

Club Meeting

Shades Valley
 Meets at Birmingham Botanical Gardens
 2612 Lane Park Rd
 Mountain Brk, AL 35223-1802
 Time: Monday at 12:30 PM

Speakers

November 28th
[Michael K. Ryan, M.D. - Andrews Sports Medicine and Orthopaedic Center](#)

December 12th
[Mary Carol Argo](#)
 DG Official Visit

Michael K. Ryan, M.D. - Orthopaedic Surgeon, Andrews Sports Medicine

By Jon E. Lewis on Tuesday, November 22, 2022



Michael K. Ryan, MD, is a dual board-certified fellowship-trained orthopaedic surgeon, specializing in sports medicine surgery of the shoulder and knee, hip preservation surgery (including hip arthroscopy for treatment of hip impingement and labral tears, PAO for the treatment of hip dysplasia, and other complex joint preserving surgeries for adolescents and adults), as well as anterior hip and knee replacements. Additionally, he is a founding member of The Hip Center at Andrews Sports Medicine. In this capacity, he primarily focuses on treating patients with non-arthritic/preservation hip injuries, disorders and diseases.

Dr. Ryan brings extensive sports medicine experience having acted as a member of the medical teams for various institutions and organizations. Dr. Ryan currently serves as team physician for the NBA G-League Birmingham Squadron, Samford University, Spain Park High School, Mortimer-Jordan High School, Pleasant Grove High School, Pell City High School and Lincoln High School. He previously provided on-site medical coverage for the University of Alabama football team and University of Alabama athletics, SEC Baseball Tournament, Birmingham Barons, Birmingham Ballet, Cordova High School, Athletes Without Limits, New York Public School football, and New York University and Long Island University athletics.

Dr. Ryan's research interests include sports medicine and hip preservation, and he has published numerous peer-reviewed articles and orthopaedic book chapters on the topics. He has presented his research at annual orthopaedic conferences, and has been named the recipient of several awards during his career, including the American Sports Medicine Fellowship Society Basic Science Award, the John N. Delahay, MD Award in the Department of Orthopaedic Surgery from Georgetown University, the Arthroscopy Association of North America Resident Scholarship, and the American Sports Medicine Fellowship Society Basic Science Award. Dr. Ryan holds memberships in the American Academy of Orthopaedic Surgeons, American Orthopaedic Society for Sports Medicine, Arthroscopy Association of North America, and the Notre Dame Orthopaedic Society.

Dr. Ryan graduated from the University of Notre Dame with a bachelor's degree in preprofessional studies, and he earned his medical degree from the University of Georgetown School of Medicine. He completed an orthopaedic residency training at New York University Hospital for Joint Diseases, followed by a sports medicine fellowship with James R. Andrews, MD, E. Lyle Cain, MD, Jeffery R. Dugas, MD, and Benton A. Emblom MD at the American Sports Medicine Institute (ASMI) in Birmingham, Alabama. Additionally, Dr. Ryan completed a fellowship in hip preservation in Bern, Switzerland, working with some of the world's pioneers in hip preservation and surgical treatment of hip pathology in adolescents and young adults.

Outside of work, Dr. Ryan serves as the medical officer and team physician for Athletes Without Limits, an organization dedicated to providing coaching, training, and competition opportunities to athletes with intellectual and developmental disabilities. He also enjoys participating in athletic competitions around the world: over the past decade, Dr. Ryan has competed in over ten Olympic distance triathlons, one full Ironman, multiple half Ironman races, and seven marathons, where he twice qualified for the Boston marathon. He also enjoys golf, skiing, fly fishing, and hiking. Dr. Ryan originally hails from Colorado Springs, Colorado, but is thrilled to be living in Birmingham, which he and his wife, Jenny, a California native, their daughter Vaughn, and their Rhodesian Ridgebacks, Tagg and Bear, happily call home.

