Dec. 12, 2025

This Week's Program

Audrey Lorane Clark, Health and Wellness Leader



This week's program features Audrey Lorane Clark, a health and wellness leader whose work blends personal transformation with community-focused impact.

Audrey Clark brings a mission-driven approach to health promotion that aligns with Rotary's commitment to service, leadership development, and community well-being. Known professionally as *The Goddess in Action*, Audrey built her practice on lived experience and disciplined execution. After reversing a pre-diabetic diagnosis and losing more than 100 pounds through sustainable lifestyle change, she translated her journey into a professional calling centered on helping others reclaim their health.

Audrey now serves in a key wellness leadership role at the Good Samaritan Health Center, a comprehensive community health organization providing medical, dental, counseling, and nutrition services. She oversees programs that support residents across the lifespan, including senior fitness and nutrition, children's farm-to-table education, movement classes, and wellness workshops. Her work reflects a systems-oriented approach to public health: programs are designed to reduce barriers, strengthen community access, and provide structured pathways for healthier living.

Members can expect a thoughtful and energizing program. Audrey's story is one of discipline, purpose, and values-based

MEETINGS

December is Disease Prevention and Treatment Month

12/12	Program Speaker
12/19	Program Speaker
12/26	Happy Holidays
1/2	Club Assembly
1/9	Program Speaker
1/16	Program Speaker
1/23	Program Speaker
1/30	Program Speaker

BIRTHDAYS

12/19	Neil Shorthouse

WEDDING ANNIVERSARIES

12/27	Jacqueline DeVane (13)

ROTARY ONLINE

https://atlantawestendrotary.org
https://rotary6900.org/
https://rotary.org/

ROTARY CLUB OF ATLANTA WEST END

Fridays, 12:15 pm
Georgia Tech Hotel & Conference Center*
800 Spring St NW
Atlanta, GA 30308

SOCIAL MEDIA

leadership. Her insights on health equity, behavioral change, and community engagement will offer practical guidance for our own service initiatives and inspire renewed focus on Rotary's mission to improve lives through action.

JOIN ONLINE: Zoom Link - Click hereMeeting ID: 874 0116 4307 Passcode: Service

LEADERSHIP

President	Victoria Seals, PhD
President-Elect	Christopher Hempfling
Immediate PP	Jared Evans
Vice President	Christopher Hempfling
Treasurer	Rose Caplan
Secretary	Neil Shorthouse
Public Image	Jared Evans

KeyWay Report on Our December 5, 2025 Meeting

Club Assembly at Atlanta Technical College

The Rotary Club of Atlanta West End gathered at Atlanta Technical College for a Club Assembly centered on strengthening operations, refining engagement strategies, and advancing several ongoing service initiatives. With the calendar year winding down and leadership planning ahead, the conversation highlighted the practical work that keeps our club active, visible, and connected to the community.

Progress on the Peace Pole Project

President Victoria Seals opened with an update on the Peace Pole installation, noting that funding has been secured and that images from **Co-President Elect Debra Stokes** will soon be shared with the BeltLine for site consideration. Atlanta Technical College remains a strong alternative location, with school foundation property adjacent to a public park, offering good visibility and long-term placement.

The installation must be completed by March. Purchasing materials, documenting the installation with photographs, and submitting receipts will satisfy the grant's requirements. Coordination for an installation in conjunction with an MLK Service Day event was discussed, although that timeline may be tight. Planning continues as members work toward an early-spring installation.

Membership Engagement and Social Connection

Membership Chair Sonia Hantman led a focused discussion on cultivating stronger relationships among club members. She proposed monthly social gatherings in the West End, potentially including trivia nights or watch parties, to create relaxed environments where members can connect and invite potential

new Rotarians. There was broad agreement that these gatherings would reinforce fellowship and strengthen recruitment. It was also noted that some perspective members may want to be involved in service projects beyond the value of our in-person weekly meetings. Therefore it was recommended that we create more service projects as a part of AWER's repertoire. These projects could be described in the Keyway and presented in our member recruitment materials.

