



Weekly eWheel for the

# Rotary Club of St. Joseph-Benton Harbor



Michigan, USA • District 6360 • Chartered 1918

## AUGUST 22, 2016

Counting down our last few meetings in August and enjoying the last breaths of summer. Make sure to get out and enjoy it while it lasts!

### PREVENTING INDESCRIBABLE LOSS

To experience profound loss and not be silenced by such grief is a profound feat. And when one is able to employ that grief to inspire others, one's efforts can only be considered noble.

Rotarians were graced with one such noble soul when we heard Trent Watford's heartfelt call to our community to become more aware of the signs and symptoms of depression that can lead to suicide. Trent, Chairman of the Berrien County Suicide Prevention Coalition, spoke with honesty and humility about his and his wife Lyn's loss of their 20 year-old son Nathan to suicide in 2010.

In Berrien County last year, there were 26 suicides, which Trent says that is a much bigger problem than we realize because one in five people struggle with mental health issues nationally. He believes his son's death could've been prevented had he known what resources were available for parents of children suffering from depression. Here's what we can do right now to be a part of the solution: 1.) Reduce the stigma by talking about our struggles with our loved ones. 2.) Learn about the symptoms of suicide and depression and how to detect those struggles.

Signs and symptoms of depression include:

- Persistently sad, anxious, irritable or empty mood
- Loss of interest in previously enjoyable activities
- Withdrawal from friends and family
- Trouble sleeping or sleeping too much
- Feeling tired or rundown
- Significant change in appetite and/or weight
- Anger and rage
- Overreaction to criticism
- Feeling unable to meet expectations
- Difficulty thinking, concentrating, remembering or making decisions
- Feeling restless or agitated
- Feelings of worthlessness, hopelessness or guilt
- Persistent physical symptoms such as headaches, digestive problems or chronic pain that do not respond to routine treatment
- Substance abuse problems
- Recurrent thoughts of death or suicide

*Continued on pages 3*

### IMPORTANT DATES

- ❖ 8/29 Meeting: John Hodgson, Restoration of the St. Joseph Lighthouse
- ❖ 8/31: Board Meeting (date adjusted) at 7:30 AM at Area Agency on Aging
- ❖ 9/1: Deadline for nominations for [Golden Trowel Award](#)
- ❖ 9/5: NO MEETING // LABOR DAY
- ❖ 9/10: Bobo Brazil/Morton Park Cleanup Day!
- ❖ 9/12 Meeting: Bret Witkowski, The Power of Girls
- ❖ 9/16: Application deadline for SJ-BH Rotary Foundation grants



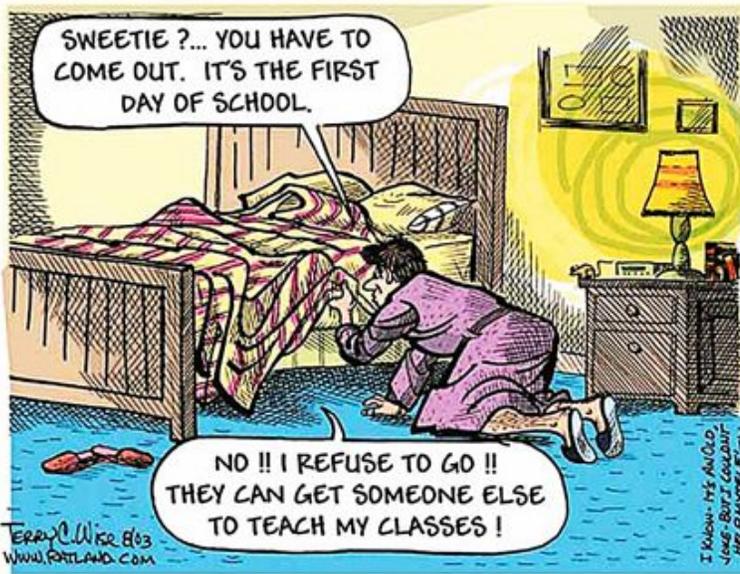
# Rotary

## THE FOUR-WAY TEST

of the things we think, say or do

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

## JOKE OF THE WEEK



### ROTARIANS WITH GUESTS

Rachel Damaske brought Jane Damaske  
Mary Frey brought Emily Perrin  
Rick Villa brought Lynzee McDowell

## 2016-2017 MEMBERSHIP DIRECTORY

It's that time of year again! We're updating information for the 2016-2017 Membership Directory. In order to ensure accuracy, over the next few weeks, we'll be placing the current directory, along with 'Update of Information' forms, on your table.

