

The Oxford Hills Rotary Reader

Wednesday, December 21, 2016



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



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."

2016-2017 Officers:

Rotary International President: John Germ - District 7780 Governor: Marge Barker – Oxford Hills Rotary President: Joel Speakman – Pres. Elect: Chris Weston – Vice-pres.: George Rice – Treas.: Pat Cook – Sec.: John Griffith – Sgt. At Arms: Stan Brett – Past pres.: Chris Summers – Club Service Chair: Ron Morse – Vocational Service Chair: Bob Schott - Community Service Chair: Dan Allen - International Service Chair: Beth Abbott – Youth Service Chair: Lynne Schott

Home Club of PDG George Rice

Welcome! Today is the 356th day of 2016. There are 10 days remaining in the year. This morning we have the OHCHS Chorale with us. Chris Twitchell is scheduled to be greeter but she cannot be with us so if someone would like to fill in, it would be appreciated.

Calendar: *The first name listed is the Program Chair, the second is greeter.* Please let Reader editor John Griffith know what your program is so it can be published in the Reader. You can reach John at 207-743-6129 or 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's paraphernalia.

12/28 – Kim Preble and Chris Twitchell. Kim's guest speaker is Christina McAnuff, Executive Director of the Olympia Snowe Women's Leadership Institute.

1/3 – Board meeting at Joel's office, South Paris, 5:30 PM, moved to Tuesday as Monday is a holiday.

1/4 – January Students of the Month and Chris Summers

1/11 – Dave Preble and Lynne Schott

1/18 – George Rice and Bob Schott

1/25 – Evening Visioning meeting, 5:00PM – 8:30PM.

Visiting Rotarians and Guests: There were no visiting Rotarians. George and Louise Campbell were the guests of Ron Morse and Grant Lemire was the guest of John Griffith.

Rotary Moment – Greeter Chris Weston talked about the Rotary Foundation and its 100th Birthday.

Membership Proposal – George and Louise Campbell have been proposed for membership by Ron Morse. If anyone has any comments, questions or concerns about these proposals, please speak to a board member.

Announcements:

President Joel reminded us that we will be voting on officers for next year on December 28th. They are posted in the Reader so be sure to look at them as there are some changes from last year.

At the December board meeting, the board voted to donate \$2000 to the local food banks, \$500 to four of them. We did not shop and donate in November as we have in the past so we have chosen to shop and deliver on Saturday, January 14, 2017. John is working with Beth to make the arrangements.

We need someone to chair May Day Play Day next year. Tally is ready to help but after several years of heading up the effort, she would like to pass the baton on to someone else. If you are interested, please speak to Joel.

Regarding the water project in Korundu, Kenya – Lois has done a considerable amount of work on the project. However, due to Herb's health, she has had to step aside for now. DG Marge Barker called Joel to see if we were still interested in pursuing this. We need to decide to let it go, continue it or put it on hold. If anyone is interested in picking up where Lois left off, please speak to Joel.

Chris S. – In talking with Mary Ann Brown about the Ray Brown Special Olympics Dance, Chris learned that Paul Arsenault has booked Tuscany Hall as his new auction site, so it is no longer available for the dance. Also, Chris learned that the band we have used the last few years, the Road Kings, has disbanded, no pun intended. So there will be some work involved in arranging the dance next year.

Ron – the cheese truck broke down on the way to Portland so we did not have cheese to distribute as intended. (I believe that issue has been resolved as I write this).

Officers for 2017-2018

President-elect Chris Weston is proposing the following slate of officers for the 2017-2018 Rotary year:

President: Chris Weston
President-elect: George Rice
Vice-president: Pat Cook
Secretary: John Griffith
Treasurer: Rachel Brown
Sergeant-at-Arms: Stan Brett
Club Services Director: Chris Summers
Vocational Services Director: Bob Schott
Community Services Director: Beth Abbott
International Services Director: Val Weston
Youth Services Director: Lynne Schott
Past President: Joel Speakman

We will be voting on these officers at our meeting on December 28, 2016.

Last Week:

Program Chair Ron Morse introduced Kelly Townsend, Program Coordinator and Exercise Specialist at the Medd Medical Building cardiac rehab department. Kelly started the program 21 years ago with one treadmill and one stationary bicycle in a small room in the hospital basement. There were 40 patients participating in the program in 1996; today there are 100 and a lot more equipment to work with. There are 4 stages of treatment – the first is in-patient, getting heart attack patients moving in the hospital before discharge. The second phase is 36 sessions over 12 weeks, starting off slowly and bumping up routines as the patient progresses. The third session is to continue the program at home or pay \$40 per month for three sessions per week, which includes monitoring. The fourth phase allows a patient to use the facility but does not include monitoring. Kelly said that they also do pulmonary treatment.

😊 **Happy Dollars** 😊 - [Dan] had 2 happy dollars – one for the Lake Region Community Chorus last weekend and the Christmas for Teens concert at OHCHS this weekend. [Frank] was happy to be here to visit this week and that Connie said “Merry Christmas” to everyone. [Beth] had a reminder dollar that next week (now today) is the deadline for this quarter’s donations to the Foundation through the cups. [Dave] had a present for Frank, a Tampa Bay Ray’s Christmas ornament. [Kim] reminded us that tomorrow, 12/15, is the Oxford Casino benefit for United Way. [Tina] told us that Interact won 3rd place in the Chamber Christmas parade and they were thrilled. This week they are working on and selling food at the Christmas for Teens concert. She also said that it was her father’s birthday and that she missed him a lot. [Bob] said it has been 8 months and 3 days since his knee replacement surgery and that he has been working to get his “mile” time down ever since. When he first started walking, he could do 1 mile in 1 hour. He recently did 2 miles in 23 minutes.

50/50 – Mary Lou drew Patty’s number but Patty drew the 3 of Clubs. There was \$133 in the pot.

December Birthdays: Curtis Cole – 12/6; Miranda Ward – 12/11

December Anniversaries: Ron & Laura Morse – 12/20

December Membership Anniversaries: Jack Sours – 4 years – 12/19

Merry Christmas everyone!

Make-ups:

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

www.bethelrotary.org

Bridgton-Lake Region – Thursday, 7:15 AM at the Community Center, 15 Depot 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

Thanks to Grassroots Graphics for printing this edition of the Reader.