Outside of work, Dr. Ryan serves as a member of the medical review board for Built Lean, a company that promotes balanced fitness and healthy nutritional habits for busy professionals. He also enjoys participating in athletic competitions around the world: over the past decade, Dr. Ryan has competed in more than ten Olympic distance triathlons, one full Ironman, two half Ironman, and seven marathons, where he twice qualified for the Boston Marathon. He also enjoys golf, skiing, fly fishing, and hiking. Dr. Ryan originally hails from Colorado Springs, Colorado, but is thrilled to be living in Birmingham, which he and his wife, Jenny, a California native, their young daughter, Vaughn, and Rhodesian Ridgeback, Tagg, happily call home.

Christmas is Coming

By Rachel A McKee on Sunday, November 20, 2022

CHRISTMAS TOY DRIVE

This year we will be supporting [The Circle of Love Foundation](#) in their efforts to provide toys to local shelters in the Birmingham Metro Area. Spread holiday joy for local children in need by bringing toys to Rotary or shopping online and having gifts delivered! The Circle of Love Foundation's mission is to garner support and awareness of, and to provide hope to those who need it most: children in need in the Birmingham area. Through its members' and many volunteers' tireless work, and unparalleled passion for giving back to the future's next great leaders, The Circle of Love has touched the lives of more than 5,500 children who would have otherwise gone without gifts on Christmas morning, or the most basic school supplies, like pencils and paper, on the first day of school. Lindsey Garner will be collecting and delivering our donations.

Deadline for Toy Collection: Monday, December 5th

To buy Christmas presents:

Click this [Amazon link](#)

Shelters receiving Christmas toys for children in need:

- [First Light](#)
- [Grace House](#)
- [Jessie's Place](#)
- [Lovelady Center](#)
- [Olivia's House](#)
- [One Roof](#)

2022 ROTARY CHRISTMAS PARTY

We are planning to have a Member SlideShow during our annual Christmas Party, and we would love for everyone to submit a FAMILY PHOTO to be shown during our Party this year. Please submit a photo to rachel.mckee@kw.com prior to the event. More details to come!

Thank you,
 Rachel McKee

Support Rotary with your IRA if you are over 70 1/2

By Charles Theodore Brasfield III on Tuesday, November 8, 2022

Here's a great way to support The Rotary Foundation and reduce your tax burden. I've been using it for several years and it's saved me a good deal. .

If you are subject to Required Minimum Distributions (RMD), making a Qualified Charitable Deduction (QCD) allows you to meet your RMD without increasing your taxable income.

Just like donating via cash or check, giving directly from your IRA is an immediate and impactful way to support Lakeshore — but in many cases, IRA giving can be even more tax-efficient.

When you withdraw funds from your IRA, your taxes typically increase; however, donating money directly to The Rotary Foundation from your IRA allows you to give tax-free, whether you itemize

deductions or not.

To give, you may want to consult with your tax or IRA advisor. Thanks so much.

Yours in Rotary service,

Ted Brasfield

Support our Charitable Foundation with Amazon Smile

By John D. Gleissner on Friday, November 11, 2022



Tom Somers spoke at our Nov. 7, 2022, meeting regarding our Shades Valley Rotary Charitable Foundation (SVRCF) and **Amazon Smile**, to have Amazon devote 0.5 % of any qualified purchase to the SVRCF. You may choose our Charitable Foundation easily by designating SVRCF at Amazon Smile. It is convenient to search with the words "Shades Valley," and the name of the SVR Charitable Foundation appears for you to select. After selection, we must then shop at and through **smile.amazon.com**.

"When you shop at **smile.amazon.com**, Amazon donates 0.5% of your eligible purchases - at no cost to you. AmazonSmile offers the same products, same low prices, and same services as the Amazon you know."

Yes, I understand that I must always start at **smile.amazon.com** to support Shades Valley Rotary Charitable Foundation.

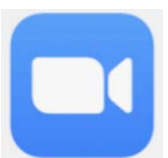


Please, please start shopping at **smile.amazon.com** to support our Charitable Foundation! Thank you.

Zoom Details

Via the web:
<https://us02web.zoom.us/j/84330344512>
Meeting ID: 843 3034 4512
Passcode: Yellowbowl

Via phone:
+1 312 626 6799 US (Chicago)
Meeting ID: 843 3034 4512
Passcode: 5226307335



Rotary Club of Shades Valley

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