Members also revisited the use of name tags during meetings. Name tags help guests, new members, and long-time Rotarians build rapport more easily. The sentiment was clear: simple tools that support visibility and hospitality make a meaningful difference in member engagement.

Service Partnership with Booker T. Washington High School

Bridget Long provided updates on the club's continuing support for Booker T. Washington High School. Thanksgiving donations were successfully delivered, which were generous contributions of food and gift cards. As winter break approaches, she encouraged members to help assemble snack packages for students who face food insecurity while school is out of session.

The school welcomed deeper partnership, including opportunities for students to attend our meetings and for Rotarians to participate in student recognition events. An Amazon wish list to streamline recurring donations was discussed.

Administrative Priorities and Member Status

Administrative matters were reviewed with attention to dues payment and bylaw requirements. The treasurer noted concerns about members significantly behind on dues, and the assembled members agreed that adherence to the bylaws and a clear communication plan are essential.

Each member receives a quarterly invoice, and dues must be paid within 30 days of receiving the invoice, per Article 6 of the Bylaws. Club dues cover a variety of mandatory expenses such as RI per capita dues, subscriptions to the official magazine, district per capita dues, club fees, accrued meal charges, and any other Rotary or district per capita assessment. Per Article 13 of the Club Constitution, any member who fails to pay dues within 30 days after they are due shall be notified in writing by the secretary. If dues are not paid within 10 days after the notification, the club board may terminate membership, at its discretion. The board may reinstate a former member if the former member pays all debts to

the club.

Your membership dues help to keep our service strong. **Please click here now to pay on the District 6900 website.**

Leadership transitions begin in January, with elections scheduled for February. Members were encouraged to consider where they might serve. The elected positions open for consideration are the president-elect, secretary, treasurer, and the other director positions, which consist of the chairpersons of the standing committees. The standing committees of the Atlanta West End Rotary Club are: Club Administration, Membership, Public Image, Service Projects, The Rotary Foundation, and Diversity, Equity, and Inclusion (DEI).

Closing Reflection

This meeting underscored the steady, practical work that sustains our club: thoughtful planning, structured engagement, and a shared commitment to service. As we prepare for a new year, AWER continues to build a culture grounded in fellowship, accountability, and purposeful action.

Jared Evans & Neil Shorthouse, KeyWay Meeting Reporters

December's Theme

Disease Prevention and Treatment

Fridays: 5, 12, 19, 26

The Rotary focus for December is Preventing and Treating Disease, one of Rotary's seven global causes. During this month, Rotary clubs highlight their efforts to fight diseases such as polio, malaria, and HIV/AIDS through initiatives like vaccination programs, medical missions, and improving sanitation and clean water access. Rotary's most famous global effort is the fight to eradicate polio, with continued work toward achieving a polio-free world. Clubs also support broader health initiatives through screenings, training, and partnerships with local providers. Improving health infrastructure and promoting health education remain key strategies to help communities stay healthy and prevent disease.

Pay Dues Online

Never a Bad Time to Catch Up!

Your membership dues help to keep our service strong. Click here to pay on the District 6900 website. Log in, click on your name, and navigate to the invoices tab. Your club, your club treasurer, and your community will thank you!

Calander, Agenda, Connections, & Four-Way Test

MARK YOUR CALENDAR

- 12/19: Jack Gerblick and Bob O'Brien
- 12/28: NO MEETING
- Jan. Program Dir. Victoria
- Feb. Program Dir. CJ
- May Program Dir. Carolina

Sign up to be a program chair here today!
Mar. Apr. & June are vacant and need YOU!

Meeting Agenda

1. Call to Order
2. Invocation & Pledge
3. Introduction of Guests
4. Tasse Trivia
5. DEI Moment
6. Announcements
7. Program/Speaker
8. The Four-Way Test
9. Adjournment

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THE FOUR-WAY TEST of the things we think, say or do

first	Is it the TRUTH?
second	Is it FAIR to all concerned?
third	Will it build GOOD WILL and BETTER FRIENDSHIPS?
fourth	Will it be BENEFICIAL to all concerned?