



The Rotary Club of Macon

♥ **THROBS**

Published Weekly Since 1914

October 23, 2023

No Meeting



There is no club meeting on October 23, so enjoy your lunchtime! Please join us next Monday, October 30 for a very important meeting that includes our annual Club Assembly. Come and help choose your leaders for the next Rotary year!

Link for Zoom Recording

Click here to view the recording of our October 16 meeting: <https://tinyurl.com/yp6schjq>

FUTURE MONDAY PROGRAMS approved by the Board of Directors:

October, 2023

23	No Meeting
30	GRSP/Club Assembly

November, 2023

6	Crimestoppers – No meeting at church
13	District Governor Felix Smith and Asst. District Governor Steve Bell
20	No Meeting

December, 2023

There are no regular club meetings in December, but we have the following events:

4	Annual Christmas/Holiday Party, from 6:30pm at the Hay House
11	Burdell Hunt Holiday event at the Museum of Arts and Sciences, noon

MEETING October 16, 2023

Attendance: 58.3% - 56 in person, 18 Zoom, plus 4 guests

CART \$28.33, Raffle \$45

Club Membership: 141 (including today's induction)

President Stephanie rang the bell to start the meeting. After welcoming members and guests and thanking Jackie she called on Past President Jonathan Alderman to lead the singing and pledge. He led us in the old reliable *God Bless America*. Rebecca Grist followed and offered a special prayer for Rotary and the world, especially those in Israel who are suffering.

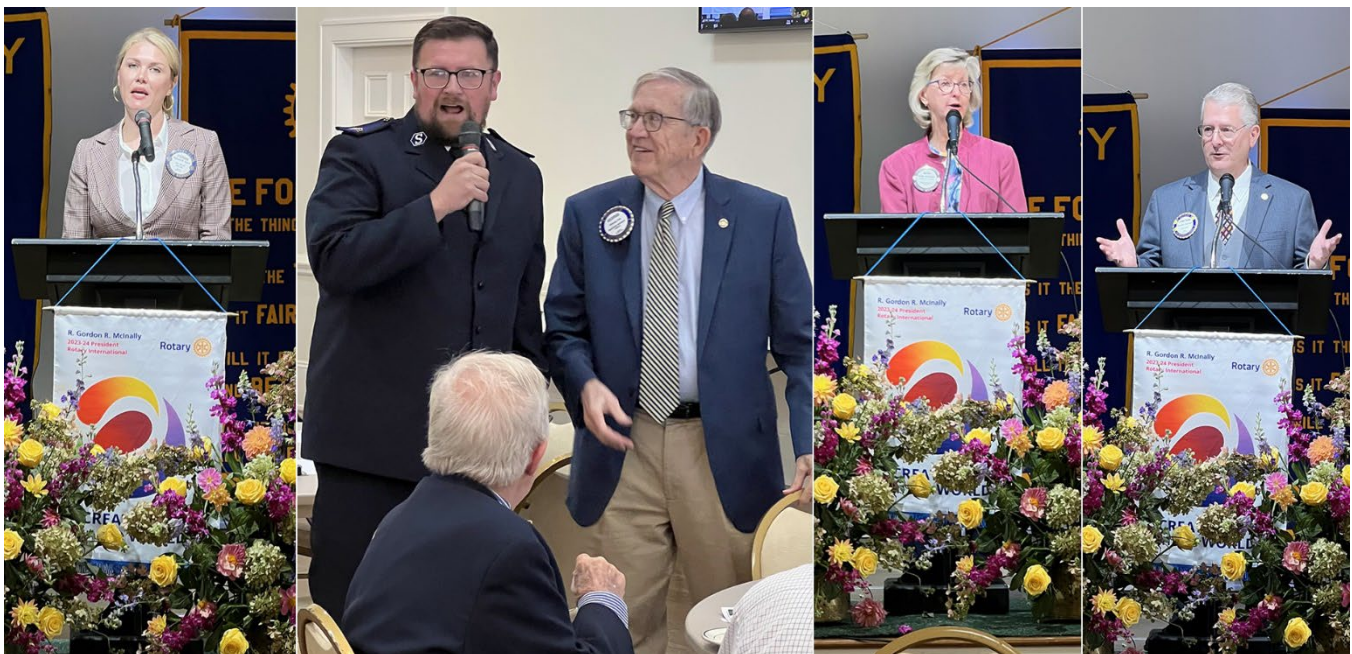
Stephanie then recognized our four guests, including the speaker, two pending members and a potential member. Six members have birthdays between October 3 and 16, and there are four club anniversaries, including Lee Gerdes' 23 years.

