

# Rotary



## The Oxford Hills Rotary Reader

August 29, 2018

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."

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### 2017-2018 Officers:

Rotary International President: Barry Rassin - District 7780 Governor: John LoBosco – Oxford Hills Rotary President: George Rice – Pres. Elect: Pat Cook – Vice-pres.: Lynne Schott – Treas.: Patty Rice – Sec.: John Griffith – Sgt. At Arms: Stan Brett – Past pres.: Chris Weston – Club Service Chair: Chris Summers – Vocational Service Chair: Bob Schott - Community Service Chair: Beth Abbott - International Service Chair: Val Weston – Youth Service Chair and Interact Advisor: Tina Fox

### Home Club of President and PDG George Rice and AG Chris Summers

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**Good Morning and Welcome!** Today is the 241st day of 2018. There are 124 days remaining in the year. This week we are having an evening social meeting at Ron and Laura Morse's home on Norway Lake. Our greeting is Tina Fox.

**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.

9/5 – Dan Hart and Tally Decato

9/12 – Club Assembly and Pat Cook

9/19 – Tina Fox and Curtis Cole

9/20 – PROGRESS CENTER COMMUNITY DINNER, 4::30 PM – 6:00 PM. Pat Cook and John Griffith volunteered.

9/20 – 9/22 ROTARY ZONE 24-32 CONFERENCE, Montreal, PQ, Canada

9/26 – Quarterly Visioning meeting and Mary Lou Burns

10/3 – John Griffith and Dan Allen

**Visiting Rotarians and quests:** Lois Strauss from Estero, Florida was our only visiting Rotarian. Deb Lyons represented the American Legion Post 112. Visitors were Phyllis Summers, guest of AG Chris Summers and Abbey Earle, also the guest of AG Chris Summers.

**Rotary Moment:** Greeter Glenn Huntley was caught unaware that he was greeter, thinking he was up this week. However, he told us about an article in the recent edition of the Rotarian magazine about a young woman who had cleft palate surgery thanks to Rotoplast and now as an adult, had a wonderful smile. Glenn said it was a great article and he encouraged us to read it for ourselves.

### **Announcements:**

**President George** – Mary Lou is still at Norway Rehab for physical therapy after her bout with vertigo. Val said she and Chris stopped in to see her on Monday but that she was asleep so they did not speak to her.

The Lobster & Steak Fest went well. It looks like we will make a little over \$3,000.00 after all the bills are paid. Everyone worked very hard. DG John LoBosco and a friend came and after eating, helped out on the serving line, even staying to help clean up and put things away.

Once again, don't forget to keep track of your volunteer hours and write them down in the log book. Anything we do for Rotary outside of our regular weekly meeting counts.

Remember that next week (now this week) that we are having an evening social at Ron and Laura Morse's home on Norway Lake starting at 5:00 PM. A sign-up sheet was passed around for attendance and also to indicated what you are bringing – appetizer, salad, dessert.

There will be a membership committee meeting in Dan Hart's office at Rowe School on Friday, August 24<sup>th</sup> at 9:30 AM. Everyone is welcome.

**Stan Brett** – we set two tents after last week's meeting at 2<sup>nd</sup> Congregational Church for their annual yard sale and we set one tent for a family on Highland Ave. in South Paris on Friday. Curtis and John helped Stan take all three down on Sunday morning.

### **Last Week:**

President George led us in the Pledge of Allegiance and the 4-Way Test. Lois Strauss led us in singing the "Star Spangled Banner" and Glenn Huntley gave the blessing.

Program Chair Pat Cook introduced Katie Rooks from the American Heart Association. Katie talked about heart disease and stroke as being the number one killer in the United States, the warning signs of each and some suggestions on how to avoid becoming a victim of a heart attack or stroke. Preventative measures include: (1) eating healthy – 5-7 times per day with the emphasis on fruits and vegetables. (2) Exercise ½ to 1 hour 5 times each week. Even just taking a 10 minute walk every day helps. (3) No tobacco! (4) watch your blood pressure and cholesterol. Have both checked once each year.

Katie also talked about the symptoms of a heart attack or stroke. Remember FAST – face, arm, speech and time. Face – watch for one side of the face sagging or not moving. Arm or leg – look for weakness, an inability to raise an arm or trouble walking. Speech – watch for slurring. Time – is of the essence. Call

911, don't drive yourself to the hospital. Keep aspirin handy in the event of a heart attack but don't give aspirin to a stroke patient.

😊 Happy Dollars 😊 – We did not have time for happy dollars.

50/50 – Miranda Ward drew Glenn Huntley's number. No reason to rejoice as Glenn drew the 6 of Clubs. There was over \$220.00 in the pot.

September Birthdays – Dawne Wilton (Paul Thornfeldt) – 9/24; Chris Twitchell – 9/24; Paul Thornfeldt – 9/26.

September Anniversaries – Stan & Anne Marie Brett 9/26; Chris & Val Weston – 9 yrs – 9/23

September Membership Anniversaries – Mary Lou Burns – 27 years - 9/4; Becky Kaurup – 1 year - 9/6; Beth Abbott – 16 years - 9/11; Patty Rice - 26 years - 9/23.

### **Thought for the Week:**

“You've got to be very careful if you don't know where you're going because you might not get there.”

~ Yogi Berra ~

### **The Rotary Code of Conduct**

As a Rotarian, I will:

- 1) Act with integrity and high ethical standards in my personal and professional life
- 2) Deal fairly with others and treat them and their occupations with respect
- 3) Use my professional skills through Rotary to: mentor young people, help those with special needs and improve people's quality of life in my community and the world
- 4) Avoid behavior that reflects adversely on Rotary or other Rotarians

### **Make-ups:**

**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