

CLUB SERVICE

4-Way Test— NOVEMBER

11/26 John Girardeau
12/3 John Lindsay
12/10 John Girardeau
12/17 Bob Byrne

November Greeters-

Sara Wood & Liz Stewart

December Greeters-

Tom Hallman
John Lindsay

Guest-

Brian Marra	AHS
Brittany Frazier	APAA
Brandon Nesbitt	USCA
Josh Adams	APS
Melinda Woodell	Fred Humes
Taylor Allen	Mary Allen
Paul Rideout	Chris Verenes
Will Buchanan	Rachel d' Entremont



**Bell Ringing
December 14
Sign up today!!**



Welcome to Rotary!

From left: Chris Caldwell, his sponsor Teresa Haas, Andrea Gregory, her sponsor Chrissa Matthews, and President-Elect John Lindsay.

Chris and Andrea were inducted into the club during the November 12 meeting.



Rotary Club of Aiken
PO Box 685
Aiken, SC 29802
(803) 508-4744
Monday, 12:30 PM
Newberry Hall
117 Newberry Street, SW
www.aikenrotary.com

R.I. President

Barry Rassin

District Governor

Carol Burdette

Club President

Will Williams

President Elect

John Lindsay

Vice President

Ellen Priest

Past President

John McMichael

Secretary/Treasurer

Rachel L. d'Entremont

Sergeant-at-Arms

Richard Holley

Board of Directors

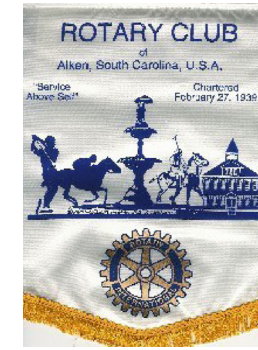
Rick McLeod (RY 18-19)
Jennifer Hart (RY 18-19)
Betty Ryberg (RY 19-20)
Chrissa Matthews (RY 19-20)
Jeff Baumgardner (RY 19-20)
Mallory Holley (RY 19-20)
Al Sorensen (RY 20-21)
Karen Poteat (RY 20-21)
John Dangler (RY 20-21)

Sergeants-at-Arms

Chair: Richard Holley
Robert Stack
Rachel d'Entremont
Richard Herring
Jeff Baumgardner
Josh Booth

THE GEAR

NOVEMBER 26, 2018



Rotary Club of Aiken



Chartered February 27, 1939

Club 6187—District 7750

Volume 52, Number 22

Editor: Tara Reeder - tara@howellprinting.net

PROGRAM LAST WEEK by Mallory Holley



On Monday, November 19th, Dana Rideout spoke to club members about Mindful Business and Mindful Communities. Dana is a licensed professional counselor in Aiken and she emphasized the importance of mental and physical health to the club. Mental health is a problem in Aiken County, but she believes we are lucky to have a community with a variety of different mental health providers and facilities. According to Dana, the way we breathe is helpful to activate our "wise brain." Many times our emotional side of the brain overrides our wise brain and the emotional side of your brain is your fight or flight brain. Deep mindful breaths will help your body react with the "wise brain" over the fight or flight side. Deep mindful breaths are breaths that are brought down into your belly. One good breath takes you out of fight or flight into wise brain. Dana demonstrated a good breath to the club and

encouraged club members to try it. If we get in the habit of belly breathing /taking good breaths, we will begin practicing mindfulness and our production and engagement improves and we reduce our use of "emotional brain" when stressors arise. Another benefit of belly breathing is the reduction of stress in your shoulders. Tense shoulders are a defense mechanism to stressors and they can cause jaw tightness, shoulder tightness, back tightness and migraines. Within the workplace or at home, you can activate your wise brain for effective conflict resolution and dialog. Another tip that you can use at home or at work is to hold your thumb with your opposite hand. As you squeeze your thumb, your body begins to feel your pulse and it helps you correlate that feeling with your mother's heartbeat. The heartbeat and the many nerve endings in your thumb help soothe your nerves. This particular tactic is taught and used by first responders when dealing with stressful situations. In conclusion, Dana taught us a technique to help us fall asleep. It is called the 4-7-8 breath and it will help slow your heart, boost your immune system and get you ready to sleep. You breathe in for a count of 4, hold your breath in for a count of 7 and breathe out for a count of 8. She recommends breathing in and out of your nose and she recommends doing it four times in a row to help with sleep.

