Roswell Rotary Club

Rotascope

JULY 30, 2024

Message from the President

Embracing Holistic Healing: Meet Kai, Barrington, and Pie!



So exciting! I cannot thank each one of you enough to have an overwhelming first service project in the books. But let me also thank some of our board members who trusted me to mimic the Hollywood Squares show to educate the attendees about the different areas of focus for the year while wearing our frames. We hope you learned not only a little about our board but also how you can be a part! If you have questions or interest in a particular area, reach out to me or the person in the seat! Now… let me do a SHOUT OUT to the folks for the total club effort for the HHH Back to School Backpack Service Project. Over $3,000 in supplies were donated by the Club Members and greater community… over 20 of us stayed and helped pack them all in 30 minutes, clean up the gym in good citizenship fashion and load them into Rabbi Alex's car. Thank you to Temple Beth Tikvah for embracing this project and being a temporary storage facility. AND… 28 members who now earned their Service shirts with this project and now totaling 33 service shirts earned!! This proclaims our Year of **Energizer Bunny Service** has officially begun… Could not be more proud.

At our next Rotary meeting, we will explore the benefits of holistic medicine, a complementary approach that considers the whole person—mind, body, and spirit—in the pursuit of optimal health and wellness. Holistic practices often integrate traditional and alternative therapies, emphasizing prevention and the

MEETINGS

July is Maternal and Child Health Month

8/1	Holistic Medicine with Victoria Webster
8/8	Private Investigator Norma Tillman
8/15	Artificial Intelligence with Dave Bernard
8/22	Karim Godamunne - Medical Patient Advocacy
8/29	Golf Program
9/5	Roswell Communications + 911 Tour after
9/12	No Meeting at Roswell Rotary
9/19	Sandy Weaver - Mental focus, motivational speaker

EVENTS

8/1	Golf and Tennis Committee Meeting
8/7	Tennis Clinic
8/8	Golf and Tennis Committee Meeting
8/15	Golf and Tennis Committee Meeting
8/17	Walk with a Doc
8/22	Golf and Tennis Committee Meeting
8/22	Youth Services Committee
8/25	Drake House Ice Cream Crankin

LEADERSHIP

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

connection between physical health and overall well-being. Read more about Dr Webster below. BUT... We are also excited to introduce you to some very special guests: Chai and Barrington, our therapy dogs, and Pie, the therapy llama! These gentle animals play a crucial role in holistic healing, providing comfort and emotional support to those in need. Interacting with therapy animals can lower stress, reduce anxiety, and foster a sense of calm and happiness. Join us for an enlightening discussion on holistic health and the opportunity to meet these amazing therapy animals. Their presence will surely bring joy and tranquility, reminding us all of the healing power of love and companionship. Don't miss this heartwarming experience!

Victoria Webster, D.C., to Speak on Natural Health Care



Dr. Victoria Webster started her health journey when she was just ten years old: her father had his first heart attack. He was 33. He had three more heart attacks in the next seven years. The family was devastated and confused. The family started getting regular Chiropractic care. She remembers her father rubbing his left arm and chest many times. But when he went to the Chiropractor, the pains would stop. Watching all the miracles at the Chiropractor's office over the next several years set the course for her passion for helping others naturally, including ways of cooking heart-healthy food for her family.

She attended Life University in Marietta where she earned her DC as well as meeting and marrying Rotarian Dr. John Webster in 1984. In 41 years, Dr. Victoria has sought out many ways to keep her family and patients vibrating with abundant good health. She shares knowledge about how individuals can take responsibility for improving their own lives. Dr. Victoria recently opened a new practice specializing in healing neuropathy by regenerating blood vessels and nerves, and treating knees, shoulders, and hips with therapy and decompression. Today she is here to share with us some practical tips on how we

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

8/2	Gene Beckham
8/3	Martha Spencer
8/3	Mike Ivkovich
8/4	Vanessa Snyder
8/4	Ryan Williams
8/5	Charles Cameron
8/7	Ryan Gehricke
8/8	Jay Pittroff
8/9	Jennifer Briggs
8/10	Kathryn Igou
8/12	Richard Dreger
8/13	Mike Mizell
8/13	Ross Patton
8/13	Lori Allen
8/15	Dr. Betty Price
8/17	Jacque Digieso
8/18	John Albers
8/19	Susan Rumble
8/20	Debbie Cwalina
8/22	Becki Campolito
8/22	Matthew Wheeler
8/26	Grant Miller
8/27	Lori Kirn

can improve our health and well-being.

Joe Mazzeo Heads Up Golf and Tennis Tournament for 2024



Have you made your commitment to the 2024 Golf & Tennis Tournament?

