

## TODAY'S PRESENTATION:

**Weight of the Fox Valley**  
Sarah Wright

### Today's Presentation



Recent data reveals some

troubling news for our community. Nearly 75% of adults and 29% of youth in Calumet, Outagamie, and Winnebago Counties are overweight and obese. Yet achieving and maintaining a healthy weight is not a solo journey.

Come to learn from Sarah Wright how Weight of the Fox Valley is bringing partners together to create an environment where healthy living is the norm and community members have an opportunity to reach and maintain a healthy weight at every age.

Thank you, Sarah!

### Save the Dates

Cruise for a Cause  
Monday, July 9

Ames Fun Night  
Wednesday, Aug 8

Wisconsin's Best Rib Fest  
Aug 31 – Sep 3

The Perfect Pair  
Thursday, Sep 20

### PALs Picnic – 5/23



Thank you everyone who signed up to volunteer for the annual PALs cookout

at Roosevelt Elementary School, 910 Sawyer St.

If something has changed please let me know. I truly appreciate your support and I think you will have a great time.

As a reminder the day will flow as follows:

9:45am – start grilling in the North parking lot

10:15am - set up etc.

10:50am - the first shift of kids will be coming for lunch \* if any Rotarians can come early to eat with the kids it is much appreciated

11:20am - the second shift of kids and staff will be coming for lunch \* if any Rotarians can come early to eat with the kids it is much appreciated

11:45am-12:25pm - Rotarians that can make it will have lunch

12:45pm - clean up the cookout area

12:45-1:30pm – entertainment by Tom Pease, musician

For more information, contact Marcus Butts.

**NOTE: There will be no regular Rotary meeting on this day.**

### 2017 - 2018 Board

**President** John Hobbins  
**President Elect** Nate Olson  
**Past President** Jeff Potts  
**Secretary** Karlene Leatherman  
**Treasurer** Kathy Hanson  
**Sergeant-at-Arms** Kris Villars

**Club Service**  
Christy Larsen & Nicole Peterson

**Community Service**  
Lori Davis & Jeff Krueger

**International Service**  
Vicky Redlin & Nick Hahn

**New Generations**  
Jessica Benesh & Kari Seefeldt

**Vocational Service**  
Autumn Urban & Gretchen Herrmann

**Foundation**  
Todd Slagter & Kris Villars

**Membership**  
Autumn Urban

**Programs**  
Barb Herzog

**Public Relations**  
Kari Seefeldt

**District 6270**  
**District Governor** Jeff Reed  
**Area-B Asst Governor** Craig Burnett  
**RI President** Ian H.S. Riseley

### Calendar of Events

#### Upcoming Programs

May 23 PALs Picnic (off-site)  
 May 30 Oshkosh Public Museum  
 Jun 6 Paul Harris / Cruise for a Cause

#### Recurring Events

2nd Monday Club Board Meeting  
 Jun 11 4-5pm, Best Western Premier  
 2nd Thurs Environmental/Beautification  
 Jun 14 8-9am, JP Coughlin Bldg



Shared Harvest is a collaboration between Southwest and Downtown Rotaries. We collect food from the Oshkosh Saturday Farmers Market and deliver it to the Food Pantry. It's very rewarding witnessing the generosity of the Market Vendors.

Volunteers need to be at the Farmers Market office, 547 N Main, around 11:30am. The food collection starts at 11:45am with donations dropped off at the Oshkosh Area Food Pantry by 12:30pm. SW Rotary is responsible for June 2, 16, 30, July 14, 28, Aug. 11, 25, Sept. 8, 22, Oct. 6 and 20.

For more information, or to sign up to volunteer, contact Sue Schnorr.

**Changing of the Guard**



John's presidential year will soon be coming to an end.

The big event will be held at the **Algoma Club on Jun 27.**

Stay tuned for more details. **Watch for hints on the theme of the event.**

If you'd like to help with the festivities, contact Nate Olson or Vicky Redlin.

**50 Things Every Rotarian Should Know About Rotary**

*(7<sup>th</sup> in a series)*

*By Steve Garret*

*District 5300 Governor 1994-1995*

**7 - FIRST NAMES OR NICKNAMES**

From the earliest days of Rotary, members have referred to each other on a first-name basis. Since personal acquaintanceship and friendship are cornerstones of Rotary, it was natural that many clubs adopted the practice of setting aside formal titles in conversations among members. Individuals who normally would be addressed as Doctor, Professor, Mister, the Honorable or Sir are regularly called Joe, Bill, Charley or Jerry by other Rotarians. The characteristic Rotary club name badge fosters the first-name custom.

In a few areas, such as Europe, club members use a more formal style in addressing fellow members. In other parts of the world, mainly in Asian countries, the practice is to assign each new Rotarian a humorous nickname which relates to some personal characteristic or which is descriptive of the member's business or profession. A member nicknamed "Oxygen" is the manufacturer of chemical gas products. "Trees" is the nickname for the Rotarian in the lumber business, "Building" is the contractor, "Paper" is the stationery or office supply retailer. Other members might carry nicknames like "Muscles," "Foghorn" or "Smiles" as commentaries on their physical features.

The nicknames are frequently a source of good-natured fun and fellowship. But whether a Rotarian is addressed by a given first name or a nickname, the spirit of personal friendship is the initial step which opens doors to all other opportunities for service.



**Weekly Invocations**

**May**

Kimberly Johnson-Thiel

**Weekly Greeters**

**May 16**

Amy Albright  
Gretchen Hermann  
Becky Metz

**May 23**

Offsite at Roosevelt School

**Meeting Location**

Best Western Premier,  
1 N Main St, Oshkosh

**SW Rotary Website**

[oshkoshrotarysouthwest.org](http://oshkoshrotarysouthwest.org)

**The District Website**

[rotary6270.org](http://rotary6270.org)

**Rotary International Website**

[rotary.org](http://rotary.org)



[Oshkosh Rotary Southwest](#)

**Have information for The HUB?**  
Submit to  
[hub@oshkoshrotarysouthwest.org](mailto:hub@oshkoshrotarysouthwest.org)  
no later than noon on Tuesdays.

