

Club Officers

President: Sam Netzband
President Elect: Kate Frymoyer
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: Donna Schonewetter & Sam Netzband

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

Important Dates

Next Meetings:

- Aug 8 (AM)
- Aug 15 (PM)
Open House
- Aug 22 (AM)

Rotary Shack

- Aug 6
- Aug 13 - Can + Bottle Drive
- Aug 20

Other Events:

Can & Bottle Drive
Aug 13 @ 5:30p - 7:30p

VVS Community Day
Aug 17 @ 10a - 3p

Open House
Aug 22 @ 6p



Join us!

Invite your friends, family, and neighbors to see what Rotary is all about!

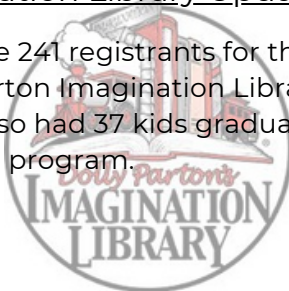
Each current member is encouraged to bring a guest or two. Please let us know if you want an invitation to mail to someone. Extra invitations can also be found in the Shack.

Let's show off all of the great work that we do in the VVS communities.



Imagination Library Update

There are 241 registrants for the Dolly Parton Imagination Library. We've also had 37 kids graduate from the program.



Trex Recycling Update

We have collected almost 900 pounds of plastic. We are so close to getting that bench!



For more info: nextrex.com



Mental Health Morsel

by: Beryl Brodsky

"It's not the load that breaks you down, it's the way you carry it." by Lou Holtz

Stress often gets a bad rap but some stress in our lives is healthy and adaptive. However, chronic stress can be harmful to our physical health and emotional well-being. Everyone has different coping strategies to manage stress. Taking the time to use them will bring awareness to your current stress level and how it affects the other areas of your life.

Use mind-body techniques like relaxation, breathing, and emotionally focused therapy (EFT). This can include many types of techniques such as: tapping (<http://www.thetappingsolution.com>), vagus breathing, walk in nature, exercise, hobby, meditate, yoga or tai chi, music/dance, watch movie/show.



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!

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