

Rotary



Club of Asheville THE COG

Tuesday, February 27, 2024



Club Meeting

Asheville
Meets at TUN HALL,
TRINITY EPISCOPAL
CHURCH. To request a
Zoom simulcast link email
avrotary1915@gmail.com.
60 Church St
Asheville, NC 28801
Time: Thursday at 12:30
PM

Speakers

February 29, 2024
Dr. Ashley Lucas, PHD
Weightloss

March 07, 2024
Varied winners
Community Grants Pt. II

March 14, 2024
Dr. Mark Knollman
Honduras Club Project
Review

Coming Events

March 5th
Board Meeting
March 14th
Discover Rotary
March 20th
Third Wednesday at
the Watering HOle

Club Leaders



Patrick A.
Snyder
President



Eva-Michelle G.
Spicer
President-Elect



David Mans
President-
Nominee
Club Director
International
Service Chair



Janet L.
Whitworth
Past President
Treasurer



Betty A. Doll
Secretary

CLUB ANNOUNCEMENTS

By Susan Harper



President Pat thanked **Jennifer Soster** for the CART match today. CART has a program wherein a club member volunteers to be a Matching Donor for the funds collected in the CART buckets on each table that week. To keep it sane, the top matching request is \$50. The CART Fund is dedicated to raising funds to provide seed money for cutting edge, high-impact research in hopes of finding a cure/prevention for Alzheimer's disease. To sign up, email our club CART chair, **Kevin McRae** at kmcrae@k2irrigation.com



you.

President Pat gave a health update from **J Hackett**. J is undergoing treatment in Virginia to be near his family. He has started dialysis and is getting registered on the kidney transplant list. When asked how we could support him, he said text messages of well-wishes are appreciated and invites members to join him when he live-broadcasts on Facebook from his dialysis appointments. He is also looking for some mentorship and guidance on how he might scale and simplify his business while he addresses these health challenges. If you are a business consultant or might be able to help him talk through some ideas on how to keep his business and non-profit work running smoothly, he would appreciate hearing from

Barbara Bowers shared information about the **Heroes Hoorah Gala** celebrating People of Action in our community. This evening of celebration will be held **May 16, 2024** from 6-10 pm at the Embassy Suites in downtown Asheville. In addition to highlighting the accomplishments of community leaders, it will raise funds for our club foundation. Please contact Barbara Bowers if you would like to help: barb@barbarabowerslaw.com



Ross Sloan reminded the club that a group is heading to **Guatemala** in 2 weeks to visit the simple school our club helped build and are seeking funds to purchase educational supplies.



Contributions can be sent to Sharon Leduc: skleduc@prodigy.net

The **Tennant Scholarship Committee** is seeking applicants for this needs-based scholarship. The criteria for applicants are:



Be a high school senior in Buncombe County
Have an un-weighted GPA of 2.0 if planning to attend a two-year program at a technical school, community college or junior college and 3.0 if planning for a 4-year college
Be enrolled in a college, university, community college or technical school and

- Have 3 letters of reference

Applications are due **April 14th**. Apply here: tinyurl.com/tennentscholarship

Marcia Whitney encouraged club member to take the **DEI questionnaire** being sent out by Rick Devereau. The DEI Committee is very interested in the thoughts of our club member. <http://DEIquestionnaire>



Shannon Paris shared two opportunities for club members:



- Donors, volunteers and community partners are invited to ABCCM's Transformation Village to celebrate 3 years of operations on Thursday, March 14th at 6:30 p.m. The celebration will be at Transformation Village at 30 Olin Haven Way in Asheville. RSVP to shannonparis@abccm.org.

Shannon is also raising funds for Transformation Village by participating in the 2024 Transformation Village Run for Hope fundraiser. Shannon is raising money by selling **singing telegrams** for \$25. Her personal goal is \$1,000. A singing telegram is a unique gift and raises money for a good cause. Contact her at

shannonparis@abccm.com.



Frankie L. Adkins
Club Director
Youth Protection Officer
Youth Services Chair



Celeste B. Collins
Club Admin Chair
Club Director



Michelle Daniels
Attendance Secretary
Sergeant-at-Arms



Catherine Jo Early
Club Director
Vocational Service Chair



Anthony D. Lynch
Attendance Secretary
Sergeant-at-Arms



Alvin Ward Peacock Jr.
Club Director
Membership Chair



Timothy L. Owings
Club Director
Rotary Foundation Chair



Richard T. Devereaux
Diversity Equity & Inclusion Webmaster



Linda Nelson
CCO-Club Comm. Officer
Club Director
Club Public Image Chair



Alexander P. Pence
Club Director
Community Service Chair
Club Service Chair



Andrew Mercurio
Club Fund Raising Chair



Chris Werts
Diversity Equity & Inclusion



Marcia Whitney
Diversity Equity & Inclusion



Skyler Duncan
Environmental Service Chair



Daniel M. Crupi
RYLA Point of Contact



Mary J. Michael
Club Programs Chair



Ross Sloan
iPast President

VOLUNTEER EVENTS

By Linda Nelson



volunteer opportunity is on **March 9th** for the Big Brothers and Big Sisters Bowl-a-thon fundraiser. Please contact Dan to sign up: danalanrogers@gmail.com

Thank you, **Dan Rogers** for organizing and attending the Volunteer birthday celebration at Riverbend Assisted Living Facility on February 20th. Thanks also go to **Janet Whitworth** and **Sharon LeDuc** for participating. It looks as though you were all enjoying your time there.

