

THE ROTARY CLUB OF MARIETTA **ROTALIGHT**

Putting "Service Above Self" in Marietta Since 1919
January 16, 2019 • Volume 82, Number 23



The Rotary Club of Marietta
Welcomes
Today's Speaker:
Heidi Green
Chief of Staff,
United States Department
of Agriculture



Rotary
Club of Marietta



BE THE INSPIRATION



Today's Guest Speaker

Heidi Green

Heidi Green is a Managing Director in Deloitte's Policy & Government Relations team. She leads the government relations strategy for Deloitte's State, Local and Higher Education sector across 42 states and the City of New York and District of Columbia. She recently rejoined Deloitte after serving as Chief of Staff to Secretary Perdue at the U.S. Department of Agriculture.

As Chief of Staff at the United States Department of Agriculture, a \$150 billion agency with approximately 100,000 employees, Heidi directed the policy priorities and strategic initiatives for Secretary Sonny Perdue; facilitated coordination between the Office of the Secretary and USDA's seven mission areas; and was responsible for the management of the Office of the Secretary, including budget, policy, scheduling, communications, intergovernmental and congressional affairs. She also served as lead USDA advisor to White House on key policy proposals including trade, infrastructure, rural broadband, welfare, and tax reform.

Prior to USDA, Heidi served as Deloitte's client Relationship Executive for state government clients. In this role, Heidi delivered Deloitte's capabilities to clients, assisting them with their most critical business issues in running government operations and improving services to citizens.

Heidi was the Managing Partner of Perdue Partners LLC. There, Heidi led strategic initiatives such as the development of a national workforce program, restructuring economic development programs, opening new channels for export, facilitating R&D opportunities between international companies and U.S. research institutions, and more.

Heidi spent almost four years with the Georgia Department of Economic Development (GDEcD), serving as Deputy Commissioner of Global Commerce and then Commissioner. Under her leadership, the Global Commerce team was reorganized into industry clusters to better serve clients, business operations were streamlined, and a new four-year \$10 million international marketing campaign was launched. GDEcD attracted more than 65,000 new jobs to the state under her tenure and economic development announcements increased 14%.

Before joining GDEcD, Heidi served as Governor Sonny Perdue's Senior Advisor and Director of Intergovernmental Affairs. In addition to serving as an advisor to Governor Perdue on issues such as economic development, transportation, and workforce development, she represented the Governor's office with the Southern Governors Association, Republican Governors Association, National Governors Association and other intergovernmental organizations.

In addition to her extensive State government experience, Heidi has served on Capitol Hill. She began her career in government affairs in Washington D.C. with Congressman Bill Thomas and then served Projects Director for U.S. Senator Paul Coverdell. She also was part of U.S. Senator Saxby Chambliss' campaign staff.

Heidi holds a Bachelor's degree with Honors in International Affairs from Lewis & Clark College and a Master's degree in Business Administration from George Washington University, where she was the Honors Graduate in International Business.



Rotary Means Business is the newest Rotary Fellowship. It offers a business-to-business networking opportunity to share your business with fellow Rotarians - empowering your business by the Power of the Pin. We now have three Rotary Means Business Nodes in the Metro Atlanta Area to serve our membership in 2019.

Cobb County

Meets: Third Thursday of every month

Start: 6:30pm

Location: Village Center at Presbyterian Village
2000 East-West Connector, Austell, GA 30106

Hosts:

