

This Week... Stock Market Presentation

Here are the results from our 2024 stock challenge:

Mike Lassiter NVDA 171.25%
 Andy Brown OKE 49.50%
 Mike Macchione VFC 16.59%
 Kim Glaze MDT – 0.57%

Looks like Mike Lassiter is the big dog this year. Congrats to all!

Next Week... 1/23/2025 - Mark Kuntz - Zero Energy Home

Mark Kuntz, chief executive officer of Mitsubishi Electric Trane HVAC US (METUS), wanted to find out. After buying an 11-acre property in Monroe, Ga., he wanted to meet three goals: build a house that consumes little energy; incur no debt; and utilize materials that are durable and relatively maintenance free.

A Net-Positive Home in Humid Georgia

By Camille LeFevre, Home Features Editor
 Last Updated: Jan 19, 2022

Mark Kuntz has enjoyed a long and fruitful career with Mitsubishi Electric—one that's led Kuntz and his wife Denise into a new, net-positive, sustainable home. He first set foot on that path early in his career while working in Chicago.

He had been collaborating with architect Tom Bassett-Dilley on the [first passive house in Chicago](#). Tom Bassett-Dilley Architecture specializes in [Passive House](#) technology, zero-energy buildings, and [biophilic design](#). After installing two mini-splits in the home, which provided supplemental heat during a 20-degree-below cold spell, Kuntz checked on his customers: No complaints. They were happy with the mini-split performance.

Then, during a trip to Japan, he toured an electric, smart house in Ofuna that Mitsubishi Electric had constructed. While the home included many bells and whistles, Kuntz especially liked the bi-directional electric car and charger. "In the case of a grid outage, you could back feed from the car battery and run it through the house to all the critical systems," he explained in a case study. "Coupled with a solar array, you could do that for days on end. It was a great demonstration of how a fully-integrated, high-performance house can be even more impactful to the owner."

Now the chief executive officer of [Mitsubishi Electric Trane HVAC US](#) (METUS), Kuntz purchased a lakeside property five years ago outside Atlanta, Georgia. His purpose was to build an electric, net-positive home. That's not all. "It was our lifelong dream to build this house," he says. "As we started contemplating retirement, we thought: What if we could build a house without a mortgage, with no maintenance, and with no energy requirements. Would that be a load off our minds for the last 30 years of our lives?"

So they did just that. The Kuntzes found the [Imery Group](#), a [Certified B Corporation](#), and began working with Luis Imery, who [designs and builds custom sustainable homes](#). "Luis said our no maintenance requirement was a bit of a stretch," Kuntz says with a laugh. "But we certainly could build with life-long components and with nothing too specialized that I couldn't handle as a do-it-yourself handyman."

Having noticed a modern farmhouse in a magazine, the Kuntzes asked Imery to emulate that style. Today, the couple lives in a 1,800-square-foot, two-level modern farmhouse at the tip of a lake. Is it sustainable? Net-zero? Kuntz laughs: "It's net positive, with a recent [HERS](#) score of -13!"

An Air-Tight Envelope

"The whole mindset of farmhouses and sustainability and self-sufficiency has always appealed to us," Kuntz says. "The notion of building something for generations to come that reflects something in our background was important. Denise and I both have an agricultural heritage." Once the couple met Imery, everything clicked. "We wanted a high-performance home with a tight envelope, mechanical ventilation with a continuous supply of fresh air, and as much Mitsubishi equipment as we could come up with."

"Luis is an expert at high-performance construction in the South," he continues. "Humidity is such an enemy here. Mold growth is real. We needed someone from the South with a specialty in this type of construction. Luis had the knowledge and resources to create the right building envelope."

Imery set a goal of building a [DOE Zero Energy Ready Home](#) for the couple. That meant planning for the healthiest and most energy-efficient home *before* installing renewable energy or energy-efficient systems. To create an air-tight thermal envelope around the house, the contractors installed below-grade slab insulation. They clad the walls in [ZIP System® R-Sheathing](#) (from Huber Engineered Woods). They further insulated the shell with spray cellulose, a recycled paper product. Combined, these materials prevent air leaks and help ensure peak mechanical performance. When completed, the walls were rated at R-28, and the roof R-50—both significantly higher than code requirements.

