



# Rototeller - Rotary Club of Forest Grove

FGRotary.org

## Club Leaders

### Claudia Yakos

President

### Tom Raabe

President-Elect

### Julia Kollar

Executive Secretary

### Ken S. Cunningham

Treasurer

### Alex Doyle

Membership Chair

### Blake Timm

Vice President, Program Chair

### Jeannine Murrell

Past President

### Todd Kelley

Rotary Foundation Chair

## Duties

### Program

January 25 Pac U Career

Development Center -

June Dressler

February 1 Club

Assembly

February 8 Rotary Peace

Fellows - PDG Mike

Caruso

February 15 TBA

### Rototeller Article

January 25 Lorrie

Hutchins

February 1 Howard

Sullivan

February 8 Parri Van

Dyke

February 15 TBA

### Greeting Partners

January 25 George

Horner & Jeff Hoyt

February 1 Mike Hundley

& Lorrie Hutchins

February 8 Mackenzie

Johnston Carey & Geoff

Johnston

February 15 Marge

Johnston & Rick Johnston

## We Are Meeting At Pacific University This Week!

January 25, 2017

### Volunteering

I decided to look for an article about volunteering after reading a book called **The Go Giver by Bob Burg and John David Mann**. We received this book from my boss and we were asked to read it. I really enjoyed it. It changed my way of looking at things. Thus the article below about volunteering and giving!

Whether you donate money or time, giving back is beneficial--and not just for the recipients. Research has shown that the old adage, "it's better to give than to receive" is true after all.

A Gallup survey on volunteering in the U.S.A. found that 52% of volunteers do it because they like doing something useful and helping others. Another 38% said they enjoy doing volunteer work and feeling good about themselves.

Besides feeling good about yourself for doing something for others, giving back is also good for your physical health. In a Canadian study, 85% of Ontario volunteers rated their health as "good," compared to 79% of non-volunteers. Only 2% of volunteers reported "poor" health, one-third the amount of non-volunteers who reported the same health status.

Still other studies have shown a relationship between volunteering and increased self-esteem, with volunteers reporting both greater personal empowerment and better health. Doing for others may stimulate the release of endorphins, which has been linked to improve nervous and immune system functions, too.

Many people report a "high" from volunteering, similar to the good feelings that come from exercise. Others have found that volunteering can help fight depression. Helping others can help take your mind off your own problems and enable you to see the bigger picture. Once you see the difference you can make in another person's life, your own problems can seem smaller and more manageable.

As more research is showing that people with fewer social contacts have shorter life spans than people with wide social circles, regardless of race, income level or other lifestyle factors. If you are lonely or live in an area far away from friends and family, volunteering is one way to build a social life and improve your emotional and physical health at the same time.

Here are 7 More Reasons to Volunteer:

1. Develop new skills. Gaining skills, knowledge and expertise are common side effects of volunteering. Giving others your time brings you interesting and challenging opportunities that might not come along otherwise. This experience can be added to your resume and could result in a better paying job in the future.
2. Make social connections. Loneliness and boredom are common among retirees, students, and transplants to a new city. Volunteering can relieve this sense of social isolation and help you fill empty hours in the day.
3. Give back to your community. Doing something for the community you live in and returning the favor to those who have helped you are strong motivators. Everyone, rich or poor, takes from society, and volunteering is one way to show a sense of appreciation.

## Raffle Prize

January 25 Kevin Kuntz  
February 1 Alma Lozano  
February 8 Tom Meier  
February 15 John Minor

## Meeting Place

January 25 MPR Pacific University  
February 1 MPR Pacific University  
February 8 MPR Pacific University  
February 15 MPR Pacific University

## Events

### Concours Board Meeting

January 25, 2017

### Rotary Board Meeting

February 16, 2017

### Rotary Steak Feed

June 9, 2017

### Forest Grove Concours d'Elegance

July 16, 2017

## Board Members

### Director 2014 - 2017

Howard Sullivan

### Director 2014 - 2017

Jeff Duyck

### Director 2014 - 2017

Geoff Faris

### Director 2015 - 2018

Lucas Welliver

### Director 2015 - 2018

Samantha Swindler

### Director 2015 - 2018

Stan Reasoner

### Director 2016 - 2019

Pete Van Dyke

### Director 2016 - 2019

Lorrie Hutchins

### Director 2016 - 2019

Tim Pearson

### Community Outreach Chair

Mike Hundley

### Fund Raising Treasurer

Jim Crisp

### Club Services Group Chair

Geoff Faris

### New Generations Chair

Jeannine Murrell

4. Develop and grow as a person. Volunteering is an excellent way to explore your likes and dislikes. If you're interested in a new career, volunteer in the field first to see if you will actually like it. You may find a totally unrelated field is a much better fit for you, one you'd never consider if you hadn't volunteered there first.

5. Gain a new perspective. Life can be hard and when you're feeling down, your problems can seem insurmountable. Volunteering can offer a new perspective—seeing people who are worse off than you are, yet still hanging in there, can help you see your life in a whole new light.

6. Know that you're needed. Feeling needed and appreciated are important, and you may not get that appreciation from your paid work or home life where the things you do are expected or taken for granted. When you volunteer, you realize just how much you are truly needed. Meeting people who need your help is a strong incentive to continue—people are depending on you. If you don't do it, who will?

7. Boost your self-esteem. Many volunteers experience a sense of increased self-esteem and greater self-worth. Helping others makes you feel good about yourself, because you're doing something for someone that they couldn't do for themselves.

Research has shown that the good feelings you experience when helping others may be just as important to your health as exercise and a healthy diet. But it's the smile from a child or thankful person that shows you're really making a difference in someone's life. And that's the greatest feeling in the world.

This article was published in Spark People / Live Healthy and Happy

Lorrie Hutchins

## Number of Wild Poliovirus Cases Globally as of January 17, 2017

New Cases Last 7 Days	0
YTD - 2017	0
YTD - 2016	37
Total - 2015	74
Total - 2014	359
Total - 2013	416
Total - 2012	223
Total - 2011	650
Total - 2010	1,352
Total - 2009	1,604
Total - 2008	1,651

Source: <http://polioeradication.org/polio-today/polio-now/this-week/>