



**Welcome to  
Rotary!**

**May 22, 2023**

*District 6920*

**2023 Club of the  
Year**

**Rotary**  
Rotary Club of Augusta



Presented by Rotarian Brittany Burnett





*The  
Sunshine  
Report*



# Happy May Birthday!

Pat Blanchard 15 May

Mac Bowman 27 May

Carletta Sims Brown 28 May

Jackie Harris 16 May

Melissa Johnson 30 May

Clayton Jolly 5 May

Daniel Rhodes 19 May

Richard Rogers 3 May

Alexander Schwarzmann 11 May

Havird Usry 20 May



# Member Anniversaries!

	<i>Celebrating</i>
Bob Baisden	12
Dave Brendza	9
Bob Evans	35
Steve Foushee	30
Aimee Hall	9
Jackie Harris	2
David Hudson	46
Linda Johnson	2
Chris Melcher	7
Jennifer Pennington	18
Linda Tucciarone	7
Paul Wade	12
Chris Willox	1

*years as a Rotarian*



# ***May is Mental Health Awareness Month***

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Last Week: **SUNSHINE CHALLENGE**  
***MENTAL HYGIENE*** 10 minutes per day

***Mental health hygiene*** includes simple practices that improve our quality of life by preventing negative behaviors and providing emotional stability. Studies show that spending just 10 minutes a day utilizing positive psychological behaviors, build resilience and improve overall mental well-being and health.



# SUNSHINE CHALLENGE



**This week:**

Use your *Super Powers* to notice your mood and adjust by “Reframing” your self talk.

# DEMONSTRATION OF YOUR





# SUNSHINE CHALLENGE



This week:

Use your **Super Powers** to notice your *mood* and adjust (if necessary) by “Reframing” your self talk.

The essential idea behind cognitive reframing is that the frame through which a person views a situation determines their point of view. When that frame is shifted, the meaning changes, and thinking, mood and behavior often change along with it.

When you change what you are thinking, you change what you are feeling!

# Welcome Guests!



TOGETHER, WE

CONNECT

Rotary



PEOPLE OF ACTION



**FOUNDATION MONDAY**

**Rotary**  
**Rotary Club of Augusta** 

**THANK YOU  
DONORS!**



# FOUNDATION MONDAY

DONOR RECOGNITIONS

<https://vimeopro.com/rotary/trf/video/304649888>

## PAUL HARRIS FELLOWS

The Paul Harris fellow recognition acknowledges individuals who contribute, or who have contributions made in their name, of \$1,000 to the rotary foundation.

- \$2,000 to 2,999.99 - one sapphire
- \$3,000 to 3,999.99 - two sapphires
- \$4,000 to 4,999.99 - three sapphires
- \$5,000 to 5,999.99 - four sapphires
- \$6,000 to 6,999.99 - five sapphires
- \$7,000 to 7,999.99 - one ruby
- \$8,000 to 8,999.99 - two rubies
- \$9,000 to 9,999.99 - three rubies

### Erin Armstrong



Rotary   
 Rotary Club of Augusta

# ANNOUNCEMENTS

- *No meeting next week-Memorial Day, May 29<sup>th</sup>*
- *New Member Orientation will be held tomorrow, 4:30pm, in this room*
- *We still have tickets for the Atlanta Braves game in Atlanta at 1:30pm on Sunday, June 11<sup>th</sup>.*

Look what President Elect Bill Keogh ran across in Tasmania this weekend!

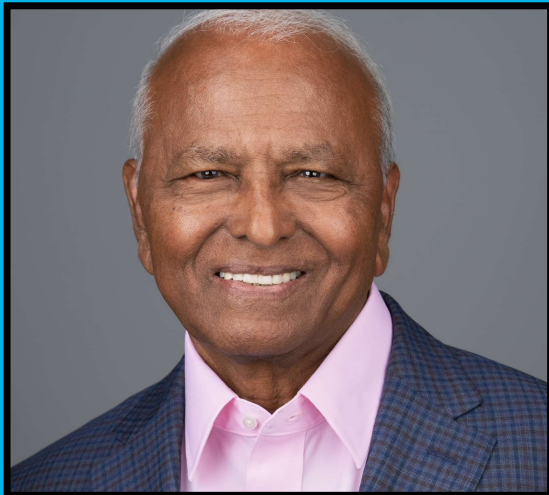


**INSIDE  
CART  
CHALLENGER**

**OUTSIDE  
CART  
CHALLENGER**



**SCAN ME!**



**T R Reddy**

***AUGUSTA  
OFFICE SUPPLIES***



Contribute to the blue buckets or  
online at [mycartfund.Org](http://mycartfund.Org)



**Rotary**  
Districts  
6900, 6910, 6920



## **SIMBAINASHE MUTOTI**

**GRSP STUDENT FROM  
HARARE, ZIMBABWE**





**NEXT WEEK  
NO MEETING!**

LAND OF THE FREE  
BECAUSE OF THE BRAVE

HAPPY MEMORIAL DAY



## The Four-Way Test

*of the things we think, say or do.*

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- 1** Is it the truth?
- 2** Is it fair to all concerned?
- 3** Will it build goodwill and better friendships?
- 4** Will it be beneficial to all concerned?

<https://docs.google.com/spreadsheets/d/14YnjhCqUfvEimgwHPVTUVEuePWfFJF9UYxmWEDpPpT0/edit#gid=0>