

How to Makeup Meetings Online

- Go to www.Rotary7670.org and click on Makeup On Line (this takes you to the eClub One web site)
- Click on the tutorial on the left, or listen to the helpful Rotarian who pops up on the screen, for instructions. Spend 30 minutes on the site reading articles or watching videos, all of which can be found at top under Makeup Programs (be sure to record the titles of the programs you read or watched – you'll need those later)
- When you have completed your 30 minutes, click on Request Makeup (also at top) and donate if so inclined (recommended amount is what you might normally pay for lunch at your club and simply helps to maintain the site)
- Click on Request Makeup Form button, answer questions on form, including the program titles
- Give them Leslie Middleton's email address: Iferrell@catawbacountync.gov . . . You're done!
- Another option: View a previous meeting video on the hickoryrotary.org website and inform Leslie.

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SHUF. ABERNETHY III PHF
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SUSAN ALLSHOUSE PHF
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PAM BARBOUR
Healthcare
JOHN W. BATES PHF •
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MICK BERRY
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ROBERT A. BISANAR †PHF
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CHIP BLACKWELDER PHF
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Geo. BLACKWELDER JR. †PHF
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Nonprofit
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JEFFREY BRONNENBERG
Financial Analysis
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Past Service
JAMIE BROWN
Children Services
RICH BROWN PHF •
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ROBERT BUMBARGER †PHF
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JEFF BUTLER
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JENNIFER CLARK
Real Estate
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YMCA
JOAB COTTON III †PHF
TERRY C. CREASMAN †PHF
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WILLIAM J. DODD †PHF
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Medical Practice Management
DAN DUKE PHF
Christianity, Protestant
CUYLER A. DUNBAR †PHF
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Vinyl Graphics
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Attorney
FRANK YOUNG III
Financial Advisor
ROSEMARY BASS YOUNG PHF
Funeral Home

Bold = Past-President
• = Benefactor
† = Senior Active Member
PHF = Paul Harris Fellow
LOA = Leave of absence

HONORARY MEMBERS:
Jerry D. Caldwell
Phil N. Carter †PHF
Charles Deal PHF



Rotary Spoke

Thursday Rotary Club of Hickory

Established 1921

July 9, 2015

Officers 2015-2016

Mark Seaman,
President
Bob Conklin,
President-Elect
Leslie Middleton,
Secretary
Jan Bohmuller,
Assistant Secretary
Mark Teague,
Treasurer
Dan Kirby,
Asst. Treasurer
David Moore
Past President

Directors 2014-2015

Michael Blackburn
Bruce Bumbarger
Jennifer Clark
Dana Killian
Robert Locke
Linda Lutz
Cliff Moone
John Rambo
John Ross

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Today, Frances Hall will speak to the club about ACAPcommunity.



There are an estimated 10 million adult-child caregivers in the U.S., a group little-recognized but vital to the care of our aging population.

ACAPcommunity (formerly Adult Children of Aging Parents) is a nationally-unique 501(c)3 nonprofit educational organization that provides evidence-based information and resources, support, and community for adult-child caregivers as they care for their aging parents and for themselves. ACAPcommunity's nationally-validated curriculum, developed by co-founders Frances S. Hall, M.Ed., and Jane M. Everson, Ph.D., serves as the framework for ACAPcommu-

nity offerings: monthly educational programs provided by local chapters and led by experts in aging and family caregiving, online resources including audio podcasts, speaker's bureau, and an annual conference.

Since its launch in the Hickory area in 2012, ACAP has had considerable impact. In annual surveys, ACAP-Hickory participants have indicated greater confidence in their caregiving responsibilities, less anxiety, and a greater work/life balance, identifying an inverse relationship between program attendance and caregiver stress.

For more information, visit www.acapcommunity.org. Susan Vincent is in charge of the program.



Mark Seaman

Welcome to the "Year of Mark!"

Obviously I'm just kidding. In fact if it's anyone's year it's RI President Ravi's year and his theme "Be a Gift to the World" is something we should strive for in our lives and our club.

How do we "Be a Gift to the World?" What does it mean to "Be a Gift to the World?"

As Rotarians, we are lucky we don't have to look hard for opportunities to "Be a Gift to the World," because opportunities are constantly being placed in front of us. We just have to choose to get involved.

We have 358 days left to "Be a Gift to the World." Right now I don't know the best way for our club to do that. It is something we will determine as we move through our year together. However, I do know that you can't do it from the sidelines. I challenge each of you to get involved in a committee or two or three or four. There are few things we know we would like to accomplish this year:

- Put the final touches on our strategic plan and put it into action

- Engage our membership
 - ◊ Through fun weekly meetings
 - ◊ Occasional social activities outside of our regular meeting time and place
 - ◊ Provide opportunities for our membership to participate in service projects
- Develop a strong mentoring program
- Continue to educate our region about Rotary and the good we do in our area and beyond
- Continue to strengthen our membership with community minded individuals with a heart for service
- Make this the best year ever for Rotarian Idol

I would like to thank each member of the board for agreeing to serve our club. I look forward to working with them and each of you this year, as we strive to have fun while we find the best way as a club to "Be a Gift to the World."

Thank you for this opportunity. I look forward to a fun year.

The secret of change is to focus all of your energy not on fighting the old, but on building the new.
— Socrates



I'm sorry to disappoint those of you looking for the song of the day in this space. We have decided to give it the year off; it may make an appearance from time to time on special occasions.

This space will be used for a variety of things throughout the year.

If you are reading this in advance of Thursday's meeting, please bring coins to the meeting for a chance to win a free lunch!

Last week...



The Thursday Rotary Club of Hickory installed new officers and directors for the year 2015-2016. Shown above are Dan Kirby, Dana Killian, John Ross, Cliff Moone, Mark Teague and Leslie Ferrell-Middleton.



Be a gift to the world

K.R. Ravindran
R.I. President

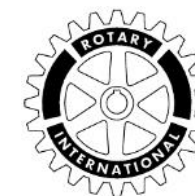
District 7670

Billi Black,
District Governor

Jack McCaskill,
Assistant D.G.

Rotary Spoke

Thursday Rotary Club of Hickory



Mark Seaman was installed as president for 2015-2016, shown above left with wife, Jennifer, and being congratulated by Assistant District Governor Jack McCaskill.

The Rotary Four Way Test

- Is it the truth?
- Is it fair to all concerned?
- Will it build good will and better friendships?
- Will it be beneficial to all concerned?

The Rotary Spoke

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Email: bobc@ymcacv.org
Phone: (407) 242-8264

Visit us on the web at hickoryrotary.org and like us on Facebook: goo.gl/fr1xXC.

Club Assignments

Date	9-Jul	16-Jul	23-Jul	30-Jul
Program	Susan Vincent	Club Fun Day	Tony Reed	Mark Seaman
Speaker	Frances Hall	Club Fun Day	Meg Einfalt	Jason Howard
Topic	ACAP	Club Fun Day	RYLA	Craft Beer
Rotary Moment	Drew Van Horn	Susan Allshouse	Thomas Griffis	Allen Finley
Raffle	Linda Lutz	Mark Teague	Tony Reed	Tom Adkins
Visitors	Robert Locke	David Millholland	Linda Lutz	Cliff Moone
Greeter	Gerry Knox	John Bates	Frank Young	Mike Thomas
Music	John Hall	John Hall	John Hall	John Hall
Message	Mark Seaman			
Invocation	Drew Van Horn	Drew Van Horn	Drew Van Horn	Drew Van Horn
Video Camera	Bruce Bumgarner	Allen Finley	John Bates	Michael McNally