



Rotary | Club of Lebanon, Tennessee · Noon

# CEDAR LOG



FEB 20  
2024



ROTARY CLUB 3868 • DISTRICT 6780 • ESTABLISHED 1921



We'd love for everyone to "check-in" on Facebook at each meeting. Or like our page if you haven't already!  
[www.facebook.com/lebanonrotary](http://www.facebook.com/lebanonrotary)

## CLUB OFFICERS & APPOINTMENTS

### 2023-2024 Rotary Officers

- President: Andy White
- President Elect: Susan Shaw
- Secretary: Elaine Nawiesniak
- Treasurer: Rusty Richardson
- Sergeant-at-Arms: Scotty Ricketts
- Board Members:
  - Christi Griffin
  - Tom Keifer
  - Colette Lanham-Stoffel
  - Jason Lawson
  - Cynthia Seifert
  - Lyn Williams

- Membership Chair: Bob Daniel
- Public Image Chair: Whitney Simpson
- Cedar Log Editor: Colette Lanham-Stoffel
- Service Projects Chair: Ryan Bennett
- Rotary Fdn. Chair: John Pope
- Club Fdn. President: Ensley Hagan
- Immed. Past President: Tim Leeper
- Asst. District Governor: John Cheney

## ROTARY FOUR-WAY TEST

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?

## LAST MONTH'S PROGRAMS

- 01/23/24 Ann McGauren  
State Architect / State of TN
- 01/30/24 Dr. Paul Stumb, CU President  
Future of Nuclear Energy
- 02/06/24 Ava Paige, Singer/Songwriter  
Cancer Survivor
- 02/13/24 Susan Hellervik  
Vanderbilt Wilson County Hospital

## UPCOMING PROGRAMS

- 02/20/24 Dr. Stephen Loyd  
The Science of Addiction
- 02/27/24 Richard Clark / Lebanon PD/CIO  
Citizen's Police Academy
- 03/05/24 Jay Myer and George Gruhn,  
Gruhn Guitar Mfg - The Legacy of  
Gruhn Guitar in Lebanon
- 03/12/24 Chuck Whitlock  
Wilson County Schools and Health  
Council Walk Across Wilson

## UPCOMING EVENTS

36th Annual

ROTARY CLUB OF LEBANON FOUNDATION

## ROTARY GOLF TOURNAMENT

Monday, May 6th, 2024 - Tee Time 1PM

Tennessee Grasslands Golf & Country Club

Foxland Links Course • 1445 Foxland Blvd. · Gallatin, Tennessee

**18 Hole Scramble • Flighted Field • Free Range Balls before Tee Time  
Hole-In-One, Putting and Skills Contests • Pre-Tournament Lunch  
Post-Tournament Snacks • Complimentary Beer, Water, & Soft Drinks**

It's time to register for teams and sponsorships!

Learn more and register as a player/sponsor - scan the QR code or visit: [vdgm.in/rotarygolf2024](http://vdgm.in/rotarygolf2024)

# GOLF TOURNAMENT



## PRESIDENT'S CORNER

As another month zooms by, I want to share some survey results from the **Rotary Action Group on Mental Health Initiatives from Rotary International President Gordon McInally**. It is encouraging to see the embrace of mental health initiatives throughout the Rotary world, as well as learn about real life practical ways that our Rotary club can use to improve the personal well-being of members.

The top suggestions that Rotary members are asking for are: more fellowship, camaraderie, conversation, cohesiveness, and connection. I believe that this is a strength of our club as many times after I ring the bell to start the meeting, I must wait for the fellowship to cease before I begin with my remarks, I love that! Other survey responses noted that Rotarians want more recognition, validation, and integration. I believe that one way that we are addressing this is through the good news segment that begins each meeting, giving our members an opportunity to share something good that has happened in their lives over the last week.

Responses also showed that Rotarians are seeking more service opportunities, and they want more wellness activities, including mental health speakers, awareness efforts, and education. We continue to focus on this as one of the themes of our program speakers throughout the year. Rotarians recently exhibited hope and love to our community by serving at Compassionate Hands. The Service Project committee will also be hosting for a meeting in March a service project during our regular meeting time, thus giving even more Rotarians the opportunity to serve.

Another great way that we can help achieve these results and make Rotary more appealing to those considering membership is to acknowledge the importance of increasing belonging in our clubs and to encourage Rotary members to make the most of every opportunity for new and stronger connections. Public health experts worldwide are concerned about increasing levels of loneliness — the U.S. surgeon general has even declared it an epidemic. Mental health experts agree that finding groups and clubs around common hobbies and interests is a strong way to create greater connectedness. This is what Rotary is all about. We need to make sure all our members are fully engaged and that our communities are better aware of this inherent strength. Please keep inviting guests to learn about Rotary and the blessing that it can be to them. We are Hope Dealers to our community, and we are proud of it!

