

Rotary

District 7570



Governor's Message | April 2025



As April arrives, Rotary invites us to turn our attention to one of our key Areas of Focus: the Environment. It's a time to reflect on how we care for the natural world (and how all those EndPolioNow tulips we planted last fall are blooming!)—but also how we nurture the communities we serve. Because just like any healthy ecosystem, Rotary thrives when every part is connected, contributing and cared for.

Last week, we gathered in Blacksburg for our District Conference—and while I'm still

completely exhausted, I'm energized by the spirit of connection, service and purpose that filled every session, every hallway conversation and every shared laugh over a meal. From painting peace poles to exploring the power of artificial intelligence, from youth-led inspiration to motivational moments, we witnessed Rotary in full bloom.

Sam Glenn had us laughing, reflecting and probably wondering how many cups of coffee he'd had that morning (answer: enough to power a small city). Richard Reeves and Tim Carney challenged us to think deeply about relationships, mental fitness and community renewal. Our Youth Exchange Students and 4-Way Test speech winner, Gabe Tweedie, gave us genuine hope for the future. We even had a special surprise visitor from Kosovo Zoom in!

Of course, no conference is complete without a packed schedule—and I do mean packed. I'm convinced we ran such a tight program we may have accidentally set a world record for "most engaging sessions with the fewest bathroom breaks." (Next year, I promise Andy will provide more hydration and relief opportunities.)

Then there was the special guest appearance that kicked it all off—the Hokie Bird himself—reminding us that not only were we on the campus of the greatest university in the world (yes, I said it), but that spirit and pride matter. Whether it's in service, school colors or silly dances on stage, showing up with heart makes all the difference.

And nothing says "recycling" like bringing back a band from the 1960s to entertain us! Turns out, all you really do need is

Your District Leadership



[Bret W. Hrbek](#)
District Governor



[Andrew P. Vanhook](#)
DG-Elect



[Charlotte G. Whitted](#)
DG-Nominee



[Paula K. Alston](#)
iPDG



[Nina D. Thornton](#)
Administrative Assistant Governor



[Timothy Carter](#)
District Rotary Foundation Chair (DRFC)



[Richard M. Novak](#)
District Membership Chair (DMC)



[Cora A. Gnegy](#)
District Public Image/PR Chair (DPIC)

Mark Your Calendars!

April 26th

[Ride with Rotary](#)

April 26th

[DLA \(District Legislative Assembly\)](#)

May 3rd

[Lexington Sunrise Road River Relay](#)

May 3rd

[Road & River Relay \(Benefit\)](#)

love—and maybe a Pittsburgh-style cookie table.

Much like the environment we strive to protect, our Rotary community flourishes when we invest in it. Every handshake, every new idea, every commitment to peace and service is a seed. And I saw a lot of seeds being planted last weekend.

To everyone who helped make the conference happen—our planning committee, volunteers, speakers, sponsors and every Rotarian who took the time to attend—thank you. Your energy and effort created something meaningful. You reminded us that when we come together, we grow stronger.

In the spirit of April and our environmental theme, I challenge each of us to think not only about what we can clean up or protect in the natural world—but also what we can cultivate in our clubs. Let's plant more seeds—of friendship, mentorship, service and sustainability. Let's water them with encouragement and shine a light on the great work being done across our district.

Because when Rotary grows, our communities flourish. When communities flourish, so does peace. And when we care—for our planet, our neighbors and each other—we truly live up to the Rotary ideal of *Service Above Self*. That is the Magic of Rotary.

Let's keep growing together.

BRET W. HRBEK

2024-2025 District Governor

Rotary Friendship Exchange | Let's go to Brazil!

By C. Burt Duren



FRIENDSHIP EXCHANGE TO BRAZIL
DISTRICT 4640

Let's Go to Brazil!

