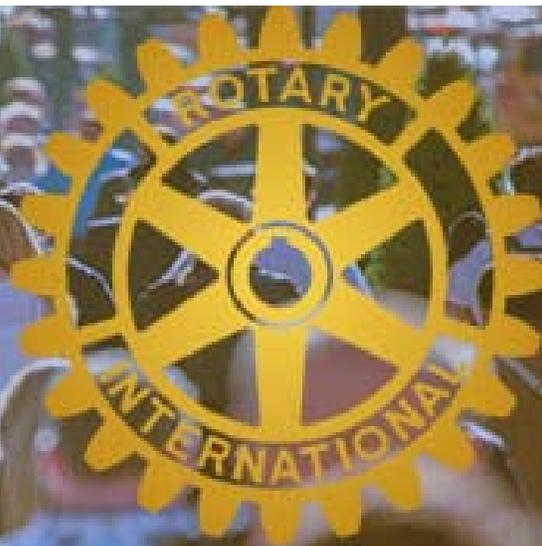




Rotary District 7600



Spirit of 7600



February 2021

In This Issue

[District News](#)

[Club News](#)

[Foundation News](#)

[Tip of the Month](#)

District Leaders

Judith W. Cocherell
District Governor

Deborah Altizer Wall
DG-Elect

Kenneth Wayne Janes
DG-Nominee

Stephen R. Beer
District Rotary Foundation
Chair

William C. Dages Jr.
Finance Chair

William M. Mulvihill II
District Treasurer

Dana Lewellyn Rieves
DCO Chair

Dianne S. Gordonn
District Public Image Chair

Sue V. Carter
District Membership Chair

Michael Soden
DCO - Webmaster

Stanley Theodore Wall
District Secretary

District Committee Chairs

District News

A message from District Governor Judy Cocherell

It is with a heavy heart that I announce the passing of our Executive Assistant in the Rotary Office, Pat Parasmu. Pat was a dedicated worker and cared about her job and the people she served. She exemplified the Rotary ideals. This was totally unexpected and she was present for our Presidential Retreat on Zoom for four hours that Saturday. I talked with her on Friday and so did many others. She had just celebrated her one year anniversary with us and told many people about that. She loved her job and our Rotarians. She leaves two adult daughters who lived with her and who were Pat's every thought. Please keep her two daughters in your thoughts and prayers. There is a GoFundMe page set up to assist Pat's daughters. Go [HERE](#) for more information and to make a donation.

Yours in Rotary Service,
Judy
dg2020@gmail.com

On January 5th, PDG Bill Pollard shared the news of the passing of his mother, Joan Pollard, a long time Rotarian in the Petersburg club. He said, "She was a beautiful person with a big heart. She was an amazing mom who along with my dad devoted her life to raising my brother and me. Mom so loved her daughters-in-law and three grandchildren. She was a teacher and librarian whose career covered over six decades. She loved all of her students and enjoyed keeping up with them. She was still working a few hours a week as a medical librarian at age of 84. She was active with her, garden club, bridge group, Friday night dinner group, and as president of her condo association. She was a friend to everyone. She was a big sports fan who enjoyed pulling for the Tar Heels and Hokies. She missed my father so much since his passing in May 2018. They are now together and God has a new Angel. Thank you mom for being you. Give dad a hug for me. I love you with all of my heart. The circle of life.

In a follow-up Facebook posting he said, I want to thank everyone for your comments to my Facebook post about mom's passing. Your comments provided me with joy and comfort (and a few tears) during a difficult time. She was loved by many and she touched a lot of lives during her 84 years on earth. While I have mourned her passing this week, I will celebrate her life along with dad's life for the rest of my lifetime.

Each person's life touches so many other lives. When they aren't around they leave an awful hole, don't they?



Charles A. Arnason
Legislative Chair

Stephen R. Beer
District Rotary Foundation
Chair

Colleen Bonadonna
International Services Chair

Sue V. Carter
District Membership Chair

William C. Dages Jr.
Finance Chair

Shel M. Douglas
District Conference Co Chair

Bonnie S. Field
District Awards Chair
District Conference Co Chair

Lawrence Irwin Frank
Interact Chair

Dianne S. Gordonn
District Public Image Chair

JoAnn Meaker
Newsletter and Website Chair
jomeaker51@gmail.com

Maureen S. Patterson
Youth Service Chair

Robert Edward Preston
RLI District Chair

Dana Lewellyn Rieves
DCO Chair

Alexandria Mayher Ritchie
Rotaract Chair

Janice L. Rowley
Community Service Chair

**Susan G. Zachensky-
Walthall**
Friendship Exchange Chair



She joined the Petersburg club in 1991 was a past president of Petersburg Rotary and past Assistant Governor. She was also well known as the chairperson for the Silent Auction at District Conferences. Her grandfather was a member of the Rotary Club of Asheville, NC. Bill says, "My proudest moment in Rotary was inviting my mom to join the Petersburg club in the early 90s. I was her Tommy."