*Andy*

## SPECIAL ANNOUNCEMENTS

## MEMBER EVENTS

*Do you have an event that our club should know about?*

If you are hosting or helping with events that are relevant to our community, please send us the details and we'll try to add it to our newsletter and/or social media. Please email [lebanonnoonrotary@gmail.com](mailto:lebanonnoonrotary@gmail.com).



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## Member Spotlight *We want to know more about you!*

All of our members (yes you...) are encouraged to take just a couple of minutes to fill out our simple form so we can share with the club and on social media. **Just scan the QR code or visit: <https://forms.gle/NU9ibRdXkExvBJHD8>**



*Elaine Nawesniak*

**Occupation:**  
Office Manager, RN

**Why Rotary:**  
Learn about community, serve, grow in leadership.

**Favorite Rotary Activity:**  
Christmas Food Baskets

**Fun Fact:**  
She's been adopted, TWICE!

**Hobbies:** Photography, winemaking and reading historical fiction.

**Favorite Season/Holiday:**  
Christmas



*Karen Hunter-Lowery*

**Occupation:**  
Fundraiser / Vanderbilt Children's Hospital

**Why Rotary:**  
Connection and service.

**Favorite Rotary Activity:**  
Weekly meetings and service

**Fun Fact:** She's been friends with fellow Rotarian, Susan Shaw, since college.

**Hobbies:**  
Walking, needlework and time with grandkids.

**Favorite Holiday/Season:**  
Christmas



*Ryan Bennett*

**Occupation:**  
Pastor

**Why Rotary:**  
Service above self.

**Favorite Rotary Activity:**  
Working at the Fair booth.

**Fun Fact:**  
He's been on the Montel Williams show.

**Hobbies:** Baseball and collecting and restoring vintage cast iron cookware

**Favorite Holiday/Season:**  
The day AFTER Christmas



*Angela Chapman*

**Occupation:**  
Director / New Leash on Life

**Why Rotary:**  
Community involvement.

**Favorite Rotary Activity:**  
Volunteering

**Fun Fact:** She served as a Peace Corps Volunteer in St. Lucia in 1999

**Hobbies:**  
Volunteering and listening to audio books.

**Favorite Holiday/Season:**  
Fall and Christmas



*Danielle Imbaratto*

**Occupation:**  
Title Agent / Real Estate Agent

**Why Rotary:**  
Give back to the community.

**Favorite Rotary Activity:**  
Working the Fair booth.

**Fun Fact:** She's a transplant from Chicago, Illinois.

**Hobbies:**  
Traveling with friends.

**Favorite Holiday/Season:**  
Fall

## FEBRUARY & MARCH BIRTHDAYS

John McDearman III - Feb 3  
Gaye Lynn Wilson - Feb 7  
Paul C. Stumb - Feb 8  
Amy L. Williams - Feb 14  
Bob Black - Feb 21  
John Pope - Feb 22  
William R. Richardson - Feb 27

Jim Henderson - March 4  
Robert G. Daniel - Mar 15  
Larimore Warren - Mar 16  
John H. Bradshaw - Mar 20  
David Penuel - Mar 23  
Scotty Ricketts - Mar 29

## SERVICE PROJECTS *Would you like to get more involved?*

On March 26 our Rotary Club is going to pack Easter goody bags for senior adults living in assisted living/skilled care facilities. Our goal is to pack 100 goody bags. **We need things from our members to put in the bags.** They can be logo'd merchandise from your business, candy, pens, mugs, cups, and anything else seniors would appreciate and enjoy receiving. You can also give money to be used to purchase those things. Even if you cannot donate 100 items, donate what you can to help reach our goal of 100 bags.

*Join us every Tuesday at noon!*

Noon **Rotary**  
Club of Lebanon, TN



Lebanon First United Methodist Church  
415 West Main Street • Lebanon, Tennessee

Mailing Address: Po Box 546 • Lebanon, Tennessee 37088

LebanonNoonRotary@gmail.com  
www.LebanonNoonRotary.org

Connect on social media!  
f @LebanonRotary

*scan to visit our website*



## PEOPLE OF ACTION

ROTARY IS WHERE NEIGHBORS, FRIENDS, AND PROBLEM-SOLVERS SHARE IDEAS, JOIN LEADERS, AND TAKE ACTION TO CREATE LASTING CHANGE.

Learn more about Rotary International online at: [www.Rotary.org](http://www.Rotary.org)