Debbie Ginocchio, 770-846-0469, dginocchio@bellsouth.com

Wayne Blackstone, blackstone.wayne@gmail.com

WHEN WE LAST MET

Minutes from the January 9 Meeting

Our first Rotary Club of Marietta Meeting of 2019 was called to order with a sure and certain clamorous clang of our Rotary Bell by our devoted and distinguished Cobb County Deputy Chief Assistant District Attorney and highly esteemed Club President **Jesse Evans**. His earnest whap of the brass Bell surely stirred the hearts and ear drums of all Rotarians and Guests in attendance. President Jesse then extended heartfelt salutacious greetings to all present making mention that two fine editions of our award winning Rotalight graced our tables. The December 26th, 2018 issue highlighting the successful efforts of our Club's annual 'Holidays Around the World' Children's Christmas Party adeptly organized and managed by Rotarians **Holly Walquist** and **Kelly Maxwell** and well supported by a great happy herd of high-flying reindeer Rotarians who all were perfectly prepared to swoop down on Franklin Road on behalf of the jolly ole livin-large Elf himself to bring goodie bags, crafts, pizza, and YES, gifts to the great holiday gathering of expectant children was enjoyably perusable; indeed the December twenty-sixth version of our Rotalight joyfully reflects our Club's dedication to putting 'Service Above Self' and, of course, today's Rotalight containing a summary of yet another annual happening... our Kiwanis-Rotary Club joint holiday hoopla held on our last meeting of 2018, December 12, reflects the fine efforts of all our Club members to embrace our Kiwanian brothers and sisters in the spirit of the season. To be sure, both editions reflect the highest journalistic standards of our Rotalight Editor and Staff, who all put the 'light' in the 'Rota' exceptionally well!



PRESIDENT JESSE

Rotarians in the News were brought to our Club's attention by our President: Dan Kirk, our aforementioned poignant prayerful pontificator, composed an equally poignant Op-Ed piece in the Marietta Daily Journal about customer service; our annual 'Holidays Around the World' Children's Christmas Party was also reported in the MDJ; and President Jesse noted a soon-to-be held auspicious event that surely will make the headlines of the MDJ as well, the 'hanging' of esteemed and highly regarded Rotarian, Club Past President, and Senior Judge **Adele Grubbs** (it should be noted that her colleague and Chief Superior Court Judge **Reuben Green** rendered forth the injudicious "hanging" remark related to the Honorable Judge Grubbs). Of course, the 'hanging' reference relates to the high distinction of Judge Adele's portrait being placed in the Cobb County Courthouse in admiration and respect for Judge Adele's many years of service to the Cobb County's Courts and Judicial branch of government. A well-deserved 'hanging' indeed!



MORGAN MCNEEL

Rotarian and insurance man extraordinaire **Dan Kirk** was then called upon to invoke over our meeting and meal. Dan shared a special family prayer that he and his bride prayed each evening with their children over the years... poignantly well done Dan! The effervescently radiant **Jennifer Nelson** then came forward to welcome our visiting guests and Rotarians. Erinn Warren was presented as the guest of the delightfully charming Rotarian **Jess Loper**; Ian King was introduced as a guest of the propitiously positive Physician Dr. **John Knox**; and a visiting Rotarian from Little Rock Arkansas, newly associated with Kennesaw State University, Lance Burchett, was introduced as the guest of the distinctively dulcifluous **Debra Day**. A warm jubilant round of applause followed after the introductions. Then **Morgan McNeel**, our 'Director of Club Fun', came forward to congratulate the 'chosen few' who participated in our "College Football Bowl Picks" happiness. The 'few': **Glenn Owen**, **Lee Foster**, **Jesse Evans**, **Jim Peeler**, and **Warren Gordon** all strived and vied to pick the winning teams; and as is recollected by this Scribe, Rotarian Lee Foster earned the honor of second place and Rotarian Warren Gordon captured first place! Congratulations all!

