

February 10, 2020

Meeting Minutes

President Scott Williams rang the bell and called the meeting to order. **Brittany Burnett** gave the pledge and invocation. Thanks to our Inside challenger **Steve Munn**, and outside challenger **MAI Risk Advisors** together we raised \$274.20. This week's inside challenger is **Mark Bowen** and outside challenger is the **Better Choices Group, LLC**. **Brett Montroy** introduced our guests and visiting Rotarians. **Jerry Rogers** introduced our Interact students. **Richard Rogers** gave the Sunshine Report.

Signature Fundraiser Raffle Update

This is our last week before the big raffle, and we need everyone's help reaching our goal of 500 tickets. As of today, we have sold 381 tickets and have 119 left to sell to reach our commitment of 500 tickets. President Scott thanked and recognized the second half of the club members who have sold 3 or more tickets by presenting them a pin. He reminded the club that the top five ticket sellers will be awarded 1000 Paul Harris Fellow points and the second top five will be awarded 500 points each. The raffle event will be held at Mercedes Benz of Augusta on Friday, February 14th from 5:00 – 7:00pm. This event will be held in place of our traditional Valentine's Day social, and it is open to all members and a guest as well as any individuals who purchased raffle tickets. There will be valet parking, hors d'oeuvres, a bar, and Dr. Bowman will be providing free heart screenings. Official invitations will be emailed this week.

Announcements

- Our February Meeting Schedule:
 - February 14th – Raffle Event – 5-7 at Mercedes-Benz of Augusta
 - February 17th – Presidents Day – No Meeting
 - February 24th – Normal Meeting - Speech Contest, Interact Youth Day
- Because the February calendar is full, club officer elections will be on the March agenda.
- **President Scott** recognized **Mark Gilliam** with his Paul Harris Fellow plus 3 and plus 4 pins.
- The **Hull Fund Committee** will meet immediately following adjournment.

Program:

Anna Reeves introduced our guest speaker, club member, **Dr. Faye Hargrove**. Faye's company, Better Choices LLC, provides executive coaching, training, and consulting services to businesses of all sizes. Faye spoke to the group today about Mental Health First Aid and the need to be prepared to provide assistance when someone is encountering a mental episode.

Faye is a certified Mental Health First Aid provider and encouraged anyone interested in pursuing the training to reach out to her. She also provided us with some eye opening statistics including the fact that 1 in 5 people suffer from some type of mental illness. Of those, nearly 50% never seek help and most will live with it for 10 years before getting help.

The two most common mental health illnesses are depression and anxiety. Faye explained that the easiest way to describe mental illness is anything that interferes with your ability to live, love, laugh, or learn. The goal of her presentation today is to help us identify, understand, and respond when someone is struggling with a mental health issue.

Being able to administer mental health first aid is critical to helping an individual get the assistance they need. Currently, there is a shortage of mental health professionals and patients are sometimes delayed 6 months on a waiting list to see a professional. In the meantime, they are going about their daily lives at home, school, or work.

Anyone wanting more information on becoming a mental health first aid provider or information on resources available to assist those with mental health problems can reach out to Faye or go to her website betterchoices.guru.

CURRENT NEWS

Save The Date

Club Outing at the Green Jackets Game -
Wednesday, May 10th

Club Outing at Truist Park in Atlanta -
Sunday, June 11th

SERVICE PROJECTS



At the conclusion of the program, President Scott led us in reciting the four-way test and then adjourned the meeting.

Easy links to pages on our website

[Rotary schedule of meeting dates and speakers](#)

[Member Proposal Form](#)

[Online directory - Find a member or update your information](#)

[Bulletins - Weekly bulletins from 2014-current](#)

CART

CART buckets

Inside Challenger: Mark Bowen

Outside Challenger: Better Choices Group, LLC

Total

\$115.91

\$115.91

\$115.91

\$347.73

Remember to include our GRSP student: William Baerholdt

Cell Number : 706-550-2331

Email: Wbaerholdt@augusta.edu

Guests

Guest

Faye Hargrove

Cameron Williams

Evette Hardy

Ethan LaPan

Michael Thurman

Alicia Sweat

Guest Of

Speaker

Faye Hargrove

Faye Hargrove

Melvin LaPan

Dustin Young

Linda McKnight

Augusta University Rotaract

Meeting Makeup

Absentees

Jim Becton

Russell Keen

Tony Bernados

Ramone Lamkin

Shell Berry

Tony Lever

Chris Bird

Leland Malchow

Barclay Bishop

Mahendra Mandawat

Steve Boler

Doug McClure

Mark Bowen

Robetta McKenzie

Mac Bowman
Chris McKinney
Felita Brady
Brad Means
Conley Braun
Sam Meller

Bennish Brown
Steve Munn
Carl Brown
Josh Nolan
Larry Broyles
Robert Osborne
David Bullington
Sheri Osburn
Nate Cartwright
Adrienne Patterson
Gretchen Caughman
Jonathan Powell
Patrick Cullinan
Daniel Rhodes
Tom Denlinger
Jimmy Richards
Rob Dennis
Hal Scott
Neal Dickert
Stan Shepherd

Brenda Durant
Deborah Sleeth
Chris Etterlee
Steve Smith
Susan Everitt
Jeff Spears
Steve Farmer
Kyle Titus
Rick Franza
Herb Upton
Reyne Gallup
Phil Wahl
Laverne Gaskins
Ray Walters
Chad Harpley
Frank Ward
Randy Hatcher
Willie Williams
Janice Jackson
George Williams
Brooks Keel