



## The Oxford Hills Rotary Reader

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

Wednesday, March 10, 2021

**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."

---

### 2020-2021 Officers:

Rotary International President: Holger Knaack, Rotary Club of Herzogtum Lauenburg-Molln - District 7780  
Governor: Marguerite Belanger, Rotary Club of Kennebunk-Portside – Oxford Hills Rotary President: Lynne Schott  
– Co Pres. Elect: Peter Kaurup and Chris Summers – Vice-president: vacant - Treas.: Liz Knox – Sec.: John Griffith –  
Sgt. At Arms: Stan Brett – Past pres.: Pat Cook – Club Service Chair: George Rice – 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 69th day of 2021. There are 296 days remaining in the year. Dan Hart is program chair this morning. He will be presenting our annual Club Protection program. PP Joel Speakman is our greeter.

**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](mailto: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.

### March:

**17 – Glenn Huntley and Frank Shorey.** Glenn's guest speaker is John Willard, who is the Chaplin at the Long Creek Youth Development Center in South Portland.

**24 – Becky Kaurup and Dave Preble.** Becky's guest speaker is Bonnie Roth, Senior Director of Practice Operations at Stephens Memorial Hospital.

**31 – Abbie Earle and Bob Schott.** Abbie will be updating and reviewing the Membership Program the Membership committee presented last year.

## April:

**5 – Board Meeting by Zoom or in person at the South Paris Town Office, 5:30 PM**

**7 – Club Assembly and Patty Rice**

**14 – Liz Knox and George Rice**

## Visiting Rotarians and Guests:

We had one visiting Rotarian, Bonnie Gould, from Ossipee, New Hampshire. There were no other guests.

## Rotary Moment:

Greeter Warren Spencer talked about the 4-Way Test that began with Rotarian Herbert Taylor in 1932. It is something we should live by, in and out of Rotary, and should be taken in to context at all times.

## Announcements:

Tina updated us on Jen Sherbinski's daughter, Katerina, who is in Maine Medical Center after it was discovered that she has a large brain tumor. Tina said that a Go Fund Me page has been set up to help the Sherbinski's with their expenses, folks can make checks out to Matt or Jenn directly and get them to Tina, or to Oxford Hills Comprehensive High School for their benefit. Matt and Jen are staying in the hospital with Katerina, so any donations of prepared foods that they can heat in a microwave, games, puzzles and so on are welcome. If you have any questions, please speak to Tina.

Peter has been working on updating our By-laws which was last done in 2014. He has prepared a final draft to present at the board meeting on April 5<sup>th</sup> and if approved, will be shared with membership at our meeting on April 7.

Peter announced that we picked up a lot of good auction items from Rupert Grover on Thursday, February 25<sup>th</sup> that are now in the storage trailer. Peter, Stan, George, Curtis, John, Alice and Alice's husband were there to help.

Peter also said that he has enjoyed participating in the various Zoom sessions of late – pre-PETS, the World Understanding and Peace meeting and the International Café, to name a few. He said he learns a lot about Rotary at these meetings and encouraged others to register and join in if they can. They are well worth the time.

Dan H. has been in contact with Linda Smith about our returning to in-person meetings at the church, tentatively set for April 7<sup>th</sup>. We will still have to abide by all of the COVID protocols.

The March Students of the Month have been announced. Their pictures and write-ups are on the last pages of the Reader.

### Last Week:

We had our eighteenth Zoom meeting with 26 members in attendance. Greeter Warren led us in the Pledge and 4 Way Test.

Besides our Club Assembly, Dan Hart had arranged for Paul Thornfeldt and Curtis Cole to do classification talks. Unfortunately, Paul was not feeling well and was not able to attend. Tina recorded the rest of the meeting and sent it to me but unfortunately, it is not coming through so I can open it. If there were Happy Dollars or other announcements you want in the Reader, let me know this week and I will add them to next week's Reader.

It was at this point that I left our meeting to attend the Zoom meeting of the Oxford North Rotary Club in Oxford, England. Alan Godfrey and Graham Shelton from that club spoke to us on February 10<sup>th</sup> about their club's fund raising Walk Across North America visiting all the Rotary clubs in or near towns named Oxford. It was so interesting, I contacted Alan about attending one of their meetings in return which he arranged for March 3<sup>rd</sup>. They meet at 1:00 PM which is 8:00 AM our time which was perfect for me to join them. They handle their meeting much the same as we do except they begin with a toast to the Queen. After some announcements and updates, Alan introduced their member and guest speaker, Professor David Pendleton, who presented a program on how to stay healthy and happy during COVID lockdowns but also apply at all times in our lives. It was a very interesting talk and one I wish he could present to our club. Some of the highlights:

