

THE ROTARY CLUB OF MARIETTA **ROTALIGHT**

Celebrating 100 Years of "Service Above Self"

January 15, 2020 • Volume 83, Number 22

TODAY'S SPEAKER:
Hamilton E. Holmes, Jr.
"Keep Your Eyes on the Prize"



Rotary
Club of Marietta



ROTARY
CONNECTS
THE WORLD



Today's Guest Speaker Hamilton E. Holmes, Jr.

Hamilton was born in Detroit, MI and lived with his family as a young child in Nuremberg, Germany while his father served in the US Army as a medical doctor. The family moved back to Atlanta when Hamilton was five years old and he has lived in Southwest Atlanta since then.

Hamilton attended Atlanta Public Schools and graduated from Northside High School. He earned a BBA in Marketing from the University of Georgia Terry College of Business in 1990. He later earned an MBA in Marketing from Mercer University.

During his professional career Hamilton worked in corporate sales at AT&T and as the Business Development Manager for INROADS Atlanta. He also worked as an HR Business Partner and the Community Relations Manager at Lockheed Martin. While at Lockheed Martin, Hamilton worked for Lee Rhyant and Shan Cooper. He currently serves as the Business Development Director for Pieper O'Brien Herr Architects. In this role he identifies opportunities for his firm to design various commercial projects for clients across the United States.

Over the years Hamilton has served on various community boards and is currently the President & CEO of the Alfred Tup Holmes Legacy Foundation. One of his passions is working with students and he has coached youth baseball, softball, football, basketball and soccer.

Hamilton and his wife Gail, who is also a UGA alum, have been married for 26 years and they have two children. Trey is 24 years old and graduated from Auburn University in 2017. Marissa is 19 and a freshman at Mississippi State University.

Save the Date



*"Spreading More Love"
Valentine Sweetheart Dinner
with our Fellow Kiwanis
Friends*

*Tuesday, February 11, 2020
Marietta Educational Garden Center*

*A Romantic Dinner with
beautiful Love Songs*

*Proceeds will benefit Center for
Family Resources Peanut Butter Drive
for Winter Break*

WHEN WE LAST MET

Minutes from the January 8 Meeting

A flu-recovered President **Chris Bethel** opened our first meeting of 2020. **Doug Haynie** delivered the invocation.



DOUG HAYNIE

In it, he referenced our commander-in-chief's statement, delivered just moments earlier, implying there would be no immediate military retaliation against Iran. **Marlys Williams** introduced visitors and guests, among whom was Mark Chesney, one of our former members.

President Chris bestowed several important awards.

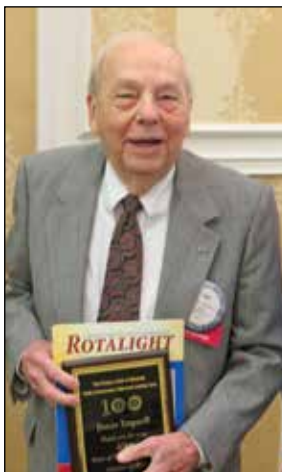
Mark Wright received his blue badge. **Jeff Cooper, Jesse Evans, Chris Bethel, Don Barbour, Lance Burchett,** and **Buck Northcutt**, all received perfect attendance recognition. Incredibly, Buck's was for forty-six years!



MORGAN McNEEL

Morgan McNeel handled the Bowl Pick Contest and announced the winners. Finishing dead last was **Harold Hobbs** (at least he had the intestinal fortitude to play!). **Jim Kellogg** finished third, **Glenn Owens** finished second, and **Jesse Evans** finished first.

On January 4, 1977, **Jim Trapnell** joined the Rotary Club of Marietta. We recognized him for his outstanding forty-four years of service with our club.



JIM TRAPNELL



ROTARIANS OF THE MONTH!

Kelley Maxwell, Holly Walquist, and Mark Barbour were all named Rotarians of the month for December in recognition of their outstanding effort to make the Holidays Around the World Christmas Party a resounding success. This year 209 children were served, and \$5500 was raised toward the effort.



Mary Ansley Southerland and our club were recognized in the media recently for our Literacy Project in connection with the Labor and Delivery department. Expect updates on future efforts and work shift to prepare the packages for each new child.

President Chris also announced a joint Kiwanis Valentines party for February 11th.