Our meeting was then 'Sunshined' by President Jesse Evans who made mention of one of our 'daughter Rotary Clubs' celebrating 55 years of community service; The Rotary Club of Smyrna was founded by our Club in 1963. President Jesse, Club President Elect **Chris Bethel**, and Past President and Assistant District Governor **Mark Barbour** were all in attendance at the Smyrna Club's anniversary celebration held at the City of Smyrna Community Center on Tuesday, January 8th, 2019. Then Rotarian **Lee Pence** stood to solarize former Rotarian, Judge Roger Plitcta, who in Christmastimes past played Santa at our annual Children's Franklin Gateway Christmas Party. Lee noted that Roger intended to join us for this year's party festivities but alas could not GPS nor guess his way to our party location. **Richard Cope**, our *Crutches 4 Africa* Project Director, thereafter stood to shed light on and laud all Rotarians for their commendable efforts in collecting crutches, walkers, canes, and wheel chairs

for our Club's longstanding noteworthy service project. We have 'coped well' in acquiring the needed devices, loading such devices, and now our collection efforts are Africa bound in a shipping container traveling across the great pond! Past President **Tucker Hobgood** then did 'rise and shine' reminding the Club that the 100th year anniversary of the Rotary Club of Marietta will soon be upon us (our Club was founded in October 1919); a round of applause erupted and President Elect Chris Bethel was then graciously chided that he was 'the man' to oversee this monumentally momentous historically noteworthy anniversary celebration event (no pressure, Chris!). Our Sunshine solicitations continued as President Jesse made the confession that our Guest Speaker, Dr. Arthur Reitman, was not amongst us to be the visitant converser. Hence, the extended glittering solar stories were prompted to continue as President Jesse did a wonderful job of essentially insisting the 'sun shine still' until Dr. Reitman eclipsed the vacant podium. Standing-up then was our dear Rotarian Brother **Daniel White** to illuminate the efforts of his ecclesiastical brethren and sistern at Stone Bridge for connecting with Park Street Elementary School to ensure that each child receive their very own book (harkening back to the former goal of our Marietta Reads' second grade reading project). Daniel then encouraged anyone in our Club who would like to assist in completing this commendable project so all kids at Park Street would have a book of their very own to contact him. Then the looming clouds of delay parted and the engagingly proficient and winsome Dr. Arthur Reitman bounded into the room profusely apologizing for his tardiness. His Wellstar colleague, Past President **Jeff Cooper** (Rotary Club of Henry County), gave a good, concise introduction of the dear Doc and Dr. Reitman came to the podium to ask the question we had all been waiting for: "How Can We All Do Things Better in 2019 to Improve Our Cardiovascular Health?"

Dr. Reitman then proceeded to present relevant facts about cardiovascular health as related to national demographics by displaying several maps that depicted the locations and proclivity of cardiovascular incidents in the USA. It was noted that the "south" was a region ripe with cardiovascular incidents. Dr. Reitman stated, "if you compile all cancers [deaths] and multiplied them by 8, that would be the number of deaths related to cardiovascular incidents". He then progressed through other AV projected maps that revealed that "the map has changed tremendously over the last 20 years." He in fact noted that "there has been a decrease in cardiovascular deaths by 20 percent." "The needle has moved because it has been driven by data, by education, and by trial and error... not just at Emory and Duke and Mayo... but also at a place just about 6 minutes from here". Dr. Reitman then proceeded to speak conclusively, energetically, pragmatically, and at times, entertainingly about all the advances made by Wellstar. He gave personal insight into specific cases related to cardiovascular disease and how "healthy, non-symptomatic people have suffered cardiovascular incidents that have almost led to their deaths". "My goal", said Dr. Reitman, "is for you to never see me". "So", he commended, "pay attention to what you eat: your caloric intake, restriction of carbohydrates, what drives insulin levels, processed foods, high sodium-low potassium processed foods are the main contributors to cardiovascular disease; anything processed is bad for you; choose cereal over muffins, stay away from sodium –



MARK BARBOUR

limit yourself to 2000 milligrams per day, don't eat tomatoes, no cigarettes, no vaping (he made remarks about the 'honeycomb' effect on lung tissue due to vaping that in essence destroys the lungs), hypertension is correlated to diet". "Our CCU is full of 30 year olds having real heart attacks". Dr. Reitman continued his highly enlightening exhortation of how we all (apparently) are waltzing down the road to imminent cardiovascular and kidney disease... "a steak dinner at Longhorns has 10 thousand milligrams of sodium...that is killing you." But yes Rotarians, there is a glimmer of hope. Dr. Reitman insists on "exercise - raise your heart rate for 30 minutes per day...", which should be 85% of your 'resting heart rate' multiplied by 220 minus your I Q and or your age and your social security number read backwards (obviously this scribe is being creative here – I don't recollect the formula..."Google, please").

