licensed and all counseling is confidential.

Center[ed] on Wellness is one of only two local agencies that accept all Medicaid plans and they do not receive any state or federal dollars. Of those who receive services at Center[ed] on Wellness, around 90% receive some type of financial assistance in paying for services. Some assistance is often received directly from Center[ed] on Wellness as they are a United Way funded agency. This affiliation with United Way also allows them to work closely with other agencies in the United Way network.

DEEPEST SYMPATHIES TO THE RESCH FAMILY



Our Rotary Club, The Rotary Foundation, and our community suffered a great loss last Friday as our friend and fellow Rotarian, David Resch, passed away at 11:00 a.m. Dave has been a member of our club since 1998, having been sponsored by Jerry McKinney, Bill Johnson, & Charlie Duncan.

A model-Rotarian, Dave shunned any recognition for his support of programs like the BioSand Clean Water Project. Dave also contributed substantially to Rotary's various foundations. He was a Paul Harris Fellow many times over, and is considered a Major Donor and Bequest Society Member by the Rotary International Foundation.

David John Resch
January 2, 1924 - January 29, 2016

David John Resch, 92, of St. Joseph, passed away Friday, January 29, 2016 at Lakeland Regional Medical Center in St. Joseph.

A Celebration of Life Service was held at 1:00 PM Monday, February 1, 2016 at First Congregational Church, 2001 Niles Avenue, St. Joseph with Rev. Dr. Robert Braman officiating. Memorials may be made to First Congregational Church, Berrien County Cancer Service or the Humane Society of Southwest MI. Those wishing to share a memory of David online may do so at www.starks-menchinger.com.

David was born in San Mateo, CA on January 2, 1924 to Joseph & Margaret (Horn) Resch. During his infancy, he lived in several mid-west locations. His primary schooling was in New England and he graduated from high school in Stamford, CT. He received a Mechanical Engineering degree from Stevens Institute of Technology in New Jersey, where he was a member of the Delta Tau Delta fraternity.

He served in The U.S. Navy during World War II and the Korean War as mine assembly officer with the rank of Lieutenant. David spent 38 years with Chemcentral and retired in 1985 as Executive Vice President. On July 30, 1977, he married Eileen Dunnett. He was an active member of the First Congregational Church of Saint Joseph, a member of St. Joseph-Benton Harbor Rotary and a past commodore of the Saint Joseph River Yacht Club. He enjoyed various water sports including sailing as well as skiing and biking.

David is survived by his wife Eileen; daughter Dr. Miriam C. Resch; four grandchildren; two great-grandchildren; and a brother Joseph. He was preceded in death by his parents and daughter Stephanie Berger.

WANT TO CONTRIBUTE TO THE E-WHEEL?

Your weekly email is brought to you by Emily Hosinski, Debra Trapikas, Jennifer Kirsch and Lisa Cripps-Downey. If you have an announcement, a bit of news you wish to share, or a story you wish to see featured, please write to emily_m_hosinski@whirlpool.com.

Connect with the Rotary Club of St. Joseph-
Benton Harbor
online at www.sjbhrotary.org



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