



Weekly eWheel for the

Rotary Club of St. Joseph-Benton Harbor



Michigan, USA • District 6360 • Chartered 1918

FEBRUARY 18, 2019

The temps may have only been in the 20s but it felt like spring was near with beautiful sunny skies!

A DIFFERENT PATH TO HEALING



a Healing Touch Program practitioner and instructor, and a National Acupuncture and Detox Association (NADA) trainer and addiction detox specialist (ADS).

Her topic for the day was about Ear Acupuncture. She shared that there are 230-some points that you can put a needle into or press in the ear. The ears, hands and feet all have receptors that are connected to other parts of the body. Utilizing this therapy can help the body create its own balance, reduce stress and anxiety, and help curb addiction.

Our guest speaker this week was Barbara Starke. Barbara Ann Starke, RN, MSN, FNP-BC, has over 20 years of experience as a holistic nurse. She specializes in energy-based therapies as well as nutritional interventions for the treatment of chronic diseases. She carries a wealth of information on the practical implementation of holistic healthcare, particularly Healing Touch and Functional Medicine.

Barbara holds certifications as an advanced practice holistic nurse practitioner,

Barb hosts a [weekly clinic](#) out of the Marie Yeager Cancer Center--not because this therapy is for cancer patients, she shared that she actually has very few cancer patients--this organization has just been supportive of her work.

IMPORTANT DATES

- ❖ 2/25 Meeting: Scott Chrispell, LECO
- ❖ 2/27: Membership Committee Meeting at 12:00 PM at Professional Hearing Services
- ❖ 3/4 Meeting: Jim Roberts, Minority Owned Enterprises
- ❖ 3/11 Meeting: Agriculture Day!
- ❖ 3/14 Drinks with Mary at 5:30 PM at the Whitcomb
- ❖ 3/18 Meeting: Cathy Knauf, Human Trafficking in SWMI

SAVE THE DATE

Rotary District Conference on Mackinac Island, May 16-18, 2019
Interact Trip to Dominican Republic, July 13-20, 2019

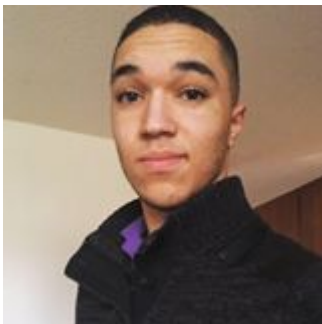


Continued on page 6

JOKE OF THE WEEK



"I like to practice before I start acupuncture treatment!"



WELCOME NOAH

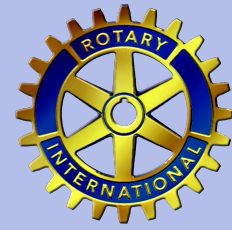
Make sure to introduce yourself to Noah Brent! Noah is a Senior at St. Joseph High School and Interact Club Member. Noah will be assisting with Greeter and Sergeant-at-Arms duties for our club.

WOULD YOU LIKE TO RECOMMEND A ROTARY HERO?

Would you like to recommend someone to be recognized as our Club's 2019 Rotary Hero? Send their name and the reason why to RotarySJBH@gmail.com.



Heroes will be recognized at dinner on Saturday, May 18 at the 2019 District Conference



VISITING ROTARIANS

Barbara Starke, Benton Harbor Sunrise Rotary

ROTARIANS WITH GUESTS

Matt Hanley brought Noah Brent
Mike Hanley brought Jeff Starke and Claudia Hanley
Mike Huie brought Cameron and Sharon Haynes
Charles Jespersen brought Bill Healy

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?



ROTARY STUDENT PROGRAM

This week, we had the pleasure of hearing a fantastic presentation by a participant in the Rotary Student Program.

Cameron Haynes is a Senior at St. Joseph High School who had the opportunity to talk to a number of business professionals about his potential career path with a degree in Physics.

The first person he spoke to was Joe Snyder from Whirlpool Corporation. Joe is an Engineering Manager for KitchenAid Small Appliances and has a PhD in Physics. Cameron found it particularly interesting how Joe uses applies his knowledge of physics to appliances and found this to be an unexpected career path for this area of focus.

His next contact was Jana Eggers, CEO of Nara Logics. Cameron didn't think they'd have much to discuss but then he found out she was a research scientist before entering the business world and they shared a fascinating conversation about artificial intelligence.

