



Rotary Club of Covington Bulletin

<http://www.RotaryCovington.org>

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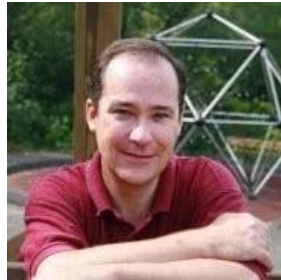
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Rotary Program 03-07-2023 - Conrad Hall - Author

By Levi Bailey on Monday, January 30, 2023



Rotary Program 03-07-2023 - Conrad Hall - Author

There is something in all of us that is supposed to be nurtured by the love of Mom and Dad. I have been accidentally blinded twice in my life. My experience is it's easier to deal with blindness than it is to grow without the essential emotional nutrition of parental love.

Trapped With Pretended Love

When I asked to live with Aunt Geri and Uncle Harold on their horse farm, the answer was telling. After I had the audacity to catch her in repeated lies, my mother rather hotly explained saying "She raised Fran's kids and Anne's kids. I'll be damned if she's going to raise one of mine."

Growing up rejected by my parents made me believe everyone would feel the same way. After all, who is going to love you when your parents don't, right? My first understanding that my father's dislike for me was intense came during a ride home in the family station wagon.

The ride home came the summer after starting school, and my now five year old mind latched onto reading road signs for entertainment.

Everything was fine until my older brother hit a couple signs he was unable to read. After I read a couple signs my brother missed, my father got angry.

My mother defended me at first. Unfortunately, she was a teacher. It made complete sense to her that she should explain how younger children often make rapid progress in learning to read. That enflamed my father and incited him to lash out at me.

Aging Sometimes Makes Vinegar

That emotional battering progressed as I aged. It gradually led to me transforming from a cheerful, friendly boy to an angry teen.

I have lived on both sides of the law with considerable skills as a thief and faltering skills as a drug dealer. I've also served honorably in the military, ran a carpentry business, been married, worked in high-rise construction, and am a father.

Through it all, I lived with a private stupidity. My stupidity was combining the expectation of rejection with every subsequent rejection, and thinking it all proved my parents were right; I'm not worth loving.

No one should be surprised when unloved children grow into adults who behave in ways that prove their parents right. Everyone loves the result when we get a professional athlete, successful entrepreneur, or effective activist. But we blame the person who is anti-social, cruel, or rude.

To my credit, I started breaking free around age 19. I had always been rebellious, but childhood and teenage rebellion are different from consciously assessing what you're doing, and your reasons for doing it.

My reasons have led to great choices that resulted in employment success, achieving wealth as a business owner, a wide base of learning through continuing education and reading, and some wonderfully, temporarily, happy relationships.

My choices have also led to bankruptcy three times, being homeless, spending time in jail, and living through more than fifty years without forming a single long-lasting relationship.

The Jerk – More Than A Steve Martin Movie

At this point, you might be thinking I am quite the jerk. That's okay. I have been a consummate jerk in my lifetime.

It took a lot of learning, and a long time, to realise two things:

1. All we have is the reality in front of us; and,
2. A lot of people are desperate to avoid reality.

You can see the truth of it in everyday life by watching people who accept wage-slavery (their reality) and then complain about having no control (avoiding responsibility for their reality).

I have invested an incredible amount of time listening to business owners, parents, and young adults as they defend their bad choices, and, more importantly, as they change course for better choices.

It is stunning to see how deeply the desire to be accepted as right, in the face of all opposition and contradiction, permeates our society. Even more amazing is seeing the relief that washes through someone when they succeed in fixing a mistake.

When you add up all the hours of listening and coaching, it turns out to be decades of experience. Parents concerned about their children. Children angry with their parents. Business owners confused about leadership and customer relations. The experiences of listening, accepting, caring and encouraging, smoothed the rougher edges left from an angry, abused, and rebellious young man.

Those experiences, and a life-altering divorce, led me to pull back, look honestly at myself, and strip away my private lies and pretensions.

From Riches to Rags

I was running a successful business when the divorce hit. Six books were written – including two international bestsellers and another a case study in every mistake you can make when putting a book together. Two others were moderate successes and the sixth was a lead generation tool. They made for a great education in what works and what flops.

Business owners were lined up to pay premium fees for my advice and guidance to make their businesses stronger and their customers happier. So much so, I came home in November 2012 with six clients lined up and \$265,000 in first year billings, plus commission on sales copy.

