



# LAKE OSWEGO SPOKESMAN



Like You Were There

Chartered August 29, 1958

Issued: April 26, 2021

## WHO CALLED US TO ORDER:

**Our President -  
Nell Diamond!**



- *Is it the Truth?*
- *Is it Fair to all  
Concerned?*
- *Will it Build Goodwill and  
Better Friendships?*
- *Will it be Beneficial to All  
Concerned?*

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**Who led us to the Pledge**



Jahzeel Ormeo - La...

Jahzeel Ormeo

## Jahzeel Ormeo

Jahzeel believes that her life is well represented by a quote from Mahatma Ghandi. "The best way to find yourself is to lose yourself in the service of others."

Jahzeel's life with rotary started at a very young age with her father. He was a physician in Peru where she grew up. He was a Rotarian who gave back to the community by starting a clinic in the southern part of the country.



Her family left Peru in 1993 due to terrorism in that country and settled in San Francisco. She attended UC Davis as did her husband.

While in college she joined Alpha Chi Omega sorority. They support women that are victims of domestic violence and need help getting out of bad environments. She currently serves as an advisor for them.

After getting married, she and her husband moved to Oregon in 2010 for her husband's Chiropractic business. He has now retired from his practice to be a stay-at-home dad.

She has held many different positions within Liberty Mutual and will be moving into a new role soon. She has had opportunities to travel to conduct operational transformations in both Spain and Chile and will be working internationally with her new position.

Jahzeel and her husband have two children; a son who is 8 and a daughter almost five. They are both starting the Spanish immersion program at River Grove.

She supports a few organizations, with most of her time is spent with chairing the board of directors for Easter Seals. She is also Director of Workshops for the PMI Portland organization which is a professional organization for project managers. In addition, she is an Adjunct Professor for PCC, teaching business courses.



# Announcements



## Upcoming Rotary

May 3<sup>rd</sup> Public Image Committee Meeting 11am – Alan Bazzaz

May 4<sup>th</sup> – **FIRST TUESDAY!** Details forthcoming

May 5<sup>th</sup> – Youth Services Meeting - 5:00 pm Ted Ricks

May 6 – Thursday 4pm Book Group: “*A Beginner’s Guide to America: For the Immigrant and the Curious,*” by Roya Hakakian – contact Curtis Schade

May 13<sup>th</sup> Fly fishing Meeting (Time TBA)

May 14<sup>th</sup> East Portland Rotary Fundraiser, details forthcoming!

All Meetings (except First Tuesdays) are currently via Zoom.

If you need contact information visit the [lorotary.org](http://lorotary.org) website or email Nell and she will forward to the organizer. [nelldiamond@gmail.com](mailto:nelldiamond@gmail.com)

## April Rotarians of the Month



**Susan Stohl**



**Malcolm Mathes**



**Brian Bice**

## SASEE Raffle

This year’s event is not live, in person, but live virtually. Proceeds from this raffle will all go to scholarships this year and future years.

**1<sup>st</sup> Prize** is a ***two-night stay in the Red Hills Vista Home***. Designed by famed designer Keri Davis which sits atop the Dundee Hills.

**2<sup>nd</sup> Prize** is a ***bottle of Jeroboam of Domaine Serene 2017 Evenstad Reserve Pinot Noir*** – 3 liters of wine – equivalent to 4 bottles. **PLUS** – a tasting certificate for a tasting for up to 4 at the Lake Oswego or Dayton Locations – Value \$1,000

**Buy tickets NOW** on the LO Rotary website or SASEE website. The **drawing will be May 3**. A link to the page has been sent to you by Alan Bazzaz.





# Announcements



## Drive-In Lobster To-Go! Saturday, the June 19th, 2021

Go to <https://www.lobsterfeed.org>

The goal is 500 dinners!

Remember that in addition to our club, this event helps support the Lakewood Center.



We currently have 27 dinner hosts. We would like another 10.

We can still do event sponsors:

3 more at the 2500 Level

7 more at the 1000 Level

14 more at the 500 Level

*Reach out if you want to sponsor, host a dinner party or volunteer.*

### Reminder information:

Each Rotarian will pay for their own dinner ahead of time on the web. So, the host is not responsible for all meals unless he or she wants to.

There are four levels of Sponsorship opportunity for the event:

<b>Title Sponsor</b>	<b>- \$5,000</b>
<b>Major Sponsor</b>	<b>- \$2,500</b>
<b>Sponsors</b>	<b>- \$1,400</b>
<b>Boosters</b>	<b>- \$ 500</b>



The individuals and businesses that sponsor will be promoted by the Club. There will be a website and Facebook page setup to promote this event and its sponsors.

In addition, our Drive-In Lobster-To-Go event will be advertised in the Register Guard and other media.

David Wolfe will be sending out an email to everyone in the Club. If you wish to Sponsor, please contact Dr. David Wolf.

# Featured Speakers

## Graeme Newell

President, 602 Communications

The Best Practices Guide to Better Virtual Meetings



Graeme presented the specifics for creating intimacy for your online meetings so you can reach out through the screen and have a personal touch with somebody you are meeting with. He discussed the importance of microphones, lights cameras backgrounds.

Graeme is a specialist in behavioral finance in the advertising business and this has provided him specific knowledge of how people react to things they see in the environment. He uses brain scanners to measure brain stimulation levels in different stimulus' and distraction.

These studies have helped him to define simple techniques and low-cost equipment needed to host and participate in effective online meetings.

### Audio

Audio is the most important component in your set-up, because studies have shown that people will forgive bad cameras, but not bad audio. Computer mics are inexpensive and easy to use but they're also going to deliver the lowest quality. With ear buds you can hear the sound is hollow and the mic quality is low. You get a compressed sound with few highs or lows. Headset mics are good, but you have to wear the gear on your head. Podcast mics are a good mic step-up, but have to be very close to you mouth and may be in your audience's view. Graeme recommends a "Shotgun" mic because it can be out of the camera view, focus only on your voice and deliver good quality.

### Lighting

Lighting is the second most important component in the zoom meeting set-up. Ring lights directly in front of you or multiple lights on either side of you can help balance out color in your face and protect from shadowing or over exposure. It will also balance out the background color.

### Background

Pay attention to what your camera is picking up behind you. You can stage a pleasant background, use virtual backgrounds that project around you or use wallpaper backgrounds that can include photos of interesting or classy settings. These wallpapers can be purchased through Amazon by searching for "photography wallpaper."

### Cameras

Laptops and computers have pretty low-cost, but low-grade cameras. Graeme Recommends a separate webcam that is separate from your computer, because the quality is much better. For a professional, you can upgrade to an SLR camera for the best quality.

Graham is known as the virtual meeting maestro, he teaches business pros how to build more dynamic interactive online meetings. Graham Newell is an author, speaker and President of 602 Communications, a neuroscience research and consulting firm that specializes in behavioral finance. He delivers dozens of interactive online presentations each month for audiences around the world. He has delivered more than 800 online presentations at events in 25 countries. he has done presenting training and consulting for companies such as GE, Disney, Sony, CBS, Madison Square Gardens, Comcast, Universal Studios.