For the third contact--here lies a greater story. About a year ago, Cameron read a paper online about researching space travel based on physics and he says his life hasn't been the same since. When he filled out his application for the Rotary Student Program, he shared that it was his dream to be able to speak with the NASA Scientist who authored the piece. Through the tenacity and persistence of Jackie Huie, the Rotary Student Program made Cameron's dream a reality and he was able to have a conference call with this NASA Scientist!

Cameron also made a point to thank Mike Huie for his mentorship throughout this process and he is very appreciative of Mike's dedication and guidance toward expanding his horizons.

Before participating in the Rotary Student Program, Cameron assumed that he would need a lot of luck to find a career as a physicist but his experience with the program showed that there were various applications to this field of study. He learned that this path would require a great deal of confidence in his work as well as the importance of pursuing a rewarding career and living a balanced life.

HAPPENING AT THE HERITAGE

Living History | Part 1
with Terry Lynch

Alexander Hamilton,
the American Rags to Riches Story



FEB 20 Living History Series | Alexander Hamilton
Public - Hosted by The Heritage Museum and Cultural Center

6:30-7:30 PM



FEB 21 Historic Wedding Dresses and the (local) Women They Adorned

6:00-8:00 PM

TASTE YOUR WAY THROUGH MICHIGAN HISTORY WITH ELLIE!

Ellie brings historical characters to life with her unique blend of humor, costumes and food. She believes that costumed living history is the closest we can come to time travel...so far.





The Tasting Through Michigan History series with Ellie Presents will highlight three eras within the last century: the early 1900s, the Depression Era, and the 1950s. Delicious and authentic foods for each program will be taken from an actual Benton Harbor and St. Joseph event menu, with Ellie providing culinary history tastings with each course.

Please join us as we travel back in time to experience this culinary adventure.

March 13, 2019 6:00 - 7:30 p.m.
Ellie Presents the 1900s

May 15, 2019 6:00 - 7:30 p.m.
Ellie Presents the Depression years

July 10, 2019 6:00 - 7:30 p.m.
Ellie Presents the 1950s

PEACE FELLOWSHIPS

The 2020 Rotary Peace Fellowship application is now available and Rotary International needs our help to find the next cohort of experienced global peace and development leaders!

The spike in regional and local conflicts around the globe has boosted the need for peace and development leaders skilled in building positive social change.



The fully funded Rotary Peace Fellowship, which covers tuition and living expenses, increases the capacity of existing leaders to prevent and resolve conflict through academic training, field experience, and professional networking.

Up to 100 fellows are selected every year in a globally competitive process based on personal, academic, and professional achievements. Fellows earn either a master's degree or a professional development certificate in peace and conflict studies at one of the Rotary Peace Centers, located within seven leading universities around the world. More than 1200 program alumni are working in over 100 countries as leaders in national governments, NGOs, social enterprises, the military, law enforcement, and international organizations such as the United Nations.

Master's Degree

- 15-24 month program at one of our 5 Rotary Peace Centers at leading partner universities
- 50 fellows selected annually to earn a master's degree in fields related to peace and development. Each university offers interdisciplinary curricula with research-informed teaching
- 2-3 month self-designed applied field experience to develop practical skills
- Fellows connect with an international cohort of peace fellows, thought leaders, and a global network of Rotarians

Professional Development Certificate

- 3 month professional development program at our Rotary Peace Center in Bangkok, Thailand
- Intended for social change leaders with extensive experience working in peace-related fields
- 50 fellows selected annually to earn a professional certificate in peace and conflict studies
- Diverse interdisciplinary program includes 8-weeks intensive classroom study with guest lecturers and up to 3 weeks of field studies

Eligibility: Take the [eligibility quiz](#).

Qualified candidates have:

- For the master's program, a bachelor's degree or equivalent, plus 3 years of related work experience, and proficiency in a second language (strongly recommended)
- For the certificate program, a strong academic background, plus 5 years of related work experience
- Proficiency in English
- Excellent leadership skills

The 2020-21 academic term deadline is 31 May 2019. Begin by watching our [Application Checklist Video](#) and review the [application process online](#).

Please contact us at rotarypeacecenters@rotary.org with questions.



LOCAL CLUB MEETING DAYS, LOCATIONS & TIMES

- ❖ Benton Harbor-Sunrise, Wednesdays, 7:00 a.m., Elks Lodge, 601 Riverview Drive, Benton Harbor
- ❖ Lakeshore, Thursdays, 12:12 p.m., First Church of God, 5767 Red Arrow Highway, Stevensville
- ❖ Paw Paw Lake, Wednesdays, 12:00 p.m., Lakeland Medical-Watervliet, 400 Medical Park, Watervliet
- ❖ Harbor Country, Fridays, 7:30 a.m., Lakeside United Methodist Church Community Room, 14970 Lakeside Road, Lakeside, MI

Quick Start Guide

[CLICK HERE](#) for the instruction guide for navigating the new user interface in DACdb!

