



The Oxford Hills Rotary Reader

The Rotary Club of Oxford Hills
PO Box 14
Norway, ME 04268

Wednesday, October 18, 2023

Our mission: The Rotary Club of Oxford Hills is a diverse group of service-oriented men and women providing hands on and financial support within our community and beyond. We exemplify "Service Above Self" while encouraging high ethical standards, enjoying friendship and promoting world understanding, peace and good will."

2023-2024 Officers:

Rotary International President: R. Gordon R. McNally, Rotary Club of South Queensbury, Scotland - District 7780 Governor: Marion Cheney, Rotary Club of Dover, NH – Oxford Hills Rotary President – Beth Abbott – President-Elect: Dan Allen – Vice-president: Vacant - Treasurer: Liz Knox – Secretary: John Griffith – Sgt. At Arms: Stan Brett – Past President: George Rice – Club Service Chair: Vacant – Vocational Service Chair: Vacant - Community Service Chair: Vacant - International Service Chair: Val Weston – Youth Service Chair and Interact Advisor: Tina Fox

Home Club of PDG George Rice

Good Morning and Welcome! Today is the 291st day of 2023. There are 74 days remaining in the year. PP Chris Summers is program chair this morning and Tally Decato is greeter.

Please let John know what your program is so it can be published in the Reader. You can text or call John at 207-461-7158 or e-mail at griffs2@roadrunner.com. Please remember that when you are program chair, you are expected to lend a hand after the meeting putting away the club paraphernalia.

October:

25 – Val Weston and **Curtis Cole**. Val's guest speaker will be a Zoom presentation by Bethel Rotarian, Lucy Abbott, who is a member of the Rotary Indigenous Peoples of North America and Eastern Canada focus group.

30 – Board Meeting at South Paris Town Office, 5:00 PM

November:

1 – Warren Spencer and **Connor Burnam**

8 – Students of the Month and **Michael Carter**. **We cannot meet at the church due to wreath making. Place to be announced.**

15 – District Governor Visit and **Dan Allen**

22 – Dan Allen and **Val Weston**

29 – Michael Carter and **Val Weston**

Visiting Rotarians and Guests:

We did not have any visiting Rotarians but we had three guests: Soleil Dufour, Bob Wilgosz and Caleb Grover. Their hosts were not noted.

Rotary Moment:

President Beth asked us to think positive thoughts for the people in those areas that have been hit with earthquakes and other natural disasters, especially as they affect Polio Plus workers.

Announcements:

President Beth – we are ready to start selling Cabot cheese wheels once again. Order forms are on the table at the back of the room.

From Tina Fox, Beth told us that the Interact Club will be collecting pumpkins at Gillespie Farms to go to the McLaughlin Garden Pumpkin Festival being held from October 15 to 19. Beth also said that Tina reported that upwards of 60 kids have expressed interest in joining Interact this year.

Dave Preble – still collecting Crutches for Africa that he will store in his barn until next spring, so if you have any crutches, walkers or other walking aids, please get them to Dave.

Last Week:

President Beth led us in the Pledge and 4-Way Test as usual. We did not have our song leader and no one else volunteered (thankfully), so we did not have a song. Curtis Cole gave the blessing.

Our guest speaker was Dr. Stephanie Long, general surgeon and breast cancer specialist at Stephens Memorial Hospital. Dr. Long came to Norway from Monroe, Louisiana. She attended Tulane University and did her residency at Tulane. She moved to Norway 1 ½ years ago as her brother, his wife and her parents all moved here. Since her daughter moved to Chicago, Dr. Long decided to move closer to her family and was happy to find a position at Stephens. Dr. Long told us that breast cancer is one of the most common cancers and that early detection is the key to surviving. 1/3 of all breast cancer patients don't have symptoms which is why yearly mammograms are important starting at age 40. Other symptoms, such as changes in the skin, a rash, discharge from the nipple or any other noticeable changes in the body are important to have evaluated. Risk factors such as sex, age, family history or genetic mutations also should be considered. The good news is that there is a 90% survival rate after 5 years if the cancer is caught early enough.

50-50: Apparently, President Beth won a small pot last week so there was only \$9 in the pot this week. Connor drew Curtis's number but Curtis didn't draw the King of Clubs.

Happy and Sad Dollars

PP Chris was happy to announce the arrival of his first grandson and second grandchild, Theodore Summers – who apparently sleeps all day and stays awake all night!

Bob was happy that seven members signed up to help with the road toll on Sunday.

PP George was happy for Patty that it has been 15 years since she was a breast cancer patient, all due to early detection. He was sad that she wasn't here to meet Dr. Long and hear her talk.

Warren had a happy \$20 for Dr. Long's visit.

This week: Origins

In the early years of the automobile, most cars were open tourers with no side windows. However, many used Isinglass side curtains. They kept people dry but they were cumbersome to use and bulky to store. When not in use, people rolled them up like wrapping paper in a tube, which is where our expression of rolling up and rolling down the windows in our cars comes from.

World Polio Day – October 24, 2023

World Polio Day is a time for Rotary members, public health advocates, and all who want a world free from polio to come together, recognize our progress in the fight to end polio, and talk about the actions we need to take in order to end polio for good.

Birthdays and Anniversaries:

October Birthdays: Terry (Curtis) Cole – 10/26; Jeff Noblin – 10/30

October Anniversaries: Curtis & Terry Cole – 10/6; Michael & Beth Abbott – 10/11

October Membership Anniversaries: Glenn Huntley – 39 yrs. – 10/3; Connor Burnam – 1 yr. – 10/5; Chris Summers – 11 yrs. – 10/12; Tina Fox – 7 yrs. – 10/19; Tally Decato – 30 yrs. – 10/20

Make-Ups:

Bethel – Tuesday, 7:30 AM at the Grace Note Inn, Bethel

www.bethelrotary.org

Bridgton-Lake Region – Thursday, 7:15 AM at the Stella's on the Square, 6 North High St., Bridgton

www.lakeregionrotary.org

Fryeburg – Tuesday, 7:30 AM at St. Elizabeth Ann Seton Catholic Church, Rt. 5, Fryeburg

www.fryeburgrotary.org

River Valley – Monday, 12:00 noon, at Hope Association, 2nd floor, 85 Lincoln Ave., Rumford

www.rivervalleyrotaryclub.org

Interact – Thursday, 2:15 PM, Room A210, Oxford Hills Comprehensive Hills High School during the school year only.