



District 5680 News



IN THIS ISSUE

Page1-2

Message from DG Dana

Page2

Condolences to DG Dana

Page3

*Rotary Foundation News
3 Ways to Support TRF
Giving Tuesday 12/1
Global Grants*

Page4

*District Conference
Webinars Online
RYLA Scholarships
TRF Seminar on 12/3/20
Upcoming Events*

Page5

*A Polio Remembrance
“a pulsating, airy sound”
Contact Tracing—How it
Works*

Page6

*Guatemala Grant Report
Escapades During Covid*

Page7

Club News -we need yours

Page8

*Membership Report
@ 10/31/20*



Message from

District Governor Dana Brewer

Dear Fellow Rotarians,

We have the proof! Doing good is not only a benefit to others, it's a benefit to us too.

I was trained in law school to search for and find the proof.

Proof, whether in the form of people's statements, documents or universally accepted knowledge, was the way to establish what the Court could accept as "facts" upon which to determine the truths of the case, to which relevant law (statutes or precedent of previously decided cases) would be applied, to reach a well-supported outcome.

Proof of what, you ask? **Proof that when we serve others, we receive rewards that make that service worthwhile, not only to the people being served, but to the person doing service, as well!**

Studies show that helping others boosts serotonin, a neurotransmitter that makes us feel satisfied. Another benefit to feeling rewarded when we do good: It lowers our stress levels. Who couldn't use that right now?

Facing the c19 pandemic, people everywhere are feeling anxious about their health, their families, their jobs, and their futures.

[Having just lost my dear brave mother to the virus, I am firmly resolved to refer to it as c19, with a lowercase c, as the shortest abbreviation by which to identify it.



Like polio, we must keep it as small as possible, as we work side by side to make it disappear altogether!]

“When we are all feeling lower than we are used to feeling, with some levels of situational depression, we all need a boost,” says psychologist Mary Berge, member, Rotary Club of Johnstown, Pennsylvania, who has led discussions with many Rotary clubs about coping during the pandemic.

“There has been a lot of research that when we are helping others, or when we are doing something for someone else, our reward centers light up in the brain and our stress levels go down as cortisol is released.” It feels good to do good!

In a 2016 study, researchers asked participants about scenarios in which they either gave or received support. The study, published in *Psychosomatic Medicine: Journal of Biobehavioral Medicine*, found that MRI tests showed only the instances of giving correlated to reduced stress and enhanced activity in the brain's reward centers — which suggests that giving support ultimately had greater mental benefits than receiving it.

Many studies have established a connection between volunteering and improved health. In the brain, acts of kindness release powerful chemicals



Rotary



DG Dana Brewer (cont'd)

like oxytocin, serotonin, and dopamine, elevating our mood, increasing reward stimuli, and reducing stress. Compassion evokes lower heart rates and reduces coronary distress. Oxytocin is also connected to social bonding, so as it is released, the ties that bind us are strengthened.

Researchers at Oslo Metropolitan University in Norway and the **Technical University of Dortmund** in Germany explored the relationship between volunteering and well-being in 12 European countries. Their **2018 analysis found that people who are or have been volunteers report greater well-being than people who have not.**

And in a **2013 Canadian study** posted by the National Library of Medicine, researchers looked at the effect on the cardiovascular health of adolescents who do volunteer work. The study **confirmed that helping people reduced the volunteers' body mass index and other cardiovascular risk factors.**

Berge, a training leader for Rotary, saw anxiety rising among her patients because of the pandemic and **developed the Staying Sane During COVID-19 presentation.** She has delivered the talk by videoconference more than 70 times, mostly at Rotary-related events. **[possible virtual program]**

"Rotarians in particular have a high need for being compassionate," says Berge. "In my Zoom meetings, I hear people say, 'What can we do to help?' They are desperate to get that feel-good feeling again. I think they see that in doing these things, it relieves our own stress, sadness, anxiety, and irritability."

