

Rotary



Club of Shelby

District Leader



Kamlesh (Kam) Chandan
District Governor

2022-2023 THEME



Joins Us Live or Zoom Beth Trotter, PDG, Will Share About the Rotary Foundation & Its Impact on Us

This Friday, December 9, join us live or Zoom at Rotary to hear from Past District Governor (PDG) Beth Trotter as she shares how the Rotary Foundation International and the impact it is having around the world. The program was arranged by PDG Allen Langley for the Club.

As the end of 2022 comes closer, if you have not made a donation to the Foundation for this tax year, this may be an opportunity to help your Club and your deductions. Each year the Rotary International sets a goal for each Rotarian Each Year (REY) with a goal of \$100. If you have questions, talk with Beth or Michael Cheng.

Here is the link to join by Zoom.
Join Zoom Meeting

<https://us06web.zoom.us/j/84513825492?pwd=MVRFaEdkXCZAMkRlUjYVNVNOK1IDdz09>

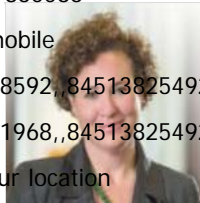
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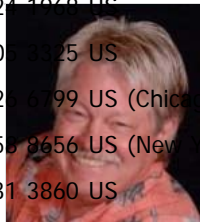
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Public Relations
Chair

Michael Yun M. Cheng
Rotary Foundation
Chair

IN THE SPOTLIGHT: ROTARY READERS

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"We have made a difference in the lives of over 900 third graders," wrote SRC President Jack in an email as he sent a heartfelt thanks to all of us for our participation in the PALS Partnership Aligned for Literacy Success) Program and especially the Rotary Readers on December 7: Ted Alexander, David Member, Stan Anthony, Emily Arvey, Fletcher Bagley, Robin Brackett, Jerry Bumbaugh, Renee Bumbaugh, Robert Burns, Tee Burton, Pam Margie Christopher, Collette Deviney, Emily Epley, Thomas Fletcher, William Huss, Steve Leatherwood, Justin Merritt, Jim Morgan, Kathryn Pennington, Josh Propst, May Reed, and Ron Wright. The Readers included SRC and Shelby Rotary Breakfast Club members as well as relatives and friends.

President Jack expressed his gratitude to SRC Director Dr. Collette Deviney and Cleveland County Schools personnel Henry Gilmore, Linamar Goorth, and Laura Bevan. Collette also reminded us that we have the opportunity to be a reader the fourth week of January as we interact with 1,000 second graders.

Rotarian Readers and the gift of a book made the day for the third graders who will remember with pleasure how Rotarians made them feel special. Hopefully, reading will become a passion for them, if it is not already, as it became a passion for Collette. Reading is not only fundamental, it is fun!

Please use the link to look at pictures from each of the 15 elementary schools.

[Link to Rotary Club Reader Photographs](#)

Peter H Bagley
President

Fourteen Days May Make a Difference for a Needy Family

Fourteen Days -- May Make a Difference for a Needy Family -- Support the Shepherd's Table Food Bank

Between now and our last meeting for December on December 16, use this chart below to fill a box or several grocery bags with food to donate to the Shepherd's Table Food Bank run by the Church of the Redeemer on W. Sumter St.

Each week over 160 boxes of food are distributed to families that come for help. With changes in the supply chain and how food is packaged, there are fewer and fewer opportunities for the Food Bank to obtain small portions of meat. In many cases, the protein that a family receives for a week is from the beans or peanut butter that they receive.