We are thrilled to relaunch the Rotary Friendship Exchange (RFE) program with a brand-new adventure—and you're invited! District 7570 is headed to Brazil's District 4640 (the beautiful western region of Paraná), and we'd love for YOU to be part of this unforgettable journey.

When's This Happening?

- Outbound to Brazil – March 2026
- Inbound from Brazil – September 2026

(Exact dates coming soon!)

What's It All About?

You'll be welcomed into the homes of warm, generous Rotarians in Brazil—sharing meals, stories, laughter, and life.

June 15th

Field of Honor Individual Flags

June 15th

Field of Honor Patriots BBQ

Submit Your Rotary History

By Paula K. Alston

Help us preserve the written story of District 7570 club history. D7570 is fortunate to have a storage room at the Virginia Tech Corporate Research Center in Blacksburg to house our records and memorabilia. In addition, the district will save any electronic resources provided by clubs for future reference.

This is a good time for the outgoing club presidents to complete a Club History form to record highlights from the previous Rotary year. It's also a good resource for past presidents to complete for their year as president. Please take a moment to review this form and complete one for as many Rotary years as possible. Forms may be emailed to DG Paula Alston (paulakalston@gmail.com), who will save them in the history archives room. Form link: [Click here](#)

Share Your Club Activities

We love featuring our Rotary Clubs and Rotarians in this newsletter. Email your photos, a short description, or links and videos to be included in a future issue. Email [Cora](#).

District 7570 Conference Award Winners

By Josie Russell

Congratulations to our District Club Winners for the District Conference Awards 2025!

2025 Winners

Club Bulletin

Winner: Rotary Club of Warren County

2nd Place: Rotary Club of Front Royal

Club Partnership Service

Winner: Harrisonburg-Massanutten Rotary Club

2nd Place: Rotary Club of Blacksburg

Club Service

Winner: Rotary Club of Tri-Cities

2nd Place: Rotary Club of Broadway-Timberville

Club Social Media

It's the most magical part of any RFE! You'll return home with lifelong friends and unforgettable memories... and then, you'll get the joy of hosting them here in District 7570 when they visit us in the fall of 2026!

Who Can Join?

All District 7570 Rotarians, spouses, and family members are welcome to apply. The outbound team is capped at 12 awesome adventurers—so don't wait! If selected, you'll also commit to helping host and support the inbound team in September 2026.

Where Are We Going?

Destinations within District 4640 are being finalized now, but one thing's for sure: Iguazu Falls is on our radar! This jaw-dropping natural wonder—taller than Niagara and twice as wide—is a UNESCO World Heritage Site and a must-see.



How Will It Work?

Expect at least 10 days of guided fun and cultural immersion, with a flexible, go-with-the-flow mindset required. You can even add on personal travel in South America before or after the official exchange.

What's the Cost?

- Round-trip airfare to Brazil: Currently running about \$1,100 from most airports in our district to São Paulo
- In-country travel: Affordable (domestic flights/trains)
- Total estimate: Around \$2,000 per person, depending on your choices and spending style

Those selected to participate as outbound team members will be required to furnish a \$400 deposit, covering team shirts, business cards, and group costs like entrance fees and shared transport. Any unspent amounts will be returned after the trip—no worries!

Who's Leading the Way?

- Burt & Donna Duren – D7570 RFE Committee Chair and seasoned RFE travelers
- Odilete Herget & Dalzira Silveira – Our amazing contacts and leaders from Brazil's District 4640

How Do I Join the Outbound Team?

- Download the [Outbound Application Form](#)
- Send it to Burt Duren at durencburt@gmail.com
- Spots are first-come, first-served—so don't wait!

Got questions? We're here for you! Just reach out to me using the email address shown above. Keep in mind that some details (like specific travel dates and stops) are still coming together. We'll share updates as soon as they're confirmed.