What have you done to advocate for

PolioPlus?

submitted by Dianne Gordonn



Two Rotarians in District 7600 have made a permanent mark, to promote and have people ask about the PolioPlus Program. On World Polio Day, October 24, 2020, District 7600 along with Districts 7630 and 7730 held a telethon promoting the Polio Plus program. Over 300 Rotarians took part in the four-hour event, hosting speakers from around the globe; including RI President Holger Knaack, Mike McGovern, Dr. Peter Salk and many more. During the event a polio awareness set containing; a polio NID vaccinator kit, two-drops jewelry, India Polio Free watch, pins, polio vaccine vial and more were auctioned.

In an effort to reach the goal of \$1,000 for the set, D7600 PolioPlus Chair, Colleen Bonadonna made the

commitment to tattoo two drops on her arm if the goal was reached. The goal was exceeded! Inspired, two other Rotarians from District 7600 committed to also getting two drops tattooed. So on January 21st Colleen and District 7600 Membership Chair, Sue Carter went to Liquid Metal in West Point, VA and had tattoos emblazed on their forearms. Colleen with the Polio Plus image and Sue with two drops. Note this was the first tattoo for Colleen.

Unfortunately the 3rd Rotarian, Lieutenant Governor Pat Edwards, had to postpone her appointment, but is looking forward to having the drops permanently affixed.

So what have you done to promote the PolioPlus program?



Attention Presidents-Elect & District leaders for Rotary Year 2021-22:

Registration for #CPETS21 via DACdb system is now open! It will be all virtual this year, via zoom, & FREE to register & participate. The Planning Committee is working hard to replicate the interactivity of the Multi-District experience -- and we

are very excited that our Keynote Speakers include Rotary Intl. President Elect Shekhar Mehta, RI President Nominee Jennifer Jones, & RID Peter Kyle.

NOTE: we are using the DACdb MyEvent functionality this year, instead of the Attendify mobile event app. Once you are registered, you can follow the entire event in your web browser on your smartphone, iPad, or computer -- no need to install a separate app, just bookmark the web address. Simply go to <https://myevent.dacdb.com> & enter event code: CPETS2021.

And reminder to Planning Committee members and all event trainers/facilitators --> you need to register for the event via DACd.



Dear D7600 Rotary Club,

The Rotary District 7600 Alumni Association is an extended network of people who share a common bond of improving lives in their communities and abroad and are valued members of the Rotary family. The Association is creating an Alumni Speakers Bureau to provide an opportunity for individuals who participated in one of the D7600 Rotary International Alumni Programs to share their experiences with the 60+ clubs in the District. The Alumni Association

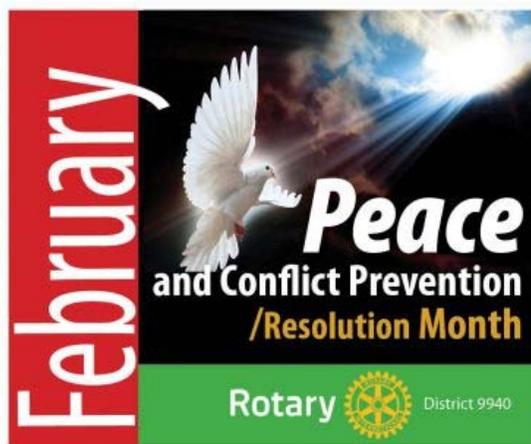
The Speakers Bureau includes speakers who are former Rotary Peace Fellows, Ambassadorial Scholars, Group Study Exchange participants, Global Grant participants, Rotaractors and Youth Exchange, and National Immunization Day (NID) participants. The Speakers Bureau allows alumni to give back to those who invested in them and sponsored their participation in one or more of these programs. Although there will be no fee for their services, the host club is expected to pay for the cost of the speaker's meal, if the club meets in person and the speaker is comfortable presenting in this way. The Speakers Bureau also provides the opportunity for Rotary clubs, Rotaract clubs and Interact clubs to highlight Rotary International programs and to hear personal stories of how these programs impacted the lives of the participants.

