Rotary Club of Dunwoody

The Friendly Breakfast Club

AUGUST 6, 2025

This Week's Speakers

Mark Galvin and Jackie Cuthbert, Digital Media Education Day

Join us this week at Maggiano's for a Digital Media extravaganza - brought to you by Mark Galvin and Jackie Cuthbert. Mark is our current Secretary, co-leader of the Public Image initiatives that help us build membership and gain community support, and our own personal wizard of social media. Jackie currently serves as our bulletin editor, District newsletter editor - and in times past has served as Club President and as our Public Image Chair.

MEETINGS

August is Membership and New Club Development Month

8/8	General Meeting: Mark Galvin and Jackie Cuthbert, Digital Media Education Day
8/22	General Meeting - District Governor Steve Ivory
8/29	No Meeting - Labor Day Weekend
9/5	General Meeting: Greg Dozier, Technical College System of Georgia
9/12	General Meeting: Sherry Boston, District Attorney, DeKalb County
9/26	General Meeting: Walt Carter and John Vinyard, Authors - “Leadership Perspectives”
10/3	General Meeting
10/10	General Meeting

EVENTS

8/9	FODAC equipment collection
8/14	Thirsty Thursday - Social
8/22	Dunwoody Official Visit
8/29	No meeting - Labor Day Holiday
9/18	Thirsty Thursday - Social (at Brook Run Park)
9/27	Dunwoody Oktoberfest
10/5	Wine Tasting
10/5	Rotary Club of Dunwoody - Volunteers for Walk and Roll

BIRTHDAYS

8/7	Neal MacDonald
8/13	David Ready
8/14	Cathie Brumfield
8/15	Brian Moran
8/16	Meredith Morris
8/17	Charlie Augello
8/25	Mike Carlson

During this comprehensive session, we'll explore the full spectrum of Rotary's digital ecosystem, from our local club's social media channels to the broader network of Rotary International's online platforms. Members will gain hands-on experience navigating Facebook, LinkedIn, and other social channels where our club maintains an active presence, learning how each platform serves different audiences and purposes in our community outreach efforts.

We'll also tour the various Rotary websites, including Rotary International's main site, its MyRotary member portal, and our club's own website, explaining how these resources work together to support our service projects, fellowship activities, and global initiatives. You'll discover practical ways to share content, engage with posts, and amplify our club's impact through simple digital actions. [read more]

Service Opportunity

Help FODAC Make a Difference This Saturday, August 9!

Every year - and every day - FODAC makes a difference in the lives of people with disabilities - as it collects and refurbishes home medical equipment. FODAC's footprint is both local here in Atlanta and global - as it responds to equipment needs for daily life and in emergency situations like earthquakes, hurricanes, and conflicts.

Every August, the DeKalb Rotary Council joins forces with FODAC

8/31	Steve Dolinger

WEDDING ANNIVERSARIES

8/12	Marion Bunch (47)
8/14	Charles Sharper (0)
8/20	Ron Barden (58)
8/29	Buzz Law (17)
8/31	Rick Woods (24)

ROTARY ONLINE

https://dunwoodyrotary.org
https://rotary6900.org/
https://rotary.org/

ROTARY CLUB OF DUNWOODY

Fridays, 7:15 am
Maggiano's - Perimeter Mall
4400 Ashford Dunwoody Rd,
Dunwoody, GA 30338
Atlanta, GA , GA 30338

LEADERSHIP

President	Matthew Johnson
Immediate PP	Louise Barden
Vice President	Dave Burr
Treasurer	Carter Stout
Secretary	Mark Galvin
Public Image	Bob O'Brien

for a Home Medical Equipment Drive. This year, DeKalb Rotarians will gather on August 9 at the 57th Fighter Squadron Restaurant, then move out in teams to collect equipment in surrounding communities. Here's how you can help:

- Plan to join our Dunwoody team for the day - from 9 AM to 1 PM
- Let Dave Burr know if you have any medical equipment to donate - things like wheelchairs, bathroom aids, walkers/rollers, hospital beds, scooters, pediatric equipment, adaptive vans or power chairs, and we can help you schedule pick-up.
- Let your neighbors and friends know we can pick up any equipment they have to donate.

Let Dave know now if you'd like to volunteer or make a donation!

Service Opportunity

The Garden is Calling!

Bounds Gardens is looking good - after we whipped it back into compliance during our July visit. We also installed the Dunwoody Rotary rock slap for the viewing pleasure of passing folks. Thanks to Dave Burr, Bob O'Brien, me in the neon green, Russell Reims, Alison Norris, Rick Otness and Sam Chen!

Here's the Spruce-up schedule for the Rotary year:

- August 16, 2025
- October 18, 2025
- January 17, 2026
- March 21, 2026
- May 16, 2026

Our Rotary Foundation

Thanks for Your Contribution

Did you know that each Rotary year, every Dunwoody Rotarian donates $100 to The Rotary Foundation? We have done that intentionally since 2005 - recognized each year since then as a 100% Sustaining Club. We are also one of the few Million Dollar clubs in the world - a giving level we reached in 2015 under the

leadership of then President Lorri Christopher and Foundation Chair Bill Mulkey. Ever wonder what happens to the money we donate? Here's the note I just received in my email - as many of you probably did - expressing thanks for our contribution!

Thank you for your generous support of The Rotary Foundation. Your commitment helps Rotary members around the world create lasting, meaningful change - one project, one vaccine, one community at a time. Because of donors like you, we've funded 458 district grants, 1,210 global grants, and 69 disaster response grants this year. These grants empower Rotary members to meet urgent needs, strengthen communities, and build a more resilient future. And the impact doesn't stop there. In 2024 alone, more than 270 million children in 36 countries received over 1 billion doses of oral polio vaccine, thanks to the efforts of Rotary, our global partners, and supporters like you. Your generosity brings us closer every day to a world without polio. Every grant awarded and every child protected are a reflection of your belief in a better world. Thank you or remaining dedicated to Doing Good in the World.

Over the next few months, we'll take a closer look at the close ties between the Rotary Club of Dunwoody and The Rotary Foundation! In the meantime, check with our Foundation Chair, Ed Holliday, if you'd like more information about how you can make a difference through the Rotary Foundation.

Sunshine Revisited

Do You Know Who We Were Talking About?

The answers from last week's bulletin (and sunshine two weeks ago)

1. Ray Huebschmann - college swimmer at the University of Evansville in Indiana before competing for over four decades of Masters swimming ... and master weightlifter
2. Past President Gary Lane - the last founding member and still current member of our club

3. Roy Wise - celebrated his 30th anniversary as a club member in July and one of our club members who has participated in a National Immunization Day in India for Polio
4. Mark Galvin - sets up all the technology and allows our meetings to run smoothly every week ... and one of today's speakers.

Sunshine Revisited

Simple Ways to Predict Your Longevity

Editor's Note: Last week, a few members said they felt pretty good when they arrived at Rotary, until they heard Dave's sunshine and tried testing their grip strength. That said, we'd like to share some of the interesting information he included in his presentation for those curious about how long they'll live.

While a crystal ball might not be in the cards, a growing body of research suggests some simple physical tests could offer surprising clues. These aren't just for elite athletes; they're straightforward measures anyone can try. And there are some interesting studies that suggest the intensity of workouts and getting your heart pumping vigorously could be primary drivers for a longer life. [read more]