

## How to make up meetings online

- Go to [rotaryclubone.org](http://rotaryclubone.org), then look at "Makeup for a missed meeting" on the right. Follow instructions.
- When you have completed your 30 minutes, click on Request a Makeup Confirmation 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).
- Complete the "Request a Makeup" form (club secretary email is [lferrell@catawbacountync.gov](mailto:lferrell@catawbacountync.gov)) and submit. You're done!
- Another option: View a previous meeting video on the [hickoryrotary.org](http://hickoryrotary.org) website and inform club secretary Leslie Middleton.

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Habitat for Humanity  
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KIMBERLY GEORGE  
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Funeral Home

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

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Phil N. Carter †PHF  
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Today the club will learn about Food Matters Market & Café from co-owner Al Kirchner.

Al moved to NC in 1988. He is one of two founders of Food Matters Market & Café, which has two locations, and will soon be opening a third store. He saw a



need for a whole foods grocery market within smaller communities where there were not large chains present, such as Whole Foods and Earth Fare. He believes it is important to have a grocery

store with a local focus as well as one that can relate to the community that it serves. Food Matters

Market & Cafe focuses on local food, local products, and involvement in its community organizations and events. The store wants to have a friendly environment where healthy products

can be trusted to be good quality as well as good for you.

For more information, visit [food-mattersmarket.com](http://food-mattersmarket.com).

Cori Tingen is in charge of the program.

## Rotary and Shelterbox Support Syrian Refugees

In Syria, where a civil war has been raging since 2011, more than 6,000 people flee the country every day. As of September, more than 4.1 million people have become refugees, and 7.6 million more have been internally displaced.

"The plight of Syria's refugees is a litmus test for the world's compassion," says Rotary International General Secretary John Hewko. "Rotary members worldwide are profoundly disheartened by the refugee crisis now unfolding in Syria and other parts of the world," which the United Nations has described as the worst in decades.

Rotary members can donate to the disaster relief efforts of our project partner ShelterBox. The organization has supported the Syrian relief effort for nearly four years and is working with other agencies to continue distributing relief materials. ShelterBox is also working with communities in Greece to provide aid and supplies to displaced people passing through the region.

Read more at <https://goo.gl/wsif4l>.



Shuford Abernethy

**A**s of last year, I have been a Rotarian for 20 years. It has been a privilege to be part of this worldwide organization and to be able in a small way to contribute to the betterment of Rotary and the work it does.

When on summer break in junior high school, my dad, Claude Abernethy, Jr., invited me to join him as his guest at the Newton-Conover Rotary Club at the White Pine Restaurant on Highway 70 east of Conover. I remember feeling like I had been asked to do something important by being with him. The part that I remember most was the club member who gave the sunshine report. This was something that I would never have expected in a room full of coats and ties. Maybe being a grown-up wouldn't be so bad after all.

In high school I had several occasions to attend the Newton-Conover Rotary Club. I joined the Newton-Conover High School Interact Club, and once a month two or three interact club members joined our Rotarian advisor, Hugh Gaither, at a Rotary Meeting. I was a member of Interact for three years and served as the club's president my senior year.

After a long period of time not being a part of Rotary, Mr. Henry Kennedy invited me in 1994 to join him as his

guest at the Thomasville, NC, Rotary Club. Mr. Kennedy was in his late 70s at the time but took seriously his role of inviting people to join. He paid for my lunch more times that I probably should have let him, but I finally joined the Thomasville Rotary Club. At that point, I learned what a valuable resource Rotary membership truly is. I served on the club's board and served as president-elect of that club until my job took me back home to Hickory.

In 2000 my next door neighbor Cuyler Dunbar invited me to attend the Hickory Rotary Club and, after joining under his sponsorship in November of that year, I have been in regular attendance ever since. I have served on numerous committees, the club board, president-elect, and served as club president in the 2007-2008 year. As with most worthwhile things, serving as this club's president took a lot of time and energy, but it also was one of my greatest honors. Rotary is what you put into it.

