

Rotary



Club of Churchland

Monday, October 25, 2021

OCTOBER

Club Meeting Information

Churchland
Meets at American Legion Hall
- Churchland
3107 American Legion Road
Chesapeake, VA 23703
Time: Tuesday at 07:30 AM

Club Leaders



Debra J. Aleck DPM
President



Charles Lee Owens
President-Elect
Public Image Chair
Club Programs
Chair



James N. Rhodes
DDS
iPast President



Sandra R. Stewart
Bulletin Editor
Secretary



Nancy D'Amico
Quell
Treasurer
Past President



Kristin Anne Macan
Sergeant-at-Arms



Robert F. Brewer
Club Director
Service Projects
Chair
Past President



Terry Fraley
Club Director

HIGHLIGHTS OF MEETING OF OCTOBER 19, 2021

President Debra called the meeting to order at 7:30 a.m. and welcomed those in person and on Zoom.

Kristin opened the meeting with an inspiration from the district conference followed with the Pledge and 4 Way Test. And 5--will it be FUN!

Debra announced that She, Pamela, Bill Pollard, Jim, Nancy and Kristin attended the District Conference and will serve as a makeup. Joe Hansley also recorded a couple makeups.

We next sang a couple songs accompanied by Dennis.

Debra announced that we received a thank you letter from CHKD for our \$100 donation to Reach Out and Read Outreach Program.

There were no birthdays or anniversaries to report.

Debra stated that there will NOT be a board meeting this Thursday and instead will hold a joint board meeting and club forum on Tuesday, October 26th..

Debra called on those attending the district conference to speak a couple minutes on what impacted them. Bill's mom, Joan was recognized for all her work that she had done with the silent auctions to raise money to end polio. Bill was presented with a plaque in her honor. They raised \$3,000 this year at the silent auction and over \$10,000 at the conference for End Polio Now.

There were 7,000 pairs of socks donated to the Greater Richmond Homeless Shelter through all Rotarians efforts!

Pamela stated that this was her first conference and that she was reluctant to attend and that it was a lovely conference and she reported that she was so glad she went. The speakers were compelling and the stories from normal people blew her mind. Saturday's agenda was off the chart and she said she is blessed to be a part of a group that wants to be bigger than self.

Jim said it was great to be with fellow Rotarians and that he and Pamela attended the K-9 breakout. He mentioned that it may be a project we could look into because there is a need for funding once the dogs are retired.

Nancy boasted about the extraordinary speakers that were the real joy of the conference.

Debra announced that there is a Foundation awards banquet on November 12 in Williamsburg and cost is \$45. Sandy will send out the email regarding details.

Happy Dollars were next. Dennis was happy because Virginia beat Duke in football! Kristin had \$2 happy dollars for the conference and that she completed 11 miles this past weekend!

Debra announced that Wanda has a social planned for November 4 at Dock of the Bay so put the date on your calendars. More information will follow.

Lupe reminded everyone that Saturday is the 2nd Oasis volunteer opportunity to feed the homeless. If you signed up, she will call you Friday night to remind you that your shift starts at 11 and ends at 1!

Bob reminded Nancy and Sandra that they were signed up for Meals on Wheels this Thursday which is the third Thursday of the month. Thank you ladies!

Kristin gave us the count of 17 pairs shoes collected for our drive. Keep bringing them in so we can surpass our goal.



Leslie H. Halstead Jr.
Club Director
Past President



Sandra Sasser Imel
Club Director
Past President



Margaret K. Lane
Club Director
Past President



Roland Martin
Club Director



Pamela N McWhorter
Club Director



David W. Stephenson
Administration Chair
Club Director
Webmaster
Past President



William D. Pollard Jr.
Rotary Foundation Chair
Past President



Joe Lee Hansley
Membership Chair



SERVE TO CHANGE LIVES

Speakers/Events

October 26, 2021

Raleigh Martin
Meeting Opener

October 26, 2021

President Debra Aleck
Club Forum

October 26, 2021

Duraid Alnaif & Charles Berge

November 02, 2021

Margaret Lane & Nancy Quell

November 02, 2021

Renae McConnell
Meeting Opener

November 02, 2021

Lisa Dailey
Arrange - Downsizing and Organizing

We next heard from our speaker, Dani Shifflett from Hummingbird Hallow Farms, LLC.

