



ROTARY ELEVATOR

May 26, 2009

Greeter	Dick Loveless
Invocation	Jim Kennedy
Music	Cliff Johnson
Sgt. At Arms	Ron Geyer
Minutes	Robyn Caupp
Program	Sarah Amend

Attendance Winner: John Keith Sheridan
52/50 Winner: None (Sorry Rick W.) (4 weeker on Jun 2)

President Bob's Thought of the Week:
 Generally speaking, you aren't learning much when your lips are moving.

Sarge Department.

Sarge Ron back even fined our guest Stacey Oxley for her daughter part of Champion Hip Hop Team; Remember what Memorial Day is for- if not a vet pay a \$1; Happy Bucks from Harry Johns on Afro American new NASA Director; Terry Tobey granddaughter soccer team won tourney , son All Area Tennis Player.

Defibrillator Committee: Barb Schenck had Stacey Oxley report on her experience saving a life with a defibrillator at a Bengal game. Xenia Rotary planning to donate a defibrillator and looking for a community recipient. Applications to be accepted in June.

Announcements:

- **Paul Harris Fellow Opportunity!!!**
 The Board of Directors is offering a Paul Harris Fellow for 1/2 off or \$500 to the first twenty (20) people to sign up as a way to raise funds for *End Polio Now!* See Treasurer John LeBlanc for this rare opportunity
- **Relay for Life - August 14, 2009 at Shawnee Park**
 Diane Dixon and The Zajbels
 Chairing the Xenia Rotary Team.
 Need Walkers, Sponsors and Volunteers!
- **District 6670 Bike/Walk-a-Thon Saturday May 30th**
 Looking for Biker, walkers and volunteers. Pancake breakfast at Memorial Presbyterian Church need workers. Call Donna Wilson 878 5840
 Go to www.rotary6670.org/.
- Visiting **XHS Students Rachel Donohue** (center of picture) **our Rotary Scholarship winner** off to Ohio Dominican for Graphic Arts. Our **RYLA attendees - Tyler Richey** and **Lauren George** also visited.



Program: Jarrod Martin, 70th District State Representative

Program Chair Sarah Amend introduced our program speaker- Jarrod Martin of Beavercreek and our state Representative in his first term of office after serving on the Beavercreek City council. He mentioned what a lively group we had with lots of fun but today would speak about the State of Ohio Budget which is not fun. The Democrat Majority Ohio House has passed on the 4,000 page Budget Bill on to the Republican Majority Senate.



Representative Martin adamantly believes that the present Budget bill is not sustainable or fiscally responsible. In this time of economic slowdown the budget is 10% higher than the current biennial budget and uses \$3 billion one time federal money. The Democratic House Majority rather than make hard decisions or prioritize items they increase "expected revenues" to balance the budget.

Look for 150 new fees or \$70 million in fines and penalties that if not paid directly but individuals will be passed on by businesses. Look for increase on birth and vehicle registrations, vision screenings and trash hauler fees as examples. Some project a 24% income tax increase or a 31% sales tax increase to cover the future shortage.

Martin had co-sponsored a bill to reduce the size of the state government reducing the 24 cabinet positions to 11 would save \$1 billion per year. State employees have grown from 40,000 in 199 to 60,000 in 2009.

Contact Martin at district70@ohr.state.oh.us

ABC's of Rotary

Every Rotarian an Example to Youth

In 1949, the RI Board adopted the slogan Every Rotarian an Example to Youth as an expression of commitment to children and youth in each community in which Rotary clubs exist. Serving young people has long been an important part of the Rotary program.

Youth service projects take many forms around the world. Rotarians sponsor Boy Scout and Girl Scout troops, athletic teams, centers for disabled children, school safety patrols, summer camps, orphanages, recreation areas, safe driving clinics, county fairs, child-care centers, and children's hospitals. Many clubs provide vocational counseling, establish youth employment programs, and promote use of The 4-Way Test. Increasingly, drug/alcohol abuse prevention and AIDS awareness projects are being supported by Rotarians.

In every instance, Rotarians have an opportunity to be role models and mentors for the young people of their community. One learns to serve by observing others. As our youth grow to become adult leaders, it is hoped each will achieve that same desire and spirit to serve future generations.

The slogan accepted over 50 years ago is just as vital today.



ROTARY CLUB OF XENIA, OHIO

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The Board of Directors

2008 – 2009

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Karl Colón	Elevator Deputy Editor

Upcoming Assignments –Please Mark your Calendars

June 2, 2009

Greeter	Tim Haney
Invocation	Cliff Johnson
Music	C.J. McLin
Sgt. At Arms	Kevin Sonnycalb
Minutes	Keith Sheridan
Program	Buffie Myers

June 9, 2009

Greeter	Todd Reichley
Invocation	Harry Johns
Music	Randy Overbeck
Sgt. At Arms	Ron Geyer
Minutes	Brian Liming
Program	Tom Sefton

June 16, 2009

Greeter	Rick Williamson
Invocation	Barb Schenck
Music	Gloria Roth
Sgt. At Arms	Pete Stephan
Minutes	Steve Brodsky
Program	Randy Overbeck

June 23, 2009

Greeter	J.O. Harner
Invocation	Tony Sculimbrene
Music	Rock McColaugh
Sgt. At Arms	Dave Bradds
Minutes	Bart Sheridan
Program	Andy Pope

Managing Frustrations:

It's amazing how fifteen minor frustrations at the office can add up to one big, bad attitude by the time you head for home. Frustrations come in three varieties:

- 1. Interruptions:** Unexpected visitors or phone calls when you have a deadline to meet or something important requires your attention. Our best plans are often interrupted.
- 2. Inconveniences:** While interruptions are usually from people, inconveniences are usually situations involving things: the copy machine breaks down, traffic jams up, or you can't find what you need when you need it.
- 3. Irritations:** Long delays, unreliable people, playing telephone tag, catching a cold, obnoxious clients, etc.

But the truth is you can't eliminate these. No doubt you'll face all three varieties this week, but you can keep them from stressing you out.

What's the secret of managing your frustrations?

Don't resist it, but don't overreact or blow up. Don't resent it; don't internalize your anger. Don't resign to it; don't have a pity-party.

Instead, reduce it. Treat it as insignificant. Put the frustration into proper perspective. It's just a minor setback, a part of living, no big deal! It's certainly not worth a heart attack. Follow these rules for stress management:

- **RULE #1:** Don't sweat the small stuff.
- **RULE #2:** Realize its all small stuff!