Nonetheless, no sodium, no processed foods, no tomatoes... no sweet tea, exercise (walking is NOT exercise!)(laud, the south is a wasteland of diabetic, heart diseased, kidneys corrupted, and fat-streaked blood vesseled people...) but again, the "strategy", according to Dr. Reitman, "is to raise your heart rate every day, eat raw foods, drink water, and never think that vitamins that are water solvable are a substitute for good health practices... Americans spend million of dollars on vitamins that they just pee-out every day" (well, so much for the daily vitamin idea). WOW! What an eye-opening indictment-laden invigorating-educational-challenging exceptional speaker! Just WOW!

President Jesse advised our informative Guest Speaker upon the conclusion of his insightful remarks that the book, "Walt Disney's Guide to Sodium Free Minnie Mouse Main Dishes" would be placed in one of our Marietta City Elementary School libraries in his honor. Then our Opportunity Drawing was conducted by Rotarian Jess Loper. This scribe and faithful Rotarian **Harold Hobbs** both missed Lady Luck's good fortune by drawing the darkened marbles. Our customary Pledge of Allegiance to the American Flag followed by our weekly recitation of the "Four Way Test of the Things We Think, Say, and Do" was well led by the dutiful darling of the pharmaceutical world, **Dawn McEachern**, and we were once again pronounced adjourned after a very commendable 'heart-rendering' Rotary Club of Marietta Wednesday mid-week meeting. ☺

Humbly Scribed by Scribbler Mark Barbour
Photos by Dale Covington

Rotary's Lunch at MUST Ministries

JANUARY 2019

by Dale W. Covington

One thirty-third the weight of a heifer bound for the meat market? Right on! That's how many pounds of ground beef Rotary's Master Chef **Harold Hobbs** and his son Adam purchased to make "Frito Pie" for some 90-diners at MUST Ministries last Thursday. The cooks also purchased 42-pounds of chili beans and 10-pounds of cheddar cheese to mix and layer with 6-extra large bags of Fritos, 8-cans of Rotel tomatoes and onion and garlic seasonings along with salt and pepper to taste. Other cooks including **Marlys Williams**, **Lewis Lipsius** and **Jim Trapnell** helped fill and bake the trays of Frito Pie to go with side trays of peaches, tossed salad and assorted breads. Jim, **Doug Haynie** and Dr. **John Knox** handled serving duties with assistance from **Dale Covington**. 🍌



UPCOMING EVENTS

Wednesday, January 23, 2019	12:15 PM	Luncheon Meeting – Randolph G. Russell; Our Fading American Heritage
Wednesday, January 30, 2019	12:15 PM	Luncheon Meeting – TBA
Friday, February 1, 2019		Crutches 4 Africa Packing. Contact Richard Cope
Wednesday, February 6, 2019	12:15 PM	Luncheon Meeting – Accountability Courts in Cobb County
Wednesday, February 13, 2019	12:15 PM	Luncheon Meeting – Tom Wilson
Thursday, February 14, 2019	10:30 AM	MUST Ministries Cook and Serve
Wednesday, February 20, 2019		No Meeting
Wednesday, February 27, 2019	12:15 PM	Luncheon Meeting – TBA
Wednesday, March 6, 2019	12:15 PM	Luncheon Meeting – TBA

MARIETTA ROTARY CLUB

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Marla Blackstone, *Co-Secretary*
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Jeff Cooper, *Co-Secretary*
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Meeting makeups may be emailed to:
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