



DISTRICT

NEWSLETTER



November 2018

Governors Message

ROTARY: THE SECRET TO LIVING A HEALTHIER LIFE

Is it true that Rotarians live longer and are happier than non-Rotarians? Maybe. Modern technology has revealed the act of giving arouses the same pleasure-giving brain regions activated by tasty food and sex. For men, that also means more opportunity for getting both since studies have revealed that men who engage in altruism are regarded as more desirable by women! One explanation is that an altruistic man is more likely to share resources with her and her children than a selfish one. Other studies have shown that those belonging to an organization of volunteers have a 16 percent reduction in the incidence of major illness and a 44 percent reduction in mortality. They also are happier, which is what you would expect when pleasure inducing neurons are being turned on. Of course there's a valid counter argument that people who already are happy are more likely to give, which has been documented. What if both are happening so giving produces a small amount of happiness which then results in more giving with even more happiness thereby setting in motion a self-sustaining source of well-being for both the giver and the recipient.

No one has ever found the mythical fountain of youth capable of increasing the quantity of life. But perhaps Rotary offers something even better; A fountain of giving capable of enhancing the value of life. Donations to the Rotary Foundation may be the secret to enjoying a life that is not only happier, but healthier, longer, and more meaningful.

TARP: The Panhandle

An unprecedented campaign has been initiated named Operation: Tarp the Panhandle. The objective is to provide each district an opportunity to send teams of volunteers which can include non-Rotarians to the Panhandle to help tarp homes and trailers.



Find out more about TARP the Panhandle here; [Read More](#)

Council on Legislation

Every three years, Rotary International convenes a Council on Legislation. Each Rotary District around the world sends one delegate to listen and vote on all the legislation. PDG George Robertson Burnett is the representative for District 6890 will represent us well!

District Leadership



Nicholas R. Hall
District Governor



Darren Kipnis
DG-Elect



Mark Gilbert Scolnick
DG-Nominee



Winnie M. Marvel
iPDG



Tom C. Wagner
District Rotary Foundation
Chair



Edward A. Odom
District Membership Chair



Tommy Griffin
Assistant Governor



Kimberly A. Heintz
Assistant Governor



Clayton Jenkins
Assistant Governor



Robert L. Laney
Assistant Governor



Bradley Lunz
Assistant Governor

Terri Miller
Assistant Governor



Learn more about how it works and how you can be involved.
[Read More](#)

District Foundation News

Thank you, thank you!
District Foundation President, Gary Gunter reports that we sent \$14,388 to District 6940 in the Florida Panhandle. How did we make that happen?
What more can be done?



Read PDG Gary's full report. [Read More](#)

Deadline Approaching for Hamburg

Join us in the beautiful port city of Hamburg, Germany for the 2019 Rotary International Convention June 1-5, 2019!

Unforgettable moments are made at our convention, a place where the Rotary spirit fills the air with a level of energy and enthusiasm you can't find anywhere else. This is *the* event where we unite and take action to create true and lasting change in the world.



To find out more about the Hamburg experience;

[Read More](#)



[Olivia Minshe](#)
Assistant Governor



[Alice Varkey](#)
Assistant Governor



[Deborah L. Williams](#)
Assistant Governor



[Linda N Federspiel](#)
District Secretary



[Tracy Yvonne Kimbrough](#)
District Treasurer



Reprinted from the Catalyst Membership Newsletter

By Edward Odom

And the results are in...slightly more than one quarter of the way through the new Rotary year, our District 6890 is showing a net membership change of +27 members! The modest increase is a great start and a hopeful sign of things to come.

The Catalyst

For the rest of Ed's story please continue... [Read More](#)

Cart Update

By Linda M. Johnson

Rotary CART District 6890 Update



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