



TODAY'S PRESENTATION:

YMCA
Rich Roehrick



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

Today's Presentation



Today we welcome Rich Roehrick, Health & Wellness Director, Oshkosh YMCA.

"I feel grateful to be a part of an organization like the YMCA that fosters Christian principals, community involvement, and well-being. My passion for health and wellness started in the Marine Corps. I found fitness to be more than just "exercise". For me it is a way of life that helps me with confidence, well-being, and balance. I look forward to giving back to our community, sharing my knowledge about exercise, and being part of a family of individuals that believe in the YMCA values."

Dream. Set Goals. Achieve. Give Back.

Thank you, Rick!

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

Battle on Bago – 2021



Battle on Bago 2020, Feb 19-20

VOLUNTEER OPPORTUNITIES

We know that many are not comfortable this year due to Covid and the number of people in the tent.

Currently BoB is looking for help on Friday night in the kitchen area.

Kathy is looking for help in the money trailer.

Watch for emails with more information and more volunteer opportunities.

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



The Rotary Club of Oshkosh Southwest will be serving meals at the Day By Day Warming Shelter on **Thurs Feb 25, 5:30-7:00pm**

6 people are needed.

Plated meals are served via the kitchen service window (not cafeteria style as in the past).

If interested, contact Jessica Benesh.

Attending in person ??

FACE COVERING REQUIRED

Mark Your Calendars

UPCOMING EVENTS



Calendar of Events

Upcoming Programs


Feb 24	Father Carr's Place 2B John Nieman
Mar 3	MToxins Venom Lab Virtual Animal Tour Nathaniel Frank (zoom)
Mar 10	For All Mankind - The History of America's Space Program Chris Henry EAA (zoom)
Mar 17	Cherith International Harry & Jenny VanBurik

Recurring Events

2nd	Club Board Meeting
Monday	4-5pm
Mar 8	Best Western, Athearn

**"If you have much,
give of your wealth;
if you have little,
give of your heart."**

— Proverb

Rotary 

Art Dumke ~ Update



Hello Artstrong fans!
 We come to you on this very frigid Wisconsin winter day from the shanty. Yes, the shanty! For

those of you that don't know, today is opening day of sturgeon spearing on lake Winnebago! This year's season was thought to be an impossibility for us. Yet here we are... feeling very blessed! We are nestled in our cozy shack... perched above what I am sure is "the honey hole", on 16+ inches of ice, waiting... and waiting, and waiting for an almighty elusive sturgeon to grace us with the opportunity to throw the spear.

Since Art's return home, he has been doing very well, thoroughly enjoying being spoiled by Hannah, Maddie and myself and mostly staying safe... with exception of a few teeny tiny dings. While others are getting the Covid vaccine... Art was spending some quality time in the ER getting a tetanus shot. Apparently, there were a few nails and a snowmobile trailer that weren't made aware of Art's need to stay safe.

Art's weekly Mayo visit this week went very well. Doc Litzow started the appointment, of course, requiring immediate explanation of the need for a tetanus shot... knowing it would be most entertaining! Art's counts continue to improve, allowing for him to back off a bit on the immune suppressors which will hopefully allow for less magnesium infusion and get him one step closer to the finish line.

Since you are all so amazing at sending prayers, good juju, positivity, etc. with great success, would it be wrong to ask you to send us a sturgeon? ...asking for a friend.

Beth and Art
 2/13/2021
 (from Caring Bridge)



Each year on February 17th, National Random Acts of Kindness Day grows in popularity. It is celebrated by individuals, groups and organizations nationwide to encourage acts of kindness.

The movement of Random Acts of Kindness inspires people every day. As a favorite celebration for many, people everywhere are enjoying doing these acts of kindness. Not only do the acts of kindness bring joy to the receiver, but they spread positive reactions to the giver, too!

10 random acts of kindness

1. Smile
2. Hold the door open
3. Give an honest compliment
4. Thank someone who you appreciate
5. Be a good listener
6. Offer your help to someone
7. Ask the person who's serving you how their day is going
8. Treat someone to a coffee or tea
9. Let someone go past you in the grocery line
10. Send flowers or chocolates to a friend out of the blue

Famous Rotarians

Next time you are munching down on some Finger Lickin' Good KFC remember that the famous Colonel Sanders was a Rotarian. Harland Sanders was an American



businessman, best known for founding fast food chicken restaurant chain Kentucky Fried Chicken (also known as KFC) and later acting as the company's brand ambassador and symbol. His name and image are still symbols of the company. The title 'colonel' was honorary – a Kentucky Colonel – not the military rank. In later life he used much of the value of his stock in Kentucky Fried Chicken to establish Canadian charities that focused on children's hospitals. Sanders was a member of the Rotary Club of Jeffersonville ID.



Words of Inspiration
 February ~ Carmen Scott

Greeters

- February 17 ~**
 Greg Giles, Amy Montgomery
February 24 ~
 Barb Herzog, Shelly Hurzeler

Today's Meeting Location

Best Western Premier,
 Athearn Ballroom
 1 N Main St, Oshkosh WI 54901

SW Rotary Website

oshkoshrotarysouthwest.org
 (currently under re-construction)

The District Website

rotary6270.org

Rotary International Website

rotary.org



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



THE FOUR-WAY TEST

Of the things we think, say or do

first
 Is it the **TRUTH**?

second
 Is it **FAIR** to all concerned?

third
 Will it build **GOODWILL**
 and **BETTER FRIENDSHIPS**?

fourth
 Will it be **BENEFICIAL** to all concerned?