1. Pay attention to the physical and psychological self – exercise, sleep and nutrition. It is important to maintain all three. Follow a routine, exercise daily, go to bed at the same time every night and eat appropriately, don't overdo.
2. Reflect on the good things – don't dwell on what you can't do but appreciate what you can do.
3. Remember that kindness creates happiness.
4. Celebrate the positive things that you did during the day. Before going to bed, write down 5 things that you are happy that you did and go to bed with success in your mind.
5. Apply **SPACES** to your activities:
  1. **Self-esteem** – celebrate your achievements and appreciate what you do.
  2. **Purpose** – review the relevance. If something's not working, drop it and do something else.
  3. **Autonomy** – an agreed purpose and values. Do you have a purpose and is it valuable?
  4. **Certainty** – focus on facts – get your facts from various sources, not just one.
  5. **Equity** – be fair to yourself
  6. **Social Connection** – stay connected with colleagues and friends

Again, it was a very interesting and thought provoking presentation, and well worth the time. Plus it was a great group of people.

😊 Happy and Sad Dollars 😊

**March Birthdays** – Val Weston – 3/11; Tina Fox – 3/13; Laura (Ron) Morse – 3/18; John Griffith – 3/21; David (Liz) Knox – 3/24; Chris (Val) Weston – 3/25; Susan (Mike) Morin – 3/30; Ann Marie (Stan)

**March Wedding Anniversaries** – None listed

**March Membership Anniversaries** – Ron Morse – 35 yrs. – 3/1; Dan Allen – 37 yrs. – 3/7; Bob Schott – 25 yrs. – 3/27

**Quote for the Week:**

“I’ve had many problems in my life, some of which happened.”

~ Mark Twain~

**The Rotary Theme for March is Water and Sanitation**

“We shall not finally defeat AIDS, tuberculosis, malaria, or any other infectious diseases that plague the developing world until we have won the battle for safe drinking water, sanitation and basic health care.”

~ Kofi Anan ~

Past Secretary-General of the United Nations

**The 4-Way Test**

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

### Make-Ups:

**Please check in advance with the club you are thinking of making up at in case they are not meeting in person during the pandemic.**

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

[www.bethelrotary.org](http://www.bethelrotary.org)

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

[www.lakeregionrotary.org](http://www.lakeregionrotary.org)

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

[www.fryeburgrotary.org](http://www.fryeburgrotary.org)

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

[www.rivervalleyrotaryclub.org](http://www.rivervalleyrotaryclub.org)

**Interact** – Thursday, 2:15 PM, Room A210, Oxford Hills Comprehensive Hills High School

## **March Students of the Month**

9<sup>th</sup> grade: Jacob Flagg

Nominating Teacher: Riley Chickering



Jacob works really hard in class and is almost never off task. Jacob is very dedicated and gives %100 into all of his assignments. He is getting all A's and B's in his classes and gets through his work very efficiently. Jacob is always searching for something to do in Freshman Tutorial because he already has all of his work completed.

Jacob is great in my History class as well, but in my Sports and Society class we had a debate. Jacob did a great job stepping up as a leader and was one of the biggest contributors. Jacob looked just as much like a leader as the senior that was on his team. He presented himself very professionally and had a very clear and concise argument. I also enjoyed seeing Jacob having some fun with it, as he normally has such a serious personality.

10<sup>th</sup> grade: Jeremy Gonzalez

Nominating Teacher: Tina Fox



Jeremy has shown great responsibility when it comes to his education. He attends class regularly no matter if it is virtually or in person. He is an active part of the class discussions and helps his classmates understand the material we are learning.

He comes to class ready to learn. Jeremy is always ready to ask questions when needed and he also answers questions when I ask the class for feedback. He completes work on time and has great time management in class. He helps other students understand difficult topics by sharing his knowledge and asking engaging questions. He is a real pleasure to have in class.

11<sup>th</sup> grade: Makaila Brown

Nominating Teacher: Tom McGarvey



Makaila is a hard worker, a diligent student, very pleasant and respectful but also very insightful, full of energy and always participating in class discussions. She does this despite the fact that she is always virtual this year. She makes my job much easier and is a blessing to have in the classroom, even though she is only there virtually.

12<sup>th</sup> Grade: Hayden Paine

Nominating Teacher: Tina Fox



Hayden has impressed me this year by stepping up and being a great leader in our class. He takes the time to understand the topic we are covering and keeps up with the workload of the class. He helps other classmates and asks great questions. But the one thing that impressed me most was his generosity and his eagerness to help when I asked the class.

I asked the class if there was someone that could help a gentleman from rotary with snow removal. This gentleman was laid up from surgery and could not clean up his yard from the snowstorms. Hayden right away inquired about the needs of this man. Even though Hayden lives in Otisfield and the gentleman lived in the town of Paris he took on the task. The gentleman was so impressed with Hayden. His kindness, willingness to help and how hard he worked while he was there. It has been a pleasure to get to know Hayden more this year and I know he will be successful because of his true kindness for others.