



TODAY'S PRESENTATION:

**Fox Valley Hypnosis
David Ruby**

SEASON'S GREETINGS



Today's Presentation



Today we welcome David Ruby. David will discuss what hypnosis is and

how it can help with stress, performance in various settings (work, sports, relationships), etc.

Fox Valley Hypnosis, based out of Oshkosh, Wisconsin, is dedicated to helping you to not only achieve your goals, but to go beyond that and make a more integrative change. Hypnosis is used for a myriad of reasons including stress, managing pain symptoms, increasing your potential in athletics, scholastics, or business, weight loss, smoking cessation, and beyond.

Thank you David
<https://foxvalleyhypnosis.com/>

2022-23 President Nominee



And the nomination for Club president for 2022-23 is ...
Brad Dunn

Parent Connection Thank You

I just wanted to "thank you" so much for all of your hard work this year on the Rotary Holiday Event for Parent Connection families. It was definitely a different kind of year that took more coordination, more organization, and I am sure was a lot more work for you. Please know how much we appreciate you, Rotary Southwest, those people and businesses who adopted and shopped for the families, and the volunteers who wrapped and helped last night. We are so grateful for all of you and appreciate everything that you have done to make Christmas 2020 brighter for so many families.

I hope you have a wonderful Christmas and a safe and happy New Year!

Thanks again for everything!

Kenlin Grams

Parent Connection | Family Services of Northeast Wisconsin



President Jessica has deemed this "Ugly Sweater Day" Wear your most festive (or ugly) shirt, sweater, tie, jacket ... whatever. Please keep it rated G.



**SEE YOUR EMAIL
FOR MEETING ID AND LINK**

Attending in person ??

FACE COVERING REQUIRED



Calendar of Events

Upcoming Programs

- Dec 30 Club Fun Day
- Jan 6 Skygen Internat'l Foundation Brett Bennett
- Jan 13 Cherith International Harry & Jenny van Burik
- Jan 20 Learning in Retirement (LIR) James Krueger

Recurring Events

- 2nd Monday Jan 11 Club Board Meeting 4-5pm Best Western, Athern All are welcome to attend

Fundraiser



Get ready to light up your neighborhood!

This New Year's Eve, Oshkosh Southwest Rotary is hosting a special Luminary Fundraiser! Proceeds will help provide toys and clothes (Christmas gifts) for children, fund scholarships for local students, and much more!!!

Luminaries are only \$10 and will be set out on New Year's Eve from 8 pm to midnight! Buy a luminary for your neighbor; buy one in honor of someone you love; buy one in memory of someone you've lost; buy one just to make our community a better place!

Click the link below for more details and to place your order!

<https://www.oshkoshrotarysouthwest.org/payment/luminary>

For more information, contact Becky Metz or Griffin Pollnow.

New Member

The following individual has been recommended for membership by the Board of Directors. **Second Posting**

Name: Greg Giles

Vocation: UWO Foundation Executive Director

Proposed by: Bill Wyman

ArtSTRONG – Thank You



<https://bgcosh.wufoo.com/forms/artstrong-wristband> .

Many Rotarians have asked what they can do to be supportive of our fellow Rotarian, **Art Dumke**, as he battles cancer. We now have an opportunity for you to pay it forward for Art!

Our club is a longtime supporter of Boys & Girls Club of Oshkosh, an organization Art holds near and dear to his heart, with his many years on their board. Boys and Girls Club is selling **ArtStrong** wristbands to show support for Art and raise funds for the club.

To pay it forward, a fellow Rotarian has purchased an ArtStrong wristband as a gift for every Southwest Rotarian in hopes that while you enjoy wearing it to support Art, you will consider buying a couple for your friends or family. It is a great stocking stuffer!



Thank you to that "fellow Rotarian"
Mike and Lisa Scott

"The key hope was that it inspires others to pay it forward and support the good cause by buying some wristbands for their friends."

Meet our Members Griffin Pollnow



Meet **Griffin Pollnow!** Griffin serves on our Board of Directors - Club Service.
Hometown: Oshkosh, WI

Occupation: Zatkoff Seals and Packings - Sales Engineer. Zatkoff Seals and Packings - Sales Engineer. Distribute and manufacturer plastic and rubber products to industrial, automotive, healthcare, marine, and defense sectors.

Hobbies & Interests: I love to golf, ski/snowboard and cheer on the Green Bay Packers.

College(s) & Degree(s):

UW Oshkosh, BA – Finance

What do you love about Oshkosh Southwest Rotary? I love the camaraderie of our club, whether that be at our socials or annual events like the Beer Pairing, Mac & Brew, and Bowling FUNraiser. My favorite thing to be a part of is being active in the community with the members of the club.

What organization(s) do you enjoy volunteering for in the community?

Battle on Bago, Oshkosh Kids Foundation, Oshkosh YMCA, and Oshkosh Southwest Rotary

What's something people wouldn't know about you? My dream retirement plan is to open a Karaoke and Sports Trivia Bar that also has a hot sauce and salsa retail store with a Margaritaville vibe.

If you could have a superpower, what would it be? Mel Gibson in What Women Want