HIGHLIGHTS OF THE PROGRAM OCTOBER 19, 2021

Kristin introduced our speaker, Dani Shifflett from Hummingbird Hallow Farms who spoke to us about micro greens. She indicated that micro greens give us great nutrition and that they can decrease cancer cells in our bodies. They also can reverse heart disease and diabetes. She stated that a healthy body starts with the food we eat and that it is important to take control of your body.

She discussed several micro greens and the nutritional values they add to your diet. One in particular was broccoli. She stated that broccoli micro greens have 100x more sulforaphans than mature plants. They neutralize toxins in our body. She talked about how important it is to include these in our diet. She talked about several other micro greens such as clover and sunflower seed.

She and her team grow and sell these micro greens at farmers markets and to restaurant owners like Renae. Renae said that she adds the volcano radish to salads she makes at her restaurant and are delicious. She stated that her kids even like them!

Dani would like to create an initiative and partner with farmers in the state to process and deliver to schools in the state. Another goal is to get us off petroleum based plastics and this would create jobs and would be good for the earth.

Kristin presented her with the book *The Duckling Gets the Cookie* that will be donated to Reach.

Thank you Dani for educating us on micro greens and the value they deliver to our bodies. I'm going to have to try that salad at Jojacks!

PEANUTS FOR SALE

It's that time of year again and we have just the right gifts for you as the holiday season is approaching. Margaret is ready to take in your order at the meeting or online. Proceeds from the sale will benefit our community through all our efforts as Rotarians. Order BIG NOW! And thank you for all that you do.

SOLES FOR THE SOULS

Please remember to bring in those slightly used athletic shoes for our drive to collect 50 pairs by November 9. We have collected 17 pairs so far. Lets exceed that goal. Visit your local thrift store to grab a pair or two. Thank you Kristin for all you do!

JOINT CLUB FORUM AND BOARD MEETING OCTOBER 2

Join us tomorrow morning for a fun packed meeting to get all the updates on what is going on in your club. This is a sure way to get involved in the many opportunities going on in your very own Churchland Club. Come and enjoy a hot breakfast, socialize over a cup of hot coffee and sit back and take it all in!

QUEEN OF HEARTS WINNER

Margaret was the lucky winner this week and she donated her \$8 winnings to the Christmas Fund. Thank you Margaret for your generosity!

November 09, 2021

[Stephanie Hathaway](#)
Soles4Souls

November 09, 2021

[Pamela McWhorter](#)
Meeting Opener

November 09, 2021

[Margaret Lane & Nancy Quell](#)

November 16, 2021

[Margaret Lane & Nancy Quell](#)

November 16, 2021

[Brennan O'Connor](#)
Meeting Opener

November 16, 2021

[David Sullivan](#)
Elizabeth River Crossing

November 18, 2021

[Duraid Alnaif](#)
Meals on Wheels

November 23, 2021

[Charles Owen](#)
Meeting Opener

November 23, 2021

[Margaret Lane & Nancy Quell](#)

Birthdays

Leslie H. Halstead Jr.
October 29th

Jeffrey J. Vierrether
October 31st

Byron A. Perkins III
November 9th

Robert F. Brewer
November 24th

Wedding Anniversaries

Taylor K. Kasab
November 3rd

Joe Friszolowski
November 15th

THE FOUR WAY TEST

FIRST IS IT THE TRUTH?

SECOND IS IT FAIR TO ALL CONCERNED?

THIRD WILL IT BUILD GOODWILL & BETTER FRIENDSHIPS?

FOURTH WILL IT BE BENEFICIAL TO ALL CONCERNED?

Rotary

The graphic features a vertical stack of four blue boxes, each containing a question. To the left of the questions is the text 'THE FOUR WAY TEST' in white. To the right of the questions are the words 'FIRST', 'SECOND', 'THIRD', and 'FOURTH' in white. At the bottom left is the word 'Rotary' and at the bottom right is the Rotary International logo, a yellow gear with 'ROTARY INTERNATIONAL' written around it.