Rotary member **Jenny Stotts**, a social worker, child advocate, and trauma specialist, has written about **how we can increase our resiliency, adapt to adversity during the pandemic, and emerge stronger.**

"When we express meaningful and intentional gratitude or engage in planned acts of kindness, we experience the benefits of serotonin and dopamine, which

are two neurotransmitters responsible for us feeling pleasure or joy," says Stotts. **"Not only do we benefit others from this activity, but it has a way of recharging our batteries."**

Stotts notes that **when we do acts of good repeatedly, something interesting happens in our brains.** "If we engage in a regular daily practice of kindness and gratitude, **we are essentially carving out pathways within our brain that make us healthier and a little more emotionally stable."**

Because of all this, Stotts tells her staff and clients, **"You deserve to be your kindest self."**

Rotary members may not realize the significant role they can play in changing how people think, Stotts says.

"When we, as leaders in our community, adapt a way of thinking — that level of intentional gratitude and intentional kindness — we have a way of setting a really good example," she says. **"I think it is a calming and stabilizing force. We can set that tone for our entire club and for our communities."**

So, **WE now have the proof! Service above Self** (which is above and beyond ourselves) **is the antidote to the negative effects of c19! It gets US out of the hardening shell within which self isolation, caused by social distancing tries to imprison us. Give a healthy dose of it daily. You'll feel far better for it! The studies prove it. And as a holder of a Juris Doctor degree, you have my unqualified second opinion that it's TRUE!**

SHOW ROTARY KINDNESS – THOSE AROUND US NEED IT & SO DO WE!

Dana Brewer

District Governor, 2020-21
District 5680

Note: The source for some information in this article is from the Rotarian, December 2020, "Good and good for you" by Arnold R. Grahl.

Condolences

We were sorry to learn of the death of our DG's mother, Irma, due to COVID-19 earlier this month.

DG Dana informed district leadership in a message with the subject "Mother's Last Pandemic" and for those of us who heard DG Dana's "Why Ending Polio Matters to Me" during our district conference (see link on next page), it was particularly heartbreaking.

Our hearts and prayers are with Dana and Tina Brewer and their family.



Happy Thanksgiving!

Rotary Foundation News

Three Ways to Support Our Rotary Foundation

Every November, we celebrate The Rotary Foundation. Your support and generous gifts to the Foundation make it possible for us to be people of action and engage in life-changing projects worldwide. Here are three ways you can help maximize the effectiveness of our year-end giving campaigns and increase the amount of good we can do:

Encourage your members to make a gift to the Foundation

on Giving Tuesday, which is 1 December. [Share our video message](#) [Give the gift of Rotary](#) this holiday season. [Share our digital flyer](#) with members and potential donors.

Learn more about our new peer-to-peer fundraising tool, [Raise for Rotary](#), where you can create fundraising pages that are easy to share with family and friends through social media and email.

Share This #Giving Tuesday

By K R Ravindran, Rotary Foundation Trustee Chair

Giving Tuesday has grown into a global movement of generosity. It's a day that empowers all of us to give to our communities through service, kindness, and financial support — all acts that Rotary values deeply. One easy way to take action on Giving Tuesday, 1 December this year, is to [make a gift](#) to The Rotary Foundation's Annual Fund-SHARE.

The [Annual Fund-SHARE](#) system is Rotary's primary

way of making sustainable projects possible both close to home and around the world. It empowers Rotarians to use these funds to create lasting change where our help is needed most. Last year, the Foundation awarded 490 district grants and 1,359 global grants as a result of Annual Fund-SHARE contributions made by generous donors.

On Giving Tuesday, make The Rotary Foundation your charity of choice so that together, we can keep Doing Good in the World.



Expanding Funding Options for Global Grants

The Foundation Trustees have made another change to the way that global grants are funded, following their decision to stop matching cash contributions to grants because of the high demand for global grants. This latest change will give Rotary clubs and districts more flexibility in financing grant activity.

