

## THE FIVE AVENUES OF SERVICE

### CLUB SERVICE

**President – Keith Funderburk**

**President Elect – Mitch Simmons**

District Conference – Mitch Simmons  
Golf Tournament Committee – Kim Gresh, Jim Boone & Jim Bunda  
Independence Day Parade – Lynn Lanier

**Immediate Past President – Jim Bunda**

**Youth Protection Officer- Jim Bunda**

**Secretary – Amy Erskine**

Special Events & Member Socials – Amy Erskine

**Treasurer – Chad Pendley**

Golf Tournament Accounting – Chad Pendley

**Membership Director – Adam Rozen**

Membership Committee – Jim Boone  
New Members Relations & Mentoring– Ben Frye & Adam Rozen  
Membership Fellowship & Socials– Ben Frye & K.C. Kadow  
Club Trainer – Sally Platt

**Club Administration Director – Wes Smith**

Club Bulletins – David Beam & Pat McBride  
Family of Rotary – Sally Platt  
Photography – Bennett Frye  
Programs – Bill White  
Sergeant at Arms – Larry Landes

**Public Relations Director – Chris Stokes**

Facebook –  
Instagram- Jim Bunda  
LinkedIn –  
Local Media -  
Website – Bill White

### COMMUNITY SERVICE

**Director – Rene Lanier**

Bring One for the Chipper – Lynn Lanier  
British Car Show – Rosemary Martin  
CART – Bob Thomas  
Center for Children & Young Adults – Mark Bigelow  
Cobb Christmas – Larry Landes  
Cobb Diaper Day – Johnny Fulmer  
Extension, Women's – Kay Anderson  
Extension, Men's – Jim Boone  
Human Trafficking Awareness & S.O.A.P. – Tim Bailey  
Literacy, Reading/Emily Lembeck Center – John Elliott & David Hunter  
Literacy, SOUNDS -  
Marietta City Parks – K.C. Kadow  
Mentoring for Leadership at MHS – Buck Buchanan  
Polio Awareness – Chandler Vreeland  
Serving Seniors, Elder Abuse – Bob Harper  
Serving Seniors, Senior Santa, Etc. – John Brookes  
Teen Suicide Prevention – Sally Platt  
Veterans Affairs – Randy Cook

### VOCATIONAL SERVICE

**Chair – Jason Marbutt**

Business Networking Directory – Jim Mosman  
Ethics and Four Way Test – Leon Benefield  
Employer – Employee Relations – Roger Rozen  
Hometown Heroes – Robert Donovan  
Literacy Projects – Josh Wilkins

### YOUTH SERVICE

**Chair – Charles Lassiter**

RCMM Carithers Free Enterprise Scholarship – Sally Platt  
Carithers Weekly Raffle – David Beam  
Scholarship Student Host Family – Sherry Hoyer  
Laws of Life Committee Chair – Tim Bailey  
Lassiter Interact / RYLA – Daniel Owen  
Marietta Interact / RYLA – Jim Bunda  
Pope Interact / RYLA – Charles Lassiter  
KSU Rotaract – Jim Mosman

### INTERNATIONAL SERVICE

**Director – Buck Buchanan**

Committee Member – Leon Benefield  
Committee Member – Randy Cook  
Committee Member – Rene Lanier  
Committee Member – Sally Platt

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### Rotary Club of Marietta Metro Foundation, Board of Directors (2019-20):

President – Jim Bunda  
Immediate Past President – K.C. Kadow  
Secretary – Amy Erskine  
Treasurer – Chad Pendley  
Director – Dale Jones  
Director – Charles Lassiter  
Ex-Officio Director – Keith Funderburk

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### Online & Other Make-Up Opportunities

Online: <http://www.rotaryclubone.org>

In person: See "Club Finder" on home page at [www.rotary.org](http://www.rotary.org)

# Metroliner

[Rotary Club of Marietta Metro](#)

P.O. Box 293 Marietta, GA 30061

Monday at 12:00 noon

[Hilton Atlanta/Marietta Hotel & Conference Center](#)



President – [Keith Funderburk](#)

President Elect – [Mitch Simmons](#)

Past President – [Jim Bunda](#)

Secretary – [Amy Erskine](#)

Treasurer – [Chad Pendley](#)

Rotary International President – [Mark Maloney](#)

District Governor – [Jim Squire](#)

Assistant District Governor – [Mark Barbour](#)

[Rotary District 6900](#)

[Click HERE for District 6900 Calendar](#)



### July 22 Program



#### Mark Bigelow Post-Traumatic Stress Disorder

For every 100 people who experience a traumatic event, up to eight of them will go on to develop PTSD, a serious and severe form of panic disorder. The sufferer, when triggered, will experience PTSD symptoms, including a rapid, irrational, all-encompassing fight-or-flight response to the stimuli. The stimuli can be a place, smell, sound, or person that reminds them of the traumatic event.

While most who undergo a traumatic experience will not develop PTSD, there are several risk and resiliency factors that put some at a higher-risk or lower risk of developing this disruptive and debilitating mental health condition.

### Calendar of Events

<b>Jul</b>	<b>Leadership Changeover Month</b>
22	Mark Bigelow - PTSD
29	Brenda Erickson – SOUNDS

#### What Are PTSD Symptoms?

Symptoms are usually triggered by a place, sight, sound, smell, or individual who reminds the PTSD sufferer of the traumatic event.

