

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:

- May 2 (PM): AT THE ROTARY SHACK
- May 9 (AM)
- May 16 (PM)
  - Student Recognition
- May 23 (AM)

Events:

- May 11: Duck Derby
- Ongoing: Trex Recycling collection



Save the date:

- Summer Concert Series/Rotary Shack: please sign up in the Google Drive

Duck Derby!

“Quack, Quack!” That’s duck speak for “Time to race!” Please join us for another exciting year of the Duck Derby. We will have the Rotary Shack open for lunch and refreshments. Please sign up to volunteer via email or the Google Sheet.



Accolades

March 16, 2024

We extend a very warm and happy congratulations to President Sam on her recognition for all of her hard work and dedication to not only our club, but our District.

Pictured above is Sam with Rotary International Presidential Nominee Mario Cesar Martins de Camargo. Pictured to the right is Sam receiving her Paul Harris Fellow recognition.



Thank you, Sam for all that you do for our community!



Mental Health Morsel

by: Beryl Brodsky



In addition to bringing May flowers, let's look at 5 Steps that ripple outward to also bring happiness and smiles to those around us:

1. *Three Gratitudes*

Pick a time that works for you; start your day with noting your gratitude or end your day when it's time to wind down.

2. *Journaling*

There are many ways to journal. Jot down what's on your mind and release it.

3. *Exercise*

Find an exercise/movement activity that you enjoy and look forward to doing. Find a few favorites so you can rotate them for fresh starts.

4. *Meditation*

There are many ways to meditate that are easy to start. As a beginner, just take a few moments. Check out apps and podcasts for more assistance or a library book to help get started.

5. *Random and conscious acts of Kindness*

This is easier than you think and has a bigger impact than you imagine. Kindness comes in infinite forms and opportunities present themselves throughout our day.

Be ready to be kind. Kindness is so heartening for the receiver and the bearer.

*May your May be filled with flowers, gratitude, and kindness all around you.*

In Memoriam

We are saddened by the passing of fellow Rotarian, Craig W. Crowell. He dedicated much of his life to service. For Sherrill (VVS) Rotary, he served as President and Secretary and was awarded a Paul Harris for his service. He also had the honor of being Assistant District Governor for District 7150.

Trex Recycling Update

The total at the library is 313 pounds. We are on par to meet our goal for our January 2025 deadline! See photos to the left. For more info: nextrex.com

Can and Bottle Drive

Despite having to cancel one of the two days because of the weather, the Drive was a success! We totaled \$347.90.



Piled high: many bags await their chance to weigh in



Small but mighty impact!

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!