[The Men Behind our District's Vocational Service Awards](#)
Published on 01/07/2023

[South Hall Rotary Serves 9 Organizations Through Two Community Inspired Fundraisers](#)
Published on 01/07/2023

Club Leaders



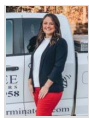
[Joseph Davidson](#)
President



[Lauren Poynter](#)
Attendance Secretary
On-To Conference Chair
President-Elect
Secretary



[Tarrence T. Houston](#)
President-Nominee



[Megan L. Sellars](#)
Treasurer



[Salisa Bacon](#)
Membership Chair
Past President



[Boone Brothers](#)
Membership Retention Chair
Training Officer



[Cathy Dobbs](#)
Membership Retention Chair
Family of Rotary



[Levi Bailey](#)
Bulletin Editor
CCO-Club Comm. Offcr
Webmaster



[Taylor Beck](#)
Public Image Chair



[Matthew Clayton](#)
Rotary Foundation Chair



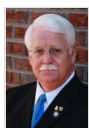
[Philip Lanier](#)
Interact Club Sponsor
Youth Services Chair
Laws of Life Contest Chair



[Brian Keith Adams](#)
Past President
Club Director



[Brad Bettis](#)
Club Director



[Douglas E. Bolton](#)
Club Admin Chair



[Thomas E. Davis](#)
Club Director
Club Fundraising Chair

This is in addition to having gone from being a single copywriter living in Toronto, Ontario (almost 4,000,000) to being married with three children living in a small town of 12,000 in Illinois. What could have been a culture shock was significantly softened by finally having come into being part of a family.

My wife filed for divorce a week later.

During the divorce, I slept in churches around town in the Out Of The Cold program and spent my days in the library.

I made my way home to Canada after the divorce. The kid who grew up in a family that never loved him was now a man. A man whose dream of finally having a family had been shattered and torn from him.

Cranium Ex Rectum

My life motto today is simply Cranium Ex Rectum™.

Yes, pull your head out of your arse and face the reality in front of you. You can tell when people get it because they laugh

The whole point of the phrase Cranium Ex Rectum™ is to play on the pretensions of erudition. It sounds lofty in Latin and turns out to be simple, even crass, advice.

But the meaning is a little deeper, too. The cranium is really just the part of the skull enclosing the brain. Cranium Ex Rectum is about getting your brain unstuck from bad thought habits.

And If you know anything about me, you know I'm big on PEP (Personal Empowerment Practices) over POOP (Personally Obstructive Offensive Practices). So it really strikes me as appropriate – Cranium Ex Rectum – get your brain free of the POOP in your life.

Discovering My Cranium Was Buried

I learned a lot of POOP as a kid. Then I heaped more into my life as a teenager and young adult. I put on a real show of lying, being changeable, threatening, and criticizing. Anyone who thought I was a massive jerk had good reason to think so.

Being that person taught me a lot. Does that sound trite? Ooo, the big bully learned a thing or two, did he? But I mean something rather different.

There was me, Conrad, a very caring, honest, accepting, encouraging, and supportive person. I hid myself away inside a shell of threatening, lying, and blaming because people terrify me. In my life, people have been incredibly, often violently, pooppy toward me. You know how it is . . . You get hassled or tormented enough and you grow a shell as a last ditch effort at self-protection.

But I learned something surprising. That shell never provides protection. It only serves as your custom made prison. I met a lot of kind and generous people in the Out Of The Cold program. Talking with them helped me come to terms with two very important parts of reality:

1. The internal conversation we all have every day is the most important conversation of our life; and,
2. Adults get to choose who participates in, or influences, that conversation.

Getting My Cranium Ex Rectum

From the time I arrived home in Canada in August 2013 to the end of 2020, I read more than three hundred books from Jack Canfield, John Maxwell, Dan Kennedy, Dr. Terry Lynch, Thomas Joiner, Dr. William Glasser, C.S. Lewis, Dale Carnegie, Sarah Millican, Robert Plank, Gary Chapman, and dozens more authors. They all write about choices, self-image, and the power of personal responsibility. It was seven years of intense, PhD level education, in addition to a half century of lived experience.

My adult life – all the good and all the bad – is the direct result of choices I've made. I have learned a lot about myself, making and fixing mistakes, and how other people behave as a result of the choices I've made. The best way to share that learning is writing it down, yes?

The Power of Self-Image

Have you ever heard the phrase "When you find yourself in a hole, put down the shovel?" Well, it's fair to say I started life in a hole of negative self-image. I made that hole wider, longer, and deeper by holding onto rage and being cruel to people around me.

