

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 Glover & 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:

- Feb 1 (PM)
 - Guest speaker: Ashley Rose
- Feb 8 (AM)
- Feb 15 (PM)
 - Guest speaker: Matt Miller
- Feb 22 (AM)

Events:

- Ongoing: Trex Recycling collection
- 2/7: District webinar on grants (email Sam for the link)

Save the date:

- Mar 23/24: Can & Bottle Drive
- Apr 6: District training @ VVS



Mental Health Morsel

by: Beryl Brodsky

Breathing can be a natural tranquilizer for our nervous system. When we develop the techniques we always have this tool with us. We then have it available whenever something unsettling happens. Before you react, when you become aware of internal tension, use this breathing exercise to relax or even fall asleep.

Relaxing (4-7-8) breath exercise is simple and can be done in any position. Begin by sitting with straight back while leaning; place the tip of your tongue against the tissue ridge behind upper front teeth where it remains throughout the exercise.

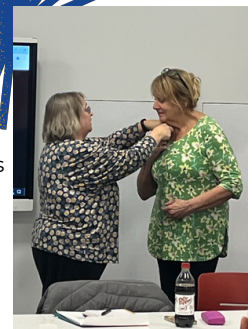
- Exhale completely through mouth making a whoosh sound.
- Close mouth and inhale quietly through nose to mental count of four (4).
- Hold breath for count of seven (7).
- Exhale through mouth making whoosh sound for count of eight (8).
- This is one breath. Now inhale again and repeat cycle three (3) more times for total of four (4) breaths.

Practice at least twice per day. Inhales are quiet through nose; exhales with audible whoosh through mouth. Ratio of twice as long exhale is more important than the duration of the breath.

Relax and enjoy your calm.

New Member: Diane Philo

We inducted new member, Diane, during our evening meeting on January 18. Diane has a history of helping her community. She is currently a volunteer and a member of the board at Wander's Rest; a non-profit shelter that helps cats and dogs. Laurie invited Diane to attend our open house back in September when she recognized her potential to be an asset to our club. Laurie sponsored Diane's membership for the induction. Welcome, Diane!



Laurie gives Diane her first Rotary Pin.



Trex Recycling Update

We already have several hundreds of pounds of plastic! Not only do we get to celebrate that we're helping the planet, but we are steps closer to winning a bench made out of the recycled plastics! For more info: nextrex.com





Project Linus

At our evening meeting on January 18, we made tie blankets for Project Linus. Tie blankets are a no-sew project and are made by literally tying knots to join together two pieces of fabric. Project Linus is a non-profit that has chapters in every state.

Their mission:

“Provide love, a sense of security, warmth and comfort to children who are seriously ill, traumatized, or otherwise in need through the gifts of new handmade blankets and afghans, lovingly created by volunteer blanketeers.”

The blankets are distributed to children aged 0 to 18.



At our January 18 meeting:

The completed stack of Project Linus blankets.



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?



Scan this to go to the VVSCRC Website!

Imagination Library Update

There are 210 registrants for the Dolly Parton Imagination Library. Five kids have graduated the program. Part of the Spring for Books library fundraiser will go towards this program.

