

ROTASCOPE

October 15, 2024

Meetings

October is Economic and Community Development Month

10/17 Senator John Albers - The History of the National Anthem

10/24 Breast Cancer Dr.
McLaughlin from Wellstar

10/31 Jonathan Crooks -Roswell's Haunted History

11/7 Chattahoochee Nature Center - ADA Picnic Table Build (meeting location change)

Events

10/16 Meals on Wheels Deliver

10/18 Meals on Wheels needs you!

10/18 "Attack of the The Meth Gator" @ Gate City Brewering

10/19 Multi-Generational Team Fishing Derby

LEADERSHIP

President Nancy Alterman

President-Elect Trummie Patrick, III

Treasurer Katie Anderson

Secretary Leslie Bassett

Public Image Kathryn Igou

PAST DISTRICT GOVERNORS

Cheryl Greenway 2012-13 Bob Hagan 2015-16

Roswell Rotary Energy Message from President





Rotary Members Show Strong Participation and Service in First Quarter

Roswell Rotary Club is off to a fantastic start this year! We are thrilled to announce that 130 members have already received their Bunny shirts, showing great enthusiasm and unity within the club. With 228 members in total, there's still a chance to grab your Bunny shirt in the coming weeks. Let's aim for 100% participation!

Beyond the shirts, we're also celebrating the incredible dedication of our members, who have actively engaged in over 15 service projects during the first quarter alone. From local community efforts to international outreach, your hard work is making a real impact. Thank you to everyone who has stepped up to make a difference. Let's keep up the momentum and continue to lead by example in service and fellowship!

Cybersecurity Talk

Last week's Rotary meeting featured an enlightening presentation on the critical topic of cybersecurity. Tony, an expert in the field, provided valuable insights into how individuals and businesses can protect themselves from the growing threat of cyberattacks. Thank you to all who attended and to our guest speaker for such a valuable session. As we continue to engage with important issues like cybersecurity, we remain committed to empowering our members with the knowledge and resources they need to navigate today's challenges.

Nancy Alterman Roswell Rotary President 2024-25 Service above Self 770-262-6300

State Senator John Albers

ROTARY CLUB OF ROSWELL

Thursdays, 12:15 pm Roswell Area Park Bill Johnson Community Activity Building 10495 Woodstock Road Roswell, GA 30075

Rotary Online

https://roswellrotary.club https://rotary6900.org/ https://rotary.org/



GET CLUB SMS ALERTS

text CLUBALERTS to (833) 456-2829

Our Rotary Family BIRTHDAYS

10/1 Ralph Rowland, Jr.

10/2 Cheryl Greenway

10/2 Sandy Buhler

10/4 Ronald Cowan

10/4 Lucy Hall

10/7 Lynne Lindsay

10/10 Jeffrey Meyers

10/11 Charlie Brown

10/12 SaraBeth Huntley

10/12 Jeff McCoy

10/15 Tori Nielsen

10/16 David Wash

10/16 Natalie Cook

10/17 Jim Byrd

10/18 A.D. Dalton

10/19 Jack Stephens

10/23 Mindy Jones

10/26 Katie Anderson

10/30 William Brooks

10/31 Virginia Martz

YEARS OF

Speaker Thursday: Our Flag

A Patriotic History of Our Flag





Looking forward to hearing State Senator John Albers giving us a patriotic history lesson on our flag. Always a great day to hear from John, and thrilled to be learning more about our flag. Let's have a full house and bring visitors as well!

CLICK HERE for more information on our speaker.

October 19, 2024

Multi-Generational Fishing Derby



Youth Services is excited to announce a new event: A Multi-Generational Team Fishing Derby. Craig Fuller with Roswell Area Parks & Recreation has challenged Roswell Rotarians to launch our first derby! Once checked in, each team will make their own Bamboo Fishing Rod and proceed to the lake! Adults get a "coupon" for a free Gate City beer and Blessed Family cocktail. Youth will get a Junior Tackle Box and their bamboo fishing rod. There will also be an opportunity to earn tickets while fishing which can be spent at the Tackle Shop, where participants can trade tickets for fishing line, bobbers, weights, a pen knife or tweezers, hooks, etc.

