

Today's Speaker: **Evelyn Andersen, APNP**
Food as Medicine

Jan 23 meeting at Rev's



Today's meeting, **Jan 23**, will be held at

Rev's Bowl Bar & Grill, 275 N Washburn, Oshkosh

Today's Speaker



Today's speaker is Evelyn Andersen, APNP, Aurora Health Center.

"My goal is to assist individuals in achieving an optimal level of health and wellness throughout their life. Because each patient is unique, I treat each individually, and strive to prevent conditions before they arise. My approach to patient care is centered in a holistic approach, using medications and medical interventions as tools to achieve mutually agreed upon goals."

Thank you Evelyn!



"Building Community Through Education"
The 6th Annual Oshkosh Education Foundation Trivia Night is **Friday, Feb 1**, Becket's.

The "Oshkosh South Westerns" will be participating and plan to de-throne the Downtown Club.

For more information, contact Jim Chitwood.

Bowling FUNraiser



Join us for a fun night of bowling in the name of Rotary. We will be raising money for local projects in our community, as well as enjoying time with family

and friends. Choose to bowl with your friends, or bring your family along for a great night of bowling.

Friday, Jan 25, 5-9pm at Rev's Bowl Bar & Grill.

Snacks and prizes included. Cash bar.

Cost is \$25/person or \$50/family of 4.

For more information, contact Nicole Peterson.



Sign up to volunteer at the 2019 Chamber of Commerce Business Expo.

This year's exhibitor theme is "Classic Board Games". Time to think back and get creative!

Cost to attend is \$5 or a business card, until 5pm. At that time the Business After Hours entrance fee, \$6, will apply for all attendees.

For more information, or to sign up to volunteer, contact Autumn Urban.

2018 - 2019 Board

President Nate Olson
President Elect Todd Slagter
Past President John Hobbins
Secretary Karlene Leatherman
Treasurer Kathy Hanson
Sergeant-at-Arms Kris Villars

Club Service
Nicole Peterson & Becky Metz

Community Service
Jeff Krueger & Mike Vaughan

International Service
Nick Hahn & Bill Thimke

New Generations
Kari Seefeldt & Jessica Benesh

Vocational Service
Gretchen Herrmann & Vicky Redlin

Foundation
Kris Villars & Matt Bakalars

Membership
Autumn Urban

Programs
Jessica Benesh, Nicole Peterson, Kari Seefeldt

Public Relations
Vicky Redlin

Greeters / Invocations
Sue Schnorr

District 6270
District Governor Kola Alayande
Area-B Asst Governor Karen Schibline
RI President Barry Rassin

Calendar of Events

Upcoming Programs

Jan 30 Citizens Climate Lobby
Feb 6 Wellness with Verve
Feb 13 Club Fun Day
Feb 20 Rock the Block

Recurring Events

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

Battle on Bago - 2019



Mark your calendars for Battle on Bago 2019, Feb 22-23.

RAFFLE TICKETS ~ Return unsold raffle tickets or (hopefully) money by Feb 10 to Jeff Krueger. Make checks payable to Battle on Bago.

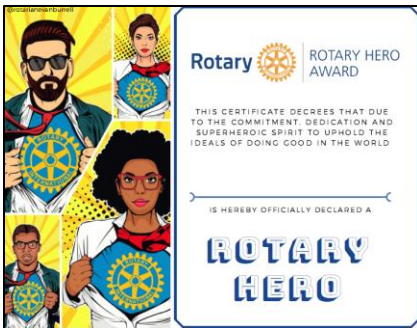
Remember: 100% of the proceeds from the sale of these tickets comes right back to our club.

VOLUNTEER ~ Sign ups on the tables each week. For more information, contact John Rowe.

<http://www.battleonbago.org/>

Congratulations

Congratulations to our first recipients of the Rotary Hero Award, presented by President Nate. Thanks Karlene, Mike and Jeff. (missing Lori Davis). Great work on the best Beer Pairing ever! [#rotaryhero](https://twitter.com/rotaryhero)



Sue Schnorr is looking for a co-leader for Shared Harvest. Responsibilities include collecting donated produce from Downtown Farmers Market vendors and taking to the Oshkosh Area Food Pantry. Time commitment is approximately 5 or 6 Saturdays between Jun 1 & Oct 26, from 11:30am-1:00pm on those Saturdays.

For more information or to volunteer, contact Sue Schnorr.

e-Cycling Event



BOYS & GIRLS CLUB
OF OSHKOSH

Sadoff e-Recycling & Data Destruction & the Wisconsin Herd are having a

recycling event benefiting the Club on Jan. 23!

Start saving your electronics for the "Go Green Night" supporting the Boys & Girls Club of Oshkosh!

Sadoff will be donating \$1 to the Club for every item collected.

Bring your recycling items before the Wisconsin Herd game Wednesday, Jan 23 to Sadoff: 36 East 10th Avenue, Oshkosh, WI 54902. Sadoff also has additional special hours for the drive: 9am to 6pm from 1/16 through 1/23.

Recycling fees:
\$.00 per lb for Miscellaneous Electronics
\$.22 per lb for TVs and Monitors

Eligible items include: Desktop Computers, Laptop Computers, Computer Parts, Circuit Boards, Servers, Routers, Modems, Keyboards & Mice, Bar Coders, Scanners/Copiers, Printers/Fax Machines, Inkjet Cartridges, Christmas Lights, Auto & Li-Ion Batteries, Cell Phones, Game Consoles, Small Appliances, DVD/VCR Players, Washers/Dryers, Telephones, Refrigerators, Microwaves, TV's (CRT, Flat Panel, Projections), Computer Monitors (CRT & Flat Panel)

Have fun at the game and thank you for helping us raise funds for the Club!

SE SADOFF E-RECYCLING & DATA DESTRUCTION
A SADOFF IRON & METAL COMPANY



Weekly Invocations

January

Bonnie Behnke

Weekly Greeters

January 23

Dan Lenz

Steve Poeschl

January 30

Kris Villars

Scott Waterworth

Today's Meeting Location

Rev's Bowl Bar & Grill
275 N Washburn, Oshkosh

SW Rotary Website

oshkoshrotarysouthwest.org

The District Website

rotary6270.org

Rotary International Website

rotary.org



[Oshkosh Rotary Southwest](https://www.facebook.com/OshkoshRotarySouthwest)

Have information for The HUB?

Submit to

hub@oshkoshrotarysouthwest.org

no later than noon on Mondays.