If you want to visit other district 6360 club meetings, log into DacDb, at the top left, click on Clubs, then a full listing of clubs will appear and now look left again under Where Clubs Meet and you will see all days, times, google map, list of club officers and more.



MEMBERSHIP MEETINGS

Open Membership Committee Meetings will be held every third Wednesday at 12:00 PM at ****NEW LOCATION** Professional Hearing Services at 511 Renaissance Dr., #100, St. Joseph.** Bring your lunch and share your thoughts and ideas with the team.



Save the Date! 2019 District Conference

The **2019 District Conference** will be held at beautiful **Mission Point Resort & Conference Center** on Mackinac Island!

May 16-18, 2019

A DIFFERENT PATH TO HEALING (CONTINUED)

The clinic runs from 6:00 to 8:00 PM every Wednesday and is donation only. She shared that holistic therapies are most effective when done frequently and repetitively and there's very little cost involved with offering this therapy...which is why insurance will not cover it--there's no money to be made from it.

Barb employs the NADA Protocol with her ear acupuncture work. NADA stands for National Acupuncture Detoxification Association. NADA involves the gentle placement of up to five small, sterilized disposable needles into specific sites on each ear. The recipients sit quietly in a group setting for 30-45 minutes allowing the treatment to take effect.

Acupuncture has been around for around 5,000 years but is relatively new in the United States. Former President Richard Nixon brought the therapy to the U.S. in the 70s after he had been traveling in Asia and one of his staff members required surgery and used acupuncture to relieve the pain.

Barb also shared a video about the NADA protocol and how it has been used in the aftermath of crisis situations such as 9/11 and Hurricane Katrina.

For people who have experience this type of trauma, talking therapy is often avoided because they feel like they re-experience the trauma by talking about it.

The video also highlighted an addiction treatment center in New York that moved to ear acupuncture treatment instead of giving methadone to heroin addicts.

Creating the opportunity for stress reduction in a non-medical setting is a big draw for many people. One of the major benefits is that it helps people sleep which is the foundation for all healing. Whether someone has experienced a crisis or disaster or is dealing with addiction or just day-to-day stress, acupuncture helps people function at a higher level.

Barb is looking to expand these clinic workshops to other areas of the community to better serve those in our area. She also expressed that it would be hugely advantageous in schools and in the jail system. Acupuncture helps people find serenity in chaos, joy in loss, and helps people move on from whatever life brings them.

[CLICK HERE](#) for more information about Barb's Wednesday clinic.



ATTENTION ROTARY LADIES

Have you heard the buzz about the monthly "Drinks with Mary" event? Did you know that originated from our membership? The legend goes that Rotarian Mary Frey was feeling a little blue when her daughter went off to college and some of the gals from Rotary decided to get together on a regular basis. They even have their own [facebook page](#) if you'd like to get in on the fun! The March "Drinks with Mary" event is scheduled for Thursday, 3/14 at 5:30 PM. [CLICK HERE](#) to see the Facebook Event.

WANT TO CONTRIBUTE TO THE eWHEEL?

Your weekly email is brought to you by Emily Kirchner, Renee Borah, Lisa Cripps-Downey, and Brandi Smith-Gordon 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 RotarySJBH@gmail.com.

Connect with the Rotary Club of St.

Joseph-Benton Harbor

online at www.sjbhrotary.org



[Like us on Facebook!](#)

ROTARY CLUB OF ST. JOSEPH-BENTON HARBOR 2018-2019 CLUB COMMITTEES

CLUB LEADERSHIP

President: Wendy Edwards
President-Nominee: Matt Hanley
Treasurer: Tom Watson

President-Elect: Brandi Smith-Gordon
Immediate Past President: Rick Villa
Secretary: Janice Ferguson

Board of Directors: Jennifer Cole, Lisa Cripps-Downey, Mary Frey, Jackie Huie
Charles Jespersen, Emily Kirchner, Kevin Roney, Therese Saggau

