

Rotary



The Rotary Club of Michigan City

Chartered 1916

Wednesday, March 26, 2025

President's Message

By Matthew Kubik



Fellow Rotarians,

Is being a Rotarian good for your health? In 2023 the U.S. Surgeon General published the "Advisory on the Healing Effects of Social Connection and Community." In his introduction letter, Dr. Vivek H. Murthy wrote, "In the scientific literature, I found confirmation of what I was hearing. In recent years, about one-in-two adults in America reported experiencing loneliness. And that was before the COVID-19 pandemic."

The Advisory reports the following: "The lack of social connection poses a significant risk for individual health and longevity. Loneliness and social isolation increase the risk for premature death by 26% and 29% respectively. More broadly, lacking social connection can increase the risk for premature death as much as smoking up to 15 cigarettes a day. In addition, poor or insufficient social connection is associated with increased risk of disease, including a 29% increased risk of heart disease and a 32% increased risk of stroke. Furthermore, it is associated with increased risk for anxiety, depression, and dementia. Additionally, the lack of social connection may increase susceptibility to viruses and respiratory illness."

Social connection—the structure, function, and quality of our relationships with others—is a critical and underappreciated contributor to individual health, community safety, resilience, and prosperity. The feelings of isolation and loneliness were exactly why Rotary was founded. On 23 February 1905, lawyer Paul Harris and three friends met in a small office in downtown Chicago. These men wanted to rekindle in the turn-of-the-century city the spirit of friendliness they had known in their hometowns. Clearly, they were not alone in their need to be connected to their community through fellowship and service. Today Rotary International has a global network of more than 35,000 clubs worldwide with 1.2 million members – all reaping the benefits of Rotary's health-producing fellowship.

Our Rotary motto is, "Service Above Self". Perhaps the most important service we provide is to each other through social connection. See you on Thursday at noon at Rotary. It's good for your health.

Yours in Rotary Love,
Matt Kubik, President

FRIENDSHIP BOTANIC GARDENS

By Scott Parker Howat

*Our weather in March may be somewhat frightful
but each day, I know, I'll become more insightful
and I believe, Waking Up The Gardens
will be quite delightful*

Meeting Information



Salvation Army
1201 Franklin Street
Michigan City, IN 46360
Thursday 11:45am

[Click here to meet online](#)
if you cannot attend the
meeting in person.

[Map it.](#)

Mail:
Rotary Club of Michigan City
P. O. Box 9372
Michigan City, IN 46361-9372

Duty Roster

March 27, 2025

Greeter
Kevin McGuire
Moment of Inspiration
Danny Hogan
Meeting Coordinator
Teresa Bischoff
Classification Talk
Denise Shipp-Glenn
Guest/Student Host
Dana Purcell
Registration Desk
Mike Kilbourne

April 3, 2025

Greeter
Melissa Nikolich
Moment of Inspiration
Scott Howat
Meeting Coordinator
Cheryl Chapman
Classification Talk

Rebecca Simmons
Guest/Student Host
Amy Richardson
Registration Desk
Jonathon Albertin

More Links

[World Polio Day Video](#)
[Picture Gallery](#)

Speakers

April 03, 2025

[Civil Air Patrol](#)

April 10, 2025

[Paul J. Alinsky Excellence](#)

[Award presentation!](#)

ALINSKY AWARD

PRESENTATION - Join

members of Rotary for our annual award presented to an individual who exhibits creativity, innovation, and service.

April 17, 2025

[Sheriff Ron Heeg](#)

Join us for an update from Sheriff Ron Heeg of the La Porte County Sheriff's Office.

April 24, 2025

[Nicole Messecar](#)

Lake Michigan Water and Resources Also Join us for the Annual Meeting of the Rotary Club of Michigan City Foundation. Learn how the Foundation supports our Club service.

Club Leaders

[Matthew Kubik](#)

President

[Jessica A O'Brien](#)

President-Elect

[Rebecca S Simmons](#)

Secretary

[Kevin McGuire](#)

President-Nominee

Treasurer

[Kathleen Dolio-Thorson](#)

Club Director

[Liliana E Franco](#)

Club Director

[Matthew Vernon Howell](#)

Club Director

[Larry Piotrowski](#)

Club Director

[Bruce Eric Smith DDS](#)

Club Director

[James T Welborne](#)

Club Director

*The Children's Garden, Walking Trails
fishing in Trail Creek, Cross Country Skiing, three miles of trails
furry friends always so welcome, all kinds of cool birds
Mockingbirds may tell us some tales we've never heard*

Have you ever been on a Bug Safari, come June?

We all know that fireflies light up the moon

Others' hum and they buzz, they'll play us a tune

I read, come six eight, there's a Safari in June

Celebration Pavillion, views of Lake Lucerne

so much about the gardens for each of us to learn

Friendship Botanic Gardens, a place to unwind

strengthens one's soul and provides wealth for the mind

WIMS monthly radio show

The Rotary Club of Michigan City's show will be the first Wednesday of every month from 8:45am to 9am, plus it will be live on Facebook. Matt Kubik and Bryant Dabney were on this month's show.



[Click here to view a copy of the show.](#)

So tune in if you can. You can listen on AM 1420, 95.1FM, 106.7FMValparaiso and via stream around the world at wimsradio.com. #wims

Club Executive Secretary

Terry A Voltz

iPast President



Copyright © 2014-2025 The Rotary Club of Michigan City Indiana. All rights reserved.