Pam Bright, director of the program, explained that they try to give a balance of vegetables, fruits, staples like cereal, rice and packaged potatoes each week. They purchase the food from the

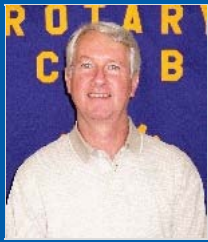
Shelby
Meets at Cleveland Country Club 1360 East Marion Street
Shelby, NC 28150
1388 East Marion Street
Shelby, NC 28150
Time: Friday at 12:30 PM



Stephen Fisher
December 8th



Dana K. Lundquist
December 13th



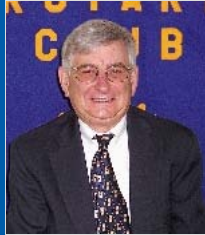
Robert Jackson Arey Jr.
December 8th



Michael Yun M. Cheng
December 12th



Robert McNeill Burns
December 12th



Joe Frank Ogburn
December 15th



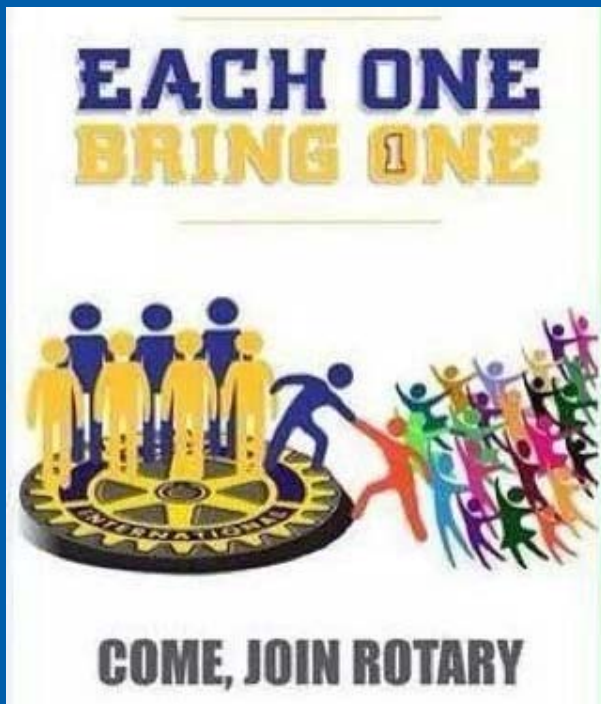
Kale Henry
December 19th

Years of Service

No Years Of Service Found

Each One Bring One

Help Our Rotary Club Grow



Second Harvest Food Bank, Charlotte and get items from the

Washington Missionary Food Bank, Waco.

For Christmas this year, they would like to offer a center cut ham steak that is about a pound and a half of meat to each family. It will cost about nine hundred dollars to purchase this amount of meat for all the food boxes.

If you want to create a box to donate, use this chart to identify items each day. If you would like to give a monetary donation, make the check to Church of the Redeemer and put Shepherd's Table on the memo line.

DATE	Day of the Week	Item to Donate	Estimated Cost
December 2	Friday	Peanut Butter	\$3.00
December 3	Saturday	Box of Cereal	\$4.50
December 4	Sunday	Can of Corn	\$1.20
December 5	Monday	Boxed Potatoes	\$3.00
December 6	Tuesday	Macaroni & Cheese	\$1.50
December 7	Wednesday	Can of Fruit	\$1.20
December 8	Thursday	Can of Tomatoes	\$1.20
December 9	Friday	Can of Tuna	\$1.50
December 10	Saturday	Container of Oatmeal	\$2.00
December 11	Sunday	Dessert Mix	\$2.50
December 12	Monday	Jar of Applesauce	\$2.50
December 13	Tuesday	Can of Beans	\$1.20
December 14	Wednesday	Package of Pasta	\$2.00
December 15	Thursday	Spaghetti Sauce	\$4.00
December 16	Friday	Can of Beans	\$1.20

Please bring your gift on Friday, December 16 and we will get them to the Shepherd's Table.

December 16 Opportunities to Serve Others in Our Community

Plan on attending our meeting on December 16 with a program by the new music instructor, Heather Gering, Cleveland Community College featuring songs of the season.

Christmas is not getting presents, but giving yourself to help others.

We will have several opportunities to serve others on the 16th.

RINGING FOR THE SALVATION ARMY

Throughout the day, Rotarians will be Ringing the Bell for the Salvation Army to support their Christmas of Cleveland Countaians. For many of those ringing, this has become a holiday tradition to share with another Rotarian or family member.