It's hard to imagine that 20 years have passed since I stood with Henry Kennedy at the Thomasville Woman's Club to join as a new Rotarian. My advice to new members is to find a way to plug in and enjoy your Rotary experience.

## Celebrities, Health Officials Come Together to Hail Progress Toward Polio's End

After a historic year during which transmission of the wild poliovirus vanished from Nigeria and the continent of Africa, the crippling disease is closer than ever to being eradicated worldwide, said top health experts at Rotary's third annual World Polio Day event on 23 October in New York City.

More than 150 people attended the special Livestream program co-sponsored by UNICEF, and thousands more around the world watched online. Jeffrey Kluger, Time magazine's editor at large, moderated the event.

Anthony Lake, executive director of UNICEF, lauded the Global Polio Eradication Initiative's efforts. After nearly 30 years, the GPEI, which includes Rotary, the World Health Organization, UNICEF, and U.S. Centers for Disease Control and Prevention (CDC), and is supported by the Bill & Melinda Gates Foundation, is on the cusp of ending polio. It would be only the second human disease ever to be eradicated.

Read more at <https://goo.gl/fm2UeY>.

### Last week . . .



Assistant Governor O'Neal Shelton spoke about the Polio Plus program, and polio survivor Susie Fender talked about post-polio syndrome, a condition that affects polio survivors years after they recover from the initial illness. For more information, visit Asheville's Land of Sky Post-Polio Support Group at <http://goo.gl/aBcGfV>.



**K.R. Ravindran**

**R.I. President**

**District 7670**

**Billi Black,**

**District Governor**

**Jack McCaskill,**

**Assistant D.G.**

### 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?

**L**et food be thy medicine and medicine be thy food. — Hippocrates

### WHAT IS "EVERY ROTARIAN, EVERY YEAR" ALL ABOUT?

This initiative by the Board of Trustees of The Rotary Foundation:

- Encourages EVERY ROTARIAN to participate in a Foundation program that truly makes a difference in the world each and EVERY YEAR.
- Encourages EVERY ROTARIAN to contribute to the Foundation's Annual Fund at an amount in which they are able, EVERY YEAR.

The Rotary Foundation even has banners for clubs where every member contributes some amount to the Foundation and the annual per capita is US\$100 and a banner for clubs where every member contributes at least US\$100 per year. Think about what you can do to help us meet our Annual Giving goal...which is the goal to make positive change in the world around us.

**IF YOU ARE A PART OF THE "EVERY ROTARIAN, EVERY YEAR" INITIATIVE, THANK YOU FOR YOUR SUPPORT OF THE ROTARY FOUNDATION AND ITS WORK.**

### Club Assignments

| Date          | Today             | 12-Nov           | 19-Nov           | 26-Nov     |
|---------------|-------------------|------------------|------------------|------------|
| Program       | Cori Tingen       | Bob Conklin      | Bob Conklin      | No Meeting |
| Speaker       | Al Kirchner       | Bethany Delany   | Ryan Odum        | No Meeting |
| Topic         | Food Matters      | Christmas Bureau | LRU Basketball   | No Meeting |
| Rotary Moment | John Olson        | Anne Williams    | John Millholland | No Meeting |
| Raffle        | Mitzi Gellman     | Noah Geoghegan   | Cliff Goddard    | No Meeting |
| Visitors      | Jan Bohmuller     | Dan Duke         | Susan Vincent    | No Meeting |
| Greeter       | Lindsay Lawhon    | Jan Bohmuller    | Susan Walker     | No Meeting |
| Message       | Shuford Abernethy | Mike Johnson     | Lynn Loehr       | No Meeting |
| Invocation    | Dan Duke          | John Bates       | Clarence Pugh    | No Meeting |
| Video Camera  | Susan Walker      | Phillip Reed     | Jennifer Clark   | No Meeting |

### The Rotary Spoke

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 Visit us on the web at [hickoryrotary.org](http://hickoryrotary.org) and like us on Facebook at [goo.gl/fr1xXC](http://goo.gl/fr1xXC).

