

**Club Officers**

President: Sam Netzband  
 President Elect: Sam Netzband  
 Vice President: Kate Frymoyer  
 Secretary: Dennis Schonewetter  
 Treasurer: Bob DeWaine

Immediate Past President: Kyra Furman  
 Board Member at Large: Clark Speicher & Martha Group  
 Interact Advisors: Patricia Grover & Kelly Ross  
 Interact Liaison: Donna Schonewetter

Foundation Chair: Clark Speicher  
 Membership Chair: Elise Hereth  
 Program Chair: Martha Group & Tami Whooten

Media: Kyra Furman, Sam Netzband, Dennis Schonewetter, Kate Frymoyer

**Important Dates**

Next Meetings:

- Dec 7 (PM)
  - Guest Speaker: Rome Rescue Mission
  - Interact Appreciation
  - Santa shoe box donations due
- Dec 12: Board Mtg
- Dec 14 (AM)
- Dec 21 (PM)
  - Christmas Party @ Clark and Mary's house

Events:

- Dec 9: Breakfast w/Santa

**CALLING ALL ELVES!!**

Grab your jingle bells and help us spread Christmas cheer at Breakfast with Santa!

All money raised is donated to our club to help us continue our initiatives. This will be an "all hands on deck" event!



District Governor Visit

Our own Elise Hereth presented to our club in her capacity as District Governor.

She highlighted the Rotary International Presidential Initiative of Mental Health and Well-being. President Gordan McNally's theme for the year is to "Create Hope in the World".

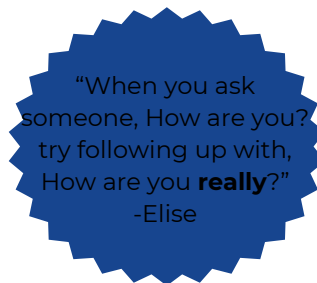
Elise shared the story of her family's mental health journey. From her experience, Elise backs the Rotary Action Group for Mental Health Initiatives. This group is focused on helping communities raise awareness and break the stigma surrounding mental health. This will help improve access to services, address insurance barriers, and provide mentors to help people navigate the services.

Read more at [RagOnMentalHealth.org](http://RagOnMentalHealth.org)

Elise also shared an update on Rotary's fight against Polio. Worldwide, there are nine cases left that are spread between Pakistan and Afghanistan. Once the disease is expelled, a focus will be vaccine education as a preventive measure.



DG Elise Hereth presents to our club.





Dine to Donate

The Dine to Donate event at the Recovery Room in Verona went very well. Between raffle baskets and diners, \$876.57 was raised for the Imagination Library. Thanks to Karen's Custom Crafts for donating raffle baskets!



Susan becomes a new member.

Legacy Grant Update

Work has begun at the Vernon Library! To see the progress, check out their photo journal: [vernonpubliclibrary.org/construction-journal/](http://vernonpubliclibrary.org/construction-journal/)

Recognition and Awards

*Past President Award:* Kyra Furman

*New Member:* Susan Regner

*Paul Harris Fellow:* Elise Hereth

A special milestone for Elise. As her 5th Paul Harris, she has now had \$5000 donated in her name to Rotary initiatives abroad.



Elise was presented with a Paul Harris by PDG Randy Wilson.

Mental Health Morsel

by: Beryl Brodsky

A daily gratitude practice is shown by multiple research studies to enhance our mental health.

Gratitude practice can take many forms; the important thing is to find the techniques that work for you. Here are some examples:

- \*Keep a gratitude journal daily writing down three things for which you're grateful
- \*Say a grateful 'prayer' at bedtime or wake up
- \*Call or write to show someone you're grateful for them or something they did.

Use your imagination to express your gratitude and share your idea with someone to help them with their practice.



Kyra receives the Past President Award.

I am grateful for our VVS Community Rotary Club, our fellow Rotary members and that our team contributes to creating good and hope in the world.

-Beryl

Four Way Test of the things we think, say, and do.

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

Doesn't it feel great to be a Rotarian? - You bet it does!