



Rotary

The Oxford Hills Rotary Reader

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

Wednesday, April 30, 2025

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."

2024-2025 Officers:

Rotary International President: Stephanie A. Urchick, Rotary Club of McMurray, Pennsylvania - District 7780
Governor: Robert McKenzie, Rotary Club of Kennebunk, ME – Oxford Hills Rotary President – Beth Abbott
– President-Elect: Jeff Noblin – Vice-president: Conner Burnam - Treasurer: Liz Knox – Secretary: John Griffith – Sgt. At Arms: Stan Brett – Past President: Beth Abbott – Club Service Chair: Bob Schott – Vocational Service Chair: Jeff Noblin - Community Service Chair: Beth Abbott - 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 120th day of 2025. There are 245 days remaining in the year. Tally Decato is program chair this morning and Patty Rice is greeter.

Program Chairs: 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.

Calendar for May:

5/5 – Board Meeting at South Paris Town Office

5/7 – Club Assembly and George Rice

5/14 – May Students of the Month and Dave Preble

5/17 – May Day Play Day at OHCHS – 8:00 AM – 2:00PM

5/19 – River Valley Rotary Club 100th Anniversary Celebration

5/21 – Tina Fox and Jeff Noblin

5/28 – Top Students and Ron Morse

5/29 – Bridgton-Lake Region Special Event with Mike McGovern, 5:00 PM – 7:00PM

5/30 – Kennebunk Rotary Club 100th Anniversary Celebration

Visiting Rotarians and Guests:

Rotary Moment:

Announcements:

Don't forget to sell Lobester's for Scholars tickets for the drawing at our meeting on May 28th.

In the calendar, but will mention here: May Day Play Day & Touch a Truck on Saturday, May 17th; the River Valley Rotary Club's 100th Anniversary Celebration on Monday, May 19th; the Bridgton-Lake Region Club's special event with Mike McGovern on Thursday, May 29th; and the Kennebunk Rotary Club's 100th Anniversary Celebration on Friday, May 30th.

Last Week:

Since I don't have any notes from last week, here is something I found interesting – with apologies to any members under age 60, but on the other hand, if you take these into consideration now, you won't have to think about turning 60.

Ten Steps to Living Longer After 60

10. When walking, keep a brisk, steady speed. Don't stroll and don't jog.
9. Keep a strong sense of purpose. Have a reason to get up every day.
8. Maintain a solid group of friends and strong social connections.
7. Stand on one leg for 10 seconds every morning – both left and right.
6. Stay curious and engaged.
5. Don't sit all day, keep active to the best of your ability.
4. Sleep well, but not too much or too little. Less than 7 hours or more than 8 hours is not beneficial.
3. A sense of humor is important. Tell corny Dad jokes, watch silly cat and dog videos.
2. Grip strength – open that stubborn jar of pickles.
1. Lastly, remain optimistic about the future. Plan next year's garden or vacation.

Funnies for the week:

“One thing I can’t deal with is a deck of cards glued together.”

“My girlfriend broke up with me when she found out I only had 9 toes. Apparently, she’s lactose intolerant.”

“Dana Chandler tried to sell me a coffin yesterday. I told him no, that’s the last thing I need.”

Happy and Sad Dollars ☺

John – I will fill in with a Happy Dollar. Two weeks ago, Glenn and Sharon Huntley came to visit me in Seminole, which was my happy dollar. Last week, I drove over to Zephyrhills and spent a couple of days with them. We just hung out Tuesday afternoon and went to Fresh Country Café for dinner – which is an excellent restaurant. Wednesday, Glenn and I went to Streetside Classics in Lutz where there were well over 200 antique and collectible cars to look at. We were there for 3 hours. Later in the afternoon, Glenn, Sharon and I played mini-golf and we went to an Italian restaurant, Sergio’s, for dinner.

Birthdays and Anniversaries:

April Birthdays: George Rice – 4/12; Tally Decato – 4/20; Beth Abbott – 4/24; Mike (Beth) Abbott – 4/26

April Anniversaries: Jeff & Dean Noblin – 4/21

April Membership Anniversaries: None listed.

Make-Ups:

Bethel – Tuesday, 7:30 AM at the Bethel Inn Resort in the Terrace Area of Millbrook Tavern, 21 Broad St., Bethel

www.bethelrotary.org

Bridgton-Lake Region – Thursday, 7:15 AM at Bridgton Alliance Church, 368 Harrison Rd., 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.