



Rototeller - Rotary Club of Forest Grove

FGRotary.org

Club Leaders

Claudia Yakos

President

Tom Raabe

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Julia Kollar

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Alex Doyle

Membership Chair

Blake Timm

Vice President, Program

Chair

Jeannine Murrell

Past President

Todd Kelley

Rotary Foundation Chair

Duties

Program

May 24 Rotary Jackpot!

May 31 Tom Meier, His

Trip to Cuba

June 7 - Hannah Shinoda

- Amigos Trip to Costa

Rica

June 14 TBA

Rototeller Article

May 24 Sharon Olmstead

May 31 Cecilia Giron

June 7 Vaughn Tidwell

June 14 Marge Johnston

Greeting Partners

May 24 Tim

Schauermann & Julie

Schmidtkofer

May 31 John Schrag &

Gail Sheelar

June 7 Hannah & Josh

Shinoda

June 14 Andrea Stewart

& Howard Sullivan

Thought For The Day

May 24 Jerry Frye

May 31 David Recek

June 7 Loren Waltz

June 14 Tim Pearson

We Are In The MPR At Pacific University This Week!

May 24, 2017

Sharon Olmstead

"Many of you were present on May 10th when my good friend, Rob DeCou shared about his cycling experience in Race Across America. I wish there had been more time as he was really only able to share a few bits and pieces of the challenge he put himself through. After completing the event, he wrote the following blog about his reflections on the race.

When you first think of capacity you might think of a limit. That's one place to start, but I want to mold the definition further from there. What is my current capacity? You could apply this thought to your physical life, your professional life, your relationships or perhaps even your ability to think, reason, and function in life.

I think back to my youth playing video games where you could "level up" and increase an ability level or have extra reserves. Is this possible in our lives? If it is, are we willing to take the risks and the toll that is necessary to go through it?

I recently heard someone say we can either fail a thousand small failures and become a success or not fail at all and become a failure. This resonates with my soul because much of my experience building capacity has come by risk, trial, and overcoming pressure and pain.

As many of you know, I finished up the Race Across America a few months ago. By the grace of God, my 14 faithful crew members, and unbelievable community support, we managed to be official finishers. We covered the 3,069 miles of the course in 11 days 21 hours and 3 minutes with less than three hours to spare before the time cut off. Leading up to this race I spent 18 months training to have a chance at competing. I "increased my capacity" during this time leaps and bounds from where I had started. It is always reassuring to me to know that where I am now is not where I have to be in the future. Physical discipline is a relatable illustration, where at each training checkpoint you can see your improvement.

This same idea of building capacity transfers to our professional lives. When I was teaching I remember hearing the phrase, "some teachers teach for 20 years and other teachers teach one year and

Raffle Prize

May 24 Joe Post
May 31 Chuck Pritchard
June 7 Tom Raabe
June 14 Stan Reasoner

Meeting Place

May 24 MPR Pacific University
May 31 MPR Pacific University
June 7 MPR Pacific University
June 14 MPR Pacific University

Events

Concours Board Meeting

May 24, 2017

District Conference

May 25 - 28, 2017

Rotary Steak Feed

June 9, 2017

Rotary Board Meeting

June 15, 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

repeat that year 20 times". The distinction is that if you are growing in your profession you are likely to be much more competent and effective the longer you are there. If you refuse to take on challenges, risks, and obstacles you might find yourself repeating the same lessons over and over with very little progress or change.

Another area of capacity growth I've recently experienced is in connection to community. The power of our friends, co-workers, and all those we interact with is not easily put into words. It is our spouses, families, close friends, co-workers and neighbors that can give us so much resilience and fortitude in our lives if we connect with them. I've always been a strong proponent of building strong connections with people but had never experienced it quite like I did those 12 days crossing this great country on a bicycle.

As I have now returned from this journey and am back to my "normal" life I feel like I am a different person. I am no longer the man I was when I left. My capacities have grown so quickly in such a short time it is difficult to describe. The reason this is so powerful for me is the knowledge that we all can grow that quickly if we put ourselves outside out there and take on opportunities far beyond what we are comfortable with.

Stepping into the fray and leaning into the fear and the pain is all a part of the process of growth. I feel so much more prepared to be an outstanding husband, father, fellow Rotarian, business partner, and community member. I am no longer who I used to be, and I hope that you seek to do the same. "

Number of Wild Poliovirus Cases Globally as of May 17, 2017

New Cases Last 7 Days	0
YTD - 2017	5
YTD - 2016	14
Total - 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/>