To request a speaker, please click the link to complete the brief electronic form so that we can provide you with a speaker who will meet your program needs. If you have any questions, please contact Alexandria Ritchie at 804-366-6418 or aritchie@mymail.vcu.edu. Speaker Request Form: Go [HERE](#)

D7600 Alumni Association

The Best Alumni Association in the Rotary World ♦ 2019

Congratulations to SuAnne Hardee Bryant, who was named top lawyer 2021 ♦ Family Law recognized by *Coastal Virginia Magazine*, in the January 2021 issue. Her video on the business website can be found [HERE](#).



A BIG IDEA FOR PEACE

Peace is often called a ♦ universal human value, ♦ and peace has been identified as a priority by Rotarians and Rotary International for more than 100 years. Today, ♦ Promoting Peace ♦ is one of RI ♦s seven areas of focus.

In July 2020, Peter Kyle, Rotary International Director for Zones 33&34 (2020-2022) began sharing a vision to

promote and support 65,000 Rotarians in more 1,700+ Rotary Clubs in Zones 33&34 as connectors and conveners for peace. The signature initiative **Youth & Peace in Action: Engaging 100,000 Young Community Peacebuilders (YPA)** was established as a bold signature initiative to Equip, Energize, Educate and Engage Rotarians, community members, teachers and students in peace education and peace projects. Rotary Peace Fellows Patricia Shafer of NewGen Peacebuilders and Ana Patel of the Outward Bound Center for Peacebuilding were selected as Implementing Partners based on their extensive experience in peacebuilding, peace education, and record of service and collaboration with Rotarians.

By November 2020, District Governors from 20 Districts had stepped forward as Champions and committed early funding for the **Establish** phase. A number of District Governors-Elect had begun to consider how **YPA** could be a significant part of the 2021-22 year. A Million Dollar Challenge has been set forth to scale peace education that could produce as many as 1,000 peace projects at the school and community level. To learn more go [HERE](#).

Club News

Petersburg Breakfast Club:

Submitted by Chris Rizzo, Club President

The club had three service projects in December. There were two **Feed the Homeless** events at the Hope Center in Petersburg. The club members worked with volunteers from Poplar Springs Hospital providing meals on two separate occasions to those in need in the community. The club also adopted two families in need for the Christmas season. Working with the Westview Child development Center, they provided the information of the two families in greatest financial need from all their clients. The club provided clothes, food staples, toys and gift certificates to each family for a combined total of \$900.

A picture is of some of the donated items with members of the staff from Westview Child Development Center. 3rd from left is club member Nancy Cox, who organized this event. Far right is club president Chris Rizzo.



Western Henrico Club:

Submitted by Bard Kirkpatrick, Club President

The Rotarians of the Western Henrico Rotary Club are planning our first **Spring Fling Golf Tournament on Monday, May 10, 2021 at The Lakeside Park Club**. In the past we have held a traditional winter fund-raising event but were unable to do so in 2020-21 because of COVID restrictions. Therefore, we have decided to celebrate spring 2021 with an outdoor fund-raiser to benefit the Tuckahoe Strong Capital Campaign of the Tuckahoe YMCA as well as several other smaller charities. The Tuckahoe Strong Campaign will attempt to raise \$7 million towards updating the physical plant and improving the functional spaces of the YMCA. The goal is to make these spaces accessible to all individuals and to provide wellness for

all ages. It is our honor to support this tremendous community project.

Please visit our website www.BirdEase.com/ Rotary for further information and to sign up for sponsorships or golf registration. Bring a foursome, twosome, or just yourself. We hope you will join us at The Lakeside Park Club! As always, we will pay particular attention to social-distancing and mask compliance at this event.

We will also be running an **Online Auction** with golf trips, golf gear, and other paraphernalia beginning in mid-April.

Thank you for supporting our golf events in the past.

Gordy Rawles
804-306-3720

AND...

On September 20, 2020, the Western Henrico Rotary Club held its 29th Annual Becky Briggs Memorial Golf Tournament. In spite of taking extraordinary pandemic-related precautions, 72 Rotarians and friends participated in a very successful outing. The Becky Briggs Scholarship Fund, which receives most of the proceeds from our annual golf tournament, was started 29 years ago through the efforts of the Club & Cordell Briggs in loving memory of his daughter, Rebecca when her life was tragically cut short in a 1990 auto accident. The scholarship fund grants scholarships for college and continued learning to high school students from the Richmond area, making educational opportunities for our area graduates a reality. The Becky Briggs Memorial Fund has granted over \$300,000 in scholarships to area high

school seniors attending many varied colleges. The golf tournament proceeds also provide for scholarships to J. Sergeant Reynolds Community College.