Important Information:

SERVICE

10/1	Lafayette McKinney, III (23)
	30 years in Rotary
10/4	Shields Blankenship, III

(2) 8 years in Rotary

10/6 Chuck Savage (8) 16 years in Rotary

10/7 Jim Coyle, Jr. (15)

10/7 Matthew Millard (15)

10/9 Bill Kolbrener (0)

10/9 Shannon Harrison (0)

10/9 Aaron Farrant (0)

10/10 Mike McRay (22)

10/11 Darrell Bartlett (5)

10/11 Ted Lescher, Jr. (5) 11 years in Rotary

10/11 William Lindsey (5)

10/12 Tom Rowsey (18) 20 years in Rotary

10/13 Jennifer Briggs (13)

10/16 Lou Tabickman (16)

10/18 William Brown, Esq. (1)

10/18 John Gordon (1)

10/18 William McFarlin (1)

10/18 Taylor Schmidt (1)

10/19 Kurt Hilbert (7) 7 years in Rotary

10/23 Steve Stroud (38)

10/28 Ryan Gehricke (3)

10/29 Hal Coleman (26)

FAMILY OF ROTARY

Our membership cares deeply about the needs and concerns of our members. We don't want to miss an opportunity to reach out in friendship when such concerns arise. The chairperson of this committee is Lynne Lindsey and all news should be directed to her at lynnehlindsay@outlook.com

- Catch & Release
- No Fishing License Required
- What you may catch in the pond: Bass, Brim, Catfish, turtles, litter, etc.

Where: Between the Visual Arts Building and the Lake on the Roswell Area Park Campus

Sign-Up: https://www.signupgenius.com/go/10C0F49ADAC29ABFAC43-51349028-multi **Fishing Teams:** Ideally, a fishing team will have at least 3 members from at least 2 generations... parent-age/child, grandparent-age/child & child, etc. However, if you want to participate without a team, please sign up! There will be youth who need adults and adults who need youth for their teams. RRC, Jim Savage will break the ice and form teams.

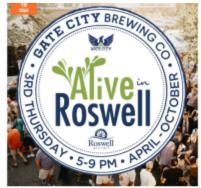
Volunteer: In addition to the Derby's amazing committee made up of Priya Crumpton, Becky Nelson, Jim Savage, Mary Trapp, and Craig Fuller - 2 additional amazing committee members are needed.

Jim is looking for 5 strikingly adept volunteers to help in the Bamboo Rod-making area.

More Info: Contact Jim Savage |BSavages6@gmail.com

This Thursday Oct. 17

Last Alive in Roswell of the Year!



Alive in Roswell Oct. 17
5pm Hagan Center
Booth Sponsor:





Questions? Contact Becky Nelson

Friday Oct. 18-Gate City-8 pm

Fight Polio Two Ways~ Movie Screening Oct. 18 or Corn Hole Oct. 22! Or BOTH

A Movie & Popcorn? So old school. Here's Something Better!

A Movie Screening at Gate City starring Bruce Peoples-Roswell Rotarian

PLUS a Chance to Punch Polio!!!



First the Movie Details:

This Friday 10/18 at 8:00, Gate City Brewing Company will be screening the movie, **Attack of the Meth Gator**, on their big outdoor screen. Attack of the Meth Gator is an explosive, action-packed thriller that brings chaos to the Florida swamps. When a drug shipment is accidentally consumed by an alligator, an unstoppable force of nature is unleashed, leaving terror in its wake. This film delivers high-octane suspense and adrenaline-fueled thrills. Roswell Rotary Club's very own **Bruce Peoples** has a leading role as Sheriff Williams. Bringing your own chair is encouraged to ensure you have a seat.

Click Here for more information

Click Here for quick movie trailer (and Bruce)

Polio Details for Oct. 18th

Attendees will have the opportunity to contribute to Rotary's END POLIO mission. More details to come but with *extreme* matching from the Gates Foundation, your contribution can make a true difference in giving this disease the knock-out punch. More info to come.





Corn Hole for Polio Oct. 22-Lucky's

Polio details for Oct. 22 Cornhole

5:30pm - 8pm

Sponsor a Team!

CLICK HERE to register your team!

Save the Date!

Gary Garrett Farm Day

Gary Garrett's Farm Day

When: Sunday, October 27, 1:00 pm - 5:00 pm Where: 737 Yellow Creek Rd. Ball Ground GA 30107

What: ATV's, fab food, grilling, porch swings, trails, kid's activities, FUN!!!!

SIGN UP here for event

How Can I Help with the Disaster Recovery Effort?



To Donate: **CLICK HERE**

For news on projects as they are organized: CLICK HERE

There is an effort being organized for Oct. 30 - Nov. 4. So far we have heard they need people with trailers. And who have their own resources-food, water, place to sleep. It's a true disaster area at this point in the recovery.

Adopt a Platoon Needs Your Donations NOW



Adopt a Platoon

QR code for Amazon Wish List

Deadline Oct. 31

Click Link to Order

Roswell Rotary Magical Energy Bunny RRC Scarecrow on Canton St.