Winner: Rotary Club of Front Royal
2nd Place: Rotary Club of Scott County
2nd Place: Giles County Rotary Club

Club Website

Winner: Rotary Club of Forest, VA
2nd Place: Rotary Club of Lynchburg

Community Service

Winner: Rotary Club of Tri-Cities
2nd Place: Frederick County Rotary Club

International Service

Winner: Staunton Rotary Club
2nd Place: Danville-Riverview Rotary Club

Public Image

Winner: Rotary Club of Winchester, VA
2nd Place: Rotary Club of Front Royal

Youth Activities

Winner: Rotary Club of Warren County
2nd Place: Rotary Club of Front Royal

Vocational Service

Winner: Rotary Club of Blacksburg

Douglas A. Newton Excellence in Communication
Winner: Ben Oldham from the Rotary Club of Salem, VA

**Enjoy some of these photos from
your District 7570 Conference,
held April 4-6, 2025 at the Inn at
Virginia Tech!**



Get ready for the adventure of a lifetime—Rotary-style!

CART Fund in District 7570

By Milton E Carter

Coins for Alzheimer's Research Trust (CART) continues to have a significant impact within our Rotary District 7570, which encompasses clubs in Virginia and Tennessee.



CART is dedicated to funding cutting-edge Alzheimer's disease research through voluntary contributions from Rotarians. Notably, 100% of donated funds go directly to research efforts.

?

Individual clubs within the district have demonstrated remarkable commitment. For instance, many clubs integrate CART contributions into their annual donation goals, facilitating member donations through their website. Other Rotary Clubs throughout the district have actively participated in CART fundraising efforts as well.

The district promotes the use of 'Blue Buckets' during meetings for collecting coins, cash, and checks, which are then deposited monthly to CART. To further support CART, members and supporters can donate through the CART portal at www.mycartfund.org.

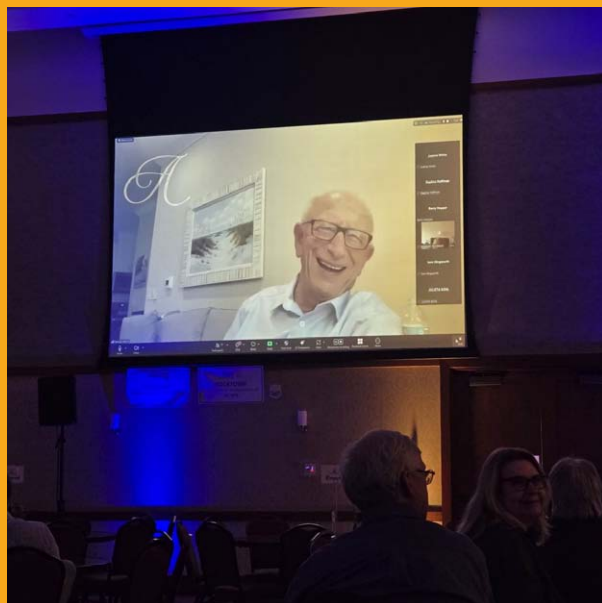
Through these collective efforts, Rotary District 7570 exemplifies a steadfast commitment to advancing Alzheimer's research and working towards a cure. For more information on CART, please contact Milton Carter, Kingsport Downtown Rotary Club, at mecarter1954@gmail.com.

DISTRICT 7570 CART GIVING FOR CURRENT YEAR
LEADER BOARD (as of March 1, 2025):

1. CHATHAM
2. BRISTOL VA-TN
3. NEW MARKET
4. WARREN COUNTY
5. FOREST

If you don't see your club listed on the leaderboard, you still have plenty of time to donate before the end of the Rotary year! Ask how you and your club can make a difference.

Ghana Rotaract School Grant Update



By Walter Kahnrad Hughes Jr.



We are completing this project!

[See below for project outlines.]

We've built nine (9) Microflush toilet blocks at eight schools. The final two boreholes are being drilled this week. A sign will be located at each school and each new well funded by this project. One of the

elementary schools is in Domeabra which means "You've got to love me to come this far to see me!" We appreciate your continued support. The toilet blocks will make a big difference. The biggest achievement is that men and women in universities and young professionals from Ghana, Turkey, and America who have worked together to make this project successful.