The Western Henrico Rotary Club has been proud to support a variety of community-based charities in the Richmond-Henrico region. Others include the Tuckahoe YMCA and Bright Beginnings, Richmond Supportive Housing, The Peter Paul Development Center, The Henrico Christmas Mother, McGuire Veteran's Hospital, The Ronald McDonald House, Bon Secours Telemedicine Program, Henrico Firefighters' & Policeman's Funds, and many others.

AND...

The city of Lake Charles, Louisiana was shredded by Hurricanes Laura and Delta earlier this year. Lake Charles, a city of 78,000, received a direct assault from both hurricanes and had thousands of residents were displaced. The mayor, Nic Hunter, appearing on television said, "I am begging, I am pleading for Americans not to forget Lake Charles."

The Western Henrico Rotary Club in Virginia did not forget Lake Charles, and sent in excess of \$3,000 to the Greater Lake Charles Rotary Club to support families in need.

On 11/23/20, Western Henrico Rotary provided Thanksgiving meals to families of the Coal Pit Learning Center. Coal Pit provides full day pre-school to children from low income families.

Hamton Roads Club

submitted by Mary Landon, and Dianne Gordonn

After our great talk this morning on Leadership I came across this great example of Leadership and Service by one of our new Rotarians, Coach Ricky Rahne, on the ODU Friday Newsletter!

CHECK OUT COACH RICKY AND HIS TEAM TAKEN FROM THE INSIDE ODU FRIDAY 1/15/2021 NEWS (From an Interview of Coach Ricky by Megan Plain on WTKR Sports News on December 30th)

Old Dominion football coach Ricky Rahne was approached by his players with a request. "They said coach, we love going to the elementary schools and reading and things like that, but we want to make a little bit more of an impact, and so we set up this whole program."

The Monarchs have paired up with Blair Middle School to create a mentorship program. It allows Blair football players, many of whom have hopes of playing at the college level, to connect with ODU players on a weekly basis.

"This is the goal you want to achieve," Justin Smith, Dean of Students at Blair Middle School, explained to his students. "You want to play football; you want to be a student athlete? Well, I  going to pair you with a student athlete who  actually doing it."

Both the Monarchs and Clippers have faced being "Stuck at home, and seasons have been canceled so they don't have that outlet of football right now. There's a lot of commonalities amongst these groups right now, and it's a perfect fit and perfect opportunity."

Because of the pandemic, the weekly sessions have taken place on Zoom, where Blair has the goal of helping the kids improve academic performance while integrating social and emotional learning.

"I get to talk with people that are older than me, something like my big brothers, and it  just a cool experience on letting them know how I've been feeling and letting them know who I am," one Blair student said about being mentored by the Monarchs.

"I think it  been a really cool experience," ODU offensive lineman Isaac Weaver said. "It's something I haven't really ever gotten the chance to do before, getting to see different perspectives, stuff like that, getting to see how these guys are growing up and how it  a lot different. It gives me a new perspective on life."

While Rahne's goal of building sustained success at ODU has been put on hold a year because of the pandemic, the success of future generations of football players is something the Monarchs can encourage right now.

"Overall, I  excited about where that  going, and where that  going to go here, and in the future," Rahne said.

A note: You should know that when we first met with Coach Ricky in his ODU office for our new member meeting he told us one of his goals was to get his players involved in service projects. Looks like its working! Congratulations Coach Ricky!



South Hill Club:

Submitted by Lisa Clary

Miss Ella Patton was the guest speaker at South Hill Rotary recently and gave a brief history on Irish Dance, gave a performance, and taught a few steps of the Irish jig. Ella is a 17 year old senior at Park View High School and attends the Governor  School at Southside Virginia Community College. *Pictured are Ella Patton and Club President Keith Ellis.*



Prince George County

A special delivery of jacket, hats, and gloves to Hopewell-Prince George Community Health Center from the Rotary Club of Prince George County.



Norfolk Club:

Rotary Club of Norfolk volunteered at Food Bank of Southeast VA and Eastern Shore recently. Volunteers included Bob, Sigur, Jim, Linda, Walt, Chris, and Carlisle.



