



2023-24 Rotary Theme "Create HOPE in the World"

Gordon R. McNally, Pres. Rotary International • David Uhl, Rotary District Governor • District 6690

Grant Stubbins, President Zanesville Daybreak

September 14, 2023

Thanks to Julie MacLaine for providing the Invocation. Laura Tompkins was our greeter today.

## ANNOUNCEMENTS

a. **Facebook Page** – Members were encouraged to use their phones during the meeting to like the Facebook page "Rotary Club of Zanesville Daybreak" and "Zanesville Veterans Day Parade." Angi has done a great job at keeping our social media up to date, posting photos, and marketing our Club.

b. **Celebrate Community Week** - Becky Clawson - This week Zanesville Daybreak Rotary and Zanesville Kiwanis are teaming up to help several local non-profit organizations. You can donate by bringing items directly to the organizations:

- i. The Animal Shelter Society, Inc. - cat and kitten food
- ii. Eastside Community Ministry - cereal
- iii. Christ Table - ziploc bags (sandwich size)
- iv. The Carr Center, Inc. - snacks and first aid supplies
- v. Habitat for Humanity - Home Depot and Lowe's gift cards
- vi. Genesis Foundation - cash donations for "Social Determinants of Health Fund" - meets needs like transportation and food

c. **Rotarian of the Month** - Congratulations to Sheri Lewis and Gina Mathes for being our September 2023 Rotarians of the Month! Please submit your nominations for October 2023 by sending your nomination to Grant or another Board Member. If you need a form, let him know!

d. **Volunteer Coordinator** - Thank you to Michele Shirer for agreeing to be our Volunteer Coordinator this year. A lot of volunteer opportunities are coming up in the next month or two, including Trail of Treats and the Veterans Day Parade.

e. **International Day of Peace** - The Peace Committee has been working plans for the International Day of Peace on September 21st. Keep an eye out for more details, but plan on being at next week's meeting a little early!

f. **Habitat Stud-a-Thon** - Ed Mulholland - Thank you to everyone who participated in Habitat for Humanity's Stud-a-Thon last week at the American Legion. Over \$10,000 was raised.

g. **Veterans Day Parade** - The parade will be held Saturday, November 11 at 11 a.m. The parade route will go from Shinnick to 5th to Main to 3rd. We will need as many volunteers as possible. You can also sign-up as a participant on [www.visitzanesville.com](http://www.visitzanesville.com).

h. **12 Days of Christmas** - Bradie and the 12 Days Committee have already started with our 12 Days of Christmas fundraiser and are working on sponsors. Our grand prize this year will be sponsored by Muskingum Iron & Metal and Shriver's Hospice. If you would like to be a \$100 sponsor, please email Bradie or Marcus.

## PROGRAM

Francine introduced Katie Doss from Salt Studio to discuss the benefits of alternative therapies. Katie shared various services that Salt Studio can provide such as Float Therapy, Infrared Sauna, Cold Plunge, and Oxygen Therapy.

Float Therapy is a weightless environment with 1,000 pounds of magnesium sulfate and 250 gallons of filtered water.

Benefits include increased blood circulation, decreased pain, stress reduction.

For Infrared Sauna, you are in a room with a SoloCarbon Infrared Heater. Benefits are increased collagen production, increased energy, and relaxation.

For Cold Plunge, it's a powerful colling,





filtration and sanitation therapy, with benefits such as increased energy, immune support, and pain relief. Finally, Oxygen Therapy is 95% oxygen through a single use nasal canula. Benefits are reduced anxiety/depression, decreased fatigue, and migraine relief.



### SARGE AT ARMS

Angie shared the two truths and a lie about Bruce Barclay.



### 50/50 DRAWING

MJ Shackelford won the 50/50 this week.