There's no longer a minimum World Fund match for global grants. This means that grant sponsors can use any combination of District Designated Funds (DDF), cash, or directed gifts and endowment earnings to fund a global

grant, as long as the minimum project budget is \$30,000. The maximum World Fund award remains \$400,000. As noted before, the Foundation will provide a 100 percent World Fund match for all DDF contributions, but not match cash contributions.

The best way to ensure sufficient World Fund resources for grant activity in the future is to give generously to the [Annual Fund-SHARE](#).

Miss District Conference? Webinars Available!

Pre- Conference—How to Hold Effective Meetings <https://youtu.be/UklpjXrQsiU>

2020 District Conference

Session 1	Introduction	https://youtu.be/4BGZYz6E2HU
Session 2	Membership M&Ms	https://youtu.be/4BGZYz6E2HU
Session 3	ShelterBox	https://youtu.be/uHe6wG1ie0E
Session 4	Food For Our Neighbors	https://youtu.be/Ux8M4Axauc
Session 5	The World Stepped Down, Rotary Stepped Up	https://youtu.be/MrdIK_HeJck
Session 6	Why Ending Polio Matters to Me	https://youtu.be/3IDSXRYuO30
Session 7	Peace and Justice	https://youtu.be/xYgCF6Sewew
Session 8	RYLA	https://youtu.be/8Z-Txa81sk
Session 9	What are We, and Rotary Doing Now	https://youtu.be/tJWNOt58olw

Be sure to “subscribe” to our District’s YouTube channel!

As “People of Action,” we must do our part because . . .

We, the healthcare workers are not your front-liners any longer.

We are your LAST LINE OF DEFENSE.

YOU, my fellow people, are the front-liners now.

The war has shifted to the community and it is up to you.

This cannot be won in the confines of the hospital . . .”

- Dr. Brian Calinawagan

**Year-end Giving and Beyond:
Strategies for Leaders (Region 36)
December 3 - 7:00 - 8:00 p.m. Central Time**

Despite these unprecedented times, one thing remains--many Rotarians are looking to make year-end gifts to impact the areas of The Rotary Foundation that mean the most to them.

Join us for this informative and interactive evening where we will provide you with tools to assist in your year-end fundraising efforts for annual giving and major gifts and discuss strategies to ensure continued success into the new year.

Note: Though billed for District leaders, this will surely provide club leadership ideas for promoting TRF.

RYLA Scholarships

District Leadership has approved \$200 scholarships for RYLA. First Come—First Served! Limited to 37 clubs.



For more information, contact District RYLA Chair, Dean Kennedy at dean.kennedy@communitynational.net

Upcoming Events

March 25-27, 2021
PETS
Wichita Marriott

May 14-16, 2021
Presidential Conference-USA
[Click here for info](#)

October 29-30, 2021
District Conference
Wichita Marriott

A pulsating, airy sound stirred my curiosity . . .

After church, Mom and Dad crowded into the family car, a blue '53 Dodge Coronet. Sundays were great for taking a drive,

going out for dinner, or just driving over to see friends and chat. In the back seat sat the 7-year-old son and his younger annoying sister. These little trips were like a mini-adventure, but this trip was a little longer than just over to see the cousins or grandparents.

After nearly an hour of winding through the dusty backroads

on this warm Iowa afternoon, the family pulled up the tree-lined driveway and everyone clambered out. Mom led the way to the screened back door and into the large, noisy kitchen. Sundays, at that time, were a "day of rest" for farmers. After chores, visitors would wander by for a desert or picnic lunch. Families were gathered and sharing greetings and hugs. To the young son, the room was crowded with strangers of all ages.

Taking in all the newness, and listening to the conversation in order to obtain clues as to the relationship of this strange group, this youngster was distracted by an unfamiliar sound. It was a pulsating, airy sound coming from another area of the house and unknown to him. Like all children, curiosity took hold, and he wandered along the wall, following the rush of air. The sound was growing



louder and louder. Peeking around an opening, there stood a large, elongated, metal cylinder. This was where the sound originated. It was distinctive.

