

FRANKLIN ROTARY AT BREAKFAST

Volume 109 Issue 29
July 24, 2019,

Thought for the week: ““I don't look to jump over seven-foot bars. I look for one-foot bars that I can step over.”--Warren Buffet

Program Chair for July: Steve Lewis
Today's Program: W Scott West, MD
Host: Dottie Northam

W. Scott West, MD has a philosophy of treatment that involves seeing each patient as a whole person including mind, body and spirit, and as an individual with unique life experiences and circumstances. Dr. West uses psychotherapy and/or medications as indicated to meet the needs of his patients as well as helping them find services to guide them toward a healthy lifestyle. This approach has led him to receive honors such as the National Alliance for the Mentally Ill Exemplary Psychiatrist Award in 1994, as well as the St. Thomas Hospital Humanitarian Award in 2009.

Dr. West has an outpatient practice where he treats adults dealing with mood disorders such as depression or anxiety, cognitive or attention problems, stress, relationship struggles and personality/interpersonal issues. He is also Medical Director of the Neurobehavioral Unit at St. Thomas Hospital where his focus is on treating patients with problems associated with dementia or psychiatric problems with medical co-morbidities. He also serves on the clinical faculty in the Department of Psychiatry at Vanderbilt where he supervises residents.

In April of 2010, Dr. West brought the technology of NeuroStar TMS Therapy® to Nashville, becoming the first physician in Tennessee to offer the option of Transcranial Magnetic Stimulation (TMS) for patients whose depression has not responded to a course of antidepressant medication.

Dr. West began practicing psychiatry in 1986 following his residency at Vanderbilt University Hospital, Department of Psychiatry. He earned his medical degree from The University of Tennessee Center for the Health Sciences and graduated *magna cum laude* from The University of Tennessee at Knoxville with a B.A.

He is a Diplomate of The American Board of Psychiatry and Neurology in the specialty of Psychiatry and a Distinguished Fellow of the American Psychiatric Association.



Announcements

Club Leadership

Upcoming Meetings, Birthdays
and Greeters

Membership Obligations

Area Rotary Meetings



MOOOVE IT ON OVER

Two men were seated together on a packed train heading into the city. One of the men remarked on the pretty country scene that stretched out on either side of the tracks.

“What a lovely bunch of cows,” he remarked.

“Not a bunch; a herd,” his seat mate automatically replied.

“Heard of what?”

“Herd of cows.”

“Of course, I’ve heard of cows.”

How to Get Out of a Slump

Some people think daydreaming is a waste of time, but it can be a powerful tool for sharpening your creativity. *Entrepreneur* magazine website spells out why:

- **Motivation.** Daydreaming about something you’d like to do can increase your motivation to go out and pursue your goals, and also helps structure your thoughts.
- **Visualization.** Use your daydreams to go into detail about your goals so you can identify possibilities and options. You can mentally narrow down ideas.
- **Problem solving.** You can’t always attack a problem with logic and brute force. Spend some time letting your mind roam. Daydreaming relaxes you and reduces stress, so it might help you spot a solution you’d otherwise miss.
- **Productivity.** This may seem counterintuitive, but daydreams can help you focus. By daydreaming about a problem or opportunity, you give your brain a chance to concentrate on your goal without clutter or pressure from the world around you.

LEADERSHIP

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Announcements

July 26 – Board of Directors Meeting 7am Legends

Deadline for Corporate sponsors for Franklin Rotary Golf Classic is August 1st , but no later than August 15th Team leaders please follow up with your team members to finalize these sponsorships. If you have any questions, please see Al Adams or Jeff Brasher.