It was then time for CART brags, and we had some good ones. Stephanie noted that Steve Bell, our District Assistant Governor and the Rotary Club of Downtown Macon had a very successful Pints for Prostates Beer Festival this past Saturday. They set a record for most men screened for prostate cancer at a single event in the U.S.A.

Past President George Lee introduced his guest, Austin Sturdivant of the Salvation Army, who thanked the club for supporting bell ringing for many years. Mr. Sturdivant shared a personal story about how his mother was abandoned but rescued by the Salvation Army. George reminded the members that there will be sign-up sheets at every meeting for this year's bell ringing, which will be December 12 and 13 at the Midtown Kroger on Forsyth Road.

Past President Jonathan Alderman then came up to talk about World Polio Day October 24 and the PolioPlus Society. We are very close to eradicating polio in the world, and that is still Rotary's number one priority. Become a member of the PolioPlus Society by pledging to donate at least \$100/year to the PolioPlus Fund of the Rotary Foundation, and your contribution will also count towards Paul Harris Fellowship status. Forms will be available at each meeting. PolioPlus Society members will receive a certificate and a limited-edition \$1 U.S. coin representing the discovery of the polio vaccine by Dr. Jonas Salk and his team in 1953.

Kathy McCollum made a short presentation about our upcoming service projects Read for the Record and Stuff the Truck. We already have 21 Rotarians who have volunteered to read to Burdell Hunt Elementary students for Read For the Record. We need volunteers for Stuff the Truck which takes place at the Walmart on Zebulon Road all day (6am – 8pm) Thursday, November 16. The purpose is to provide food donations to those in the community who are in need. These sign-up sheets will also be available every meeting (though we only have three remaining this year, see below).



President Stephanie said it's time for nominations for next year's leaders. All members should receive an email about this today or tomorrow, so check your inboxes for the important nominating ballot. Nominations will be open for you to vote through midnight on Friday, October 20th.

Stephanie then reminded the club that we have only three more regular meetings at the church this calendar year, but there are numerous events that you will need to add to your calendar so that you will be able to participate in our community service projects as well as social events. A summary sheet of those dates was placed on every table but they are as follows:

Community Service Projects:

- Read for the Record October 26th
- Stuff the Truck on November 16th
- Monday December 11th is our annual Burdell Hunt Holiday Event at the Museum of Arts and Sciences. Students will have a fun morning of special educational programming sponsored by our club. Rotarians are invited to join in on the fun at Noon for lunch catered by Nu-Way followed by a school organized program in the auditorium.
- December 12th (Tuesday) and 13th (Wednesday) are this year's dates for our annual Salvation Army Bell Ringing. Past President George Lee is chairing this event this year. We have one-hour slots from 10am to 6pm and four volunteers are needed for each hour. This event is held at the Kroger Shopping Center on Forsyth Road. There is a sign-up sheet in the back. You can also contact George Lee via email (ghlengineering@gmail.com) or text (478-955-3307) to reserve your spot.

Social Events:

- On Tuesday November 7th at 5:30 we will have our FIRST club social with the Wednesday and Thursday Clubs at Fall Line Brewery. Each member will get one drink ticket that will be paid by the club with additional drinks being paid by you. This is an excellent opportunity to casually socialize with your fellow Rotarians. The next two socials will be in January and March.
- Monday December 4th is our Holiday/Christmas Party that will be held this year at the Hay House from 6:30pm. We will be providing the opportunity to RSVP starting at our next meeting and online through *Throbs*.

Stephanie then said today is an exciting day since we are inducting a new member. Andrew Eck introduced Jeff Wilhelm, who will hold the classification of Insurance-Life.

Jeff is an honor grad in the School of Business and Marketing at Princeton and has a B.S. from Clemson. He's an Eagle Scout who has lived in many places around the country. He was a General Manager of Dick's Sporting Goods for 12 years and moved to Macon in May of 2020. In late 2022 he left to become a Financial Advisor for Northwestern Mutual. He is active in Macon and is an Ambassador for the Chamber of Commerce.

Andrew pinned on the Rotary emblem and the club welcomed Jeff as their newest member.

It was then time for our featured speaker, and Past President Elbert McQueen came up to introduce Andrea Cooke who is Development Director of Macon Health Matters. He noted that Andrea is a mother of eight and is currently a doctoral candidate. She graduated from Ft. Valley State University and received a Masters from Mercer. She was named one of the 5 Under 40 by Macon Magazine. She has many roles in the community, including Chair of Friends of Rosa Park Square, the Macon Habitat for Humanity Board, and and the Mayor's Sneaker Ball Committee.



