

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



Can and Bottle Drive

A volunteer schedule has been set up for the can and bottle drive at the VVS High School on 3/23 and 3/24. If you are unsure of when you're volunteering or would like to add your name to the list, please email Sam.



Mental Health Morsel

by: Beryl Brodsky

Studies show that deep, restful sleep is essential for our physical and MENTAL health. Functional magnetic resonance (fMRI) shows that sleep triggers rhythmic waves of blood and cerebrospinal fluid that function as a cleansing action to clear toxins from our brain.(1)

To improve our sleep begin with mindful awareness about your energy levels and sleep habits. Plan and implement a bedtime routine that you enjoy so that it is effective for you.

Recharging helps with our mental and emotional well being as well as physical.

“Sleep is the chain that binds health and our bodies together.”
-Thomas Dekker

Interested in reading more on sleep? Check out these sources:

1. Mental Health Morsel Source: National Library of Medicine
2. National Institute on Mental Health: Sleep On It
3. National Heart, Blood, and Lung Institute: Sleep Deprivation and Deficiency

Important Dates

Next Meetings:

- March 7 (PM): CANCELLED
- March 12:
 - Board Mtg
- March 14 (AM)
- March 21 (PM)
 - Guest speaker: Jody Hicks from Mansion House
- March 28 (AM)

Events:

- Mar 23/24: Can & Bottle Drive
- Ongoing: Trex Recycling collection

Save the date:

- Apr 6: District training @ VVS



CNY Rotary: Grant Application Process

On February 7, Don Reese, the CNY Rotary Foundation chair, and other Foundation members held a virtual meeting to outline the process to apply for a grant under the new CNY Rotary District 7180 umbrella. There are a few key takeaways:

1. There are 3 different categories that can be applied to based on the amount of funds being sought.
-Global, District, or Regional Grant
2. For Regional Grants, there is a rigid scoring rubric that the Foundation will use to rank the application. Two categories that were heavily emphasized include "Publicity Plan" and creativity with regards to "Partners/Community Involvement."
3. Applications will open on April 15.
4. The deadline is a hard June 1.
5. **THINK BIG.**

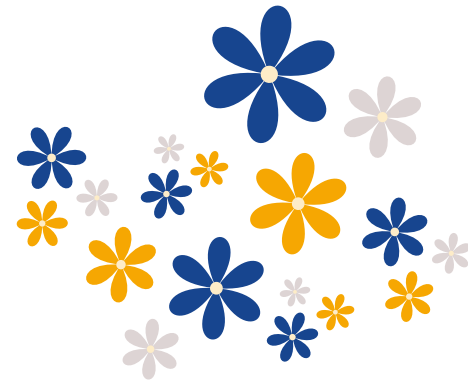
Don Reese is happy to speak with our club if we have further questions.

To read more: <https://cnyrotary.org/foundation/>

Trex Recycling Update

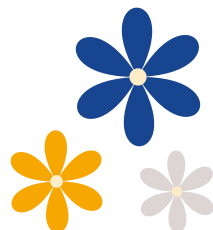
The total at the library is 169 pounds! This does not include the poundage that a community member is storing at their house. As the collection and the year progress, we will begin to discuss ideas for how we decide where the bench will go.

For more info: nextrex.com



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?



Imagination Library Update

There are 219 registrants for the Dolly Parton Imagination Library. Eight kids have graduated from the program. Part of the Spring for Books library fundraiser will go towards this program.



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