Eventually, I put down the shovel, fashioned stairs to leave that hole, and built a strong, positive self-image. Was it all roses and honey? No. And I make no claim to having a perfect life.

And make no mistake, the hole is still there. There is nothing that can replace love and support that was never present. However, real effort can transform a crappy, dingy crawl space into a warm, light-filled, friendly, finished basement.

I'm just a man who has learned to stand on his own two feet, makes the best choices he can, and accepts responsibility for those choices.

***** ZOOM LINK SPECIFIC TO SPEAKER THIS WEEK, MUST USE THE ONE BELOW *****

ZOOM INFO

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Conrad Hall is inviting you to a scheduled Zoom meeting.

Join Zoom Meeting
<https://zoom.us/j/4206630830?pwd=emVpMlBvekIVRVoyWFRneDZOUUVdjUT09>

Meeting ID: 420 663 0830
Passcode: happy
One tap mobile
+16469313860,,4206630830#,,,,*400552# US
+16694449171,,4206630830#,,,,*400552# US

Dial by your location
+1 646 931 3860 US
+1 669 444 9171 US
+1 669 900 6833 US (San Jose)
+1 689 278 1000 US
+1 719 359 4580 US
+1 929 205 6099 US (New York)
+1 253 205 0468 US
+1 253 215 8782 US (Tacoma)



[Terry Ozburn](#)
CART Chair
Sergeant-at-Arms



[Greg Proffitt](#)
Service Projects Chair



[Tracey Clark](#)
Club Programs Chair



[Andrea Hendricks](#)
Youth Services Chair



[David Lawler](#)
Youth Services Chair



[Bryan Fazio](#)
iPast President

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+1 305 224 1968 US
+1 309 205 3325 US
+1 312 626 6799 US (Chicago)
+1 346 248 7799 US (Houston)
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+1 386 347 5053 US
+1 507 473 4847 US
+1 564 217 2000 US
Meeting ID: 420 663 0830
Passcode: 400552
Find your local number: <https://zoom.us/j/ab0H0hMAk9>

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March Birthdays & Anniversaries

By Levi Bailey on Sunday, January 1, 2023

March Birthdays
Ricky Mock 3/06
Doug Bolton 3/11
Ansley Ellison 3/15
Brad Stewart 3/24

March Anniversaries
Stacey & Lana Cotton 03/08
Ansley & Brandon Ellison 03/11

March Member Anniversaries
Bryan Fazio 9 Years
Lauren Poynter 9 Years
Brad Bettis 21 Years
Steve Whatley 25 Years

Birthdays

Douglas E. Bolton
March 11th
Ansley Ellison
March 15th
Bradley Stewart
March 24th

Wedding Anniversaries

Stacey Lanier Cotton
March 8th
Ansley Ellison
March 11th
Joseph Davidson
April 1st

Club Member Anniversaries

Thomas E. Davis
08-15-2006
17 Years
Samantha Fuhrey
08-08-2013
10 Years

Rotary Club of Covington Future Programs and events

By Joseph Davidson on Friday, July 8, 2022

Meetings are being held at Covington First United Methodist Church at 12:00pm
Zoom Virtual Meeting starts at 12:20 PM

03-14-2023 - Ivy Bohn - Arts Association

03-21-2023 - Thomas Brown - US Marshall

03-28-2023 - Lindsey Jones - A Childs Voice

[Read More](#)

Get on Board & Serve at the Chattanooga Hamilton County Family Justice Center!

By Tammy Tate Gilland on Friday, November 4, 2022



Rotary
District 6910

Family Justice Center
Chattanooga • Hamilton County
Pathways to Hope and Safety



The 2023 District Conference | April 27-30, 2023
Westin Hotel Chattanooga, TN

[Read More](#)

The Train is Soon To Depart! 2023 District Conference Update

Monday, March 6, 2023



Yes. It's true. This year's District 6910 Conference in Chattanooga is SOLD OUT! We sure wish we could keep announcing "All Aboard the Rotary Express" but this train is ready to leave the station. Passenger demand was up, and our destination is clear (choo choo). Chattanooga, Tennessee is soon to be full of Rotarians ready to learn, connect, and serve.

Stay tuned for 2024 District 6910 Conference information. We have a hunch you won't want to miss it either!

What does Vocational Service Month Really Mean for Your Club?

By Tarrence T. Houston on Saturday, January 7, 2023



As we all know, January is Vocation Service Month. If you are new to Rotary, you may be asking yourself, what does this mean? How can I have an impact on Vocational Service? What activities can my club participate in or sponsor?