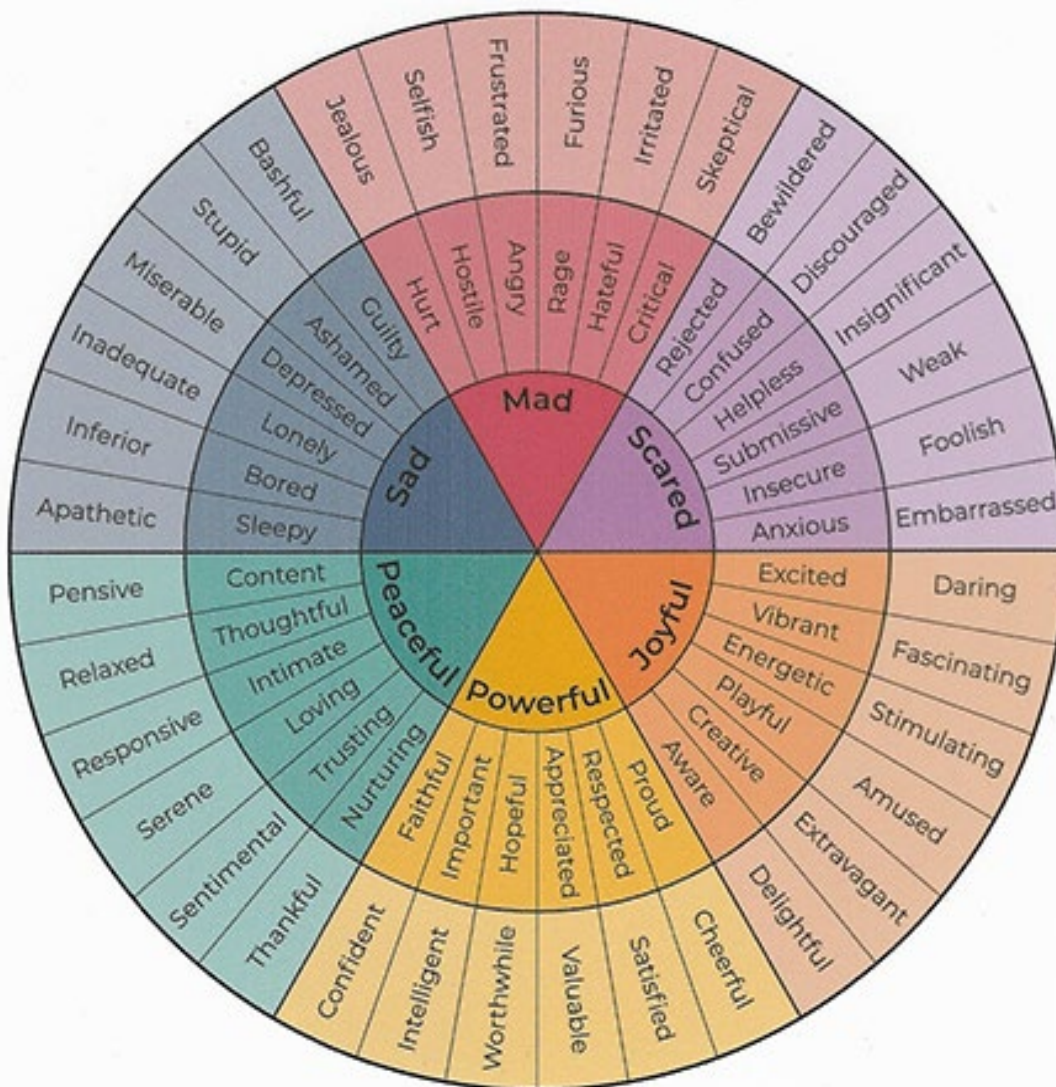
Andrea began by saying that she had purposely not put all those details in her bio, and she appreciated Elbert's research. She began by recounting how Macon Health Matters came about. She declined her first opportunity to meet mayoral candidate Lester Miller but he persisted and eventually asked her to be on his transition team after the election.

She encouraged the mayor to create a free mental health program and in 2021 \$600,000 was allocated for that purpose. It was targeted at lower-income areas of Macon. In the first year, 400 people received individual sessions under the program. That's unusual in the community they serve, since there is a stigma attached to seeking help with mental health matters.

One of the event Macon Mental Health Matters puts on events at community centers is drum circles. Drumming is a good way to regulate heartbeat and concentrate the mind. Therapists are on hand at these events to provide more individualized attention. The also offer a Second Friday wellness weekend featuring yoga classes and outdoor activities. 1,233 individual and family clients have been served so far. The recipients are mostly African American and Latino, with 24% of them White.