### ERRORS

If there are any errors, please notate with the red pen directly in the book and fill out one of the 'Update of Information' forms.

### CORRECT INFO

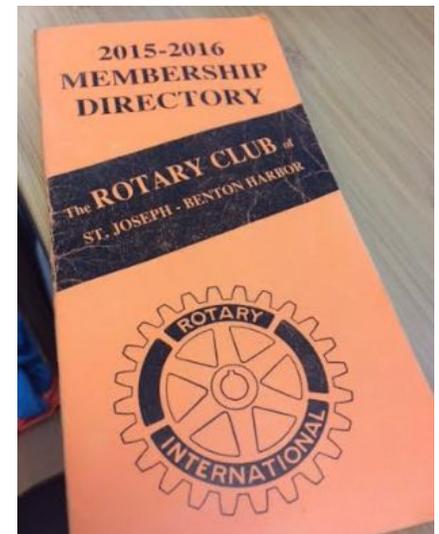
If the information in the past Directory is correct, please write "No change" across your listing and DO NOT fill out a form.

### NEW MEMBER

If you are a new member--please fill out the 'Update of Information' form and mark the 'New Member' box.

### PHOTOS

If you are a new member or you currently do not have a photo with your profile, please send a high-res headshot to [emilyhosinski@gmail.com](mailto:emilyhosinski@gmail.com).



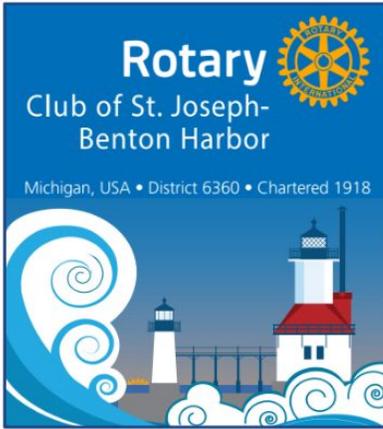
## BOBO BRAZIL / MORTON PARK CLEAN UP

Please put Saturday, September 10, on your schedule for the cleanup of our sponsored park. We will start at 9:00 AM and end at or before 11:30 AM. Please consider lending a hand for an hour or two or whatever you can arrange. If you can make it, please let Rick Villa ([rvilla@villaenv.com](mailto:rvilla@villaenv.com)) know, so we can make sure there is enough coffee, snacks and water.

We have most of the rakes and shovels that are needed based on the size of our prior clean up volunteers. Everyone should bring their own gloves and please toss a few items in your car, such as a hand saw (for trimming small tree limbs), rake, a hedge trimmer, leaf blower, and shovel just in case we get more volunteers than lawn equipment. If you bring any personal tools, make sure you put your name on the item.

A small electric generator and electrical cords will be available. If you have gas powered equipment, that will be a big help. Our normal clean up items include: raking, picking up twigs, pulling weeds from the four planting beds, cutting down overgrown limbs, trimming a small group of shrubs around the fountain and cleaning out debris from the fountain.

In the event of inclement weather, September 17 will be our makeup date.



*Grant applications now being accepted by the St. Joseph-Benton Harbor Rotary Club Foundation!*

***\$57,000 will be awarded in 2016***

*Deadline for applying is September 16, 2016*

Visit [www.sjbhrotary.org](http://www.sjbhrotary.org) for full details on eligibility and the application process.

**Please share the news with friends in the non-profit world! Share on social media as well. All info can be found on [www.sjbhrotary.org](http://www.sjbhrotary.org).**

## 100 YEAR ANNIVERSARY AD HOC COMMITTEE

In 2018, we will celebrate our 100th year as a Rotary club. If you are interested in attending a few meetings to help us get a jump start on planning for this prestigious event. Our initial goal is to select a date and time for the celebration, assure we are focusing on what our members want to celebrate and get a flavor on what our event should accomplish.