Powhatan Club:

A huge thank you goes to Independence Golf Club for hosting the club's first Home Fore the Holidays Golf event. Golfers finished up on Saturday in sunny 60-degree weather, using a scoring app and driving a few more marshmallows. The final prize winners are: Adult Duo, hosted by RVD Advisors: Rob Ukrop and Dan Schultz. Adult-Child Duo, hosted by The Rotary Club of Powhatan: Brice and Quinton Lambert. Longest Marshmallow Drive, hosted by RHB Insurance: Tyler Kee. Ugly Sweater Contest, hosted by Clean and Sharp: Tanner Cochran





James City County Satellite Club:

Submitted by Neva Lynde

As described by his mom Cathy Dahl, her eight year old son Andrew was "enthralled" by the speaker at the last get-together of the Rotary Satellite Club of James City County. Rotarian Wyatt Harris, from The Historic Triangle Club, presented his moving story about the search for his biological family in China, after being adopted and raised in Oregon. Young Andrew is welcome at all our meetings, and so are you!

And... (by JoAnn Meaker)

Another club who welcomes young family members is the **Hanover Rotary Club**. Prior to Covid restrictions they had a regular attendees - the three generations attending from one family. Grandpa, Dad and nine year old Landon. They even asked Landon to provide a riddle each week! It was awesome to watch these young people develop and enjoy being a part of the club. Getting children involved at an early age is how we sustain Rotary into the future. *Photo taken in 2018.*



The

Onancock Rotary Club would like to welcome our newest member, Matthew Clay! We look forward to having you!



Rotary Club of Innsbrook, along with project HOMES, installed a ramp in a deserving home. The ramp provided the homeowner an immediate uptick in mobility. Her smile was a wonderful reward. Now, more than ever, there is a need to look for ways to help our global community, starting with our neighbors.



Foundation News

The
Rotary
Foundation



How does this backyard firepit relate to the Rotary Foundation?

Find out [HERE](#) by reading this month's message from Stephen Beer.

Abby McNear, Director of Rotary Grants: A look at the Rotary Foundation Grants Model
Interview by Carol Dois Woodward

Abby McNear, like most her colleagues, has been working remotely for a number of months now, but the management of the Rotary Grants process has continued at its normal strong pace. In fact, it has accelerated to meet emerging conditions. With the advent of the COVID-19 pandemic, the grants process was adapted to meet specific emergency community needs related to the pandemic in districts across the world in the 2020-2021 Rotary grants cycle.

Abby, along with the 38 professionals who work with her, has been meeting those challenges across the globe, while continuing to plan for the future of Rotary grants. She has worked for The Rotary Foundation, cumulatively, for over 25 years. This graduate of Brown University also has a Master s with Distinction in Non-Profit Management from North Park University. She



began her Rotary career working on Ambassadorial Scholarships and worked with a number of other programs through the years.

Perhaps her most lasting Rotary legacy will be the success of the current grant model. She supported the development of that model and managed it through the Future Vision pilot the Foundation created. The 3-year Future Vision pilot, in which 100 districts participated, led to the 2013 implementation of the existing (with a few tweaks) grant application and funding model. This grant model focuses on the funding of grant projects in one or more of Rotary's Areas of Focus. Protecting the Environment was added earlier this year as the seventh Area of Focus.

The grants module has exceeded expectations. Grants have increased over 100% since 2013. In the 2019-2020 Rotary Grants year there were 1,350 global grants awarded with over \$100 million in funding. An online application and tracking process was developed and beginning in 2022 grants will be opening to Rotaract Clubs.

Abby acknowledges there is more work to be done. The Areas of Focus policy statements are assessed and updated on a rolling basis and there is continued effort to allow as many clubs to access the World Fund for global grants as possible.

When not working, Abby is engaged in personal environmental interests serving as a volunteer in her local bird sanctuary. She is a writer, a storyteller, and avid reader. She is also currently the Fundraising Chair for her own club, the Rotary Club of Evanston, Illinois. She has two children. A daughter, aged 25 years old, is a Peace Corps Volunteer in Tanzania and her 23 year-old son fronts a band.

Abby is concerned that Rotary-giving is being challenged, especially by the circumstances imposed by COVID-19. If you have seen the #RotaryResponds in Facebook posts, graphics, and emails it is referring to the mobilization of the COVID-19 emergency grants to get relief into communities. This process was so successful and the pursuit of traditional grants so strong that the funding for grants is running short and may be depleted before the end of the year. This why it is so much more important now, as perhaps never before, for Rotarians to give to The Rotary Foundation.

