



Stafford Rotary Highlighter

August 21, 2019

This Week's Speaker Cathleen Pessolano :

Cathleen Pessolano is the Executive Director at Mental Health America of Fredericksburg with a background in Developmental Psychology, Substance Abuse Prevention practices, Mental Health Awareness and Advocacy, and Domestic Violence Intervention services. She and her husband are long-time local residents and have three college-age children.



Before starting as Executive Director in July, Cathleen spent five years in secondary education and nineteen years in human services program management. After a successful career in helping individuals and families exposed to trauma, Cathleen is eager to advance the mission of Mental Health America of Fredericksburg: to improve people's mental health and wellness through advocacy, education and supportive services.



Tom presents banner and medallion from the meeting of the International Fellowship of Scouting Rotarians at the International Bo Scout Jamboree.

CLUB SCHEDULE

August 21 - Cathleen Pessolano, the new Executive Director for Mental Health America-Fredericksburg

August 28 – Social, No Noon Meeting
September 7 – Another Day Walk to Stop Suicide
September 14 – Rotary Foundation District Seminar
September 20 – United Way Day of Action. Contact Lori if you can volunteer.

September 20 – Sounds of Summer, Volunteers Needed
October 4 – Capitol Steps at Dodd Auditorium, 7:30pm, as part of UMW's Family Weekend.



comedyfred.com

Sign up today for the Another day Walk for Suicide Prevention. mhafred.org/anotherday



The walk is on Saturday, September 7 starting at 10 AM at Old Mill Park. Register by August 18 and be guaranteed of a commemorative t-shirt.

Club History Quiz

1. In what year was our club chartered?
2. Who was our charter president?
3. Who was our charter District Governor?

10 of the Best Charities Everyone's Heard Of

These 10 charities work throughout the country and the world. They are large, complex organizations with budgets exceeding \$100 million, and at least \$65 million in net assets. They became household names in part because of their exceptional financial management, no easy feat considering the scope and size of their operations. Charitable givers should feel confident that these national institutions put their donations to good use.

Rank	Charity	Overall Score
1	The Rotary Foundation of Rotary International	100.00
2	Matthew 25: Ministries	100.00
3	Direct Relief	98.23
4	Cystic Fibrosis Foundation	98.21
5	Americares	97.87

Rotary receives UNICEF USA's Children First Award



UNICEF USA presented Rotary International with its Children First Award during UNICEF's annual gala in Chicago in April of this year. Rotary and UNICEF have enjoyed a deep relationship even before they were united when the Global Polio Eradication Initiative (GPEI) was formed to rid the world of the paralyzing disease.

Ending polio has been Rotary's top goal for more than 30 years. The GPEI partners, including Rotary and UNICEF, have achieved a 99.9 percent reduction in cases of the wild poliovirus by working together to immunize 2.5 billion children.

"We are getting closer to the day when polio will be eradicated from the face of the earth," said John Hewko, Rotary's General Secretary. "That day will be only the second time in history that a human disease is eradicated.

"This award is really a tribute to the perseverance of our members, and a reaffirmation of UNICEF's and Rotary's shared commitment to the world's children that they have every opportunity to live healthy, safe, empowered lives," he said.

A Collaboration between Rotary and Heifer Continues To Produce Big Results, Helping Small Farms Provide Healthier, Locally-Sourced Food

By Arnold R. Grahl Visuals by Miriam Doan



In the fall of 2015, volunteers from Rotary and Heifer International came together to build hoop houses for a few farmers working small lots in Arkansas, USA. The afternoon outing was part of a larger project that is still reaping benefits four years later, supporting small-scale agriculture in the region and increasing access to locally-grown food.

Heifer has been using the small-scale agriculture model for decades to alleviate hunger and fight poverty around the world. The approach has the added benefits of being environmentally friendly and offering healthier food options.

That mission dovetails with Rotary's mission to grow local economies and improve health. So it's not surprising the two groups have teamed up on a number of occasions in the past 30 years to improve communities by helping families escape poverty. Several Heifer employees are or have been members of the Rotary Club of Little Rock, Arkansas, USA, the city where Heifer has its headquarters. "Our values line up very well," says Ardyth Neill, a member of the Little Rock club and president of the Heifer Foundation. "With Rotary, it's Service Above Self and helping to serve others. Heifer has been working with farmers to be accountable, pass on their gifts, train other farmers, and work together in community. It's learning to share and care, basic things that work well together."

President Leigh Ann wishes to remind everyone that her new email address is:

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