



Keynote

Skinny Louisiana

Having won her first cooking contest at the age of 12, **Shelly Marie Redmond, MS, RD, LDN**, lives for the kitchen. It was natural that Shelly “majored” in food and she did just that!



Graduated from both Nicholls State University and Louisiana Tech University, Shelly is a culinary dietitian, TV personality and founder of Skinny Louisiana. She can currently be seen on KTBS 3 and monthly on KTAL News 6.

She has completed countless interviews for ABC, CBS and NBC affiliate stations on nutrition and lifestyle.

She has been seen in print, including *Men’s Fitness, Women’s Health, Buzz Feed, Shape, SB Magazine, Cosmopolitan Magazine, FoxBusiness.com, Today’s Diet and Nutrition Magazine, Shreveport Times, The Forum News* and *City Life Magazine*.

Daily, she counsels individuals on weight loss at Eberhardt Physical Therapy and Wellness. In 2017 Shelly published and released her first cookbook, *Skinny Louisiana...In The Kitchen*. Her second book will be released later in 2019.



You will find her embracing her Cajun roots in her Shreveport home while preparing simple and tasteful Louisiana style dishes in her kitchen for her husband, daughter, son and two cats.

Our deepest Sympathy...

Condolences to the family of Carol Ginsburg who passed away August 20, 2019. She was the mother of Rotarian David Ginsburg and the grandmother-in-law of Rotarian Curtis Joseph. Services were held last Thursday at Agudath Achim Synagogue.

**Tuesday,
Noon**

**12:13 p.m.
Historical Start**

**Shreveport
Convention
Center**

**Rotarians
Serving
Others**

Charlie Henington	Money Table
Merrill Wautlet	Raffle
Martha Marak	Greeter- Scanner-4Way Test
Need A Volunteer	Invocation Inspiration
Glen Adkins & Kermit Poling	Music

Events and Service Opportunities

Community Relations Committee

Tuesday, August 27th, 1:00 p.m. in room 209
All Rotarians are welcome—Share your ideas!



Rotary Learning Bus Ribbon Cutting

August 29, 2019—4:00 p.m.
Common Ground, 6806 Southern Ave., Shreveport



Rescue Mission Supper Service

4:45 p.m.-5:30 p.m.—September 5th and 12th
Limited space—Contact [Zelda Tucker](#) to reserve your spot



Rotary Leadership Institute (RLI)

Saturday, September 14th—Shreveport's Sheriff Safety Town
Parts 1 and 3 being offered—FREE
Must register at [Heart of America RLI website](#)

District 6190 Family Day at Lincoln Parish Park

September 21st

Register on DACdb or advise Judy you plan to attend



World Polio Day—Thursday, October 24, 2019

Fine Dining at Ernest's Orleans Restaurant!
See Gene Richardson, Robert Smith or Judy Bellew for details!



HOST FAMILY UPDATE

I hope you are ready for some host family updates!

What has the team been up to?

Jeroen and Paula have been trying to get to know all of our sponsors and been in touch with schools and community workshops we could work with.

Shreveport has been very inviting and welcoming to us and we enjoy being here.

What has the cast been up to?

The group of 100 people from 14 different countries is still in Denver. They are preparing for their first show in just a few days.

They are really excited to finally start their world tour on September 26th. Their first stop: Grand Island, Nebraska!

How can you help?

- We still need homes for more than 90 participants. You could really help our participants by sharing this with people that might be interested in hosting.
- Invite everybody to our show on September 28th and follow us on Facebook!
- If you or anybody you know is owner of a restaurant or grocery store please share our contact information. We are still looking for support in form of meal donations.



SHOW INFORMATION

Where?

Centenary College Gold Dome

When?

Saturday, September 28th at 7 pm

Tickets:

www.upwithpeople.org/shreveport

Prices:

Adults - \$20
Students - \$15

Hosting information and to sign up for hosting is at this web site:

www.upwithpeople.org/shreveport



Presented by

With support from



Thank you for bringing Up with People to Shreveport. Jeroen (Belgium) & Paula (Germany)

New and Returning Members

John M. Frazier is a shareholder in the Shreveport law firm of Wiener, Weiss & Madison. He has more than 35 years of experience in commercial litigation, mineral law and commercial transactions.

John, a Paul Harris Fellow, was a member of our club from 1984 to 2012 and we are glad to have him back as a member.

Active in our community, John was been past president of the Shreveport Bar Association, past Board of Governors member of the Louisiana State Bar Association, past campaign chairman of the United Way of Northwest Louisiana, past chairman of the Independence Bowl, past president of the Committee of 100, past president of the Shreveport Chamber of Commerce as well as numerous other awards.

John's classification is Law Practice and his sponsor is Tom Arceneaux.



LaToria ("Tori") Thomas is Vice-President of Resource Development of the United Way of Northwest Louisiana.

A Shreveport native, Tori graduated with a B.S. in mathematics from Northwestern State University.



She then started her non-profit career at Shreveport Green. After Hurricanes Katrina and Rita, she relocated to New Orleans to assist with the Greater New Orleans Foundation's rebuilding efforts. She later served as a community specialist for the AARP Foundation. She also served as the Executive Director for Dress for Success New Orleans and the donor services officer for the Baton Rouge Area Foundation.

Tori founded the Emerging Philanthropists in New Orleans, served on the boards of the Committee for a Better New Orleans, Young Leadership Council and Forum 35. She was selected as a Connecting Leaders Fellows for the Association of Black Foundation Executives.

In 2017, Tori and her husband Bobby, moved home to Shreveport to raise their son and to be closer to family.

Tori's classification is Associations, Charitable & Service and her sponsor is Bruce Willson.



1—We love seeing more of Dr. Billy Washburne since he retired.

2—Dr. Lamar Goree with his guest Dr. Lee Purvis, a Rotarian from the SouthWest Shreveport club.

3—Dr. Gayle Flowers with Brad Perry, a Rotarian from the Red River club.

4—James Blewett, Ken Krueger and Kim Green worked the registration area last Tuesday.

5—Onega Ulanova with three of her four guests.





Rotaripost

Judy Bellew
Executive Director
P.O. Box 380
Shreveport, LA 71162



Phone: 318-550-4895
Fax: 318-868-6703
shreveportrotary@gmail.com
www.rotaryclubofshreveport.org

Call Judy Bellew if you have any questions about the club.

Follow us on Facebook



Raffle Winners Last Week

TRF Raffle—Wishy Nolan

*Thank you for your donation to The Rotary Foundation.
This applies to your PHF.*

Flowers from Rose-Neath Florist—

Joe Littlejohn

Eggs from Andy Shehee's hens—

Jeffrey Thomas

Program on September 3, 2019

Barry Erwin, CABL

Reset Louisiana

Shreveport Convention Center

Rooms 206-208



Gotta Love It!

Martha Marak wrapped Robert Smith in ribbon and then cut the ribbon on Tuesday. Judy was pre-occupied and didn't get a picture of the full wrap! This was a reminder for us about the Learning Bus ribbon cutting this coming Thursday.



If you would like to place an ad in the membership roster that will be printed in a few weeks, please let Cory Boyett or Judy Bellew know.