



Rotary Club of Hertford

Meeting Activities and Events

March 12, 2024

<p>Club Officers</p> <p><u>President</u> Henry House</p> <p><u>President-Elect</u> TBD</p> <p><u>Vice President</u> TBD</p> <p><u>Secretary</u> Bob Bennett</p> <p><u>Treasurer</u> Micki Levine</p> <p><u>Past President</u> Bob Bennett</p> <p>Club Directors</p> <p><u>Club Service</u> Joe Easterwood</p> <p><u>Community Service</u> Glenn White</p> <p><u>International Service</u> TBD</p> <p><u>Youth & Vocational Services</u> TBD</p> <p><u>Public Relations</u> Mike Cantin</p> <p>District # 7720 Club # 6109</p> <p>Quote of the Day "Remember one thing about democracy. We can have anything we want and at the same time, we always end up with exactly what we deserve." --Edward Albee</p>	<p>Guests Nicole Dickerson Gregor Baum – speaker (joined remotely)</p> <p>Member Birthdays None</p> <p>Member Anniversaries None</p> <p>Wedding Anniversaries None</p> <p>Program Schedule 03/12 Connie Jaklic 03/19 Connie Jaklic 03/26 Assembly 04/02 Frank Jaklic 04/09 Micki Levine 04/16 Bron Prokuski 04/23 Sandy Stevenson 04/30 Kimberly Westbrook</p> <p>Attendance Members Present 13 Attendance % 62</p>	<p>Opening Activities Henry opened the meeting at 8:00 am. Members recited the Pledge of Allegiance, sang My Country Tis of Thee, then Henry gave the Invocation.</p> <p>Announcements</p> <ul style="list-style-type: none"> * Remember Hunger Heroes. Drop off at The Hub. * The next Students of the Month will occur on 3/19 & 4/9. * Please remember to support the Interact upcoming Walking for Water fundraiser on 3/22. You can donate and/or volunteer to assist. Contact Brenda. * Pack 150 will have their 'bridging' ceremony to Boy Scouts on 3/20 at the Methodist Church beginning at 6:15. <p>Program Gregor Baum, speaker for today, was unable to be present due to a new internship he was starting. He is a student at NC Wesleyan University who came to the U.S. from Germany to study and become a professional tennis player. Unfortunately, after arriving and beginning his journey, he suffered an injury that made it impossible for him to continue working on his tennis skills. That situation led to depression and a reassessment of his future. He ended up seeking counseling and learned about Rotaract. He joined the Club and quickly became a leader, working with others to create the 6-week Inner Journey Journal, which focuses on mental health and the stressful issues confronting students and others. Over 42 days this journal addresses 5 topics that leads to self-reflection that can help lead to better mental health. Today, his team is working on a version of this program for younger children who are 7-11 years old.</p> <p>Concluding Activities</p> <ul style="list-style-type: none"> * Happy Bucks: Frank, Connie, Brenda, Pauline, Henry * 50/50 Raffle: Connie won & donated it to Polio Plus * Members recited the 4-Way Test. * The meeting adjourned at 8:44 am. <p>Respectfully submitted by Henry</p>
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