

## President Nancy's Message

### First Responders Cookout



### Remembering 9/11 and Honoring Our First Responders

As we reflect on the events of 9/11, we are reminded of the courage and sacrifice of our first responders. To honor their service, Roswell Rotary started the First Responder Drive-Through BBQ, an initiative launched by Past President Lynne during the height of COVID-19.

This tradition has become a cherished way for our club to show gratitude to those who tirelessly protect and serve our community. Let's continue to remember, honor, and support our first responders, not just on this solemn day, but every day.

Thanks to the Interact Club volunteers from Blessed Trinity, Centennial, and Roswell High School. And special thanks to Jack Wyche, Gene Beckham and Dave Young for heading this project up and being the grill masters.

### Thank You to Our Amazing Rotarians for a Fantastic Tournament!

A heartfelt thank you to all the Rotarians who sponsored, played, and worked at this year's tournament! We were blessed with beautiful weather and a wonderful day filled with friendly competition, laughter, and community spirit.

## MEETINGS

September is Basic Education and Literacy Month

- 9/19 Sandy Weaver - Mental focus, motivational speaker
- 9/26 Sophia Crawford - Stunt Actor
- 10/3 Interact Kick Off Meeting / Youth Day Parade / Youth Ambassadors
- 10/10 Tony Sibert - Cyber Security
- 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

- 9/21 Roswell Art Festival
- 9/23 RUMC Job Networking
- 9/25 "Pint for a Pint" blood drive
- 9/28 Community Clothing Giveaway @ Groveway Community Group, Inc
- 10/14 RUMC Job Networking
- 10/16 Meals on Wheels Deliver
- 10/18 Meals on Wheels needs you!

Your dedication and hard work made the event not only a success but also a joyful occasion for everyone involved. Whether you were out on the course swinging clubs, coordinating logistics, or cheering players on, your contributions truly made a difference.

Together, we enjoyed a fun-filled day while raising funds for our ongoing service projects. A special thanks to our many volunteers and especially to Joe Mazzeo, Mindy Jones, Rich Austin, Michael Curling, Bob Clarkson, Jerry Orlans, Ryan Gehrlicke, Karen Schwank, and more whose steady leadership and "do what it takes" attitude made the event so smooth and enjoyable for everyone. Thank you for embodying the Rotary spirit and making this event one to remember!

**This Week's Speaker Sandy Weaver:  
Harnessing the Power of Positive  
Psychology**

This week, Roswell Rotary has the pleasure of welcoming an inspiring speaker who delved into the transformative world of positive psychology. As a professional dedicated to helping individuals and teams create a happier, more successful life and workplace environment, her insights will be invaluable. Join us for a fun and enlightening talk

Nancy Alterman  
Roswell Rotary President 2024-25  
Service Above Self

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**Speaker: Sandy Weaver on Power of Positivity**



**Sandy Weaver**

**Speaker**

***Let's Get Positive***

Very excited about our speaker this week! In a

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

**LEADERSHIP**

President	Nancy Alterman
President-Elect	Trummie Patrick, III
Treasurer	Katie Anderson
Secretary	Leslie Bassett
Public Image	Kathryn Igou

**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/>

**SOCIAL MEDIA**



**BIRTHDAYS**

9/17	Shannon Harrison
9/17	Mike Agurkis
9/20	Jeff Bridges
9/22	Lorraine Head
9/23	Drayton Robertson
9/24	Chris Archer
9/25	Cathy Pope
9/27	Dave McCleary
9/30	Shahid Khan
9/30	Trummie Patrick
10/1	Ralph Rowland

world where change and uncertainty can zap the energy out of our spirits, Sandy is going to enlighten us on the huge power of positivity. We can all use more positivity in our lives and we know the room will be filled for her presentation. Bring someone who might be interested in Roswell Rotary membership. Great meeting to show the positive energy of our club!

**RRAH - Next Meeting is Today, September 17th!**



Please welcome Ryan Stringfield as our guest speaker for our upcoming meeting tonight, September 17th. Ryan is an Executive Director at Pathways2Life and has over 15 years of experience in prevention and early intervention, with his personal recovery journey driving his passion for supporting youth and young adults. As a CADC and cP, Ryan provides visionary leadership for the organization, overseeing program development, fundraising, and strategic partnerships. Pathways2Life aims to create a growth-oriented system of care, helping students, families, schools, and communities. Under Ryan's leadership, the organization has made a significant impact across Metro Atlanta by providing early intervention and prevention services to at-risk youth. Ryan will speak to us

10/2	Cheryl Greenway
10/2	Sandy Buhler
10/4	Ron Cowan
10/4	Lucy Hall
10/7	Lynne Lindsay
10/10	Jeffrey Meyers
10/11	Michael Brown
10/12	SaraBeth Huntley
10/13	Peter Collaros
10/15	Tori Nielsen

**YEARS OF SERVICE**

9/18	Debbie Cwalina (10)
9/18	Brian Hansford (10) 12 years in Rotary
9/24	Tod Baker (9)
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)
10/10	Mike McRay (22)
10/11	Darrell Bartlett (5)
10/11	William Lindsey (5)
10/11	Theodore Lescher, Jr. (5) 11 years in Rotary
10/13	Jennifer Briggs (13)

about the story of Pathways2Life and how the organization is transforming lives. His dedication to serving the community has made him a key figure in the region's efforts to support mental health and wellness.