Rotary Club of Norfolk Recognized by The Rotary Foundation

The Rotary Foundation raised more than US \$811,000 in support of Giving Tuesday 2020. Thank you to everyone who gave in support of this global day of giving so that together we can keep Doing Good in the World. The Foundation recognized the following clubs for their engagement on Giving Tuesday:

Top fundraising clubs

Rotary Club of Taichung Shan Hai Tun, Taiwan

Rotary Club of Tortola, British Virgin Islands

Rotary Club of Tainan Central, Taiwan

Top donor participation clubs

Rotary Club of Highlands, North Carolina, USA

Rotary Club of Dindigul Mid-Town, India

Rotary Club of Grand Cayman-Sunrise, Cayman Islands

Top online giving participating clubs

Rotary Club of Norfolk, Virginia, USA

Rotary Club of Carroll Creek (Frederick), Maryland, USA

Rotary Club of Tortola, British Virgin Islands

When Stephen Beer congratulated Sigur Whitaker on the accomplishment, Sigur, the Norfolk Club's Rotary Foundation Chair, suggested you just had to get the right deal in front of generous Rotarians and this deal included using recognition points. See here response to Stephen.



◆ *The funny thing is that I wasn't at all focused on the day of giving until the weekend before. Never saw anything by RI about it but another non-profit made me decide to run the promotion (once again offering to match donations with points). Thank goodness, two of our club members allowed me to use their points for the match. I sent out a message to the club members over the weekend, one Monday night and then reminded them during the club's Zoom meeting on Dec. 1. One thing for sure, our club is motivated by "deals".*

I know how points are matched for members but how does the club earn points? I've happily lived off these for the past couple of years and we are basically out of club points.◆

Congratulations to the Norfolk Rotary Club and Thank You!

The Rotary Foundation: 4-Star Rating 13 Years in a Row

Charity Navigator has, for the 13th year in a row, rated The Rotary Foundation (TRF) as a 4-Star Foundation, the highest rating it awards.

The commitment of our Rotarians and TRF to doing good in the world is legendary. Our needs

based, sustainable grant projects, both locally and globally, are admired worldwide. Doing good is one half of the equation. Without the generosity of our Rotarians and their clubs the good works would not be possible.

In mid January the District 7600 Annual Fund Chair, David Rosenthal, reported the giving stats through the end of December. Our district donated over \$80,000 to the TRF and, as of mid January, our district Rotarians had donated another \$19,177. Stephen Beer, our District Rotary Foundation Chair, is urging all of our 62 clubs to review their giving goals crafted in the spring of 2020. There is time to take any course corrections, fundraising events, and giving appeals needed to help clubs meet their giving goals before June 30. The year 2020 was certainly an historic year, but Rotarians turned challenges into opportunities by doing so much good in the world.

Stephen and David also remind all the clubs that the District Rotary Foundation Committee has a number of speakers who could address clubs, not only on giving, but also on the upcoming Rotary grants cycle. We are Rotary, after all.



Polio News Update:

As of January 20th there were NO new cases of wild Polio worldwide. The total for 2020 was 140. And there is a new vaccine that joins the fight against Polio. Read the details [HERE](#).

Did you know? February 17th is Random Acts of Kindness Day. Research shows that people who do altruistic things like volunteer have lower blood pressure, less anxiety, pain and stress. For more information go to randomactsofkindness.org

Tip of the Month

Tip of the Month: Source - Rob MacArthur, Facebook Public Image, Graphics and Ideas Hub <https://www.facebook.com/groups/1595163847383932/permalink/2961188450781458>

For social media pages and websites it is highly suggested that more than one person is the administrator. In that way there is a backup in case a member is no longer a member or active.

Create a Gmail account such as *yourrotaryclub@gmail.com* and use this email for all social media accounts and Google resources, as well as any other online resources used by the club. You can then provide the login account and password information to anyone you want using it as well as keeping it on file by executive. If you have just one member that has all the information and that person completely disappears, the process is much more difficult. The logins and passwords should be passed to each new president to keep them in the public image loop.

To make changes:

For Facebook - Have the current admin add another member as an admin. Once that is done, the new admin can delete the old admin.

For Instagram - Get the account name and password for the Instagram account. Go into the account and change the corresponding email, password, and phone number (if it uses one) for the account. The admin of the Facebook Page can then link the Instagram account to the Facebook Fan Page.

For Twitter - Get the account name and password for the Twitter Account. Go into the account and change the corresponding email, phone number, and password for the account. This would be basically the same for LinkedIn.