### ANCIENT HISTORY "FACT OF THE DAY":

Grant asked: "What do you think of when you hear the word "castle"? Medieval Britain? King Arthur? Knights and jousting?" Castle is a relatively simple term defined as a fortified



building. Modern historians tend to define it a little more closely as a fortified residence. British castles specifically trace their roots back to the construction of hill forts as long ago as 900 B.C., followed by Roman forts between approximately 55 B.C. to 180 A.D. (e.g., Hadrian's Wall), to the first modern castles beginning with the Norman victory at the Battle of Hastings in 1066. The "golden age" of British castles was fairly short-lived due to advancements in military technologies, including cannons and artillery. By the 1400 and 1500s, castles were largely abandoned as a means of defense.







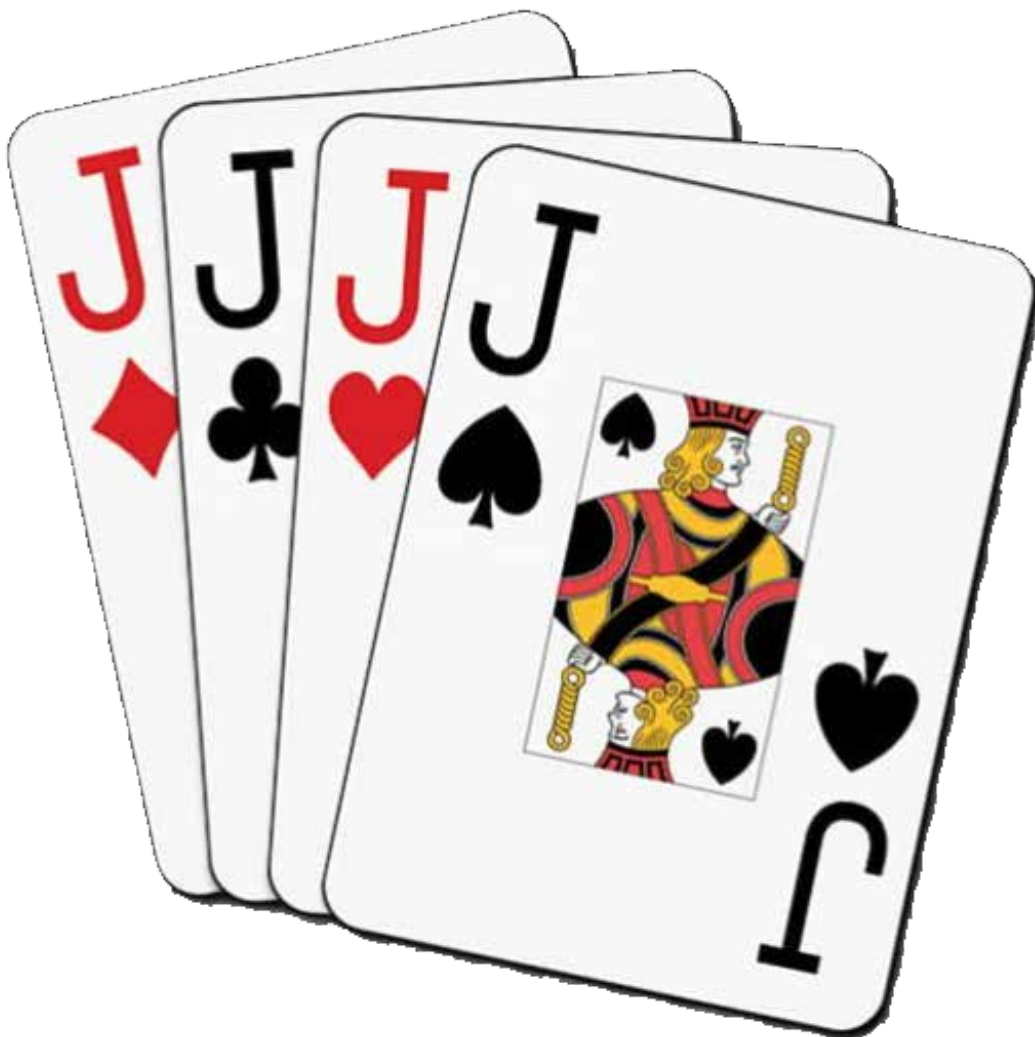
# Euchre tournament

**TUESDAY, OCTOBER 24TH**

**FRATERNAL ORDER OF EAGLES  
1275 E MARKET ST, ZANESVILLE  
CARD PLAY BEGINS AT 6PM**

**\$15 per person, \$30 per team**  
*All proceeds will be donated  
for Rotary polio awareness*

**ENTRY DEADLINE: OCTOBER 20TH**



## GREETERS

Please arrive by 7:00 a.m.

