

## 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 Brewing
- 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



**Bunny Shirt Recipients**

**Goal: Every Club Member!**



**After Hours Club  
Goal-23**



### **\*\*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](mailto: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 [JBSavages6@gmail.com](mailto:JBSavages6@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?**





## Help Rotarians Recover

Your donations will go to support Rotarian lead relief efforts in the hardest hit areas

### How can we help with supplies?

As Rotarians we want to spring into action, collect supplies and drive them to those in need ASAP. Instead, your donation allows us to procure pallets of supplies and add them to GEMA or FEMA tractor trailer loads of supplies headed to disaster areas from the FODAC warehouse.

### What will my donation go towards?

Here is an idea of some of the items your donation will allow us to get to those in need:

<b>\$10</b> Disposable Grill	<b>\$25</b> Paper Towels	<b>\$50</b> Baby Formula	<b>\$100</b> 15 Meal Kits
<b>\$250</b> Chainsaw	<b>\$500</b> Pallet of Water	<b>\$750</b> Generator	<b>\$1000</b> Supply Delivery

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**

**Meeting  
Road Trip**



**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**

# WALK WITH A DOC

## NORTH FULTON

Our next event, featuring Dr. Kim Richards, a highly respected doctor in physical therapy. Dr. Richards will share her expertise on the vital role of breathing and breath work in physical health. Whether you're looking to improve your fitness routine or learn techniques for better breathing, this is an event you won't want to miss! Join us for an informative walk where you can learn valuable tips on improving your overall well-being while getting some fresh air and exercise!

Dr. Kim Richards  
All Points of Health Physical Therapy



### OUR MISSION

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



Saturday, October 19th  
9am - 11am

Indian Seats Trails  
4075 Spot Rd, Cumming, GA 30040

[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**

### **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](#)