Yes, random folks taking their picture with the bunny on Canton Street! How cool! Roswell Rotary has entered this bunny scarecrow in the **Boo Ya'll Competition on Canton Street.** Our entry is displayed on pole #9 which is in front of the Hagan Center where we meet for Alive in Roswell each month. We need for you to VOTE for our entry! All proceeds will benefit education and non-profits in North Fulton. And thanks to Chris Webb who built the scarecrow. Voting has begun and ends Oct. 29. Use the QR code or link and VOTE. Only \$1 per vote. Our entry is named Roswell Rotary Magical Energy Bunny because that's what we see in our club! Magical Energy!!!!

https://www.roswellwomansclub.org/cart/



Be Sure to Vote
Early Voting Has Begun



CLICK HERE for list of early polling places in Fulton County

Nov 7th Meeting Chatt Nature Center

Don't Forget Nov 7th Meeting is On the Road



Nov 7th Meeting Location Chattahoochee Nature Center

Special Service Project Meeting with Dist Gov. Gordon Owens

Save the Date NOW!

Roswell Rotary After Holiday Party



Please join us and all of your Roswell Rotarian friends for an *after* the Holidays Celebration.
January 11th 2025
Doubletree by Hilton 1075 Holcomb Bridge Rd., Roswell, GA 30076
6:00 pm - 11:00 pm
Add To Calendar

October

Economic & Community Development Month



Your body is asking for this

Yech. Why is Tofu served for lunch?

How did you get so far in life with doing or trying something different? In business and family. Most of weren't born into Rotary; we had to try it out.

Typical objections are texture and lack of taste. Lack of taste is easy: Juan and crew put a flavorful sauce on it...or you can eat it with any other more flavorful food on your plate -- including any salad item/dressing.

For texture, give Juan's crew's effort a chance. It is firm yet soft. Ready to be partnered

with nearly anything else on your plate.

Why? We all have an increased need for **protein** as we age (more fried chicken....or, you guessed it, tofu) because:

- During Recovery from Illness or Surgery, the body needs more protein to repair tissues and support the immune system.
- Physical Training and Muscle Building, require more protein to repair and build muscle tissue, support recovery, and enhance performance.
- Adult 65+ become less efficient at using protein, and muscle mass naturally decreases (a condition known as sarcopenia). To counteract this, higher protein intake can help preserve muscle mass, support bone health, and reduce the risk of frailty.

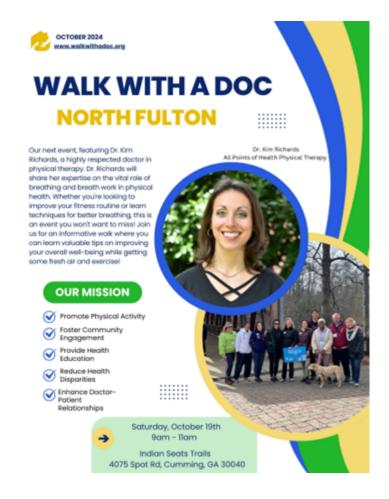


Tofu, a popular plant-based protein made from soybeans, offers several health benefits

- Rich Source of Protein
- Low in Calories and Fat....and cholesterol-free
- Rich in Nutrients such as calcium, iron, magnesium, and phosphorus.
- Contains Antioxidants: Tofu contains antioxidants, which can help reduce inflammation and protect against chronic diseases like cancer and heart disease.
- Supports Blood Sugar Control
- May Support Hormonal Balance

Think again. Eat more protein.

Sat, 10/19 at 9:00am: Your body is asking for this "Breathing Better" is subject of Walk with a Doc



[read more]

Coming Up at RRC

Save the Date: Making Roswell Rotary's Magic

Happen



Mary Trapp Service Projects Chair



Michael Curling Social Chair

RUMC Job Fair & Networking October 22, 28 & November 11 & 25 Add To Calendar

Punch Polio & Movie Screening

8pm Gate City

Multi-Generational Team Fishing Derby
Saturday, October 19, 8:30 am - 11:00 am
Between the Visual Arts Building and the Lake on the Roswell Area Park Campus
Sign-Up: https://www.signupgenius.com/go/10C0F49ADAC29ABFAC43-51349028-multi
Add To Calendar

Cornhole for Polio

Oct. 22 Lucky's 5:30pm - 8pm

Rotary Means Business October 22, 6:00 pm - 8:00 pm Politan Row Add To Calendar

World Polio Day - Cornhole Tournament fundraiser Thursday, October 24 More information soon

Farm Day

Sunday, October 27, 1:00 pm - 5:00 pm Add To Calendar

Build a Playhouse with Roswell HS Students

December 16 -Add To Calendar

November Hump Day Date at Coastal More information soon

Cottage School Sensory Garden (coordinated with Chattahoochee Nature Center)
More information soon

Rotary "After Holiday" Party
January 11, 6:00 pm - 11:00 pm
Doubletree by Hilton 1075 Holcomb Bridge Rd.
Add To Calendar