Smart Mechanicals

Kuntz and the Imery Group collaborated with [Energy Vanguard](#) on the layout and load calculations for the mechanical system. The team selected three MSZ-FH [Wall-Mounted Indoor Units](#) (one for each bedroom) and one [Horizontal-Ducted Indoor Unit](#) (PEAD) to provide heating and cooling on the first floor. They also installed Mitsubishi Electric's mobile app and web service, [kumocloud®](#) so that the couple can control their comfort levels from their devices.

The home also includes an [energy recovery ventilator](#), dehumidifier, and [photovoltaic solar panels](#). A prototype hot water and space conditioning heat pump from Mitsubishi Electric is "a split system: half outdoors (so it's not cannibalizing heat) and half indoors to provide hot water, heating, and cooling to the rest of the downstairs," Kuntz explains. "When in air-conditioning mode, it's capturing heat inside the house and putting it in the water; it's essentially gathering free heat."

Harkening back to the Ofuna smart home, Kuntz installed an [electric car charging station](#) in the garage, with a bi-directional charger planned for the future. The all-electric low-load home, drawing energy from photovoltaic panels on the roof, brings the residence to [net positive](#). The house officially meets [DOE Zero Energy Ready Home](#), [ENERGY STAR®](#), [EPA Indoor airPLUS](#), and [EarthCraft™](#) certifications. The home also exceeds the 2009 and 2012 [International Energy Conservation Code®](#) (IECC). Kuntz's house should realize an annual savings of \$2,837 compared to the average new U.S. home with solar panels.

A Year Later

The [couple moved in last October](#) and have no regrets. "What we love most is we don't have any energy costs," Kuntz says. "We're putting twice as much energy on the grid as we take off." As for pleasant surprises, he adds, "We love how quiet the home is. If we want to hear the birds, the trees, the lake, we can open the windows. But when we close the [triple-pane windows](#), it's calm and quiet."

Kuntz says he also enjoys the fresh air circulating throughout the home. "There isn't any sense of stagnant air in any part of the house. I attribute that to the recovery ventilator, which continuously brings in the fresh air."

The couple also has a wood-burning fireplace—"which is antithetical to a high-performance home," he says. (Homes can lose substantial heat through the chimney; see [Heat Loss is a Cold Reality of a Wood Burning Fireplace](#).) "But what's a farmhouse without a fireplace? We had a sealed combustion system with air brought in through a firebox. We love the aesthetic of a fireplace in a tightly insulated home."

As for what the couple might have done differently? "We made our master bedroom a bit too small," he says. "With a home and views like this, why spend any time in the bedroom? Still, it could have been a little bigger." The home is perfect, though, he adds, for his growing family—which now includes four grandchildren.

"Our grandkids will grow up knowing how to fish, what zero energy means, and what photovoltaic panels are for," Kuntz says. "With our home, we're educating the next generation."

Disclaimer: This article does not constitute a product endorsement. However, Rise does reserve the right to recommend relevant products based on the article's content to provide a more comprehensive experience for the reader.

Upcoming Programs and Events...

Birthdays

Laura Sistrunk
 January 17th
 Tony Lucas
 January 20th
 Thua G. Barlay
 January 28th
 Martin Jones
 January 28th

Wedding Anniversaries

Sandra Etheredge
 January 31st
 Dorothy E. Balala
 February 1st
 D'Anthony Harris
 February 14th

Years of Service

Al A. Myers Jr.
 08-01-1985
 40 Years
 Albert A. Myers III
 03-23-2000
 25 Years
 Daniel S. Digby
 09-30-2004
 21 Years
 Beth Andersen
 06-30-2005
 20 Years
 Vince G. Evans
 10-06-2005
 20 Years
 Suchet L. Loois
 02-22-2007
 18 Years
 Wayne Robinson
 03-29-2007
 18 Years
 Scott G. Slaughter
 08-25-2009
 16 Years
 Thua G. Barlay
 01-14-2010
 15 Years
 Dorothy E. Balala
 02-10-2011
 14 Years
 Michael W. Lassiter
 06-30-2011
 14 Years
 Wendy A. Bear
 01-12-2012
 13 Years
 Kenneth Gaylord
 02-14-2013
 12 Years
 Shelli Siebert
 08-08-2013
 12 Years
 Michael Hutcheson
 08-09-2018
 7 Years
 Terry Oatts
 09-13-2018
 7 Years
 Bryan Hillburn
 01-08-2019
 6 Years
 Laura Sistrunk
 04-11-2019
 6 Years
 James F. Cabe
 11-14-2019
 6 Years
 Ann George
 07-16-2020
 5 Years
 Stephen Boyle
 10-01-2020
 5 Years
 Janice T Morris
 07-01-2021
 4 Years
 Leslie Lambert
 08-26-2021
 4 Years

