

## Reporting Hybrid Meeting of 8 August 2022

### Calendar of Events

**Last Week:** 8/1 Sam Jackson, UAlbany: Oath Keepers  
(Zoom & Pizza Works)

**This Week:** 8/8 Nicholas Clay: Being One World (Zoom & PW)

**Next Week:** 8/15 Club Service Project @ Captain/CHS

**Coming Up:** 8/22 Liz Hicklin: "Letters from a Laureate"  
8/29 Club Social: Lake George Cruise

**Note: Regular Zoom Meetings are held Mondays at 6:30 pm.**

Many Meetings are now hybrid with an in-person option.

Check your e-mail inbox the day of the meeting for the computer Zoom link and password, as well as the phone number you can use to phone in if using your cell phone to participate.

Please give suggestions for future programs to Darlene Bower & Peter Sawyer. Find us at [bhblrotary.org](http://bhblrotary.org) and on Facebook

*Together, we see a world where people unite and take action to create lasting change - across the globe, in our communities and in ourselves*

### Nicholas Cassius Clay, Mindfulness Coach Founder of BEING ONE WORLD

Nick Clay presented a very thought-provoking presentation. He defines mindfulness as the basic human ability to be fully present, aware of where we are and what we're doing and not overly reactive or overwhelmed by what's going on around us.

To accomplish mindfulness, one must be able to better understand how to clear one's mind, often best done through practicing meditation. He said most of us live stuck in what we know not realizing our blind spots.

Mindfulness helps us to:

- pull out the negative roots in our mind,
- strengthen our relationships,
- increase the happiness we experience in our lives,
- expand and develop our consciousness.



Nick challenged us to think about 17 different states of mind with enlightenment at the top and shame at the bottom. By understanding these levels, we will better understand the behavior of others as well as our own behavior.

Nick is currently the President of Schenectady Rotary. As the founder of Being One World, he hopes to empower and support leaders to be their most powerful expression of themselves while maintaining a clear and confident state of mind free of negative energy. I suggest that this be the goal of all people whether they are leading or just living a meaningful life.

Nick talked about being grateful and the value of gratefulness. How well this supports our tradition of Happy Dollars. We began the evening with that meaningful, shared experience.

- Darlene stated Rotary's Mission Statement: *We provide service to others, promote integrity, and advance world understanding, good will, and peace through our fellowship of business, professional and community leaders.*
- Gini read a peace quote.
- Rey led us in the 4-Way Test.
- The hybrid meeting was well attended both at Pizza Works and on Zoom. President Darlene was able to chair the meeting from her camp on the Schroon River.

### ANNOUNCEMENTS

- Fundraising plans include:
  - Drive Thru Dinner – 9/21
  - The Golf Tournament at Holland Meadows – 10/8
  - Apple Pie Festival – 11/8
- The club BOD will meet at 4:30 on Zoom on 8/11.
- Special presentation/Muchila Clinic Grant overview – 8/16 (Zoom)
- Town of Ballston Parks Committee at the Ballston Town Hall - 8/17
- Islands of Narrows Cruise on Lake George aboard the Mohican on 8/29 at 2:30 - 5:00 PM - \$33.50. Reserve NOW!
- The passing of Grace Jorgensen is noted with sadness. Please see the link to Grace's obituary:  
[Grace Westney Obituary \(2022\) – Latham, NY – The Daily Gazette Co. \(legacy.com\)](http://www.legacy.com)

Reported by Mary Anderson