Totally bewildered, he saw a teenage girl's head protruding out of one end of that misplaced apparatus. "What is that?" "Who is that?" "What is she doing in there?" Maybe he shouldn't be there. He could see her face reflected in the mirror above her head. As soon as the two made eye contact, he bolted back to the boisterous kitchen noises, and found comfort at his father's side.

Yes, that was an iron lung and yes, I was that inquisitive, curly-haired boy. I do not recall whose house it was that we visited that afternoon. I crawled into the back seat of that blue Coronet, bewildered by what I had seen.

After all those years, it is quite evident to me that I would never want anyone to spend time in an iron lung. The separation and isolation from everyday activities had to be unbearable. The feeling that a life was dependent on this mechanical device is overwhelming to me. **I do not want any child to miss out on any of life's ordinary, or extraordinary experiences. It is this encounter that motivates me to campaign for funding PolioPlus. I can't wait for the celebration of a Polio-Free World.**

Article printed at the request of DG Dana Brewer

Author: DG Steve Dakin/RC Boone

Contact Tracing and How it Works . . .

In 20 July 2014, a Liberian-American man collapsed in an airport in Lagos, Nigeria, a city of more than 10 million people. Three days later, he was diagnosed with Ebola, the country's first case. The arrival of the Ebola virus in one of the world's largest cities was a scenario that, as one U.S. official noted at the time, generated worries of an "apocalyptic urban outbreak."

But what could have been a ghastly epidemic was averted; only 19 additional people in Nigeria contracted the disease, and seven died. The World Health Organization (WHO) declared the country [free of Ebola on 20 October](#), three months after that first case was diagnosed.

To achieve that, the work of the Rotary-supported polio eradication program — [the strong partnerships](#) that had been built between the Nigerian government and other organizations, as well as the infrastructure that had been put in place — proved to be key. The Nigerian health ministry swiftly declared Ebola an emergency and created a command center, modeled after those used by the polio program, to coordinate its response. A team of [40 doctors trained in epidemiology](#) who assisted in the country's polio eradication campaign were reassigned to tackle Ebola. Technical experts from the polio program trained health workers on contact tracing, case

management, and more.

From that first patient, called the "index case," health workers generated a list of nearly 900 contacts, diligently tracked down by a [team of 150 contact tracers](#) who conducted 18,500 face-to-face visits to check for symptoms of Ebola. Only one contact was [lost](#) to follow-up. Shoe-leather public health detective work had stopped the outbreak.

The History of Contact Tracing

Contact tracing has been in the news lately because of the important role it can play in slowing the spread of the novel coronavirus, but it has been a cornerstone of public health for much of the past century. In 1937, [then-U.S. Surgeon General Thomas Parran](#) wrote a book about syphilis control (melodramatically titled *Shadow on the Land*), in which he described contact tracing in detail. The practice has been a [valuable tool ever since](#) - for combating the spread of sexually transmitted infections as well as vaccine-preventable diseases such as [measles](#) and [tuberculosis](#). Smallpox was defeated not by vaccinating entire populations, but by finding and vaccinating anyone who had been in contact with people who had the disease. Contact tracing has also played a part in the progress we've made [against polio](#).

Your Rotary Foundation at work in Guatemala

I was very pleasantly surprised to see the \$2000 district match, followed by the TRF match.

In February, 2019, I went on a mission trip with the Kansas Volunteer Optometric Services to Humanity (VOSH) to Quetzaltenango, San Martin, Guatemala, where we worked at the Xela Aid facility. (By the way, two of our participants were Dr Seth Thibault and his 11 year old daughter, Quinn, of Pratt). It was a truly eye opening experience! Since many of the locals only spoke the Mayan language, MAM, double translations were needed. Since no one spoke all three languages, two translators were needed: from English to Spanish and then to Mam, and then back again.

Rotary International has an ongoing relationship with VOSH, as does Xela Aid. The last day of our mission was



spent at a Quetzaltenango elementary school that is sponsored by the local Rotary Club where they had provided the rest room facilities and clean water. Ten of their members assisted us throughout the day and joined us for dinner that evening. In 2017, their club in conjunction with several others received a \$130,000 Rotary International grant to provide rest rooms and clean water for 19 schools in that area. I fell in love with all of the local staff and volunteers, in particular the children.