- Flashbacks, or reliving the event. Can include physical symptoms such as sweating, rapid heart rate, and trouble breathing (fight-or-flight).
- Insomnia, bad dreams, or frightening thoughts
- Avoiding places, people, or things that are reminders of the trauma
- Feeling tense or on edge
- Exaggerated startle response
- Angry outbursts and irritability



### Important Annual Rotary Events

• Apr 30	District Conference – Jeckyll Island
• Jun 6	R.I. Conference – Honolulu, Hawaii

ROTARY INTERNATIONAL WEBSITE: WWW.ROTARY.ORG  
ROTARY DISTRICT WEBSITE: WWW.ROTARY6900.ORG

#### Birthdays

- July 22 – Bennett Frye
- July 24 – Sig Hoyer
- July 25 – Bob Thomas

#### Wedding Anniversaries

- July 24 – Adam & Brook Rozen

#### Years of Rotary Service

None

#### Duties for July 22

Raffle: K.C. Kadow  
Invocation: Kim Gresh

#### Duties for July 29

Raffle: Marc Kornfield  
Invocation: Mark Goddard

#### Duties for August 5

Raffle: Larry Landes  
Invocation: Johnny Fulmer

**July 15 Meeting  
Report by David Beam  
Photos by Bennett Frye**



**President Keith Funderburk** presided over the meeting.



**Past President Ted Hayes** conducted the invocation and led the club in the Pledge of Allegiance and Four Way Test.



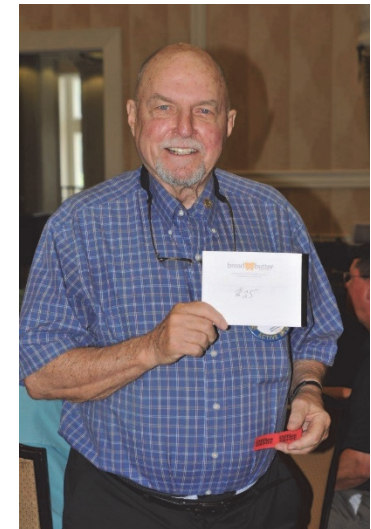
**President Keith Funderburk** selected the winning raffle tickets.



**David Hunter** and **Amy Erskine** greeted members and guests.



**David Hunter** introduced guests and visiting Rotarians while conducting the Carithers Scholarship raffle.



**Gordy Nichols** won a Bread & Butter gift card in the Carithers Scholarship raffle.



**John Erskine** won a Bread & Butter gift card in the Carithers Scholarship raffle.



**Past President Jim Bunda** presented **Past President Rene Lanier** with a distinguished service certificate.



**2019-20 Rotary Year Theme Banner**



**Amy Erskine** introduced her son **John** to the club.



**Past President Jim Bunda** presented **Lynn Lanier** with a distinguished service certificate.



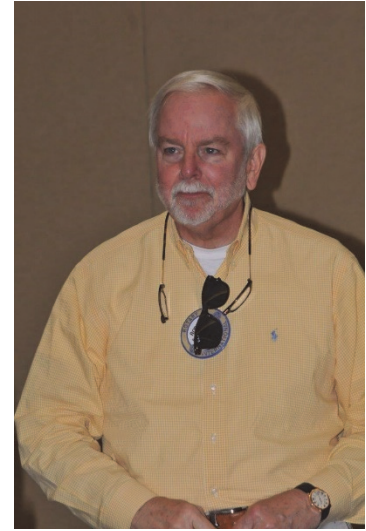
**President Keith Funderburk** gave sunshine for his recent family vacation.



**Past President Pat McBride** gave sunshine for the son of the Marietta County Club golf pro who won his first professional championship.



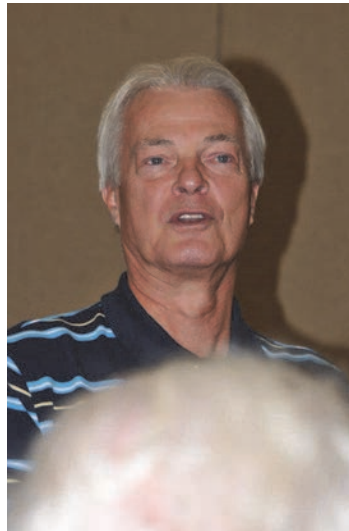
**Jason Marbutt** gave sunshine for winning his first televised trial



**Past President Robert Donovan** gave sunshine for turning 65.



**Past President Bill Callaway** gave sunshine for the club's support and stated he was glad to be back.



**Randy Cook** gave sunshine for the upcoming renovation of the Marietta Hilton.



**Past President Sally Platt** stated there was no Family of Rotary news to report.



**President Keith Funderburk** accepted a \$500 check on behalf of the club from **Past President Rosemary Martin** for the British Motorcar Show service project.



**President-elect Mitch Simmons** presented his goals for the year.



**Vocational Service Director Jason Marbutt** presented his goals for the year.



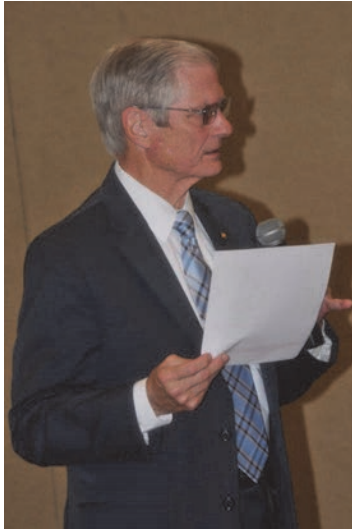
**Chandler Vreeland** received his blue membership badge.



**Secretary and President-elect Nominee Amy Erskine** presented her goals for the year.



**International Service/Foundation Director Buck Buchanan** presented his goals for the year.



**Youth Service Director Charles Lassiter** presented his goals for the year.



**Membership Director Adam Rozen** presented his goals for the year.



**Community Service Director Rene Lanier** presented her goals for the year.