Rotary Leadership Institute – August 10, 8-4, Dickson, TN, register online <http://www.hoa-rli.com>. Our Club will pay your fee to attend. (\$50)

Sept 30 Deadline- Rotary Small Grant Application – Application on website at www.franklinbreakfastrotary.org;

Rotary After Hours – July 25th 5:30pm Jonathan's Grille, 7135 S Springs Dr, Franklin, TN 37067

Next Rotary Programs

- | | |
|-----------|---------------------------------|
| July 31 | Mike Keith, Voice of the Titans |
| August 7 | Elderly Scams, Council on Aging |
| August 14 | Golf Tournament Update |
| August 21 | Wendy Struges, Community Impact |
| August 28 | Steve Moore, Shalom Foundation |

Greeters

- | | |
|---------|----------------|
| July 24 | Casey Stephens |
| July 31 | Paul Crombie |

Opening Inspiration

- | | |
|---------|--------------|
| July 24 | Kathie Moore |
|---------|--------------|

Birthdays

- | | |
|---------|-------------|
| July 24 | Doug Kidd |
| July 27 | Bryant Hall |

EXPECTATIONS OF ALL MEMBERS:

Participate – Members are expected to remain in good standing by

- attending weekly Wednesday meetings*,
- attending fellowship events (ie: Rotary after Hours),
- volunteering for service opportunities (ie: food distribution, dictionary delivery, 4-H judging),
- accepting committee assignments,
- and, when possible, attending District 6760 events.

*Members may, at their discretion, choose to occasionally attend another club's meeting and submit proof of attendance to the secretary of the Franklin Rotary at Breakfast to maintain their attendance.

Our club guidelines state that each member is expected to participate in an average of two Rotary activities (attending meetings or other activities as noted above) per month over each six-month period. There are exceptional situations (for example, R-85) where this does not apply. If you need more information, please contact a member of the membership committee or the board for clarification.

Fiscal Responsibility – Members are expected to pay Rotary fees on time and in full the 1st of the month. Rotary dues are essential to maintain the livelihood of the club.

Contribute – All members are asked to contribute to the Franklin Breakfast at Rotary's annual golf tournament by (1 or more of the following; Columbus Day Monday at Vanderbilt Legends CC)

- soliciting hole sponsorships
- soliciting major sponsors
- forming a team of 4
- bringing refreshments on the day of the tournament

To reach our goal for last year, we raised an average of \$1,300 per member. We hope to exceed that number each year.

List of Area Rotary Meeting Places

Brentwood 615-370-3252	Fifty Forward Martin Center	Fri	11:45AM
Brentwood Morning 615-383-4429	City Café Brentwood	Tue	7:00 AM
Columbia 931-388-9000	Memorial Building	Thu	12:00 Noon
Columbia Breakfast 931-388-3796	Memorial Building	Fri	7:00 AM
Franklin Noon	Williamson County Enrichment Center	Thu	12:00 Noon (Doors open 11:30 AM)
Downtown Franklin Evening Club	Williamson County Enrichment Center	First and Third Monday	5:45 pm
Nashville Sunset 615-432-2928	HiFi Clyde's 1700 Church St Nashville	Second and Fourth Monday	6:30 PM
Green Hills 615-297-7777	Calvary United Methodist Church	Fri	7:15 AM
Nashville 615-781-2700	Wildhorse Saloon	Mon	12:00 Noon
Spring Hill 615-790-8202	Herron Center at Tennessee Children's Home	Tue	7:30 AM

**Rotary Golf Teams--Overall Contest
7/18/2019**

Team #1	H	M	P	Total
Capt. Corcoran, Matt				
Aguilar, Steve				
Bousquet, Brant				
Brasher, Jeff		17.5		17.5
Carothers, Denise				
Czirr, John				
McCord, Keith				
McElroy, Eric				
Pramuk, Al				
Sharp, Steven				
Total Dollars x 100		17.5		17.5
Number & % w/Points			1	10%
Team Ranking				7

Team #2	H	M	P	Total
Capt. Hammerstrom				
Carter, Greg				
Daughtry, Jemond				
Dietrick, Jr., Robert		30.0		30.0
Hallum, Lynn				
Mahurin, James				
Miller, Tom				
Smith, Jeff		50.0		50.0
Thompson, Jennifer				
Williams, Michael				
Total Dollars x 100		80.0		80.0
Number & % w/Points			2	20%
Team Ranking				1

