



Rotary

The Oxford Hills Rotary Reader

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

Wednesday, January 22, 2020

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."

2019-2020 Officers:

Rotary International President: Mark D. Maloney, Rotary Club of Decatur, Alabama - District 7780 Governor: Andrew Glazier, Rotary Club of Kittery – Oxford Hills Rotary President: Pat Cook – Pres. Elect: Lynne Schott – Vice-pres.: to be determined – Treas.: Patty Rice – Sec.: John Griffith – Sgt. At Arms: Stan Brett – Past pres.: George Rice – Club Service Chair: Chris Weston – Vocational Service Chair: Dan Hart - Community Service Chair: Beth Abbott - International Service Chair: Val Weston – Youth Service Chair and Interact Advisor: Tina Fox

Home Club of PDG George Rice and AG Chris Summers

Good Morning and Welcome! Today is the 22nd day of 2020. There are 344 days remaining in the year. Jen Sherbinski is program chair. Her program this morning is a panel of four OHCHS graduates who run successful business in the area. Our greeter is Dan Hart.

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 207-461-7158 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

January:

27 – Mid Year Dinner at Fireside Inn and Suites in Westbrook, from 5:00 PM – 9:00 PM.

29 – Joel Speakman and John Griffith

February

5 – Club Assembly and Tina Fox

12 – February Students of the Month and Abbie Earle

19 – Chris Summers and Tally Decato. Note, this WILL be an evening meeting at Daddy O's after a two month hiatus.

20 – World Understanding and Peace Dinner at Sable Oaks in South Portland, 5:30 PM – 9:00 PM.

26 – Tonya Swart and Curtis Cole

Visiting Rotarians and Guests: There were no visiting Rotarians or guests.

Rotary Moment: Greeter Becky Kaurup told us about five ways we can incorporate vocational service in our club.

1. Host a club meeting at your work place and take time to learn about fellow members' occupations.
2. Use your skills and expertise to serve a community.
3. Practice your profession with integrity and inspire others to behave ethically through your words and actions.
4. Work with local businesses to create mentorship, internship or opportunities to help young people achieve their goals.
5. Guide and encourage others in their professional development.

Announcements:

I am sure we all know now of the passing of Bruce Cook, former member and husband of our president, Pat Cook. Bruce came with Pat to our Christmas Chorale program on December 18th which was likely the last time that many of us saw him and spoke with him. Bruce was very active in the community and he will be missed by all. We all send our heart-felt condolences to Pat and her family.

AG Chris Summers and Peter Kaurup have agreed to be co-presidents for the 2021-2022 Rotary year. It is my understanding that they will serve as co-Vice-presidents until July, and then will be co-President-elects during 2020-2021.

They will be included in the roster of Club Officers that we will be voting on at our Club Assembly meeting on February 5th. That roster has been previously posted in the Reader for two weeks.

Patty – the Membership Drive has started. For the next three weeks (last week included), we will be sitting at tables with our team, using the time to come up with a name, select a co-captain and strategize on how we are going to accomplish our goals. The Drive will start with our February 5th meeting and continue through February, March and April. More later on how the points and rewards will be awarded.

John – I will continue to post Ron's phone and address for those who might have missed it. His phone number is 860-627-4086 and his address is Ron Morse, Suffield House, Rm 205, 1 Canal Rd., Suffield, CT 06078. I know a number of us have called him, so let's continue to let him know we are thinking of him. The ban on visitors and confining residents to their rooms due to norovirus has been lifted, for which Ron is very happy.

Last Week:

PE Lynne led us in the Pledge, 4 Way test and the Rotary prayer. Dan Allen asked us to think of Bruce Cook as he led us in singing "Amazing Grace".

Program Chair Bob Schott introduced our guest speaker, Lissa Merrill, PT, Director of Physical Rehabilitation at Stephens Memorial Hospital. Lissa said she has been at Stephens for almost 20 years and is looking forward to having windows in the PT area in the new building being constructed after being located in the basement of the Ripley building for so long. She told us that there have been many changes in health care through the years. PT touches a lot of people and there are now 15 therapists working at the hospital. She said the majority of people, 80%, seek PT for back pain, although it runs 50% - 60% locally. PT has really diversified through the years. One primary goal is connecting with youth and making them aware of concussions. The therapists see patients with vertigo (I know about that!) and help with health coaching, athletic training, urinary tract infections, and Parkinson's disease. Balance programs are also very popular as is Dry Needling which is similar to acupuncture. I don't believe many of us knew about all of the programs available locally.

😊 Happy Dollars 😊

Dan A. is happy for the work the Membership committee is doing and he had a welcome back dollar for Chris Weston.

Stan said that it has been 2 years since he had his stroke and all of the different therapies really do help.

Dave was said for the recent baseball news but was happy that he hasn't heard from Frank Shorey.

Glenn had a happy dollar for PT as well, which has helped with his Achilles tendon.

Patty had a said dollar for Bruce Cook. It is a big loss. Ron Morse is doing well and he is happy the lock down is off. He appreciates all the phone calls and cards.

Bob was happy that his granddaughter is coming skiing with him and that he hoped to have his 17 month old grandson on skis by the end of February.

John was happy to announce that he and Shelley are going to be grandparents for the 6th time. Ian and Aimee are expecting their second child in July.

50/50 – AG Chris S. drew Chris W's number but the King of Clubs remains elusive. There was \$195 in the pot.

January Birthdays – Stan Brett – 1/3; Heidi Ortiz – 1/9; Heather (Joel) Speakman – 1/9; Dan Allen – 1/22.

January Wedding Anniversaries – Liz and David Knox – 1/22

January Membership Anniversaries – Dan Hart – 36 yrs. – 1/1; Dave Preble – 37 yrs. – 1/1;
Stan Brett – 26 yrs. – 1/4; Paul Thornfeldt – 28 yrs. – 1/8

Thought for the Week:

“Never become so much of an expert that you stop gaining expertise. View life as a continuous learning experience. ”

~ Denis Waitly ~

Remember the 4-Way Test:

1. Is it the TRUTH?
2. Is it FAIR to all concerned?
3. Will it build GOODWILL and FRIENDSHIPS?
4. Will it be BENEFICIAL to all concerned?

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