Our meeting will be held at 6:30 PM. The location is to be determined due to scheduling conflicts. Roswell Rotary members can reach out to Brooke Foxman at (770) 769-7810 if you are interested in attending for location information. Location will be posted in the GroupMe for RRAH members. We hope to see you all there!

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### **Women in Rotary Meet September 18**



Women in Rotary is a group of women Rotarians and wives of Rotarians that get together once per quarter for social interaction, business interaction, and to get to know each other better. The first Women of Rotary will be held on Wednesday, September 18th, from 5:30 - 7:30 pm at the Hotel Avalon. Light refreshments will be provided and women buy their drinks. Men, please pass this information on to your wives and invite them. Sign up with this link <https://www.signupgenius.com/go/70A0A44A5A823A1FF2-51014017-women>



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Saturday, Sept.21

**Rivers Alive Cleanup**



A fall river cleanup is scheduled for Saturday, Sept. 21.

Where: Riverside Park

To volunteer, contact Mary Trapp 770-645-1320

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**Moonlight & Martinis**

SEPTEMBER 20, 2024 + 7:00 PM

# MOONLIGHT and Martinis



Friends of Bulloch is a 501(c)(3) nonprofit and funds raised from this event go to the preservation of historic Bulloch Hall, home of Mittie Bulloch, mother of President Theodore Roosevelt.

- + **Friends of Bulloch, Inc.** invites you to enjoy the **Harvest Moon** while sipping a martini and listening to the sounds of **Jazz by Two** on the beautiful grounds of Bulloch Hall at **7:00pm** on **Friday, September 20th, 2024**.
  - + The Osage Room will host local artists and their paintings and other artwork. A chance to **win a gift basket** from the Bulloch Hall Gift Shoppe.
  - + We will celebrate the completion of the entrance to **Orchard Hill** and recognize the dedicated individuals who contributed to this long-term Friends of Bulloch project.
  - + The Blacksmith Shop will be the place to find appetizers and other munchies.
  - + Reservations are \$65 per person and include two drink tickets (*additional drink tickets are \$10*).
- + Rain or shine.
- + For more information & reservations, visit [www.friendsofbulloch.org](http://www.friendsofbulloch.org).  
Please call (770) 317-7806 with questions.

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**You've Got Lots to Offer! Choose Service that Fits You Best**



**ROTARY**  
SERVICE Above Self

- **RUMC** holds several job fairs per month. With your business expertise, you could make a great mentor - even if just for one night. Go to [rumcjobnetworking.com](http://rumcjobnetworking.com) or ask Mary Trapp for more information.
- **Meals on Wheels** brings meals and a smiling face to homebound seniors. Can you spare an hour one or two days a week? Contact Mary Trapp: [marytrapp@kw.com](mailto:marytrapp@kw.com)
- Know a group who probably has a bunch of **old sneakers** in their closets? Coordinate a Recycle Sneaker drop off / pick up location with Same Lane: [sam@jarvistreeexperts.com](mailto:sam@jarvistreeexperts.com)
- **Youth Services** - So much going on... it's too much to list. Contact Becky [susbeck6061@gmail.com](mailto:susbeck6061@gmail.com)
- **Fall Events** - There are dozens of ways to help out in the months to come before the new year, and to earn the coveted Energizer Bunny Service T-shirt. Contact Mary Trapp for details.

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Sat, 9/21 at 9:00am: Your body is asking for this

**"Nature Bathing" is Subject of Walk with a Doc**



# Walk with a Doc

## North Fulton

SEPTEMBER 2024



### Nancy Lovejoy

HEALTHY LIFESTYLE CONSULTANT

Learn practical tips on making healthier food choices and how to fuel your body optimally with simple, healthy food swaps. This event is a great opportunity to get moving while gaining valuable nutrition advice. Walking alongside medical professionals, you'll also have the chance to ask questions and connect with others in your community. Don't miss out on this informative and health-focused experience!



Happy  
Hormones



Physician  
Education



Community



### OUR MISSION

- ✓ Promote Physical Activity
- ✓ Foster Community Engagement
- ✓ Provide Health Education
- ✓ Reduce Health Disparities
- ✓ Enhance Doctor-Patient Relationships



Leita Thompson Park

You are what you eat. Things to think about to be your healthiest you. Spoiler alert: It's not "don't eat...." Healthy Lifestyle consultant Nancy Lovejoy shares truly practical -- and tasty - foods and menus.

Location: Leita Thompson Park, 1200 Woodstock Rd, Roswell, GA 30075  
Meet at the gazebo / small parking lot; overflow parking is about 100 yards to the East.

Covered Bridge for a talk about Nature Bathing, the Japanese practice of immersing yourself in nature and using your senses to reconnect with it to relax and get energized. Some consider it preventative healthcare. For more information, contact Betty Price at [emcp@mindspring.com](mailto:emcp@mindspring.com) or Hal Schlenger [HSchlenger@GreatSouthBenefits.com](mailto:HSchlenger@GreatSouthBenefits.com)

Last Week at Roswell Rotary