As a Russell Rotary member, it gave me a much better understanding and appreciation of the work Rotary does internationally. It was a great bucket list endeavor and I would love to go back down there again. Since I returned from the trip, Xela Aid has become my favorite charity, as I am currently sponsoring two children to attend school.

Once again, thanks for stepping up with your district's generous support! Allan McCobb ([RC Russell](#)).



My Escapades During the Pandemic Lockdown



By Su Boertje, membership and PR chair, Rotary Club of Westville, South Africa

In April, I learned that the [Baby House in Westville](#), South Africa, a safe

house for abandoned babies, desperately needed basic supplies. Due to the country-wide lockdown, donations had all but dried up, and the two house mothers and 10 babies (aged 1 week to 23 months) needed help.

"Not all super heroes wear capes," I thought to myself, "some wear Rotary badges!" So I contacted our club treasurer to see if I could spend some of my PR budget to assist and they agreed.

I managed to shop (masked and sanitized) successfully for all of the items on their list in varying quantities. As the mom of a youngster, I added a few treats at my discretion – some biscuits, custard, marked down marshmallow Easter eggs that I clearly remember my son smearing all over his face (ok, sorry house moms – I perhaps shouldn't have done that!) and the obligatory bag of Flings (a South African puffed maize snack).

Super hero mindset firmly in place, I made the drive across Westville, determined to deliver. This despite sensationalist media reports about people being locked up for being out of their homes, for daring to place a toe on

beach sand, for not having permits to travel (unless it was for essentials or medical reasons), etc.

I didn't consider the consequences of not having a travel permit. So imagine my absolute horror as I crested the hill 200 meters from my destination, to find the street lined with police vans and other official looking vehicles. "That's it, they're going to lock me up" I thought as my super hero bubble got thoroughly pricked and my very real South African fear of authorities kicked in.

My heart was thumping as I slowly continued down the hill, imagining the worst and expecting any minute to be stopped and interrogated. I gingerly turned into the driveway of the Baby House, masked up, got out of my car and rang the bell. I consoled myself with the fact that although I may have to sit in the Westville Police Station for a few hours, at least the babies would have their goods!

A very weary looking House Mom came to the gate in her slippers. I explained who I was and what I had brought. She was jubilant and my heart warmed even as I cringed at the prospect of being noticed by the authorities. I asked the second House Mom to take a quick photo with my phone – not anticipating her eagerness to be in the picture. "Hey," she shouted to the nearby policewoman, "Come and take a picture!"

A policewoman and another female official came toward

Club News from around the District

Rotary Club W Wichita: We received a thank you note from one of the teachers at Benton Elementary thanking us for the \$50 Target gift card we presented to all the teachers at that school in August to help them buy school supplies for the year.

Rotary Club Washington: The Festival of Trees Committee has made lemonade out of lemons. They have planned a COVID year alternative to an in person Festival of Trees (our largest fundraiser). It will be held on December 12. Proceeds will benefit the Washington City Park Improvement Project and the Rotary Scholarship Program. All events will be on Facebook—including an online auction and member-hosted watch parties.



Rotary Club W Sedgwick Co.

Sunrise: Planning is underway for a possible Phase III of our Boundless Playscape. Several members conducted a survey on site at the playscape to get feedback from the community. Very positive feedback was received from people who said they come weekly with their children of all ages.



Rotary Club E Wichita: We purchased and distributed 60 Thanksgiving dinners from Dillon's to the less fortunate again this year. Also, we are supporting the "Angel Tree" through Salvation Army this year.



Rotary Club W Wichita: We belatedly recognized Tony Morrow (shown with wife Sara) as our Service Above Self winner for 2019-2020. Tony has been a member of our club for the past 10 years. He has served on our Board in a variety of capacities, including Club President and Treasurer. He is a multiple Paul Harris Fellow and has served as our Monthly Grocery coordinator. In the community, Tony is involved with StepStone and Dear Neighbor Ministries. One member summed it up by saying, "Tony always has a servant's heart and excels at any task given."