Margarita Make-Ups

The Willcox

5:15 pm - 6:15pm

Last Wednesday of each month

2018-2019

11/28, 12/19, 1/30, 2/27, 3/27,

4/24, 5/29, 6/26

Remember to turn-in your Make-up
to the Sergeant-at-Arms You don't need a make-up!!
Just come spend time with fellow Rotarians

PROGRAM TODAY

Aiken Housing Authority
Chanosha Lawton

FUTURE PROGRAMS

December Theme

Disease Prevention and Treatment

Dec 3	Karen Poteat Dementia
Dec 10	Commissioner of Agriculture Weathers
Dec 17	Christmas Program
Dec 24	NO MEETING
Dec 31	NO MEETING

BIRTHDAYS

Liz Neal	26 November
Tim Simmons	26 November
Jason Stewart	26 November
Alicia Kough	30 November
Robert Stack	01 December
Tom Cofer	02 December

CLUB ANNIVERSARIES

Fred Kelsven	11/28/02
Mike McNeill	11/28/11
Ruth Alexander	12/01/88

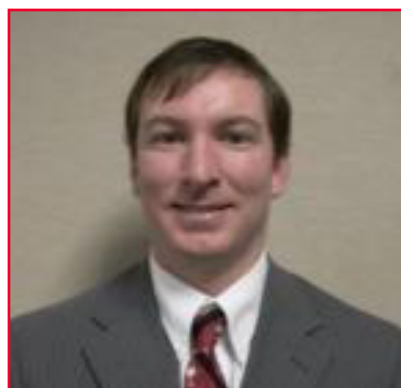
MEMBER SPOTLIGHT



MALLORY H. HOLLEY

Classification:
Banking-Marketing
Security Federal

Date of Induction: 03/19/2012



RICHARD O. HOLLEY

Classification:
Accounting Services
Arnold Advisors LLC

Date of Induction: 02/28/2011

HISTORICAL PERSPECTIVE

30 YEARS AGO - WOMEN IN ROTARY FINALIZED

In May of 1987, the U.S. Supreme Court ruled that Rotary clubs may not exclude women from membership on the basis of gender. In October, 1988 our Board met and unanimously decided that women would be admitted to the Aiken Rotary Club!

The "Gear" dated November 14, 1988 states that June Murph was admitted as the first female member of the Aiken Rotary Club. [Ruth Alexander](#) and [Sara Salley Wood](#) were inducted soon after.

We inducted our tenth Paul Harris Fellow into the club. We were happy to hang a Paul Harris medal around the neck of Wade Brodie. We have certainly come a long way since then!

20 YEARS AGO – NOVEMBER 1998

Our November student from South Aiken High School was [Tommy McCullough](#). He had a GPA of 3.6 and was ranked 11th in his class. He was in the National Honor Society, as well as Varsity Football and Baseball. We are so glad he chose to return home to Aiken as a "Top Doc" and Rotarian!



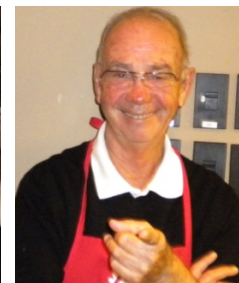
10 YEARS AGO – 2008

Al Sorensen was inducted into our club sponsored by [Billy Benton](#). He was a Past President of the Fort Lauderdale Rotary Club and his classification is Medical Services – Management.

Congrats to [Sharon Rogers](#) on leading the United Way in exceeding their goal during her first year!

5 YEARS AGO – 2013

Rotarian Beth Everitt spoke on the topic of The Rotary Foundation. Each of us donates \$100 per year to the Foundation and the question is: "Is my money doing good?" Through the Foundation we have supported PolioPlus, awarded scholarships to local college students, given grants in the community and funded Alzheimer's research. We should be proud of our accomplishments through our donated funds as well as funds raised through our Pancake Breakfasts over the years!



[Bill Tucker](#) introduced Program Speaker, Linda Knox McLean who spoke about the Blessing of the Hounds, a beloved tradition that takes place every Thanksgiving morning. Isn't it great to live in Aiken? Linda brought Foust, a hound, to visit.

Our Past from "The Gear" – November 1979 We were a singing club back in 1979. At that time Martha Cathcart played the piano and our singing was led by Roland Windham, Past President 1966-67. The singing of "God Bless America" on Veterans Day this month was a rousing tribute to our Veterans