

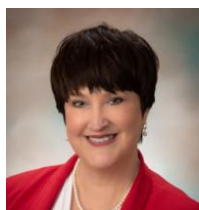


The Ramrod

Chartered in 1918

News of the Elyria Ohio Rotary Club

Visit the: Elyria Rotary web site: elyriarotary.org



Tuesday October 13, 2020

By Kristen Jones

President Dan called the meeting to order at 12:10, with 23 members present virtually, and led us in reciting the Pledge of Allegiance, followed by **Nathan Russell** leading us with "America the Beautiful."

Today's invocation was given by **Janet Long**, with a prayer for peace, including words of the Prayer of St. Francis.

Also helping today was **Mindy Nielsen**, managing our Zoom platform.

Song of the Day

Nathan Russell was back at the piano to lead us in "R-O-T-A-R-Y."

Happy Dollars/The Jug

President Day busted **Sam Battle** and he personally took a hit for a LCADA article.

October 20, 2020

Johnny Podhradsky – Google

Johnny will explain how his experience in Rotary Group Study Exchange prepared him for his career as Communication Leader of G Suites at Google.

Announcements

October 25 Fried Ice Cream--

Steve Hosler reported we are pushing 400 pre-sales, with a few more sales. We will make 500 sandwiches. We need volunteers, so please contact **Steve**.

Polio Month:

District 6600 Celebrity Chef event--

A \$10 donation to *End Polio Now*. Cook a salmon dish along with the Chef! Shopping list provided. More information:

<https://www.dacdb.com/Calendar/Event.cfm?EventID=77502374&CalClubID=0>

Lorain Rotary Polio Raffle Link for November 13th--

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

The 125 Club is back. District Club that donates \$125 each year. Watch for more information.

There is a **virtual Board Meeting on Monday 10/20 at 8:00 am** via Zoom. One topic of discussion will be upcoming Foundation events to begin in November.

Today's Speaker – The Benefits of Yoga

Nicolle Bellmore Pierson introduced her program, "The Benefits of Yoga," asking everyone to stand for some initial relaxation exercises to aid our physical and mental stress-relief. This is an example of "Yoga 4 Classrooms®" that they incorporate into their work with children at Horizons, South Side Pride Collaborative, Head Start, and Ready Set Go, and in staff meetings – it is an accessible, easy to use program that can be used in classrooms or offices.

The Pandemic, the decrease in unstructured time, and increased use of technology have increased our sensory overload and the pace of life. She shared a video about the Flight or Fight stress response that we encounter in our daily stressful lives, raising blood pressure and adrenaline release. You must find peace in your day, developing healthy living habits, and finding outlets for stress release to bring the body back to pre-stress levels.

Visualization, repetitive mantras, mindful meditation and breathing, and muscle release – all present in the worldwide practice of Yoga – can help improve mental and physical health. The practice of Mindfulness and Mind-Body Awareness helps us appreciate the experiences around us, and Yoga improves flexibility, strength,

and balance. It significantly improves quality of life.

She continued with an overview of the Yoga 4 Classrooms program, with over 200 beneficial practices included in the cost-effective cards provided in the program. The program only costs about \$20 to incorporate, and trainings are free.

Today's book donated to the Elyria Public Library on behalf of our speaker is, "Hike."

Join Zoom Meeting

<https://us02web.zoom.us/j/86461082213?pwd=aVhiV1FBQ1o3cnlwVHZ3dXptODRndz09>

Meeting ID: 864 6108 2213

Password: Rotary

YouTube Meeting Recording:

<https://youtu.be/gnRZAJT87p4>