Please note the next



LAST WEEK'S PROGRAM

By Susan Harper

David McCartney and the Community Grant Committee presented a program featuring five of the eleven recipients of our community grants. These \$1,250 grants are funded annually from our Harry R. Morrill Community Grant Fund. Presentations today featured the following grant recipients:



Katie Valeika represented OpenDoors Asheville

OpenDoors AVL Rise program pairs struggling high school readers with struggling elementary school readers. Based on the award-winning Reach, Inc. model, this program develops grade-level readers and capable leaders by preparing low-literacy teens to serve as tutors and role models for younger students. Our grant purchased 2 carts to transport 20 laptops to and from AVL Rise sites at Asheville High, TC Roberson, Hall Fletcher and Estes. In a recent survey, 88% of tutors reported that AVL Rise made them a better student and 100% reported that AVL Rise made them a better leader.

Nicole LaVoie represented Western Carolina Rescue Ministries

Our grant purchased bedding and pillows for beds in overnight shelters. The Western Carolina Rescue Ministries program has 48 beds in the men's overnight shelter and 30 in the women's. These bedding units are easy access and provide a combination locker, reading light and a storage compartment. The lumber for construction was given by a private donor and additional materials and labor were provided by other partners. With the purchase of linens and pillows with our grant, the project is fully funded

and ready for installation when construction is finished.

Belinda Grant represented Mt. Zion Community Development Inc.

Our grant is being used to serve minority women and their children prenatally up to two years after a baby's birth. It provides monthly face to face contact, home visits using the Partners for a Healthy Baby home visiting curriculum, an additional home visit within one week of the baby's birth, referrals to other programs based on individual needs, and a HOPE box (Hope and Healing through Preventative Education) with baby supplies, cleaning items, a car seat and a newborn baby bag.

Kathy Soule represented Eblen Charities

Our grant is being used to provide health services for individuals and helping our community with urgent medical needs. Eblen Charities is using the grant to provide specific medical assistance for low-income individuals and families. This grant helps low-income community members with medical supplies, co-pays, medications and addressing an unexpected medical emergency or crisis. Kathy shared the story of a gentleman who is his wife's primary caregiver. He needed cataract surgery to be able to see well enough to drive and take her to appointments. Eblen paid his co-pay.

Tameka King represented The Children's Center at Gracelyn

Our grant is purchasing the Creative Curriculum for the PreK classroom students. The Creative Curriculum for Preschool Guided Education is a comprehensive, research-based curriculum that features hands-on investigation as a pathway to learning. The award-winning curriculum is designed to harness the power of play, nurture the whole child and promote individual skill progression while seamlessly connecting families to their child's learning and supporting teachers every step of the way.



Birthdays

David R. McCartney
March 1st
Anthony D Lynch
March 6th
Kyle R. Boyd
March 10th
Ross Sloan
March 15th
Jessica Z Hendrix
March 15th
Laura C Uherka
March 18th
Allison C. Krivatch
March 20th
Kristy Wilson
March 28th

Wedding Anniversaries

Michael E. Greene
March 4th
Kirk Borland
March 22nd
Rachel Rion Moran
March 23rd
Mason Gibbons
March 23rd

NEW MEMBER INDUCTIONS

By Linda Nelson

Please Welcome Two New Members to Our Club:

Will Sam Samson, sponsored by Dave Kaverman, and previously with the Leesburg Rotary Club.

Will has over twenty years of experience in change management, coaching, and leadership. He is the CEO of Ready to Grow, LLC, a strategic change management, communication, and training firm. He is an al certified life and executive coach, and a founder of Common Change, a nonprofit social innovation platform.

Nicki Weber sponsored by Mason Gibbons. Nicki is a Corporate Associate member with Parking Management. She has been a resident of Asheville since 1998, and holds the position of Valet Manager at the Kimpton Hotel Arras.

We look forward to getting to know you both!



THIS WEEK'S PROGRAM

By Mary J. Michael

A Paradigm Shift in Nutrition for Optimal Wellness and Weight Loss

Our program this week will be presented by Dr. Lucas, founder and advisory consultant for PHD Weight Loss. She will discuss the reasons why we have difficulty losing weight yet experience ease with weight regain. Her discussions and recommendations are based upon scientific evidence, yet you will be surprised by her unconventional viewpoints toward nutrition and wellness. She will also provide simple lifestyle strategies that can be implemented easily and immediately to witness positive change. Dr. Lucas and her PHD approach to weight management and wellness has helped thousands lose weight and reduce inflammation with successful long-term maintenance.



Dr. Lucas has over 15 years of education in the field of nutrition and metabolism. In her mid 20s, she retired from her professional ballet career. While understanding the importance of nutrition played on her own sport performance, she went on to earn her PhD in Sports Nutrition and Chronic Disease from Virginia Tech. Her research throughout her six-year post-graduate doctoral training, focused on energy metabolism and the Female Athlete Triad. She was awarded the Academy of Nutrition and Dietetics Scholarship and completed her dietetic internship at The Ohio State University. She passed the national examination registering her as a dietitian offering expert food, wellness and nutrition services. Dr. Lucas is a nationally renowned speaker, columnist, and leading expert in the field of weight management and behavior change. Through a scientific method that focuses not only on the metabolic consequences of fat gain, but also on the behavioral and psychological aspects, she created and continues to innovate the PHD Approach which has helped thousands of people nationwide achieve their peak

wellness once and for all.

THE FOUR-WAY TEST

By Linda Nelson



THE FOUR-WAY TEST

Of the things we think, say or do:

first

Is it the **TRUTH**?

second

Is it **FAIR** to all concerned?

third

Will it build **GOODWILL** and
BETTER FRIENDSHIPS?

fourth

Will it be **BENEFICIAL** to
all concerned?