

# The Nerve

A Weekly Newsletter of the Rotary Club of Tuscaloosa  
P.O. Box 2403, Tuscaloosa, AL 35403  
www.Rotarytuscaloosa.com  
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Nerve Editor: Michael James



*Service above self*



*This Week — March 29, 2016*

## **Lydia Ellington Joffray**

*Director, Gorgas House Museum*

### **OFFICERS**

**Susan Caples**

President

**Alan Hartley**

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**Patricia Powe**

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### **BOARD OF DIRECTORS**

**Jim Drake**

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Communication

**Bruce Burrows**

Programs

**David Pass**

Projects

**Byron Abston**

Community/Finance



**L** Lydia Ellington Joffray is director of the Gorgas House Museum at the University of Alabama.

She was the Assistant Historic Site Coordinator at the Archibald Smith Plantation Home in Roswell, Ga., for eight years before coming to UA and the Alabama Museum of Natural History in May 2012 as Museums Collections Technician for Natural History.

For the past two years, Lydia has been the director of the Gorgas House Museum, where she gets an opportunity to express her passion

for history and the preservation of historic structures.

Built in 1829, the Gorgas House was the first structure to be built on the UA campus, and was one of only four buildings to survive the Union Army's burning of the campus during the Civil War in 1865.

Originally from Cornelia, Ga., Lydia studied history at Oglethorpe University and has a masters degree in heritage preservation from Georgia State University.



## UPCOMING PROGRAMS

APRIL 5

**Tim Parker III**  
Parker Towing Co.

APRIL 12

**Deborah Boswell**  
Communication coach

APRIL 19

**Stillman College Choir**

## Last Week — March 22, 2016

Dr. Narayan Krishnamurthy, a pulmonary and sleep medicine specialist, and founder of the Comprehensive Sleep and Breathing Disorders Center in Tuscaloosa, spoke on “Sleep and Health: A Way to Promote Both.” Dr. Krishnamurthy said that the quantity and quality of sleep we get plays a significant role in our health. For example, a lack of sleep can play a role in cardiovascular system diseases and metabolic disorders. A lack of sleep can also diminish our ability to function and perform even basic responsibilities, contributing to accidents and other problems.

### *At the head table*

**Morgan Mann** — Pledge of Allegiance – FOCUS on Senior Citizens

**Brad Springer** — Invocation – Retired

**Patricia Powe** — Introduction of Guests – University of Alabama

**Bruce Burrows** — Introduction of Guest Speaker – Retired

### *Guests*

**Steven Brewer**, guest of Alan Hartley; **Mangala Krishnamurthy**, **Kimberly Champion**, **Ajay Agrawal** and **Rachna Agrawal**, guests of Dr. Narayan Krishnamurthy.

### *The Rotary Foundation*

Congratulations to the following Rotarians, who earned new Paul Harris Fellow recognition for their contributions to the Rotary Foundation: **Linda Chambers** (Paul Harris Fellow +1); **Jordan Plaster** (Paul Harris Fellow +3). Rotary’s work around the world through District and Global grants would not be possible without the “Every Rotarian, Every Year” support of individual Rotarians.



### *Announcements*

• Feb. 14, 2017 marks the 100th anniversary of the founding of Rotary. The Rotary Club of Tuscaloosa is forming a planning committee to prepare for celebrating this oc-

casion. To find out more or to volunteer, please contact David Pass, who has agreed to head this committee.

- Several copies of “Starting From Scratch,” the autobiography of Tualoosa native John Barfield, are available for sale. The cost of the book is \$27, with \$18 of that going to Rotary’s Polio Plus initiative. If you would like to purchase a copy, contact Tina Jones.

- “Wine Down with Rotary” will be held this year on April 7. The event will run from 6-8 p.m. at the Dinah Washington Community Center in downtown Tuscaloosa. Tickets are \$50 each and proceeds will go to local and international Rotary programs.

- The club’s next Honor Flight will be May 11 and the Honor Flight committee is offering corporate sponsorships to help with expenses. For more information, contact Jordan Plaster at [james\\_plasterjr@ml.com](mailto:james_plasterjr@ml.com) or 205-759-9534.

### **ABSENT? MAKING UP ATTENDANCE IS EASY**

- Visit with the Morning Rotary Club every Thursday at 7 a.m. at Indian Hills Country Club
- Attend another club’s meeting within two weeks before or after an absence.
- Participate in a Rotary event, such as a committee meeting, social function, interactive event, etc.
- Make up at E-club online: [www.rotaryclubone.org](http://www.rotaryclubone.org).

*Report all makeups to club secretary Caroline Williams at [caroline.williams@bbva.com](mailto:caroline.williams@bbva.com).*



