

COGS

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Rotary 
Club of Kingsport

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**THE MAGIC
OF ROTARY**



August 21 Meeting Preview

Sarah Good—Programs for Exceptional Students In Kingsport City Schools



Sarah Good is a product of the Kingsport City School system. She attended Johnson Elementary, Robinson Middle and Dobyns-Bennett High Schools. She left Kingsport briefly to attend The University of Tennessee—Chattanooga earning a Bachelor's degree in Secondary English Education with an English as Second Language (ESL) endorsement and then completed a Master's degree in Childhood Special Education.

Her entire professional career has been in the Kingsport City School system, first as a high school English teacher for 13 years, then transitioning to a system-wide ESL position for 7 years. She has taught ESL at John Adams, Roosevelt, and DB where she is now solely posted.

She has been married to her college sweetheart, John, for 21 years. They have three active daughters, 2 dogs, 3 cats and a leopard gecko. The family loves Braves baseball, Broadway musicals and concerts, and are actively involved with their church. She helps coordinate a breakfast ministry for our food insecure neighbors each Saturday and Sunday at First Presbyterian Church. She helps with the DB Sparkle-Squad and the Parks and Recreation Miracle League, as well as delivering for Meals on Wheels during the summer and school breaks.

In her presentation to the club she will give information about the ESL and Unified Sports/Special Olympics programs in Kingsport City Schools.

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August 14, 2024 Meeting Summary

Attendance was 40.5%

Paul Gray opened the meeting and introduced Paul Montgomery, Kingsport Mayor-Elect, who led the invocation and Pledge of Allegiance. Leslie Lynch provided the week's Sunshine with a Mystery Member Moment about Dr. Jerry Miller.



Due to an emergency with the scheduled speaker, Jane Crawford, with the help of her husband Larry, showed VHS video footage (which has been converted to DVD) of the club's community service project for 1997—assisting with the construction of a Habitat for Humanity house in the RiverView neighborhood of Kingsport. Other assistance came from community members, the homeowner and her friends and family, members of the Central Baptist Church and other volunteers.

The entire process of the framing and roofing was documented, with many familiar faces showing up the many interviews or just in the video footage, including George Bradley who brought his heavy construction equipment to the site to make the process easier.

Paul closed the meeting with a recitation of the Four-Way Test.

Tips from a Rotary, Toastmasters webinar: How to inspire others through storytelling

Rotary Voices

By Mary Shackleton, District 7230 Endowment/Major Gifts subcommittee chair



Do you have an answer ready if you are asked, Why Rotary? Even seasoned Rotary members struggle to answer this seemingly basic question if we're honest with ourselves, especially when speaking with prospective members. We inundate prospects with lists of what we do and proud accounts of how we do it, instead of helping them figure out why they might want to check out our next club meeting or service project in the first place.

Don't feel bad. Simon Sinek, a notable speaker and author on business leadership, points out, the way our brain processes language can make finding our "why" difficult. Sharing effective stories is one way we can get around this anatomical roadblock. My journey in Rotary and Toastmasters has convinced me that telling effective stories is imperative for our growth as membership organizations. We all have stories to tell – those inspiring Rotary "moments." And we can all learn to be better, even great, storytellers.

In April, I had the privilege of moderating a joint webinar produced by Rotary International and Toastmasters International, Connect & Inspire Through Storytelling. The distinguished panelists agreed that we must express ourselves through stories more often.

Nikita Williams, a Toronto Rotarian and Toastmaster, observed that good stories connect across

every demographic and cultural boundary. Nikita emphasized creativity and personal adaptation. She compared selecting story elements to share to the process of choosing toppings for a pizza. Maybe even include pineapple!

Verity Price, the 2021 Toastmasters World Champion of Public Speaking shared a clever mnemonic device to help us remember the elements of a great story – HOME. A

Hero faces an
Obstacle, then finds a
Mentor, and
Emerges successfully.

She also emphasized the importance of simplicity, editing, and practice.

According to Verity, the elements of a great story are like the number of blocks in a winning Jenga tower, just enough to keep it structurally sound.

In another analogy, Verity talked about making breakfast for her son. She may keep the first pancake for herself, because it's usually not one of her better efforts. Similarly, the first attempt or two at sharing your story may not be ready for prime time, but practice can make it perfect.

Mike Carr, 2020 Toastmasters World Champion of Public Speaking, urged us to emphasize the humanity and humor in our stories, making what you say relatable to your audience up to the point of envisioning themselves as the hero of the stories you tell. The more vulnerability and authenticity you can bring to your story, the better, he advised.

So here's our call to action, as Nikita puts it. We all have stories to share, so we must find our unique voices and tell our stories in every space that we're in.

