Roswell Rotary Club

Rotascope

OCTOBER 15, 2024

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

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)
11/14	Ted Basco - Visit Roswell - Businesses, Attractions, Venues
11/21	Cheryl Greenway - Rotary Foundation
12/5	Mayor Kurt Wilson - State of the City
12/12	David Cochran - Kbeam - RRC Presidential Project

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
10/22	3rd Annual World Polio Cornhole Tournament
10/27	Farm Day
10/28	RUMC Job Networking
10/31	Packing Party for Troop Care Packages

LEADERSHIP

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

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

State Senator John Albers

Speaker Thursday: 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

Roswell Park Lake - Saturday, October 19, 8:30 am – 11:00 am

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

10/15	Tori Nielsen
10/16	Natalie Cook
10/17	Geoff Smith
10/17	James Byrd
10/18	Allen Dalton
10/19	Jack Stephens
10/23	Mindy Jones
10/23	Jeff McCoy
10/23	Queen Brown
10/24	Tim Maurer
10/26	Katie Anderson
10/30	Bryan Turner
10/31	Anne Wilkinson
11/4	Michael Schoppenhorst
11/4	Sid Disher
11/6	Karen Schwank
11/6	James Rouse
11/6	Ashton Dapp
11/7	Walt Burnotes
11/7	Dave Hallman
11/9	William Brown
11/10	Lee Hollingsworth



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:

- 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 JBSavages6@gmail.com

YEARS OF SERVICE

10/16	Lou Tabickman (16)
10/18	Taylor Schmidt (1)
10/18	William McFarlin (1)
10/18	John Gordon (1)
10/18	William Brown (1)
10/19	Kurt Hilbert (7) 8 years in Rotary
10/23	Steve Stroud (38)
10/28	Ryan Gehricke (3)
10/29	Harold Coleman (26)
11/5	Tillie O'Neal-Kyles (3) 13 years in Rotary
11/5	Haniel Jones (3)
11/5	Bob Hagan (26) 31 years in Rotary
11/5	Charles Cameron (37)
11/7	Scott Moscow (11)
11/7	Mike Hampton (11)
11/8	Robert Fezza (17)
11/11	Nancy Alterman (14)

This Thursday Oct. 17

Last Alive in Roswell of the Year!





Alive in Roswell Oct. 17

5pm Hagan Center

Booth Sponsor:

Capital City Home Loans

Questions? Contact Becky Nelson

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

With Therapist, Aleks Rakita-Jeremic



There is a better way to breathe, and not loose your breath while going for a walk or more strenuous exercise or work. And it's easier to do than you think.

Location: Indian Seats, 4075 Spot Rd, Cumming, GA 30040. A beautiful mountain top vista that might take your breath away. ;-)

For more information, contact Betty Price at **emcp@mindspring.com** or Hal Schlenger **HSchlenger@GreatSouthBenefits.com**