



LAKE OSWEGO SPOKESMAN



Like You Were There

Chartered August 29, 1958

Issued: August 31, 2020

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?*

Who led us to the Pledge



Lloyd Hill

A Special Guest Speaker

Patrick Galvin
President
*Rotary of Portland's
Charitable Trust*



Should Self-Interest Motivate Service?

Patrick is concerned that non-profit clubs across the country are struggling with membership recruiting and are going to have to limit the number or scale of community help programs due to limited membership.

Rotary has seen a 25% decrease in membership over the last decade in the United States. Many other non-profits have seen the same decrease in membership – Shriners, Lions, Elks, Mason. He believes so many non-profits are failing in recruiting of new members, because they are appealing only to altruism and ignoring self interest.

Self-interest is an important component of a membership pitch. What are the benefits to service?

- Health - Those who serve enjoy better good health – social active and altruistic
- Longevity – Studies show those who serve others experience a 22% reduction in mortality rates and significant increase in life expectancy
- Tranquility - emotional benefit – servicing others kicks off a reaction in the body that reduces stress and puts you in a more relaxed state.
- Friendships – 25% of Americans have no friend or family member to confide in. Community service groups provide supportive friends
- Happiness – When you help others, your brain produces dopamine, a mood elevating neurotransmitter that puts you in a happy state. Also, when helping others within a structure like a service non-profit, you feel a sense of purpose and achievement that can translate into a sense of happiness.

You get so much more than you give if you are part of rotary. Rotarians are some of the most joyful people Patrick knows. We need to share it throughout the community!

Announcements

- **Monday, September 7 – Labor Day – NO NOON MEETING**
- September 12, Saturday – 1pm to 3pm – Hunger Fighters Hygiene Drive

All meetings via Zoom. If you need contact info, please check our lorotary.org website, or email Nell and she will forward to the host.
nelldiamondemail@gmail.com

District DEI Task Force

Rotary District 5100 is selecting a DEI Task Force. Peacebuilders Chair Roger Hennagin is leading this effort for our club. If you would like to participate please contact Roger this week hennaginr@gmail.com, or email the district District5100DEI@gmail.com and share why you are interested in participating.

Rotary Diversity, Equity, and Inclusion Policy Statement

As a global network that strives to build a world where people unite and take action to create lasting change, Rotary values diversity and celebrates the contributions of people of all backgrounds, regardless of their age, ethnicity, race, color, abilities, religion, socioeconomic status, culture, sex, sexual orientation, and gender identity.

Rotary will cultivate a
DIVERSE, EQUITABLE, AND INCLUSIVE CULTURE
in which people from underrepresented groups have greater opportunity to participate as members and leaders.



Hunger Fighters

Hygiene Drive

Saturday September 12th - From 1pm to 3pm

Dropoff will be in the "old" Arts Council parking lot:

510 1st Street, Lake Oswego, OR 97034.



HYGIENE ITEMS

Accepting donation of *unexpired, unopened* items from the list below. Most needed indicated by *

- Body Lotion*
- Conditioner*
- Maxi pads* (feminine hygiene product)
- Tampons* (feminine hygiene product)
- Size 5 diapers*
- Size 6 diapers*
- Hand soap*
- Shampoo
- Bar soap
- Body wash
- Toothpaste
- Women's deodorant
- Men's deodorant

SNAP (Supplemental Nutrition Assistance Program) benefits (food stamps) cannot be used to purchase hygiene products. Therefore, programs such as ours are essential to supporting our community!

Rotarians Out and About

Supporting CASA



Scott Havens
Don Nussmeier
John DeCosta
Malcolm Mathes



Lake Oswego Rotary Facebook Pages



Lake Oswego Rotary Members Page

Join the conversation. Share your pictures: take-out night, family, pets, activities.

