

Rotary



Club of Mattoon

01.04.23 Meeting Notes

By Larry Nichols



Happy New Year!

Our Club met at Elevate (as we will all of January except for our meeting at LIFT on January 11).

Sergeant at Arms Noah Olson quickly assessed birthdays and anniversaries. He also had some fines for those badge free attendees.

Janet Grove had a **happy dollar** as she is now able to access Purdue games. Diana Smith was happy as this is her last tax season before retirement. Steve Kite was happy over a recent Colorado visit.

Gary Swearingen introduced daughter Kyra and Micah McWhorter, both visitors from SC3F Wealth Management. Doug Jackson was also in attendance as a potential member. Doug works at Pilsen Auto Center.

Our raffle has started for 2023. If you have tickets, please turn them in as soon as possible.

College football pool results to be reported at our next meeting.

Paul Harris matching opportunities are available. See Mike Martin if interested.

President Tina reported on the recent board meeting which included a thanks to Gary Swearingen for his past 20 years of service as coordinator for the Rotary Food Drive. We are looking for a 2023 coordinator. Please let President Tina know if you are interested.

Comedy Night is returning on March 11th and will be held at the Yost Convention Center. Heavy appetizers start at 5:45 with the show at 7 pm. This funds our Rotary Heart Scan which is free to area high school students. This project is nearly fully endowed. Our Club is committed to selling 100 tickets.

Scott Eggleston introduced **our program...Ashley Berkheimer** talking about her business, **Soul Weights**. Ashley started this business after developing holistic skills and techniques in her own life with a special needs daughter. Soul Weights is described by Ashley as awellness initiative centered around stress management and emotional regulation through physical movement of the body. Healing involves both a mental and physical approach.

Soul Weights uses Elevate for her business needs and is an instructor at the YMCA and partner with Sarah Bush Lincoln Health Center and the Mattoon Public Library (in February). She credits Elevate with providing the resources and focus needed to help her business.

Ashley led our attendees through a holistic exercise and invited comments.

More information can be found at <https://www.soulweights.com/> and https://www.facebook.com/people/Soul-Weights/100087060707013/?paipv=0&eav=Afba6m1xz7qC7XZLj9_XHwW6FzJ7IGK-BUKGMaY6_3j8JOGyqlcN_XL6tge_IUKZvc&rdc

The **Triple Treat** of \$12 was claimed by John Covington leaving \$552 for next week.

Our **raffle** winner was Scott Nichols.

Reminder...our next meeting will be held at LIFT.

Club Meeting

Mattoon
Meets at Mattoon Golf & Country Club
6700 N Country Club Rd
Mattoon, IL 61938-8427
Time: Wednesday at 12:00 PM

Speakers

January 11, 2023

Tour of LIFT and Recognize January Students of the Month
Tour of new Leaders Innovating for Tomorrow (LIFT) Vocational School

January 18, 2023

Rotary Board Leaders
Club Assembly - Update on Goal Progress and Projects for 2022-2023; Discussions for future project planning and membership.

January 25, 2023

Joshua Zoppa, Executive Director, Mattoon Community Food Center
Updates from new Director

Birthdays

Travis Spencer
January 13th
Aaron Ifft
January 24th

Club Leaders



Kimberly A. Morrison
iPast President
Youth Exchange Counselor
Youth Exchange Office
Youth Services Chair



Tina Stovall
President
Public Relations Chair



Janet Grove
President -Elect

Laura Reichart
Secretary
Club Executive Secretary



Michael W. Martin
Past President
Treasurer
Rotary Foundation
Chair



Amanda Honn
Club Admin Chair
Club Director



Noah Olson
Club Director
Sergeant-at-Arms



Gary L. Swearingen
Club Director



Judy Baker
Membership Chair



Scott L. Eggleston
Service Projects Chair



Rick Hall
Sergeant-at-Arms



Jonathan R.
McKenzie
Assistant Governor