Rotary Announcements

Prospective Member Reception
 February 19th at 5:30
 Corks and Cuvée 923 Center St., NE, Conyers 30012
 following the reception
 7:30 New Depot Players - *Lend Me A Tenor* - 912 Center St., NE Conyers 30012

A meaningful volunteer experience! Participate as a Laws of Life Essay Judge: (Please see email attached if interested)

Essay Judge Sign-Up

It is that time of the year - essay judging season is just around the corner!

To participate as an Essay Judge, there are multiple steps:

1. Complete the sign-up form attached.
2. Confirm training option below.
3. Select School-Level Team Meeting date(s) via Sign Up Genius link (see email attached)
4. **New Judges** - create an Award Force platform account via email week of January 27.

Upon completion of the form, you will receive a confirmation email from Elizabeth Kuka-Dos Santos. Please check your spam folder if you do not receive the confirmation in a reasonable amount of time.


Should you have to miss, please make-up:

Meeting Makeup Opportunities

- Social Circle Club - Magnolia Manor - Mondays @ 12 Noon
- Covington Club - First Methodist Church - Tuesdays @ 12:15 pm
- Rockdale Club - Premier Inn - Wednesdays @ 7:15 am
- Loganville Club - IHop Restaurant - Thursdays @ 7:15 am
- RotaryEClubOne.org (Online makeup options)
- RotaryEClubOfTheSouth.org (Live on the 2nd & 4th Tuesdays @ 6:30 PM)

Any club function including Board Meetings, Service Project, Fundraiser or Social Function also counts as a make-up,

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www.conyersrotary.org

 Instagram



Membership Roster 2025

Roster-2025

Last Name	First Name	Email	Classification	Member Type	Participation Data	Code	Participation
Andersen	Beth	beth7754@gmail.com	Insurance-Life & Health	Active-R85	PHF,PP,PAS 2005,ROTY 2007,PHFn,4106	ALU	ALUMNI or Rotary
Bala	Dorothy	dotti@copycentral.comcastbiz.net	Printing Services	Active-R85	PHF,BS,PP,PAS 2012,ROTY 2014,PHFn,4106	B	Benefactor
Barlay	Thua	tbarlay@luederlaw.com	Attorney	Active	PHF, B, PP, PHFn, 4106	BS	Bequest Society
Bear	Wendy	wendy@wendybear.net	Insurance	Active-R85	PHF,PHFn,4106	CM	Charter Member
Boyle	Stephen	sboylemd@gmail.com	Surgeon - Retired	Active-R85	PHF,PP,PRY 22,4106,4107	DSA	Distinguished Service Award
Brown	Andrew	andy@brownwm.com	Investment Advisor	Honorary	PHF,PP	DSM	Double Sustaining Member
Cabe	James	jfcabe25@gmail.com	Law Enforcement	Active		GRSP 4106	Georgia Rotary Student Program(GRSP) + GRSP Will Watt Fellow
Cowan	Edward	sandrazetheredge@gmail.com	Hardware-Retailing	Honorary	PHF,PP,PHFn,4106,4107	4107	GRSP Hue Thomas Fellow Jr.
Cox	Tasha	Tasha_cox@ucbi.com	Banking	Active-Corporate			
Digby	Daniel	dsdigby@gmail.com	Military - Reserve	Active	PHF,PP,PHFn,4106	4108	GRSP Ronnie Waller Fellow
Dunn	Rachel	rldunn1994@gmail.com	Funeral Director	Active		MSA	Meritorious Service Award
Edwards	Jennifer	jennifer.edwards@conyersga.gov	Municipality	Active-Corporate		PDG	Past District Gov / District Served:
Ellington	Kendall	kellington@ssemc.com	Electric Power - Member Service	Active		PP	Past President
Etheredge	Sandra	sandrazetheredge@gmail.com	Hardware-Retailing	Honorary	PHF,PHFn,4106	PDRI	Past RI Director
Evans	Vince	vinceevans@bellsouth.net	Pharmacy - Retail	Active-R85	PHF,PHFn,4106,4107	PAS	Perfect Attendance Since:
Fuller	Avery	fulleravery@yahoo.com	Heating/Air Conditioning Service	Active-Corporate		PHFN	Paul Harris Fellow (PHF) +
Ganthier	Christ-Lee	christlee@pelagie.org	Resouce Center	Active-Corporate		PHF	Paul Harris Fellow
Ganthier	Kesner	kernes@pelagie.org	Resource Center	Active-Corporate		PHFS	Paul Harris Society
Gaylord	Kenneth	ken.gaylord@truist.com	Banking - Commercial	Active	PHF,SM,4106	PRY	Previous Rotary Years in other clubs
George	Ann	fpnr1204@gmail.com	Executive Director Non-profit	Active-LOA	PHF	ROTY	Rotarian of the Year
Glaze	Kim	kglazerotary@gmail.com	Human Resource Management	Staff Position	PHF	SAS	Service Above Self Award
Hall	Chuck	chuck@chuckemail.com	Business Coach	Active		SM	Sustaining Member
Harris	D'Anthony	harrisdt4@gmail.com	Clinical Therapist	Active			

