



***Voting and BXRC Connection***

Last week, I got up early to attend our weekly Rotary Zoom meeting. As I was eating breakfast, I had the news on. Much to my surprise, I saw one of our BXRC members being interviewed on the news. Last Friday was the first day of early voting in Virginia and Steve, Chairman of the Fairfax County Election Board, discussed the importance of voting, as well as this year's voting procedures and timeframes. No matter which candidate you support, free elections are what our country was built upon. Take the initiative to make your voice heard. By the way, Steve is looking great after his recent health issues.

***Today's Speaker: PDG Dr. Mary Berge, "Coping with Covid-19"***

Dr. Mary B. Berge is a Licensed Clinical Psychologist with over 25 years of eclectic experience. She received her undergraduate training from The California State University of Long Beach and her Ph.D. from the California School of Professional Psychology, Los Angeles. Dr. Berge is highly trained in individual, family and couples therapy, court ordered psychotherapy, general and forensic psychological assessment, as well as fitness for duty and work related evaluations. She works with a variety of populations and diagnostic issues such as depression, anxiety, family problems, relationship issues and trauma experiences (PTSD). She also has notable experience working with first responders and military populations. Mary is a member of the Rotary Club of Johnstown, Pennsylvania and served as District Governor.

***Calendar Call – 25 September: Food for Others 5K and Fun Run***

Congratulations to Gloria for signing up and participating in the Food For Others 5K. The photo shows her sporting her snazzy T-shirt. If you signed up to run, don't forget to do your run this weekend. Send me a picture in your best runner's pose. P.S. to Gloria: Like the Nats hoodie!



***Calendar Call – 26 September: Eagle Scout Project***

Last winter, BXRC earmarked funds for Food Uniting Neighbors (FUN) to build raised garden beds in the front yard of First Christian Church, (6165 Leesburg Pike, Falls Church, VA 22044) to grow fresh produce to assist the Bailey's community with food insecurity. Food grown will be donated to local food pantries in our community. This Saturday, 26 Sep at 10 AM, we will be breaking ground and begin building the garden. Volunteers are needed, everyone is encouraged to attend, bring your family and work as a team. Participants don't have to stay all day, even a couple of hours will be helpful. This is a great opportunity to earn service hours for scouts and school, and help install a garden that fights food insecurity in our local community. Dress for the weather and bring your own water bottle. Food and drinks will be provided. Mark (Eagle Scout candidate) requests that families come with at least one adult. This will allow a team to be socially distant as they construct the individual garden boxes. To minimize the sharing of tools, bring your own power drills (electrical outlets will be accessible). Shovels and wheelbarrows will be needed to fill the beds with soil and fill the paths with mulch, so please bring these tools if you have them. We ask people to bring their own masks & work gloves. POC Mark at [mescrivener@gmail.com](mailto:mescrivener@gmail.com) or Sarah.

***Calendar Call – 2 October: BINGO!***

Want to win some prizes and help a sister Rotary Club? The Gainesville-Haymarket RC will host their 1<sup>st</sup> Annual Silent Auction and Bingo Fund Raiser. The auction starts 25 Sep and the bingo will start at 1800 on 2 Oct. For more information, go to [www.GHRotary.com](http://www.GHRotary.com).

***Here's Our Guest!***

Last week our guests for Elizabeth's induction were her parents (who woke up quite early) and brother. I'm sure there are more people out there who would enjoy working to help our neighbors, communities, and the world. Remember how you became a Rotarian? Reach out to your friends.

<u>Today's Program</u>		<u>Rotary Birthdays</u>	<u>Rotary Anniversaries</u>
Pledge of Allegiance	Announcements	None	David, 1 Oct 2010
Invocation	Program / Speaker		Kate, 2 Oct 2014
Birthdays / Songs	4-Way Test		
Guests			

### Speaker Schedule

25 Sep	PDG Dr. Mary Berge "Coping Strategies in Our New Covid-19 Environment"
2 Oct	Johnetta, Introduction Talk
9 Oct	Club Forum
16 Oct	Principal Maria Eck, Justice High School
23 Oct	Paul on Medicare

### Zoom Facilitation

Do you want to mute other people? If you would like to learn how to host our Zoom club meetings, please let Bob know. Training is very quick and easy. Having a Zoom account is not necessary. This will give you credit toward your blue badge.

### 2020 White House Christmas Ornament Now Available

This year's White House Christmas Ornament features President John F. Kennedy's portrait and a quote from First Lady Jacqueline. It is beautiful and priced \$21.00 each. BXRC now has two contacts to get your ornament. Contact Alice at [baileyaw@aol.com](mailto:baileyaw@aol.com) Phone 703-220-6904 or Pam at [pammartinov@gmail.com](mailto:pammartinov@gmail.com) Phone 703-887-4411 to purchase yours.

### Nationals Update – No Nationals Post Season

This weekend marks the last games of the truncated 2020 season. With last night's loss to the Phillies (courtesy of Bryce Harper's 2 home runs), the defending World Series Champion Washington Nationals are officially out of playoff contention. So who will claim the trophy? One of this year's changes is an expanded playoff invitation list, include 8 teams (rather than 6) from each league. The Wild Card Series will be played in the at the home of the higher seeded team, eliminating the normal travel day. After that, the remaining teams will play the other games at a neutral site. If you look at the chart below, you will see that the NL teams will play in AL parks and the AL teams will play in NL parks. That seems a little strange, especially since the Dodgers and Padres may advance to the next round and play their games in Texas while the AL teams play in the Dodgers and Padres stadiums. For the first time ever, this year's World Series will be played in a pre-designated neutral site. Again, just another wrinkle in the strange 2020 season.

