Roswell Rotary Club

Rotascope

JANUARY 16, 2024

Speaker 2016 Roswell Rotarian of the Year: Debbie Cwalina

Be the Voice



Debbie is the owner and founder of Creative Corporate Ideas Inc., a certified Woman-Owned Business (WBE). She started her company in 1993 and has received recognition as a top woman-owned small business in Georgia. In the Fall of 2014, looking for a place to make a difference, Debbie joined the Roswell Rotary Club. Inspired by the many programs that Roswell Rotary supports throughout the community, she proposed an idea to President Lou Tabickman that would empower students to support their peers when facing bullying. And the rest was game-changing history.

Shortly thereafter, she teamed up with Michael Schoppenhorst and with the encouragement of the Youth Services Chair, Becky Stone and through the support of incoming 2015-16 RRC President Jim Coyle, Debbie and Michael developed the concept for the **Be THE Voice** Campaign (BTV). Since then, BTV has grown statewide due to the popularity of its peer-driven approach, inspiring students to "do what is *right*, not what is *easy*;" a skill set that will last a lifetime as our young people enter the workforce and become industry and community leaders who can work together without bias. What a beautiful world it will be!

Goal 60 donors

Blood Drive Testimony-Jan 31 Blood Drive

Why I give blood...

Last summer, a dear friend, David Burkett, lost his battle with lymphoma and leukemia at age 65. Although his daughter was a perfect match for a stem cell

MEETINGS

January is Vocational Service Month

1/18	Be THE Voice - Debbie Cwalina
1/25	Mariziyeh Amirizadeh - From Iran to the US
2/1	Skipper Hoke / Football Leadership
2/1	Tony Barnhart
2/8	Lunches 4 Learning - Phil Dodson
2/15	Celia Cortes - GAI Cares
2/22	Ted Jenkin
2/29	Leadership 20/20 : Mr C.J.Stewart, co-founder and lead visionary of LEAD Ambassador

EVENTS

1/20	Walk with a Doc
1/23	Rotary Means Business (district networking event)
1/31	Blood Drive for Jan
2/3	Polar Bear Plunge-Wills Park Pool
2/7	Hump Day at Gate City Artillery Room
2/15	Roswell High School Career Day
2/17	Walk with a Doc February
3/1	Roswell Rotary Reads

LEADERSHIP

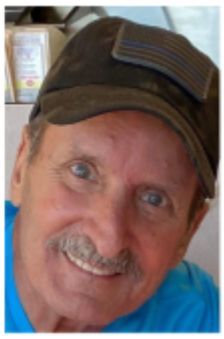
President	Alex Kaufman
President-Elect	Nancy Alterman
Treasurer	Leslie Bassett
Secretary	Trummie Patrick, III
Public Image	Becky Nelson
Membership	Bob Clarkson

ROTARY CLUB OF

transplant, the cancer had advanced too far and he was never healthy enough to to undergo the procedure. This is a note from his widow. Barbara Burkett, about what blood donations did for her family:

"If you only knew how much blood and platelets he received in the 15 months he lived with MDS and Leukemia. On average 2-3 times a week just to keep him alive and sometimes more when receiving chemo or in the hospital. Those extra months gave us the time we needed to prepare for life without him and make sure he had no regrets. In best case scenarios, he would have received the transplant and been healed. But that blood gave him time to prepare. I can't thank the donors enough." Barbara Burkett







We are hoping for 60 donors on Jan. 31. To date we have 19 donors registered. Please sign up today or encourage a friend, neighbor or relative to give. We need 41 more to make our goal. 60 pints could save 180 lives!

And a chance to win **Super Bowl tickets!**

After Hours Hosts First Meeting of the Year Tonight!

Mindful Eating with Sarah Ganka

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/

SOCIAL MEDIA

BIRTHDAYS

1/17	Jackie Jordan
1/17	Alicia Hughes
1/20	Evan Coyle
1/21	Gary Garrett
1/23	Kurt Hilbert
1/24	William Noethling
1/24	Dr. Kay Howell
1/25	David Bourne
1/26	Courtney Lott
1/28	Priya Crumpton
1/30	William May
1/31	Blake Turner
1/31	John Reddick
2/3	Chris Patterson
2/6	FJ Levy II
2/9	Angela Freeman
2/10	Richard Meer

YEARS OF SERVICE

1/19	Susan Rumble (13)
1/23	Jack Stephens (38)
1/24	Andy Williams (5) 12 years in Rotary
1/30	Mindy Jones (27)
1/31	Allen Dalton (39)

2/1	David Bourne (51)
2/2	Lee Dodson (10) 46 years in Rotary
2/8	Dutch Earle (17) 26 years in Rotary
2/11	Alex Kaufman (14)
2/11	Langdon Hollingsworth (3)



In the bustle of modern culture and amidst a food landscape saturated with an abundance of highly processed foods, eating nutrient-dense meals in a mindful way feels like a lost art. Join Sarah Ganka, registered Dietitian for STAT Wellness, as she discusses some of the basics of more mindful eating. This workshop will give you practical tools to hone in on your health by paying attention to how you're fueling your body. See you on tonight at 6:30 p.m. at The Artillery Room @ Gate City to kick off the year with a bang!

Sat, Jan 20 at 9:00am: Your body is asking for this

Safe Haven Fitness owner / CNN Wellness Contributor Max Nazaire shares more things you can do at home to keep you moving pain free.



Safe Haven Fitness owner and CNN Wellness Contributor Max Nazaire shares more things you can do at home to keep you moving pain free. After his 10 minute talk, he and several doctors join our community for walk so that you can walk with

professionals that want to keep you moving happily.There is no bad weather; just bad clothing. Seriously, we'll be walking, anticipating that we'll be wearing gloves/mittens and warm shoes.

LOCATION: Leta Thompson Park, 1200 Woodstock Rd, Roswell, GA 30075

Meet at the gazebo / small parking lot; overflow parking is about 100 yards to the East. Dog-friendly; 2 and 3 mile walks with short hills
Trail map & details:

For more info, please connect with Betty Price and Hal Schlenger

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Rotary Last Week


CREATE HOPE
in the WORLD