CLUB ADMINISTRATION Wendy Edwards	CLUB & COMMUNITY SERVICE Patti Kutz	MEMBERSHIP Julie Duensing
<p>50/50 Raffle - Rick Villa, Renee Borah, Wendy Edwards, Tiffany Griffin, Melissa Hahn, Donna Howard, Cindy Igoe, Patti Kutz, John Olson, Tamara Paulun, Amber Peters, Jim Roberts, Kevin Roney, Therese Saggau, Chuck Wells, Autumn Zick, Mark Zielke</p> <p>Music - Allan Westmaas & Dennis Bowen, Dwight Bowman, Kurt Marzke, Christine Vanlandingham, Janet Zielke</p> <p>Sergeant-At-Arms - Matt Hanley, Randy Bettich, Bill Downey, Sean Ebbert, Kurt Marzke, Mike Peirce, Mary Spiegel, Tom Watson, Russ Zick</p> <p>Programs - Brandi Smith-Gordon, Kristi Aubrey, Bill Dillingham, Wendy Edwards, Melissa Hahn</p> <p>Invocation - Dave Kirshenbaum, Randy Bettich, Dennis Bowen, Wendy Edwards, Lynn Kellogg, Patti Kutz, Lori Marciniak, Jim O'Malley, Christine Vanlandingham, Char Wenham, Allan Westmaas</p>	<p>St. Joseph-Benton Harbor Rotary Club Foundation - Mike Kinney (President), Bob Judd (Secretary), Tom Watson (Treasurer), Lisa Cripps-Downey, Mike Huie, Prudy Nelson, Bob Peirce, Steve Smith, Tom Starks, Rick Villa, Char Wenham</p> <p>St. Joseph-Benton Harbor Rotary Club Foundation Investments - Mike Cook, Randy Bettich, Rick Dyer, Bob Judd, Mike Kinney, Tom Watson, Allan Westmaas</p> <p>Adopt-A-Highway - Steve Smith</p> <p>Law Day - Steve Smith</p> <p>Bell Ringing - Sean Ebbert</p> <p>2018 Volunteers - Paul Bailey, Renee Borah, Charles Jespersen, Bob Judd, Dave Kirshenbaum, Therese Saggau, Dick Ward, Horace Ward</p> <p>Rural Ag Day - Art Cotter</p>	<p>Membership - Julie Duensing, Dwight Bowman, Rich Burling, Jennifer Cole, Wendy Edwards, Jan Ferguson, Tiffany Griffin, Matt Hanley, Jackie Huie, Charles Jespersen, Lynn Kellogg, Bruce Piekarski, Christine Vanlandingham</p> <p>Orientation - Lynn Kellogg & Christine Vanlandingham</p>
		YOUTH SERVICE Jackie Huie
		<p>Rotary Essay Contest - Jacqui Winship, Bill Benner, Dave Kirshenbaum, Patti Kutz, (Judges: Ann Cardon, Lisa Cripps-Downey, Nicole Heugel, Trevor Kubatzke, Jim O'Malley, Jack Sukup, Janet Zielke)</p> <p>Interact Clubs of Lake Michigan Catholic Schools - Maria Kibler</p> <p>Interact Clubs of St. Joseph Public Schools - Jackie Huie, Steve Borre, Mary Frey, Cindy Igoe, Marian Rosko Titus, Lisa Wolf</p> <p>Rotary Student Program - Trevor Kubatzke, Kevin Roney (District Presenter), Jackie Huie (Liaison to RI), Mary Frey, Mike Huie, Maria Kibler, David Peterson, Marian Rosko Titus, Steve Smith and Rick Villa</p> <p>RYLA - Lori Marciniak</p> <p>Rotary Track Meet - Randy Bettich, J.C. Anderson, Renee Borah, Dennis Bowen, Jim O'Malley</p> <p>Rotary Track Meet Scholarship - Dennis Bowen, Brian Berger, Mary Frey, Bill Marohn, Jim Marohn, Mary Kynast</p>
INTERNATIONAL INITIATIVES Prudy Barrett Nelson & Mary Frey	PUBLIC IMAGE Emily Kirchner	
<p>Bio-Sand Water Filter Project - OPEN</p> <p>International Foundation & Polio Plus - Lisa Cripps-Downey</p> <p>International Initiatives - Prudy Barrett Nelson, Mary Frey, Wendy Edwards, Jan Ferguson, Mary Frey, Charles Jespersen, Mary Spiegel</p>	<p>eWheel Newsletter - Emily Kirchner, Renee Borah, Lisa Cripps-Downey, Brandi Smith-Gordon</p> <p>Membership Directory - Chris Newland, Robyn Johnson, Rick Villa</p> <p>Photographer - Jen Cole</p> <p>Public Relations - Emily Kirchner, Jackie Huie</p> <p>Website & Social Media - Emily Kirchner</p>	