Team #3	H	M	P	Total
Capt. Ozburn, Berto				
Beasley, David		5.0		10.0
Boyd, Luke		25.0		25.0
Burgess, Daniel				
Huffman, William				
Minetos, John				
Powers, Danny	2.0			2.0
Sanchez, Rae				
Stevenhagen, Fred				
Stewart, Sharon	6.0			6.0
Total Dollars x 100	8.0	30.0		43.0
Number & % w/Points			4	40%
Team Ranking				4

Team #4	H	M	P	Total
Capt. Pope, David		17.5		17.5
Baker-Hefley, Kelly				
Cotton, Larry				
Dietrick, Rob				
Easterling, James				
Molyneux, Phyllis	2.0			2.0
Reynolds, Fred				
Thompson, Jennifer				
Whitney, Chris				
Total Dollars x 100	2.0	17.5		19.5
Number & % w/Points			2	22%
Team Ranking				6

Team #5	H	M	P	Total
Capt. Wade, Bill				
Bellar, Trey				
Bottoff, Luke				
Burns, John				
Langley, Jonathan				
Northam, Dottie				
Parsons, Linda				
Robertson, Jeff				
Steih, William				
Total Dollars x 100				
Number & % w/Points				
Team Ranking				9

Team #6	H	M	P	Total
Capt. Brevard, John	2.0	50.0		52.0
Crombie, Paul				
Crutcher, Ron				
Faulkner, Deborah				
King, Kyla				
Lewis, Steve				
Moore, Ken				
Tennent, Dick				
Webb, Scott				
Total Dollars x 100	2.0	50.0		52.0
Number & % w/Points			1	11%
Team Ranking				2

Team #7	H	M	P	Total
Capt. Rupert, Matt				
Bender, Allison				
Butler, David				
Kidd, Doug				
Nelson, Chris				
Riggs, Kevin				
Snyder, Paula				
Williams, Fred		12.5		12.5
Wright, Roger				
Total Dollars x 100		12.5		12.5
Number & % w/Points			1	11%
Team Ranking				8

Team #8	H	M	P	Total
Capt. Murray, Stephen				
Adams, Al				
Cross, John				
Fields, Thomas				
Knubel, John				
McCormick, Dan				
Ryan, Dan				
Tansey, Daniel				
Warner, Charlie				
Total Dollars x 100				
Number & % w/Points				
Team Ranking				9

Team #9	H	M	P	Total
Capt. Alexander, Mike				
Bannister, Jerome				
Billingsley, Shauna				
Carlisle, Greer				
Carson, Lisa	4.0	17.5		21.5
Moore, Kathie				
Reifschneider, Darrel				
Schmutzer, Laura				
Sewell, Jerry				
Total Dollars x 100	4.0	17.5		21.5
Number & % w/Points			1	11%
Team Ranking				5

Key
H = Hole Sponsorships
M = Major Sponsors
P = Players

Note
 The **Total** Includes H, M, P, Misc, and Non-Income Points. Misc, and Non-Income points are not shown so the **Total** may be greater than the sum of H,

Team #10	H	M	P	Total
Capt. Holmes, Jonathan				
Darnell, Larry				
Gaddis, Paul				
Hall, Bryant				
Lewis, Greg				
Preyer, Rhyann				
Stephens, Casey				
Stillings, Tim				
Walker, Otey				
Total Dollars x 100				
Number & % w/Points				
Team Ranking				9

Wild Card	H	M	P	Total
Ford, Steve		50.0		50.0
Total Dollars x 100				50.0
Number & % w/Points			1	100%
Team Ranking				3

Summary:

	Current	Goals	% of Goal
Total Dollars	\$29,100	\$150,000	19%
Number of Members with Points	13	94	14%