

## 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

## Events

- 9/21 Roswell Art Festival
- 9/25 "Pint for a Pint" blood drive
- 10/27 Farm Day
- 6/26 Incoming President Lee Patrick Installation Party

### 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

### ROTARY CLUB OF

## 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.

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 Gehricke, 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

## 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

9/2	Mishel Miller
9/4	Terry Taylor
9/4	Roger Wise, Jr.
9/5	Bill Swank, II
9/6	Robert McIntyre
9/6	Rudy Lind
9/12	Alesia Booth
9/14	Carleton Ohly
9/14	Chuck Savage
9/14	Lynn Dunn
9/16	Scott Morchower
9/17	Mike Agurkis
9/17	John Webster
9/18	Kadijah Vickers
9/20	Jeff Bridges
9/22	Lorraine Head
9/23	Drayton Robertson
9/24	Chris Archer
9/26	Brooke Foxman
9/27	Dave McCleary
9/30	Anita Farley

## YEARS OF

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

## Speaker: Sandy Weaver on Power of Positivity



**Sandy Weaver**

**Speaker**

*Let's Get Positive*

Very excited about our speaker this week! In a 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!

**AFTER HOURS**

**MEET OUR SPEAKER**

**RYAN STRINGFIELD**

Please welcome our upcoming speaker Ryan at our next meeting on September 17th!

Location is to be determined

6:30 PM

## SERVICE

9/7 Sid Disher (15)  
9/8 Jeff Bridges (19)  
9/8 Karen Schwank (13)  
9/15 Ian Mari (3)  
9/15 Michael Thompson (3)  
9/18 Debbie Cwalina (10)  
9/18 Brian Hansford (10)  
12 years in Rotary  
9/24 Tod Baker (9)  
9/26 Patsy Wolff (33)

## 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 [lynnehilindsay@outlook.com](mailto:lynnehilindsay@outlook.com)

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 CADIC 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 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!

## 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>



**Make your appointment now**

## Sept. 25 Blood Drive

A vertical poster for a blood drive. The top half has a blue background with the title 'Blood Drive' in large white letters. Below the title, on the left, is the address 'Coastal Bar and Grill, 10930 Crabapple Rd, Unit B1302, Roswell, GA 30075'. To the right of the address is a QR code. The bottom half of the poster features a graphic of two hands holding a large red heart. The heart contains the date 'Wed. 09/25/2024' and the time '8:00 AM - 2:00 PM'. To the left of the heart, the text 'Get a Free Pint of Variant Beer' is written. At the bottom, there are four logos: 'Variant Brewing' (a circular logo with 'ROSWELL, GA' and 'EST. 2012'), 'Safe Haven Fitness' (a shield-shaped logo with 'Personal Training & Wellness Studio'), 'Coastal bar • grill • chill' (a logo with a sun icon), and the 'Rotary Club of Roswell' logo (featuring the Rotary wheel emblem).

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**Medical Equipment Project Kicks off in Sept!**

## Rotary District 6900



*North Fulton*

## Home Medical Equipment Collection Center

To **DONATE** Equipment  
Call 770-491-9014 ext.114

To **REQUEST** equipment  
Email [Rotary@fodac.org](mailto:Rotary@fodac.org)

Please  
donate gently  
used medical  
equipment



It's about to happen. This is a project that has been in the works for two years! It's a partnership begun by Roswell Rotary joining four Rotary Clubs (Roswell, Alpharetta, John's Creek, North Fulton) together to serve our shared community. This is the power of Rotary and the power of partnership.

A 40-foot container will be delivered to the American Legion Post 201 parking lot at 201 Wills Road, Alpharetta. This container will serve as a collection and distribution point for new and gently used medical equipment.

The Rotary Clubs of Roswell and Alpharetta and the American Legion Post 201 will manage the project along with the Rotary Clubs of Johns Creek and North Fulton. Other partners include Vision Warriors and the VFW (Veterans of Foreign Wars). Donations can be dropped off at the container while some pickups in the area will be coordinated. High demand items will be sanitized and redistributed locally by distribution partners to clinics, hospitals, and other healthcare workers. Equipment requiring further repair or not immediately needed will be stored for FODAC to collect. This initiative aims to address the environmental impact of medical waste and the growing demand for affordable medical equipment in Georgia. According to a 2018 CDC study, over 2 million Georgia residents live with disabilities that limit their mobility or daily functioning.