- Kendall K Ellington
05-12-2022
3 Years
- Carl Trueblood
07-21-2022
3 Years
- Martin Jones
11-02-2022
3 Years
- Morgan Tabb
04-18-2023
2 Years
- Chuck Hall
05-05-2023
2 Years
- Corey A Williams
05-14-2023
2 Years
- Johannes W van der Spek
05-31-2023
2 Years
- Debra L McGlaun
06-19-2023
2 Years
- Maureen E Wood
08-01-2023
2 Years
- Shonta Manuel
04-11-2024
1 Year
- Brad Smith
04-21-2024
1 Year
- Robert Hughes
05-20-2024
1 Year
- Jennifer Ray
07-11-2024
1 Year
- Avery Fuller
07-11-2024
1 Year
- Kameron Kelley
07-14-2024
1 Year
- Jennifer Edwards
07-14-2024
1 Year
- Byron F Wilson
07-14-2024
1 Year
- Rachel L Dunn
07-14-2024
1 Year
- Jocelyn Alex Louis
07-14-2024
1 Year
- Tommy O. Morgan
07-28-2024
1 Year
- William T. Rogers
07-29-2024
1 Year
- Kesner Ganthier
08-29-2024
1 Year
- Christ-Lee Lizaire-Ganthier
09-05-2024
1 Year
- Tasha Cox
09-19-2024
1 Year
- Tanya Kitchens
09-20-2024
1 Year
- Sandra Etheredge
10-09-2024
1 Year
- Edward L Cowan
10-09-2024
1 Year
- Kelbie Milon
11-21-2024
1 Year
- Toni Kelecheck
11-21-2024
1 Year

Club Leaders

-  Bryan Hilburn
President
-  James E Cabe
President-Elect
- GRSP Chair
- Debra L McGlaun
Secretary

