



Stafford Rotary Highlighter



CLUB SCHEDULE

October – Community Economic Development Month (Foundation Area of Focus)

- October 16 –R-Board Director Joe Buchanan
- October 23 – John Holden, Stafford County Economic Development Authority
- October 24 – World Polio Day & Rotary Day at the United Nations
- October 30 – CLUB SOCIAL

November - Rotary Foundation Month

- November 6-Wayne Chiles-Shelter Box
- November 9 – RLI - Fredericksburg
- November 13-Walter Hughes-Global Grants-update
- November 16 – District Foundation Banquet
- November 19 – World Toilet Day. Purpose: to draw attention to the need to bring safe sanitation to everyone because billions of people do not have access to a toilet.
- November 20-Dr. Sarah Johns-Haiti Project update
- November 27-Thanksgiving Eve – No Noon Meeting

December - Disease Prevention & Treatment Month (Foundation Area of Focus)

- December 4 – Julie Kay –Climate Reality Project’s Initiative - “Truth in Action”
- December 11 – District Governor Jonathan Lucas, Official Visit
- December 18 – Club Assembly
- December 25 – Christmas Day – No Noon Meeting

This Week’s Speaker: R Board Director Joe Buchanan



Joe Buchanan with Fredericksburg Mayor Mary Katherine Greenlaw

Personal: Joe and Sharal Buchanan are empty nesters currently living in Richmond, Virginia. Sharal retired in January 2019 after 35 years as a clinical manager for one of the largest NICU units in the country. They have a married son who is a practicing dentist, and their married daughter is working as a clinical pharmacist. Joe and Sharal have one grandchild. They love to travel and hike throughout the United States.

Professional: Originally from Atlanta, Georgia, Joe has a BBA from Georgia State and has been in the waste disposal and recycling industry for over 30 years. Joe also had a landfill manager certification from the Commonwealth of Kentucky and has a commercial driver’s license (CDL).

He was a managing partner of a 450-acre landfill and waste hauling business in Kentucky from 2007 to 2018 until the business was sold. The Kentucky business had 74 employees with six different locations including the landfill, 4 transfer stations and hauling operations, in addition to the corporate office. The business collected and disposed of 1.5 million pounds of residential and commercial waste per day. Joe was responsible for all daily operations and with State regulatory agencies.



Rotary Leadership Institute (RLI)



We are excited to bring you our Rotary Leadership Institute (RLI) near Fredericksburg at Germanna Community College, 2130 Germanna Hwy, Locust Grove, VA (just off Rt. 3 toward Culpeper). RLI offers a series of three multi-district, one-day courses in sequential order that are offered to refine a Rotarian's leadership skills and increase their base of knowledge of Rotary. The course sessions are fast-paced, interactive and emphasize both leadership skills and knowledge of Rotary around the world. Courses are also geared toward Rotarians of all knowledge ranges, from new Rotarians to those with 20 or more years of Rotary experience who want to enhance their Rotary knowledge. To register: log into DACdb, click on "calendar" – scroll down to date: **November 9**, Fredericksburg RLI and click on "Register Now" just as you always register for district events.

Returning Home Again: How Rotary Youth Exchange Builds Resilience



Julia Chalifoux (right), a member of her host family (center), and a fellow Rotary Youth Exchange student at the Big Buddha statue in Kamakura, Japan, in 1997.

By Julia Chalifoux, former Rotary Youth Exchange student to Japan

In 1997, at 17 years old, I spent a year living and learning in Tokyo, Japan, as a Rotary Youth Exchange Student. Thanks to Rotary International, my time in Japan afforded me the opportunity to open my heart, mind, and eyes to a new language, land, and culture; all of this has had a profound and subtle impact and influence on the woman I am today.

In the months leading up to my exchange, I prepared myself for a year abroad, but what I wasn't prepared for was the post-exchange experience – how returning 'home' again to my country of origin would also have an

impact. For me, the post-exchange experience and the subsequent reverse culture shock that I experienced was far more difficult to navigate than the initial culture shock I experienced upon arriving in Japan.



Julia and Tip. Julia Chalifoux reconnected with Tip (right) from Thailand, a fellow Rotary Youth Exchange student, during a trip to Bangkok in November.

For example, communication style differences between Japanese (indirect) and Canadian/North American (direct), made verbal and written self-expression difficult. This was proven to me during my first year of University after my return, when my professor asked me to attend his office hours so that he could identify my first language. (Yes, he was that concerned about the quality of my written work).

Dr. Amir Manzoor in his book "Advancing Teacher Education and Curriculum Development through Study Abroad Programs," writes that "reverse cultural shock can make it difficult to manage personal relationships and emotional well-being. Some typical feelings associated with reverse cultural shock include a disconnect from family and friends and being unable to associate and interact within the environment."

Despite these challenges, I am forever grateful for what this period of re-adjustment taught me about myself. I am confident that it is these very experiences, and the learned lessons that resulted, that continue to allow me to manage my life in a positive way.

Now, I am more mindful of taking care of my physical and mental health, compassionate towards others (especially to those facing challenges), and inspired to do meaningful work. As Einstein once said, "Adversity introduces a man to himself." I couldn't agree more.

While "surviving reverse culture shock" may not be a selling point at first for the Rotary Youth Exchange Program, it is indeed an important by-product. I am very thankful to Rotary for providing me with such an amazing opportunity.

Living in Japan and returning "home" to Canada afforded me many experiences. Perhaps most importantly, my experiences acquainted me with the qualities of resilience and loving kindness. Two qualities I am proud to possess.