[Read More](#)

Rotary Club Bookshelves 4 Kids Project Launches

By Laura Dent on Friday, February 3, 2023



Many efforts are being made by the community to enhance literacy for the children in Greene County. The Victory Train brought it to the attention of the Rotary Club of Greene and Putnam Counties that children who receive books from them and First Books have no place to store them.
[Read More](#)

ATLANTA'S HELPINGUKRAINE.US HUMANITARIAN COMMUNITY CONVENES FOR VOLUNTEER SENDOFF

By Emory L. Morsberger on Sunday, February 5, 2023



ДОПОМОГА УКРАЇНІ
 HELPING UKRAINE

ATLANTA – It has been almost a year after Russia's invasion of Ukraine, and HelpingUkraine.us – the grassroots humanitarian effort I founded in early last summer – is starting 2023 with more relief missions to the embattled country.
[Read More](#)

Let's Celebrate Rotary's birthday: Key Landmarks

By Anu Narula on Sunday, February 5, 2023



Join us as we celebrate the birthday of Rotary during the month of February. Learn about some significant events that lead to the worldwide organization that we know and serve today.
[Read More](#)

Meet our Members - Valentine's Day Edition | A Story on a Couple that Believes in Serving

Sunday, February 5, 2023



TWO FOR THE ROAD

From Manhattan's Lower East Side to the mountains of Berkshire County, Massachusetts, to sunny St. Thomas in the U.S. Virgin Islands and currently North East Georgia, Cathy O'Gara and Ed Sternberg have enjoyed 52 years of marriage and successful careers.

[Read More](#)

*February Message from DG Gerry Taylor

Sunday, February 5, 2023



February is Peace and Conflict Resolution month. Peace is a major effort in our Rotary World. Rotary International has Peace Centers in various parts of the world in conjunction with major universities that produce Peace and Conflict Resolution graduates. One of those recent graduates will be making a presentation at our District Conference in Chattanooga in April. GRSP started just after World War 2 as a program to promote world peace. It still flourishes today. Our district just completed its third \$25,000 international grant with Ukraine. During February, I hope that each of our clubs will do something to promote Peace and Conflict Resolution.

I have completed all 71 club visits for this Rotary Year, and I have to tell you that every club visit was wonderful. Each club is moving forward and doing amazing things in their community and around the world. I couldn't be more proud of all of you and appreciate your leadership! District 6910 is truly one of the finest districts in the world for many reasons, and each of you have made that possible.

As I write this message, District 6910 is number 1 in our Zone and in all of North America for net new members. District 6910 is the number 2 district in the world for the percent of sustaining members donating \$25 or more to The Rotary Foundation annually. We also have been the number 1 District in the world donating to Polio Plus for the last several years. These are amazing accomplishments that make us all proud.

Lastly, our District Conference in Chattanooga in April is where we will be celebrating individual and club achievements. Will you be there? "Get on Board the Rotary Express."

GRSP Fosters Peace through International Scholars

Sunday, February 5, 2023



Georgia Rotary Student Program commemorates the Peace and Conflict Prevention/Resolution Month through education and public awareness as our one-of-a-kind program has been bringing nations together since 1946. GRSP's purpose for the last 77 years has been to develop potential global leaders who promote understanding and peace around the world.

[Read More](#)

District 6910 Rotary Leadership Institute Update



Next Events:

February 11th, 2023, Lake Oconee Academy

March 25th, 2023, Georgia Gwinnett College

[Read More](#)

Get to Know District Conference Keynote Speaker Past RI President John Germ

Monday, February 6, 2023



We are excited and honored to have Past RI President John Germ as our Saturday night keynote speaker at the Rotary District Conference in Chattanooga. [Read More](#)

Join in the fun for Rotary International Convention in Melbourne from your Home!

By Amanda R Groover on Monday, March 6, 2023



We would like to invite you to be involved with a film for the Rotary International Convention 2023.

It will be wonderful to have as many people as possible involved. If you're happy to invite others to participate that would be great. We are very keen to demonstrate the global influence of Rotary and to represent diversity, equity and inclusion. A guide

film has been created with instructions and for use as a guide track. This can be found at <https://www.illaraart.com/rotaryfilm>.

Thanks for your support and for all the work you do to contribute to Rotary.

This is a project of the Melbourne 2023 Rotary International Convention Host Organizing Committee Incorporated

Amazing Past Club President Celebration

By Nicole Stewart on Thursday, February 16, 2023

What an amazing past Club President celebration today!! Thank you so much for all the Presidents who came back and shared stories of their Rotary year, Rotary projects, life-long fellowship memories, Rotary moments, and so much more. It was so much fun seeing everyone in the same room again. The best way to see where you are going is to see where you come from. In our club, we are truly blessed with some outstanding past Presidents who made our club what it is today.