Hilburn	Bryan	hilburn@hillsacademyga.com	Private School - Headmaster	Active	PHF
Hughes	Robert	rhughes@restorationstorehouse.org	Non-profit Economic Development	Active	
Hutcheson	Michael	mjhutcheson@comcast.net	Non-Profit Children & Families	Active	PHF,PP
Jones	Martin	martinjones@bellsouth.net	Economic Development	Honorary	PHF,4106,4107
Kelley	Kameron	kareron.kelley@conyersga.gov	Municipality	Active Corporate	PP,4106
Kitchens	Tanya	tanya_kitchens@ucbi.com	Banking	Active-Corporate	
Lambert	Leslie	lambertleslie@icloud.com	Transportation - Retired	Active-LOA	PHF
Lassiter	Michael	mwl_clu@msn.com	Insurance - Retirement Planning	Active-R85	PHF,PP,PAS 1980,ROTY 2013,GRSP 5,PHFn,4106,4107,4108
Loois	Suchet	SuchetLL@yahoo.com	Sustainable Dev.	Active-R85	PHF,B,DSA,ROTY 2009, 2015,PHFn,4106
Louis	Alex	Alexjlouis@hotmail.com		Active	
Lucas	Tony	ajlucas50@outlook.com	Municipal Director	Active-R85	PHF,4107
Manuel	Shonta	shonta.manuel@gmail.com	Scientific Research	Active	
McGlaun	Debra	debbiemcglaunca@gmail.com		Active	
Morgan	Tommy	tommymorgan861@gmail.com	Public Safety - Fire Consultant	Honorary	PHF,PP,PHFn,4106,4107
Morris	Janice	janice.morris@rockdalecountyga.gov	Court Administration	Active	PHF
Myers	Al	aamii@att.net	Pastor - Presbyterian	Active-R85	PHF,PP,DSA,PAS 1993,GRSP 5,PHFn,4106,4107,4108
Myers	Albert	albertamyersiii@hotmail.com	Attorney - Family Law	Active	PHF,PP,PAS 2000,4106,4107
Oatts	Terry	toatts@rockdale.k12.ga.us	Superintendent Rockdale Co Schools	Active	
Plummer	Tommy	tommyplummer@comcast.net	Transportation Inspector - Retired	Active	
Ray	Jennifer	jenniferray_premier@yahoo.com	Heat/Air Conditioning Service	Active-Corporate	
Robinson	Wayne	robi3088@bellsouth.net	IT - Information Technology	Active-R85	PHF,ROTY 2018,PHFn,4106
Rogers	Furman	furmanrogers7@gmail.com		Active	
Rogers	William	beth7754@gmail.com	Insurance-Wholesale Student	Active-R85	PHF,PAS 1984,PHFn,4106,4107
Sayago	Megan	msayago@rockdale.k12.ga.us	Education-Dir.Family Engagement	Active	
Siebert	Shelli	ssiebert@conyersarts.org	Executive Director - Arts Council	Active	PHF,ROTY 2016,PHFn,4106
Simpson	Brian	bsimpson@hpplum.com	Plumbing - Commercial	Corporate-Active	
Sistrunk	Laura	Laura.Sistrunk@gmail.com	Director of Community Relations	Active	
Slaughter	Scott	scott@jajohnson.com	Accounting - Tax	Active	PHF,PP,PHFn,4106
Smith	Brad	BradleyDSmith462@gmail.com	Awards & Recognition Retail	Active	
Tabb	Morgan	morgantabb@tabbinsurance.com		Active	
Trueblood	Cari	truebloodway@icloud.com	Caretaker	Active-LOA	PHF
van der Spek	Johannes	john.w.spek@gmail.com	Health Insurance & Medicare Coverage	Active	
Williams	Corey	cwilliams1@rockdale.k12.ga.us	CEO/Principal - Rockdale Career Academy	Active	
Wilson	Byron	headmaster@thewilsonacademy.org	Private Co-ed School Owner	Active	
Wood	Maureen	maureen.wood@rockdalecountyga.gov		Active	
Worthey	Angela	angela.rpc4@gmail.com	Family Resource - Executive Director		PHF



Scott G. Slaughter
Treasurer



Michael W. Lassiter
Membership Chair



Furman R. Rogers
Membership Retention Chair



Daniel S. Digby
Laws of Life Contest Chair



Michael Hutcheson
Family of Rotary Past President



Albert A. Myers III
Rotary Foundation Chair



Laura Sistrunk
Public Image Chair



Wayne Robinson
Sergeant-at-Arms



Vince G. Evans
Club Fundraising Chair



Chuck Hall
Club Programs Chair



Shonta Manuel
Club Programs Chair



Maureen E. Wood
Community Service Chair



Suchet L. Loois
International Service Chair



Kendall K. Ellington
Vocational Service Chair



Megan Sayago
Youth Services Chair



Shelli Siebert
iPast President