



Rotary

The Oxford Hills Rotary Reader

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

Thursday, June 18, 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 – Co Vice-Presidents: Peter Kaurup and Chris Summers - 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 to our Zoom meeting. Thursday will be the 170th day of 2020 with 196 days remaining in the year. Our guest speaker this morning will be John Williams, Executive Director of the Oxford Hills Chamber of Commerce.

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.

As we now know, due to the Coronavirus, our in person meetings and events have been cancelled until further notice.

Last Week:

We had our ninth Zoom meeting on Thursday morning at 7:30 AM. Members participating were: John, Tina, Lynne, Liz, Tally, Lynne, Curtis, Chris S., Val, Frank, Joel, Paul, Stan, Jen, Becky, Peter and Dan H. Lois Strauss was our visiting Rotarian. The meeting was called to order at about 7:38 AM. Frank led us in the Pledge and Dan H. led us in the 4 Way Test.

Announcements:

As a reminder, I am going to leave Foundation Chair George Rice's announcement in the Reader until the June 21 deadline. (1) We have until June 21 to get our contributions in for EREY in order to get credit for this Rotary year. Please mail them to PO Box 14, Norway or drop contributions off George and Patty's on Cottage St. as Patty will not be in the office for a few weeks due to her knee surgery. (2) George needs our volunteer hours so please call, text or e-mail him with what you have been doing for Rotary these last few weeks. 207-890-3122 or gwrice@myfairpoint.net.

There will be a **Changeover Event** via Zoom on June 30 from 7:00 – 8:30 PM. You must sign up in advance on the District website to get the link to the meeting.

Don't forget the **Bridgton-Lake Region Club's Curbside BBQ**, tomorrow, Thursday, June 18, beginning at 5:00 PM in the parking lot of the Community Center on Depot Street, behind the Magic Lantern. Be sure to get there early as they sold out in 37 minutes last week.

Curtis told us that he worked with Peter at the Harrison Food Pantry. He is taking over a route in Norway for someone who needs a break. One of his deliveries was in Town & Country Park. He said the address was a bit unclear, so he stopped in the office to check on it and found Perry Palmer at his desk. He had a nice visit with him. Curtis also said that he learned that the people being helped by the pantry are really living in a state of poverty.

AG Chris said he has been in touch with Linda Smith at 1st Congregational about our resuming in person meetings. Unfortunately, the church council turned down our request to resume meeting there with our first meeting in July. Linda is working on a seating and meal service plan to present to them in hopes they will reconsider and feel comfortable allowing us to use the church later in the month.

Dan H. told us that the Class of 2020 had their Virtual Awards Night last night. We did not have any applicants that specifically fit the Dave Hankins scholarship for forestry or agriculture or the Dave Paine scholarship for automotive studies. We chose two recipients who came close – Rachel Chase for the Dave Hankins scholarship and Marissa Paine for the Dave Paine scholarship. Marissa, of course, is Dave's granddaughter. Other recipients were Abigail Steeves, Kori Kahkonen, Ruby Morrison, David Dingley and Catriena Wilson. Dan has written a release which will be in the **Advertiser** and **Sun Journal** so be sure to look for it for more information on the students.

Guest Speaker:

Tina introduced our guest speaker, Erin Hamlin. Erin teaches English in an alternative setting at OHCHS. She also teaches dance and is a certified fitness instructor and nutritional coach. Erin's program included lots of information on keeping ourselves healthy through exercise and nutrition. She shared her Zoomba Face Book page where we can attend classes and get information on exercise and nutrition. There is a lot of free information on the internet that we can take advantage of if we are so inclined. A lot of exercise and fitness places are beginning to reopen with outdoor classes. She said that 80% of wellness is what we consume and 20% is physical activity. She told us that most people need more vitamins C and D. Proper hydration is also important and that we should be drinking ½ of our body weight in ounces every day. As

difficult as it is for some of us, getting enough sleep is also an important factor in our health as is feeding your mind with positive things. If that means taking a break from the news, then do so. It was a very interesting presentation. We all know what we should do to get and stay healthy, we just need to do it.

😊Happy and Sad Dollars😊

We did not have time for happy dollars but **Jen** shared that her oldest son, who is going to be a senior next year, was a National Technical Honor Society award student and that her younger son, who just finished the 8th grade, received a lot of awards at his 8th grade graduation. She said they both made her a proud mama!

Tina also shared that she and her husband are looking forward to a weekend away at the coast for their 33rd anniversary.

June Birthdays – Nancy (Dan) Allen – 6/4; Peter Kaurup – 6/17; Cory Stolzenburg (Heidi Ortiz) – 6/18; Becky Preble – 6/20; Lynne Schott – 6/22

June Wedding Anniversaries – George & Patty Rice – 20 yrs. – 6/3; Bob & Lynne Schott – 49 yrs. – 6/5; Joel & Heather Speakman – 29 yrs. – 6/8; Charlie & Tina Fox – 33 yrs. – 6/18; John & Shelley Griffith – 45 yrs - /21

June Membership Anniversaries – John Griffith – 14 yrs. – 6/7; Curtis Cole – 36 yrs. – 6/14

Pun of the Week

**A large line is forming outside a local department store. A man approaches and asks “What’s going on?” The last person in line tells him, “We’re all waiting to get the new Barbie doll.”
The man joins the crowd, unable to resist a Barbie queue.**

Since summer is coming (we hope), here are some facts about two summertime treats from the *Book of Useless Information.*

The Popsicle Story

The Popsicle was “invented” by an industrious 11 year old boy named Frank Epperson on an unseasonably cold San Francisco evening in 1905. After accidentally leaving his drink in a cup on the front porch overnight, Epperson discovered that the drink had frozen around the wooden stir stick. The next morning, he pulled the frozen drink out of the cup by the stick and voila...the Popsicle was born.

Epperson’s frozen invention originally took the neighborhood by storm as the “Epsicle.” It wasn’t until 1923 while running a lemonade stand at the Neptune Beach amusement park in Oakland, California, that he realized the money making potential of his discovery. His own children loved the treat, begging him for one of “Pop’s ‘sicles.” In 1924, Epperson applied for the first patent of the “Popsicle,” the first “drink on a stick.”

Ice Cream Cones

The Ice Cream Cone wasn’t just born of convenience. Germs played a role, too. Italian immigrants fostered the introduction of ice cream to the general public, first in Europe and then the United States. Called “hokey pokey men,” street vendors sold penny licks, a small glass of ice cream that cost a penny. The vendors wiped the glass with a rag after a customer was done and then served the next person. Forget that people occasionally walked off with the glasses. Forget that the glasses would sometimes break. This is about as sanitary as the space under your refrigerator. Unsurprisingly, people got sick. Ice cream vendors needed a new serving method.

In the early 1900’s, two people – Antonio Valvona and Italo Marchiony – independently invented an edible ice-cream cup. Still, the cone did not appear until 1904. Today cones come in many varieties, but in 1904, waffle maker Ernest Hamwi was making Zalabia, a cross between a waffle and a wafer covered in sugar or syrup. He called his creation a cornucopia and founded the Cornucopia Waffle Company with a business partner. A few years later, he started his own company, the Missouri Cone Company and finally named his rolled up waffles “ice cream cones.”

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

