



The Fayetteville Rotary Spokes

The Weekly Newsletter of the Fayetteville Rotary Club

March 24, 2022

Fayetteville Rotary Club Meeting

Welcome: Club President Paul Johnson opened this week's Fayetteville Rotary Club (FRC) meeting at Highland Country Club at 1:10 PM, welcoming everyone and leading all in the Pledge of Allegiance.

Meeting Prayer and Meal: The meeting invocation was given by Steve McDavid. This week's meal was Barbeque chicken, mixed vegetables, potatoes, Mixed Salad, and rolls.

Rotary Song and Rotary Minute: This week we have one member with a birthday, Ron Gunter, on the 18th, and none with an anniversary. Secretary Drew reminded Steve McDavid that records showed that his wife had a birthday on the 30st.

Attendance & Guests: There were a total of 26 attending the weekly meeting, 20 members in person, 2 via Zoom, and 4 guest in person, Jonathan Powell from Quality Sound, David Sgro, Stacy Belsor, a past Rotarian, and Barry Bowden, guest speaker.

Health and Happiness: Dave Baggett spoke to the Club about the upcoming Boys and Girls home Rotary Day event on Saturday March 26th at Lake Waccamaw. The Club has prepared a \$500 check to be delivered then.

Club Program: President Paul introduced Barry Bowden, owner, Counselor and Consultant with Accelerate, a counseling service. He is a retired military Chaplain who served in the Army for more than 20 years and now provides accelerated resolution therapy primarily to Soldiers, Veterans, Retirees. He provides counseling service on an individual and group basis. He approaches his clients where they are and does not require the patient to confront his/her demons in a threatening, confrontational way. He supports providing Post-Traumatic growth programs for his clients. That includes providing hope, healing and camaraderie for combat wounded veterans and their families. He supports receiving relief from symptoms of PTSD, mTBI and chronic pain through enjoyable experiences as those provided by Fairways for Veterans, Vet Tix, and Lone Sandhills Foundation. There are over 34 non-profit groups in the area that provide pleasurable experiences for combat veterans. Through the enjoyable experiences veterans will in their own time, when comfortable, get it out, talk it out and work it out. In Q&A Barry was asked why there are the large number of veteran suicides. He said it is because there are so many veterans who feel alone, no one cares about them, and no one understands them. He said once such a person is answering questions about their situation from a caring person there is a chance to get them help at a hospital if threatening suicide and a counselor if not threatening suicide.

Future Meetings and Upcoming Events:

- Mar 31 – The FRC will meet at Highland Country Club & via Zoom at 1 PM. Program, Mick Nolan, PWC Water.
- Apr 7 - The FRC will meet at Highland Country Club & via Zoom at 1 PM. Program, Alan West, Horticulture

50-50 Raffle and Meeting Farewell: Ron Gunter won \$20 in this week's 50/50 Raffle. President Paul welcomed guests to the club, thanked Barry Bowden for his presentation and all guests as well as the membership for attending, and then lead all in the **Four Way Test, of the things that we think, say, and do**, adjourning the meeting at 2:00 PM. Thanks, Barry, for a very informative presentation, and Q&A.

The Fayetteville Rotary Club - P.O. Box 53164, Fayetteville NC, 28305 - www.fayettevillerotaryclub.org

"Serving Others Since 1920"

~ 1 ~