PROVIDING FOR SHEPHERD'S TABLE

As we shared last week, consider filling a box or grocery bags with



items to help the Shepherd's Table at the Church of the Redeemer, West Sumter Street. If you want to make a cash donation, funds will go toward purchasing 180 1 to a 1 and 1/2 pound center cut ham steak. With changes in the supply chain, companies do not find it profitable to make small batches or serving of meats that could be placed in the weekly food box. In many cases, the protein they

receive is from peanut butter and beans. Canned tune and some canned chicken is available, but the cost limits the quantities that are purchased from Second Harvest or Washington Missionary Food Bank.

If you bring a box of food, we will make arrangements to deliver it to the church.

HELP WITH THE BACK PACKS OVER THE CHRISTMAS HOLIDAY

Another concern are the children that count on our backpacks for food over the weekend. If you are able to help with items like microwaveable macaroni and cheese, or other items, the Backpack folks will work to get them to the schools to distribute.

Wreaths Across America Saturday, December 17 10 am Sunset Cemetery

If you would like to help place wreaths on the graves of veterans at Sunset or Webb Memorial Cemetery, the American Legion Family of Organizations is holding a brief program in the gym at the Boys & Girls Club and then groups will be divided to place wreaths on veterans graves at Sunset and Webb Memorial Cemeteries. There will be a special ceremony at the ten grave markers of unknown soldiers from the Civil War buried at Sunset.

HEALTHY TOGETHER CLEVELAND: PRIORITY AREAS TO ADDRESS

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Healthy Together Cleveland is “a coalition dedicated to improving the health of Cleveland County by engaging the community, leaders and organizations to align and integrate current health and social efforts for maximum impact and developing action plans to support and sustain these efforts.”

Jordan Frye, who is Senior Associate in the Community Engagement and Corporate Social Responsibility Department for Atrium Health, serves Cleveland, Gaston, Lincoln, and Rutherford counties. Her responsibilities also include serving as Project and Program Coordinator for Healthy Together Cleveland as she works with Jonathan Johnson, Healthy Together Cleveland steering committee chair, DeShay Oliver, Deputy Health Director for the Cleveland County Public Health Center, and currently a group of 42 community leaders and health professionals to assess the health needs of Cleveland County residents. Several SRC Rotarians, in their roles representing their professional fields, are members of the group.

After reviewing current health data in Cleveland County, the Coalition selected two achievable health categories to focus on: nutrition and physical activity. Jordan Frye will be SRC's speaker for our program on January 27, 2023. She will give an overview and update of Healthy Together Cleveland, as we extend the Rotarian focus of disease prevention and treatment in December to include the new year. New Year's resolutions, anyone?

ALZHEIMER'S UPDATE: NEW DRUG



Alzheimer's Disease, first documented by Dr. Alois Alzheimer in 1906, is a truly complex disease which today is purportedly affecting more than 6.5 million adults in the United States and 55 million people worldwide. If there are no scientific breakthroughs, the projected rates for 2050 are 13 million for Americans and 152 million worldwide, according to the Alzheimer's Association. One in three seniors in the U.S. dies with Alzheimer's or dementia, and Alzheimer's kills more people than breast cancer and prostate cancer combined.

Lecanemab is a “promising” new experimental drug that some in the medical community believe is likely to get FDA approval in 2023. The drug is similar to the controversial drug Aduhelm, which got a conditional approval from the FDA in 2021, in that both drugs contain antibodies designed to remove amyloid from the

brain. Aduhelm was the first approved novel therapy since 2003.

Clinical trials for Lecanemab involved 1,800 people in the early stages of Alzheimer's. Findings indicated that the drug slowed down declines in memory and thinking by 27 percent, giving patients and families a little more time, a "modest but meaningful benefit." As in all clinical trials, there were safety concerns, but the participants believed that the possibility of a meaningful difference in slowing cognitive decline was worth the risks.

If the FDA gives its approval, patients will have another choice for treatment but a cure remains elusive at this time. District 7680 Rotarians are still supporting our CART project, hoping and praying for a breakthrough. We IMAGINE Rotary discovering the cure. How wonderful that would be!

Remember the CART Blue Buckets each week. Based on this article, the money we donate may be the dollars that finance the research to find a cure.