CLICK HERE for Video

☐ Volunteer

☐ Sponsor

☐ Play Golf or tennis

☐ Donate



YEARS OF SERVICE

8/1	Steven Palmer (8) 8 years in Rotary
8/2	Chris Webb (2)
8/3	John Carruth (29)
8/4	David Young (36)
8/6	Elwyn Gaissert, II (43)
8/13	Richard Meer (32)
8/20	John Wolfe (32)
8/20	Trummie Patrick, III (9)
8/23	Jay Pickett, III (6)
8/25	Lynn Dunn (8)

Tournament website! **https://birdease.com/RoswellRotary**

One-stop shopping for all tournament details...registration, details about the event, and volunteer link so you can sign up for a cool job the day of the tournament. We are excited to introduce this site to Roswell Rotary and our guests!

Wine & Liquor Pull Donations Requested

Fun and fruitful activity at the Golf & Tennis Tournament



Calling all Rotary members to bring in one bottle of wine or bourbon worth $25+ for the Tournament. This one activity raised almost $2000 last year so your donations help further the mission of Rotary.
Contact Angela Medley for more info. 404.886.5764

Meals on Wheels Needs Your Help!

You can help address senior hunger and isolation

Senior Services
NORTH FULTON
MEALS ON WHEELS • TRANSPORTATION SERVICES • SENIOR CENTERS

Meals on Wheels America is the leadership organization supporting the more than 5,000 community-based programs across the country that are dedicated to addressing senior hunger and isolation. Powered by a trusted volunteer workforce, this network delivers a comprehensive solution that begins with a meal and is proven to enable independence and well-being through the additional benefits of tailored nutrition, social connection, safety and much more.

Roswell Rotary supports Meals on Wheels out of North Fulton Senior Services by signing up to deliver meals 1 or 2 days a week. A typical route commitment lasts only 1.5 hours. The routes take place right before lunchtime, with most meals being picked up at the center between 10:00 and 11:00 am each day. If interested in delivering meals to your senior neighbors, please contact Mary Trapp marytrapp@kw.com or 770.645.1320.

RRAH - Next Meeting August 6th

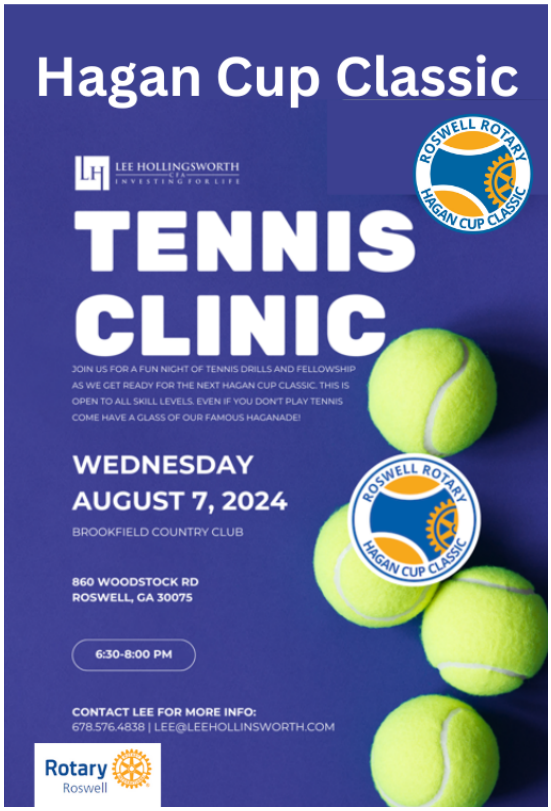
Our next After Hours Meeting will be next week on August 6th where we will be welcoming our guest speaker, Steve Stroud.

Steve Stroud is the President & CEO of Roswell Inc, a 501c6 non-profit that promotes economic development for the City of Roswell through a public-private partnership. Steve and his team serve as a catalyst for a sustainable, innovative, and vibrant local business community. Essentially, their mission is to build business in Roswell.

Come join Steve as he further explains how Roswell Inc has made an impact on our community as well as share some exciting new things that are coming to our amazing city!

Wed Aug 7th

Hagan Cup Classic- Tennis Clinic



Huskies Packed the Pack!



Coming Up at RRC

Save the Date: Making Roswell Rotary's Magic Happen



Golf & Tennis Committee Meeting
Thursdays before the regular meeting, 11:15 - 12:00
Add To Calendar

Tennis Clinic / Bob Hagan Classic
Brookfield Country Club, Wednesday, August 7, 6:30 pm - 8:00 pm
Information: Lee@LeeHollingsworth.com 678-576-4838
Add To Calendar

Miss Mary's Ice Cream Cranker
Roswell United Methodist Church, Sunday, August 25th, 2:00 -4:00 pm
Add To Calendar

Rotary Means Business
August 27, 6:00 pm - 8:00 pm
Add To Calendar

Aubrey Greenway Golf & Bob Hagan Tennis Classic
Monday, September 9
Add To Calendar

Last Week at Roswell Rotary

Thank You Diamond Sponsors
Patsy & Bill Wolff



Golf & Tennis Pix



Committee



Mr. Committee Chair



Ball Drop



Roswell Rotary Squares Fun



Memorial Day Committee & Honoring Past President Dave Young



Paul Harris Recognition



Launching Medical Equipment Drive