WILL ALLEN

Will Allen introduced our speaker, Spencer Gelerntner, Ph.D. Dr. Gelerntner is a licensed clinical psychologist with broad experience in his field. He has supervised the clinic at the Atlanta Federal Penitentiary, counseled adults, children, and families for various disorders including addiction, ADHA, anxiety, and depression.

Dr. Gelerntner's timely speech focused on new year's resolutions and why they are generally ineffective. He asked how many made new year's resolutions, how many made them this year, and how many had ever kept them



DR. SPENCER GELERTNER

for life. Very few hands were raised in response to the last question. This formed the basis of Dr. Gelerntner’s talk. Only twenty-five percent of people keep their resolutions for at least thirty days. He noted that Las Vegas offered better odds.

Rather than fixating upon new year’s resolutions, Dr. Gelerntner recommended working on long term changes through gradual processes. One of these processes is mindfulness. Another way of thinking of this is to analyze what one is thinking when one engages or fails to engage in a particular behavior. He recommends focusing on a particular word. For example, if someone plans to improve their diet, perhaps focusing on the word “health” when making food choices would be more effective than attempting to stick with a strict new year’s resolution. The gradual process of aiming for a positive trend can be quite effective. Dr. Gelerntner’s speech was different, humorous, helpful, and well-received.



The opportunity drawing was administered by Harold Hobbs and Holly Walquist, but there was no winner this time. **Daniel White** led the pledge and the four-way test, and then the meeting was adjourned.

~ Joe Atkins, Scribe
~ Richard Cope, Photos

Guiding principles

These principles have been developed over the years to provide Rotarians with a strong, common purpose and direction.

They serve as a foundation for our relationships with each other and the action we take in the world

Object of Rotary

The Object of Rotary is to encourage and foster the ideal of service as a basis of worthy enterprise and, in particular, to encourage and foster:

FIRST: The development of acquaintance as an opportunity for service;

SECOND: High ethical standards in business and professions; the recognition of the worthiness of all useful occupations; and the dignifying of each Rotarian’s occupation as an opportunity to serve society;

THIRD: The application of the ideal of service in each Rotarian’s personal, business, and community life;

FOURTH: The advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service.

Four Way Test

The Four-Way Test is a nonpartisan and nonsectarian ethical guide for Rotarians to use for their personal and professional relationships. The test has been translated into more than 100 languages, and Rotarians recite it at club meetings:

Of the things we think, say or do:

Is it the TRUTH?

Is it FAIR to all concerned?

Will it build GOODWILL and BETTER FRIENDSHIPS?

Will it be BENEFICIAL to all concerned?

Rotary Does Lunch for MUST Ministries January 9, 2020

by Dale W. Covington



Mexican Chicken Casseroles rang in a new decade and new year of monthly lunches at MUST Ministries prepared by members of the Rotary Club of Marietta. Chefs **Harold Hobbs**, **Adam Hobbs** and **Marlys Williams** created the casseroles by combining shredded chicken breasts with chicken broth, rice, corn, red peppers, onions and shredded cheeses. **Morgan Robertson** brought along his son Phillip and Phillip's friend Victoria to help mix ingredients in the casseroles during their cooking and make the meal's two sides: a lettuce/slau salad and tropical fruit. **Dale Covington** shuttled trays of hot casserole from the ovens to the serving line run by **Doug Haynie**, and Drs. **Lewis Lipsius** and **John Knox**. "Thank You" and "Muchas Gracias" exclaimed 74 diners following a cold night where outside temperatures dropped to 35-degrees.



UPCOMING EVENTS

Wednesday, January 22, 2020	12:15 PM	Luncheon Meeting – Dr. Patricia Patterson, Marietta Center for Advanced Academics
Wednesday, January 29, 2020	12:15 PM	Luncheon Meeting – Ross Cavitt - "Changes in Media"
Wednesday, February 5, 2020	12:15 PM	Luncheon Meeting – TBA
Tuesday, February 11, 2020	7:00 PM	Valentine Party with Marietta Kiwanis
Wednesday, February 12, 2020		NO MEETING (due to Valentine Party)
Thursday, February 13, 2020	10:30 AM	MUST Cook and Serve
Wednesday, February 19, 2020	12:15 PM	Luncheon Meeting - Mary Waters, Deputy Commissioner, International Trade State of Georgia
Wednesday, February 26, 2020	12:15 PM	Luncheon Meeting - Peter Heintzleman, President and CEO Cobb EMC

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Meeting makeups may be emailed to:

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