Rotary Club W Wichita: Due to pandemic precautions and concerns, Bob Goebel built the majority of the bookshelves on his own then a small group helped finish the remaining 75. The bookshelves will be delivered to all first graders at Lawrence & Benton Elementary schools in January.



**It's that time of year!
Send us your
photos!**

Escapades During the Pandemic . . .

us. After a quick conversation in Zulu, that I didn't understand, we were shoed together by the amateur photographer (as far as social distancing norms would allow) and *continued from previous page* . . .

voila! – a photo was taken. Another swift exchange in Zulu and the official and policewoman wandered away.

As the weary House Moms started picking up the parcels, I asked "What was that about?" It turns out the officials and police were on the street to screen and test residents for COVID-19 and had no interest in me or my lack of permit at all! What incredible relief!

It may have shaved a few years off my life, and caused a couple more grey hairs for my hairdresser to hide when he is finally able to see me again. But this wanna-

Attention all Clubs and Rotarians

If we don't receive your club news,
we cannot include it in this newsletter. That's a
shame because most every club is continuing to
serve their communities and the world despite the
pandemic -

in interesting, creative ways.

PLEASE—share your club news by sending a message to newsletter editor Geri Appel. We all need to know what special things your club is doing so we can share in your success!

District 5680 Membership Report As Of October 31, 2020

Club	7/1/2020	10/31/2020	NET GAIN
	MEMBERSHIP	MEMBERSHIP	2020-2021
Abilene	59	54	(5)
Andover	26	26	0
Arkansas City	59	59	0
Atwood	23	23	0
Beaver	15	15	0
Beloit	40	40	0
Boise City	20	20	0
Cimarron	20	20	0
Clay Center	47	47	0
Colby	54	54	0
Concordia	31	31	0
Derby	70	59	(11)
Dodge City	38	43	5
Downs	9	10	1
East Wichita	87	89	2
E-Club	20	20	0
El Dorado	36	33	(3)
Ellinwood	20	20	0
Ellis	9	9	0
Garden City	45	44	(1)
Goodland	36	20	(16)
Great Bend	46	46	0
Guymon	26	32	6
Hays	64	61	(3)
Hays Sunrise	15	15	0
Hill City	13	16	3
Howard	13	13	0
Hoxie	20	20	0
Hugoton	15	15	0
Hutchinson	100	98	(2)
Johnson	15	15	0
Kingman	25	25	0
Kinsley	15	13	(2)
Larned	16	16	0
Liberal	43	43	0
Lindsborg	8	8	0
Lyons	23	24	1
McPherson	39	36	(3)
Ness City	21	24	3
Newton	53	56	3
Norton	13	14	1
Oberlin	33	33	0
Osborne	14	14	0
Phillipsburg	49	48	(1)
Pratt	53	52	(1)
Russell	39	39	0
Salina	123	124	1
Sharon Springs	10	8	(2)
Sterling	20	19	(1)
Sublette	18	17	(1)
Syracuse	16	17	1
Texhoma	15	13	(2)
Ulysses	28	27	(1)
Washington	35	35	0
Wellington	12	11	(1)
West Sedgwick Co Sunrise	38	37	(1)
West Wichita	61	60	(1)
Wichita-Downtown	410	403	(7)
Wichita-Old Town	9	9	0
Winfield	74	74	0
TOTALS	2404	2366	(38)

Rotary



District 5680

www.rotary5680.org

This is your newsletter!
Send your articles and
club information to:

PDG Geri Appel, Editor
Phone: 316-841-2592
appelg@kenlerman.com



2020-21 RI President
Holger Knaack
Hersogtum Lauenburg-
Mölln Germany



Rotary International Convention
Taipei, Taiwan
June 12-16, 2021
www.rotary.org/convention
Register today!