CALENDAR OF EVENTS

AUGUST 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	31  School Supplies for Girls Inc.	1	2	3
4	5	6	7 Joe Ley—District 7570 Area Governor	8	9	10
11	12	13	14 Jack Pierce—From Slavery to Today in Kingsport	15	16	17
18	19	20	21 Sarah Good—Unified Track and Field Team, Head Coach—Dobyns Bennett High School	22	23	24
25	26	27	28 Sarah Fagerburg—Founder, Action Academy, Johnson City	29	30	31

MEMBER BIRTHDAYS

Aug 07—Gary Bridges
 Aug 14—Ambre Torbett
 Aug 20—Russell Adkins
 Aug 22—Dennis Phillips
 Aug 25—Bill Lewis
 Aug 25—David Randolph
 Aug 26—Steve Swinney

WEDDING ANNIVERSARIES

Aug 13—Ambre Torbett—30 Years
 Aug 14—Emily Ball—14 Years
 Aug 19—Tom Todd—63 Years
 Aug 25—Bill Adams—61 Years
 Aug 27—Ken Calvert—47 Years
 Aug 29—Leslie Lynch—54 Years

MEMBER ANNIVERSARIES

Aug 01—Deborah Adams—29 Years
 Aug 15—Leslie Lynch—21 Years
 Aug 16—Rebecca Beck—6 Years
 Aug 24—Heather Cook—13 Years
 Aug 28—Jennifer Salyer—11 Years

Upcoming Events

August 24—District 7570 Membership Summit—The Heartwood Center, Abingdon, VA
 September 14—Rotary Leadership Institute—Part 1—Colonial Heights Presbyterian Church, Kingsport, TN

HOW TO FIND US

Rotary Club of Kingsport

District 7570 | Area 13 | Club 5739

Meets every Wednesday at Noon
at

The Crown Center inside Food City
1205 N Eastman Road | Kingsport, TN



facebook.com/RotaryClubofKingsport/



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KingsportRotaryClub.com

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John Fleming | 423.579.0059

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Heather Cook | 423.502.0541

INTERNATIONAL & DISTRICT OFFICERS:

RI PRESIDENT:

Stephanie Urchick

DISTRICT 7570 GOVERNOR:

Bret Hrbek

AREA 13 GOVERNOR:

Joseph (Joe) Ley

DISTRICT SECRETARY:

Nancy Whitlock

DISTRICT TREASURER:

Jacob Higginbotham

DISTRICT FOUNDATION CHAIR:

Tim Carter



THE FOUR-WAY TEST

OF THE THINGS WE THINK, SAY, OR DO

- 1 | Is it the **TRUTH**?
- 2 | Is it **FAIR** to all concerned?
- 3 | Will it build **GOODWILL & BETTER FRIENDSHIPS**?
- 4 | Will it be **BENEFICIAL** to all concerned?

Local Clubs for Make-ups

MONDAY

Noon | Tri-Cities—Northeast State
Community College, Pierce Admin Bldg.,
Room P309, Blountville, TN

6:00 PM | Johnson City Evening—Howard
Hunt's Edward Jones Office, 4018 Roan St.
Johnson City, TN

TUESDAY

7:15 AM | Scott County—Scott Co. Park &
Golf Course Clubhouse, 247 Fore Drive, Gate
City, VA

7:30 AM | Bristol Morning VA-TN—
The Summit Co-Work Space (Expedition
Meeting Room) 1227 Volunteer Pkwy, Bristol,
TN

Noon | Bristol VA-TN—Bristol Train
Station, 101 Martin Luther King Jr Blvd
Bristol, VA

Noon | Johnson City—Johnson City
Country Club 1901 E Unaka Ave, Johnson
City, TN

Noon | Greeneville—Tusculum University,
Niswonger Commons Pioneer Café, 60 Shiloh
Road Greeneville, TN

WEDNESDAY

7:00 AM | Greeneville-Morning—Laughlin
Memorial Hospital Cafeteria Conference
Room, Greeneville, TN

7:30 AM | Kingsport-Sunrise—Food City
Press Room, Suite 300, 200 Clinchfield St.,
Kingsport, TN

Noon | Unicoi County—Town Hall, 211
N.Main St., Erwin, TN

Noon | Elizabethton—First Christian Church
of Elizabethton, Fellowship Hall, 513 Hattie
Ave, Elizabethton, TN

THURSDAY

7:15 AM | Johnson City Morning—Food
City Community Room, 920 N. State of
Franklin Rd., Johnson City, TN

Noon | Kingsport-Downtown—Food City
Crown Center, 1205 N Eastman Road,
Kingsport, TN

AVAILABLE 24/7—

www.RotaryClubOne.org