FODAC's DME program repairs, refurbishes, and reissues donated equipment such as wheelchairs, scooters, patient lifts, and hospital beds for a minimal one-time registration fee of \$25. The organization annually provides around 8,000 items to 3,000-4,000 clients.

The new Alpharetta collection site is part of FODAC's strategy to increase its annual collection and refurbishment from 10,000 to 14,000 items to meet growing demand.

Community members are encouraged to donate gently used medical equipment at the new collection site. For more information contact Jonathan Crooks [jonathancrooks@bellsouth.net](mailto:jonathancrooks@bellsouth.net)

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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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**Oct. 19**

## **Multigenerational Fishing Derby**



Excited to launch a new Multi-Generational Team Fishing Derby to our calendar. Craig Fuller with the Roswell Area Parks & Rec invited several Roswell Rotarian leaders to see what we can create together, and this is our first launch!

**What:** Multi-Generation Team Fishing Derby

Catch & Release

No Fishing License Required

What you may catch in the pond: Bass, Brim, Catfish, turtles, litter, etc.

**When:** Saturday, Oct 19th from 8:30 a.m. – 11:00 a.m.

**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>

Ideally a fishing team will be at least 3 members from at least 2 generations... parent-age/child, grandparent-age/child & child, etc. BUT, if you want to participate without a

team, sign-up! We will have youth who need adults, and we will have adults who can fish with youth! RRC Jim Savage will be introducing folks to each other to form teams. Once checked-in, each team will be directed to go make their own Bamboo Fishing Rod and then onto the lake! Each adult will leave with a "coupon" for a free Gate City beer and Blessed Family cocktail. Each youth will leave the Derby with a Jr Tacklebox and their bamboo fishing rod. There will also be the opportunity to earn tickets while fishing to be spent at the Tackle Shop! They will be able to trade tickets for fishing line, bobbers, weights, a pin knife or tweezers, hooks, etc.

#### INVITATIONS:

1) We would like at least 2 more committee members to join us: Priya Crumpton, Becky Nelson, Jim Savage, Mary Trapp + Craig Fuller.

2) Jim will need at least 5 volunteers for the Bamboo Rod Making area

More questions: Ask one of us!

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## Moonlight & Martinis

The poster for the "Moonlight and Martinis" event features a dark blue background with a large, detailed image of a full moon in the upper left corner. The title "MOONLIGHT and Martinis" is written in a mix of serif and script fonts, with "MOONLIGHT" in all caps and "and Martinis" in a cursive script. Below the title is a photograph of a martini glass with a green olive, a white magnolia flower, and a brass instrument (possibly a trumpet or trombone) lying on a surface. The event details are listed in white text on a dark blue background at the bottom.

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**



- **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



[\[read more\]](#)

**Coming Up at RRC**

**Save the Date: Making Roswell Rotary's Magic Happen**

## Save the Date



**Mary Trapp**  
**Service Projects Chair**



**Michael Curling**  
**Social Chair**

Women in Rotary

Thursday, September 19  
More information soon

Roswell Arts Festival  
Saturday & Sunday, September 21 & 22, 10:00 am - 5:00 pm each day

**Alive in Roswell** (continues in lieu of Hump Day)  
Thursday, September 19  
More information soon

### **Rivers Alive Chattahoochee River Cleanup**

Sept 21 Where: Riverside Park

To volunteer, contact Mary Trapp 770-645-1320

**Rotary Means Business**  
Tuesday, September 24, 6:00 pm - 8:00 pm  
[Add To Calendar](#)

### **Pint for a Pint Blood Drive**

September 25, 8:00 am - 2:00 pm  
Appointments can be made via  
<https://www.redcrossblood.org/give.html/drive-results?zipSponsor=roswellrotary>  
[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](#)

November Hump Day Date at Coastal  
More information soon

**The Multi-Generational Team Fishing Derby**  
Saturday, October 19, 8:30 am -11:00 am  
More information to come

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

## Last Week at Roswell Rotary





