

Rotary



Club of Johnson City

Club Leaders

Ashley Grindstaff

President

Raleigh Green

President-Elect

Rotary Foundation Chair

Adam Haselsteiner

iPast President

Gary McAllister

Vice President

Theresa Billings

Club Executive Secretary

Sandi Blalock

Secretary

Philip Bachman III

Treasurer

Tyler McCann

Director-Membership

Membership Chair

Richard Scott Jeffress

Club Rotaract Advisor

Cyrus Fees

Club Programs Chair

Curtis Preudhomme

Sergeant-at-Arms

Brandon Tittle

Service Projects Chair

Wendy McIlquham

RYLA Point of Contact

Connie Whitaker

Area 14 Governor

Birthdays

Cynthia Widener Winn

September 17th

Raleigh Green

September 26th

Tommy Hood

October 1st

Leslie Salling

October 5th

Robert Wilson

October 5th

William Hawk

October 6th

Daniel R. Schumaier

October 7th

Wedding Anniversaries

Sam R. Taylor

September 24th

Daniel Matthews

September 24th

ETSU Coach Quarrels Visits Rotary September 19th



George Quarles is committed to growing ETSU football after a down year. In his first year, Quarles got his feet wet with a 3-8 record, but things are looking up in 2023.

Prior to ETSU, Quarles served as Assistant Coach on a very successful Furman football team. Before Furman, he had a historic high school coaching career.

George Quarles made history as the fastest high school coach in history to win 200 games as coach of Maryville High School. During his 22-year tenure, Quarles won 11 State Championships and amassed a record of 250-16

Outside of football, George and his wife have two sons, Jaco and Beau.

Self Care Tips

As our guests last week reminded us, Mental Health is a big area of focus for Rotary International president Gordon R. McNally. An effective analogy to remind ourselves of is, *"you can't fill from an empty cup."* You need to take care of yourselves as you take care of others. Some ideas:

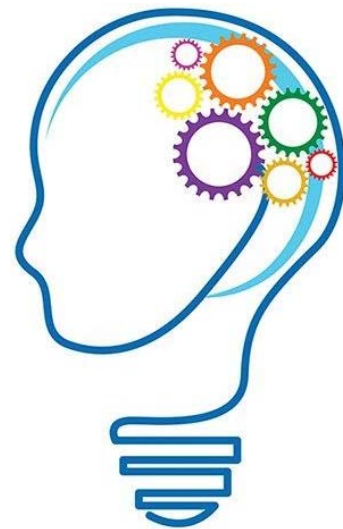
* **Find a creative outlet.** Bake, play music, paint. Whatever you find fulfilling.

* **Get outside and get moving.** There's a pretty strong link between exercise and positive mental health effects. It can boost your mood, alleviate anxiety, and provide a nice distraction.

* **Reach out to your support systems.** If you're feeling stressed out or overwhelmed, chances are that someone else can relate (and maybe even help you out). Don't hesitate to reach out to friends or family when you need a little extra encouragement or support.

* **Don't be afraid to feel it out.** It may feel a little counterintuitive at first, but the best way to deal with strong emotions is to give yourself the space to really feel them. It's way too easy to fall into a cycle of constant distractions without taking meaningful steps towards addressing your feelings.

* **Do what works for you.** Ultimately, self-care is super personal. What works for one person won't work for another, so explore a few different methods and see what sticks. There's really no right or wrong way to take time for yourself.



Events

9/26 Rotary Club Meeting

Brief Bike Park Update after meeting

10/3 Rotary Club Meeting

10/10 Rotary Club Meeting

Brief Bike Park Update after meeting

Leslie Salling
September 30th
Michael Elbers
October 3rd
Arthur Eckerson
October 4th
James D. Moody
October 12th
Shawn Stahmer
October 15th

Club Meeting

Johnson City
Johnson City Country Club
Tuesday at 12:00 PM