September 21 ..... Jamie Trout  
 September 28 ..... No Regular Meeting  
 October 5 ..... Chad Tyson  
 October 12 ..... Leah Vensil  
 October 19 ..... Brian Wagner  
 October 26 ..... No regular meeting

## INVOCATION / MOMENT OF INSPIRATION

September 21 ..... Steve Mahan  
 September 28 ..... No Regular Meeting  
 October 5 ..... JP Marshall  
 October 12 ..... Jenni Masterson  
 October 19 ..... Gina Mathes  
 October 26 ..... No regular meeting

## UPCOMING PROGRAMS

September 21 ..... Peace Day activity and presentation  
 Arrive early to help decorate Peace Rocks  
 September 28 ..... No Regular Meeting  
 October 5 ..... Roni Kuhn & Amanda McClelland - Heroes Landing  
 Children's Advocacy Center  
 October 12 ..... Al Landis - Ohio State Legislative Update  
 October 19 ..... TBA  
 October 26 ..... No Regular Meeting  
 November 2 ..... TBA  
 November 9 ..... Terry Ratciazak - District 6690 Foundation Chair  
 November 16 ..... TBA  
 November 23 ..... Thanksgiving

<https://us02web.zoom.us/j/7646069964?pwd=d0lHR0J4dkVYWfoYQ2dEL01aMGFEQT09>  
 Meeting ID: 764 606 9964  
 Passcode: 4T4u1X

### One tap mobile

+13017158592,,7646069964#,,,,\*578180# US (Washington DC)  
 +13126266799,,7646069964#,,,,\*578180# US (Chicago)

### Dial by location

Find your local number: <https://us02web.zoom.us/u/kQeULhIM7>  
 Meeting ID: 764 606 9964  
 Passcode: 578180

Click below to find us on  
 Facebook



Find us on:  
**facebook**®

For more information, visit:  
<http://zanesvilledaybreak.org/>

## NEIGHBORING CLUBS FOR MAKE-UP

### Byesville

Stop Nine Senior Center  
 Tuesday 7:30 a.m.

### Cambridge

Cambridge Country Club  
 Wednesday 12 noon

### Coshocton

Coshocton Village Inn & Suites  
 Tuesday 12 noon

### Granville

Granville Inn  
 Monday 12 noon

### Lancaster

The Lodge in Lancaster  
 Monday 12 noon

### Malta/McConnelsville

Chelos Pizzeria  
 Tuesday 12 noon

### Marietta

Hotel Lafayette  
 Thursday 12 noon

### Marietta-Morning

Marietta Country Club  
 Friday 7:00 a.m.

### Newark

Double Tree by Hilton  
 Tuesday 12:00 noon

### Newark-Heath

Mound Builder's Country Club  
 Thursday 7:00 a.m.

### Reynoldsburg/Pickerington

Wesley Ridge Retirement Center  
 Tuesday 12 noon

### Zanesville

Bryan's Place  
 Tuesday 12 noon

## OFFICERS

President ..... Grant Stubbins  
 President-Elect ..... Julie MacLaine  
 President Nominee ..... Brent Mirgon  
 Secretary ..... Martha Smith  
 Treasurer ..... Brad Lynch  
 Sergeant-at-Arms ..... Angi York

## BOARD OF DIRECTORS

Missy Best  
 Stephanie Freas  
 Amy Froelich  
 Jerry Nolder  
 Chris Steele

## PAST PRESIDENT

Keely Warden



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 in the WORLD