

# Rotary



# Club of Houma

## Guest Speaker - Ricky Folse



Ricky Folse is an activist raising awareness for veterans, and more specifically ones who suffer from post-traumatic stress disorder (PTSD). Ricky completed a 2,400-mile bicycle trip from New Orleans to Key West, Florida and then to Washington D.C. to raise awareness.

Ricky is also a professional MMA fighter and owner of Tree-A-Nator tree services. His father practiced martial arts and Ricky said he remembers his father working out three to four hours a day since he was a child and that inspired him to get into the arts as well. He worked at it as a kid, but it was at age 19

that he decided to get into the sport.

Ricky has had almost 80 fights between MMA, pro-boxing, kickboxing, and four years of training in Thailand. It was in Thailand he met two combat veterans that became his close friends. Upon returning home in 2019, COVID changed the world forever, and his veteran friends were stuck at home, battling their demons with PTSD. Both of them started drinking to deal with the harrowing thoughts and memories. One went to New York to check into a VA rehab. His other friend lost his battle. This is what led him to plan the bicycle trip in 2021, "I wanted to do something," he recalled. The week he left for the trip, he lost yet another friend who struggled with PTSD.

Ricky's latest project to raise awareness for veterans and PTSD is to swim the Intercoastal Canal.

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## Weekly Words of Wisdom -

"One flag, one land, one heart, one hand, one nation, evermore." Oliver Wendell Holmes

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## Announcements: Stephanie Corso and HL Bourgeois High School InterAct members

Monday, March 25, 2024

HL Bourgeois InterAct students came out in full force to assist with the drink booths at the annual Southdown Marketplace Event. It was beautiful weather...



## Weekly Luncheon Menu for 3-27-24

Lasagna and Pork Tenderloin w garlic butter sauce  
Mashed potatoes  
Fried peas and seasoned corn  
Tossed salad with tomatoes, red onions, cucumbers, cheese, bacon bits, garlic croutons  
Dessert and coffee

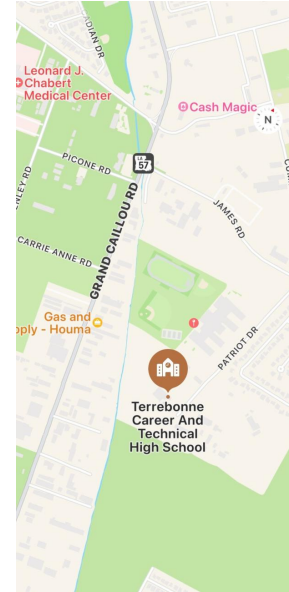
## Southdown Marketplace - Club volunteers & Family



A special thank you goes out to all the Rotary Club of Houma members who volunteered this past weekend at the annual Southdown Marketplace. Members even had their family help on this beautiful day!!! Service Above Self is their Motto...

## Rotarians offsite visit Louis Miller Terrebonne Career & Technical High School

Rotary Club of Houma members are invited to an offsite luncheon at the Louis Miller Terrebonne Career & Technical High School on April 17, 2024. 3051 Parriot Drive, Houma, La. 70363



## Upcoming Club Activities - EarlyAct & Interact Programs with elementary schools

The Rotary Club of Houma has leadership programs with the following schools: Coteau Bayou Blue Elementary, H.L. Bourgeois High School, Mulberry Elementary School, and St. Matthew's Episcopal School. Ask your fellow Rotarian how to get involved with our EarlyAct and InterAct programs in these schools...

HL Bourgeois InterAct meetings are on Mondays at 12:01 p.m. on the following dates: 4/8, 4/22, 5/6  
Coteau Bayou Blue Elementary School EarlyAct meetings are at 7:30 a.m. on the following dates: 4/5, 5/7  
Mulberry Elementary School EarlyAct meetings are at 7:30 a.m. on the following dates: 4/17  
St. Matthew's Episcopal School:

### Events

No Events found

### Years of Service

Stephanie Corso  
10 Years

Joseph G Kopfler II  
0 Years

Stephen Nathaniel Bergeron  
0 Years

### Birthdays

Andre' Brunet  
April 5th  
Stephen Nathaniel Bergeron  
April 20th

Reuben Williams  
April 12th

Shane P Golmon  
April 18th

## District Officers



[Ken Firmin](#)  
District Governor



[Craig Walling](#)  
DG-Elect



[Chris Duhon](#)  
DG-Nominee

## Club Officers



[Morgan Allison](#)  
President



[Craig Hebert](#)  
President-Elect



[John K. Tipton Jr.](#)  
Secretary



[David M Ohlmeyer](#)  
Treasurer



[Carroll D. McKey III](#)  
iPast President



[Brenda M. Faucheux](#)  
Club Executive Secretary

## Club Meeting

Houma  
Meets at Plantation Inn - Houma  
Plantation Inn 1381 W Tunnel Blvd  
Houma, LA 70360  
Time: Wednesday at 12:00 PM