If you want to join this committee or if you have ideas and cannot be a part of a committee meeting, please email Rick Villa ([rvilla@villaenv.com](mailto:rvilla@villaenv.com)) with your level of interest and ideas and suggestions.

### PREVENTING INDESCRIBABLE LOSS (CONTINUED)

Having several of these symptoms that last for two or more weeks could be a sign of depression, but depression isn't always easy to spot. Find a trusted healthcare professional to make an accurate diagnosis.

People often use the word "depression" to refer to general, everyday feelings of sadness or being down. In fact, depression is a medical condition that can affect a person's ability to work, study, interact with people, or take care of themselves. The symptoms of depression can last months to years if untreated.

**Depression is more intense than a bad mood. Clinical depression lasts two weeks or longer. Depression interferes with your normal life functions.**

Trent said that Berrien County Suicide Prevention Coalition greatest organizational needs are resources, volunteers and/or staff to educate the community and reduce the stigma related to depression and mental illness.

Trent's mission is to prevent families from enduring the indescribable loss of a child to suicide. He said there are too many people suffering in silence. We hope that through Trent's work, more people in our community will be inspired to seek help for themselves and their loved ones in need.



There are several resources below for help with depression, mental illness and suicide prevention.

#### Resources:

Nathan Watford  
1990-2010

A site dedicated to Nathan [www.nathanw.org](http://www.nathanw.org)

[www.parentsaware.org](http://www.parentsaware.org)



**Parents Aware**

*Raising Emotionally Healthy Children*

[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

When Love is Not Enough video

<https://www.youtube.com/watch?v=RauVN4Xrtkc> -

#### National Suicide Prevention Lifeline

800-273-TALK

Riverwood Center  
269-925-0585

[www.riverwoodcenter.org](http://www.riverwoodcenter.org)



## INTERNATIONAL SERVICE OPPORTUNITY

**WHERE:** Port Harcourt, Nigeria, West Africa  
**WHEN:** October 18-26, 2016  
**WHAT:** Participation in a polio immunization exercise, attend the 11th Annual West Africa Project Fair and engage in a hands-on work project.

Space is limited and will fill up quickly! The price per person is \$1,629 (double occupancy) and that includes hotel accommodations, transfers, most meals, polio immunization exercise, hands-on community service field work, West Africa Project Fair registration, special Rotary and fellowship events, sightseeing, etc...

The experiences you will have will stay with you forever. You get up early in the morning, travel with local Rotarians to a village, health clinic or impoverished neighborhood, and for the next few hours, you change. Small children come up to you to say thank you. Mothers and fathers smile at you knowing that you are giving their child a chance for a better life. You meet with the leaders in the village to learn of their needs and their hopes. It is hot; it is dusty; it makes you uncomfortable; it is exquisite.



The West Africa Project Fair is endorsed by Rotary's Reach in Africa Committee (ROTA), who is trying to generate greater connectivity between the African and North American Rotarians to generate greater support of the projects of Africa. Your involvement in this Fair would not only provide an opportunity for project support, it would also help members to grow and to understand the benefits of being a Rotarian. Involvement in Rotary gives the ordinary Rotarian extraordinary opportunities to do things that they could never do anywhere else. This trip is just such an experience.

[CLICK HERE](#) for full information.



### WANT TO CONTRIBUTE TO THE E-WHEEL?

Your weekly email is brought to you by Emily Hosinski, Jennifer VanBeck, Brandi Smith-Gordon and Lisa Cripps-Downey with photography by Jen Cole. If you have an announcement, a bit of news you wish to share, or a story you wish to see featured, please write to [emilyhosinski@gmail.com](mailto:emilyhosinski@gmail.com).

Connect with the Rotary Club of St.  
Joseph-Benton Harbor  
online at [www.sjbhrotary.org](http://www.sjbhrotary.org)



[Like us on Facebook!](#)