On all the tables, Andrea had placed large magnets with a circle graphic describing the wide spectrum of emotions.

Knowing how to name our emotions helps us ask for help when needed!





You can learn more about Macon Health Matters at <https://www.maconmentalhealthmatters.com/> or view the entire presentation at <https://tinyurl.com/yp6schjq>.

The members asked a lot of questions and also offered praise for the work done by this organization.

The raffle pot was up to \$347. Andrew Eck had the winning ticket but couldn't draw the Queen of Clubs so the pot will roll over to next week. (Please note that the winning card is the Queen of Clubs, not the Queen of Hearts as was noted in a previous *Throbs*).

In closing, President Stephanie reminded the club there will be no meeting next week and our next meeting is October 30 with the Club Assembly and GRSP student Vendela Danfors. The meeting concluded with recitation of the Four Way Test.



Do you have a recent accomplishment? Have you or your organization won an award or otherwise been recognized? We want to know, and to recognize your achievement at a meeting. Please email Gary Wheat, our Vocational Service Chair, at gwwheat@visitmacon.org

Donate to Rotary Foundation and CART

Club members can make donations to The Rotary Foundation or the CART Fund online line using credit cards or EFT. These can be made in memory of, honor of, or personal donations. They can be setup as recurring or one-time. Follow these easy steps:

The Rotary Foundation: Go to <https://rotary.org/> If you have never signed in you will need to register so it credits your Paul Harris Fellow account and our club. You may need our District number 6920 and club number 4202. Once registered you can SIGN IN to MY ROTARY then click DONATE button in upper right. Check the area ANNUAL FUND, DISASTER RELIEF FUND, or POLIO PLUS to donate, then just follow easy steps to make payment.

CART FUND: <https://mycartfund.org/Login.cfm> follow the online instructions. You will need our **Club number 4202** and **District number 6920**.

Vocational Spotlight

See <http://maconrotary.com/vocational-spotlight.php> to read more information on Rotarians featured monthly on our website <http://maconrotary.com> If you would like to be included in a Vocational Spotlight, please contact Gary Wheat, gwheat@visitmacon.org

Approved Makeups-Family of Rotary Events:

Reminder - Makeups can only be used two weeks before or after a missed meeting

Anytime Rotary Project (such as the Beer Fest!) or Rotary Committee meeting
Anytime Volunteer at Macon Volunteer Clinic
Viewing of Monday meeting recorded on Zoom - See current or past *Throbs* link

HOW TO MAKE UP MISSED MEETINGS

Please make up missed meetings to help our club's attendance percentage rank with District 6920 and Rotary International. Our attendance is reported each month to the district and is required to be reported before the 15th of the following month. **Members are encouraged to maintain an attendance average of 60%.**

Missed meetings must be made up **14 days before or after the meeting you miss.**

See list above of approved makeups. You can make up from the comfort of your home or office online at <http://rotaryclubone.org/> They will email a notice of the makeup to the Club Administrator and you will be credited. Also, attendance at another Rotary Club is a great option when you are traveling!

When you make up using the **Zoom link** of our meetings listed in meeting summary above or makeup in person at another club please send an email immediately afterwards to the Club Administrator, steve@eggmedia.com so your makeup can be recorded. Do not expect the club you visit to report to our club.

Excused Absences

Members have the opportunity to receive a board approved Excused Absence during a long-term family, health, or business crisis. When a member realizes they have a situation that will keep them from attending Monday meetings for an extended period they can contact the Club Administrator or President with the reason. This contact needs to be immediate and not after the crisis. The board can approve a beginning and ending date and attendance is excused on club and district level. Short term absences are best made up online.

Club Membership Applications

*We are purpose-driven leaders of influence and action. To sponsor a prospective candidate to join our membership, contact Membership Chair Charles Olson EOlson200@msn.com or any member of the Board of Directors to ensure a vocational classification is available for your candidate. Once the Classification Committee approves the classification, invite your new member candidate to a weekly meeting. If the candidate expresses interest in joining our club, then ask Membership Chair Charles to send the candidate an invitation to apply online. Once the new member candidate completes the application, Board members review the application. Then, new member candidates are presented for formal approval at the monthly Board meeting. Once approved by the Board, new member candidates are announced in *Throbs*. Unless there is objection by any existing member, the new member is scheduled for orientation and formal induction. All members of our club need to think about who would make good Rotarians!*

www.maconrotary.com