Carpe Diem Launches Cookbook Fundraiser - All Clubs Invited to Participate!

By Debby Ciccone on Monday, February 6, 2023



CARPE DIEM LAUNCHES COOKBOOK FUNDRAISER

All clubs are invited to participate!

District leaders have been asking, 'Have you heard about the FIRE?' Fun-Inclusive-Rotarians-Everywhere is the tagline of one of District 6910's newest clubs, Carpe Diem Rotary Club.

And where there's fire, there's....a COOKBOOK! That's right, Carpe Diem Rotarians proudly announce their Cookbook Fundraiser. Members are building a Rotarian-inspired cookbook and want you to be a part of the adventure.

All Rotarians are invited to submit recipes, so gather up your best. You know the one – the one you brag about, the one everyone asks you to bring to the family gathering or to the potluck. Now is your time to shine and be a published Rotarian Chef!

[Read More](#)

Carpe Diem Donates Diapers to Local Food Pantry

By Debby Ciccone on Saturday, January 14, 2023

When Carpe Diem members find a good sale, what do they do? They keep their local food pantry in mind! When members of the club were recently shopping, they stumbled across and amazing deal for Pampers. Recently, they had read about a great need for diapers, so they sprung into action and purchased nearly 300 diapers to stock their local pantry, Never Alone.

Never Alone, located in Woodstock, GA fights hunger in the community by providing free food to families and individuals who face financial struggles. Their dignity based approach allows clients to choose items based on dietary restrictions and personal preference to create a well-rounded pantry. In addition to food items, Never Alone provides pet food, personal hygiene and diaper / infant items.

A collection box is available for drop off 24/7 in a covered area. If you come across a great deal, pick up an item or two or three and drop off at 291 Ropemill Road location in Woodstock.



Toy Drive Collaboration - Carpe Diem Rotary Community Corp

By Debby Ciccone on Saturday, January 14, 2023

What a wonderful time



of year! The magic of the season was not lost on our Carpe Diem Rotary Community Corp, Abbott Medical Devices project. They collected over 150 toys pictured here and 30 gift cards for the [North Fulton Community Charities](#) Toyland Shop.

This would not have been possible without the collaboration between the

[Abbott](#) employees based in Atlanta and the field (East coast sales), the tenants of the three buildings where Abbott has an office in Alpharetta, Carpe Diem Rotary members near and far, and members of the Riverside Community in Woodstock.

Carpe Diem Raises Money for Canine Friends

By Debby Ciccone on Saturday, January 14, 2023

On December 14th, Carpe Diem Rotarians joined Canton Rotarians (their sponsoring club) at The Embers at The Mill in Canton for an evening of holiday celebration, with dinner and dancing.

During the evening, two raffles were held, a 50/50 to raise funds for the Canton Club to help sponsor various community programs and a wreath raffle for Carpe Diem to help raise funds to purchase pet food for those who cannot afford to do so. Both raffles were quite successful.

The wreaths were made and donated by President Debby Ciccone.



Meet our Members | A Spotlight on Trailblazing Vocational Success

By Amanda R Groover on Saturday, January 7, 2023



District 6190's Meet our Members Series for January introduces you to Martha Martin who has spent decades serving others both professionally and philanthropically. Her willingness to work hard to find success in her vocation became the pathway to her ability to serve others. Take a moment to meet Martha in this quick introduction.

[Read More](#)

The Men Behind our District's Vocational Service Awards

Saturday, January 7, 2023



By David Foster, Rotary Club of Habersham County and Peter Gleichman, Rotary Club of Canton

Every year at our District 6910 Conference, two prestigious vocational service awards are presented: The W. Lee Arrendale Vocational Excellence Award and the Robert S. Stubbs, II Guardian of Ethics Award. While many Rotary clubs throughout our District present these awards every year and submit their nominees to the District for consideration for the District awards, the story of the outstanding Rotarians for whom these awards are named is not told often enough.

[Read More](#)

South Hall Rotary Serves 9 Organizations Through Two Community Inspired Fundraisers

Saturday, January 7, 2023



Flowery Branch, GA – The South Hall Rotary Club hosted two community inspired fundraisers over the last few weeks of the year to increase community interaction, the community's awareness of Rotary, and most importantly their ability to serve others during the final few weeks of the year. [Read More](#)