

Rotary



Club of Dougherty County (Albany)

Club Meeting

Dougherty County (Albany)
Meets at Austin's Firegrill
2817 Old Dawson Rd
Albany, GA 31707
Time: Tuesday at 12:00 PM

Welcome New Member: Rebecca McCathern

Help me give a warm welcome to our newest member of the Rotary Club of Dougherty County: Rebecca McCathern!



Club Leaders


 **Robin V. Major**
Major
President
President-Elect

 **Becca Cook**
Cook
Secretary

 **Tommy Clark**
iPast
President
Treasurer

 **Jessica Zurhede**
Public
Relations
Chair

 **Gayle B. Woolard**
Rotary
Foundation
Chair

 **Mary E. Ligon**
Club
Executive
Secretary
Club
Service
Chair
Club
Learning
Facilitator



Previously at Samsung, VMware, and Cisco, Rebecca has led global teams and spearheaded digital employee experience programs, business transformations, and more than 26 acquisitions in her role as an HR specialist. Rebecca has also been a certified yoga instructor since 2010, and following her participation in a mindfulness leadership retreat in 2017, she successfully championed mindfulness in the workplace for executives. Rebecca is also a Level 2 Reiki Master. As a philanthropist and active member of her community, Rebecca has raised funds for organizations including the Leukemia & Lymphoma Society, March of Dimes, and other organizations. Every year, on Giving Tuesday, Rebecca solicits her network to nominate local (to them) non-profits for donations giving to 10 organizations annually. Rebecca has sponsored groups to volunteer in support of local communities in the areas food banks, building education kits for teachers, distribution of food for Christmas and Thanksgiving meals, Christmas "shopping" events for parents who wouldn't otherwise be able to afford gifts, Christmas giving for foster youth, building hygiene kits, distributing food and clothing directly to the unhoused. Rebecca enjoys sponsoring tables at fundraisers to allow opportunities for more friends, family, and colleagues to learn about organizations that are working in our communities. We are so excited to welcome Rebecca to the Rotary Club of

Birthdays

Tommy Clark
April 10th
Shelley Spires
April 15th

3/11 Meeting Recap



Last week we had the pleasure of hearing from Victoria Brackins, AKA Victoria Phoenix! Victoria has trained thousands of people on Adverse Childhood Experiences and Positive Childhood/Charged Experiences (PCEs).

Victoria was kind enough to volunteer her time to come and speak to our club and educate our members on her work and the importance of dealing with trauma. One quote that stuck out to me significantly was "You can be empowered by your trauma instead of imprisoned by it".

Thank you so much, Victoria, for sharing your knowledge and passion with us and for inspiring us to learn more about how we can help different sectors of our community!

Service Project: 4C Community Garden

Our Rotary Foundation-funded community grant project is once again at 4C Academy's community garden. We will be working on general garden maintenance and installation of signs throughout the garden. The project includes the purchase of signage to go throughout the garden and goat houses.

Please mark your calendar to participate in this service project on Friday, March 28th from 9am to Noon. [RSVP](#) to indicate your plans. This project is lead by our club's Rotary Foundation chair, Gayle Woolard. Contact her if you have questions.

Upcoming Meeting 3/18

Angelle Forrester is a Licensed Clinical Social Worker (LCSW) currently serving as the South Regional Care Coordinator with Children's Advocacy Centers of Georgia's CSEC Response Team. Prior to this position, she has worked as a therapist in a children's advocacy center as well as in a private practice, and spent time as a school social worker in Bryan County, Ga. Angelle has specialized training in Eye Movement Desensitization and Reprocessing (EMDR), Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), Accelerated Resolution Therapy (A.R.T.), and Dialectical Behavior Therapy (DBT). Outside of her professional life, she enjoys reading, watching college sports, and spending time outside, especially sitting on a beach.



Maggie Huntoon is a Licensed Master Social Worker (LMSW), working with youth and adults experiencing challenges in their lives due to trauma exposure and intense feelings. Maggie is a Forensic Interviewer, specializing her work with youth and adults who have been impacted by crimes, including sexual and physical violence, and family and community violence. Maggie coordinates the community response to sexual and physical assault of youth in Dougherty County. As the Firefly House Child Advocacy Center Director and Associate Director of the Lily Pad SANE Center, she understands the importance of building resilience in youth and creating meaningful connections in her community.

Maggie also helps build resilience and connection in her private practice, The Processing Co. and is nationally certified in Trauma Focused Cognitive Behavioral Therapy (TF-CBT) and trained in Trauma Play and in Eye Movement Desensitization and Reprocessing (EMDR). She holds licenses in NY and GA.

Can't Make It In Person? We Still Want to See You!

Great news! For those who cannot attend in person, we now offer the option to join the meeting virtually via Zoom. Of course, we still want to see your smiling face in person, but if life is getting in the way that do, zoom in and don't miss!

See you at the meeting or online!

[Join Zoom Meeting Here](#)

Meeting ID: 969 512 0262

Passcode: 8jXhuW1+K

Service Project: RYLA 2025

Team,

RYLA is coming up, and we need your help in identifying two high school students to sponsor for this wonderful opportunity. We are looking for rising Sophomores or Juniors (ages 15-17) who display leadership potential. This year's session will be held June 7-11 at Georgia Southwestern State University in Americus, GA.

The goal of RYLA is to empower each student with the skills necessary to become leaders in their schools and communities. We believe each student can make a valuable contribution wherever they are and whatever they are doing, and we hope they leave RYLA a little more confident about making it happen!

Thank you in advance for your suggestions and participation, and if you have any questions, please get with Katie Wright or Mary Ligon and we'll be glad to assist. Have a wonderful week!

Phoebe Living and Learning Community Tour



We have been invited to tour Phoebe's new Living and Learning Community on Thursday, March 20th at 12:00pm. Please RSVP using the link below if you plan to attend!

[Tour the Living and Learning Community - RSVP](#)

Service Project: Helping Hands Volunteers for Upcoming Dates

Upcoming service days and volunteers:

Friday, 03/28 - Robin Strickland, Becca Cook, Amber Chilson

Friday, 04/25 - Robin Strickland, Mary Bickerstaff, Amber Chilson

Friday, 05/02 - Jennifer Dozier, Robin Strickland, Becca Cook

Arrive at Alice Coachman by 12:30.

Please find your own replacement and notify teammates.

Take pictures of the packing activity for social media. A 10 second video would be great! Wear your Rotary shirt!

Events

March 18th, 11:00-12:00 PM

[Dougherty County \(Albany\) Monthly Board Meeting](#)

March 20th, 12:00-1:00 PM

[Phoebe Living and Learning Center Tour](#)

March 28th, 9:00-12:00 PM

[Service Project: 4C Academy Community Garden](#)

April 1st, 12:00-1:00 PM

[Dougherty County \(Albany\) Weekly Club Meeting](#)

April 15th, 11:00-12:00 PM

[Dougherty County \(Albany\) Monthly Board Meeting](#)

March 18th, 12:00-1:00 PM

[Dougherty County \(Albany\) Weekly Club Meeting](#)

March 25th, 5:00-7:30 PM

[Dougherty County \(Albany\) Monthly Social](#)

March 28th, 12:30-1:30 PM

[Helping Hands Service Project at Alice Coachman Elementary](#)

April 8th, 12:00-1:00 PM

[Dougherty County \(Albany\) Weekly Club Meeting](#)

April 15th, 12:00-1:00 PM

[Dougherty County \(Albany\) Weekly Club Meeting](#)