Project outline reminder: Global Grant 24-60049, Water and Sanitation with Economic Impact in Ghana, will drill 36 new wells including 8 small-town water systems and build 376 composting Microflush toilets for communities.



We will administer micro-credit loans for wells and household toilets. 20 farmers and small businesses shall receive lending support to boost their business. This will improve the economic strength of our communities. The budget is \$190,000. This project is jointly hosted by Rotary Clubs of Obuasi and Kumasi in District 9104 in Ghana. The lead Rotary Club is Obuasi. Our team will impact 37,994 lives. This partnership will also strengthen relations between Rotarians across the world.

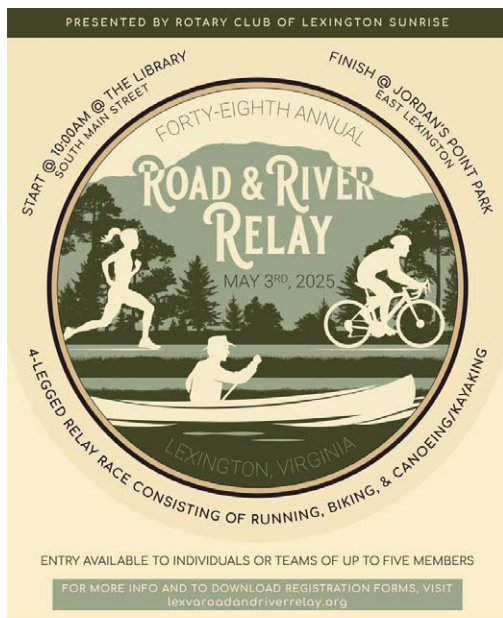
Lexington Sunrise Rotary | Lexington Road & River Relay May 3, 2025

By Ruth Anne Parsons

Register & More information:

www.lexvaroadandriverrelay.org/





DESCRIPTION:

The Lexington Road & River Relay is a four-leg event over a challenging 16.1 mile course in and around Lexington, Virginia. Participate as an individual or as a team. **Teams may consist of up to 5 members.**

The first leg is a **3.5-mile run** on paved road over a moderately hilly course. The second leg is a **9.1-mile bicycle ride** on paved hilly roads. The third leg is a **2.2-mile canoe or kayak course** down the Maury River. The fourth and final leg is a **1.3-mile loop run** on a slightly hilly trail course.

WHEN & WHERE:

Date: **Saturday, May 3, 2025**

Time: The race will begin promptly at 10:00 am

Start Location: The race will start on Main Street in front of the Rockbridge Regional Library.

Johnson City Rotary Club | A Memorable Visit by Auctioneer Bart Long and His Majestic Clydesdales

By Gary McAllister

On March 18, 2025, the [Johnson City Noon Rotary Club](#) experienced a visit that combined tradition, community spirit, and a touch of grandeur. Bart Long, a distinguished auctioneer known for his engaging style and deep community involvement, spoke to the club. But what made this day truly special was Bart's decision to bring along two of his magnificent Clydesdale horses, adding a unique flair to



the meeting.

Bart began by sharing stories from his rich career in auctioneering, emphasizing the importance of community bonds and the stories that connect us all. He spoke of his passion for these gentle giants, the Clydesdales, and how they symbolize strength, reliability, and grace—qualities that resonate deeply with our Rotary values.

Stepping outside after the meeting, members were greeted by the sight of these impressive horses, their sheer size and elegance leaving many in awe. It was a rare treat to witness such beauty up close, and the joy was evident on everyone's faces as they interacted with the animals, capturing photographs and sharing stories.

This visit not only provided a delightful experience but also reinforced the essence of community—coming together, sharing stories, and creating lasting memories. We extend our heartfelt gratitude to Bart Long for enriching our meeting and reminding us of the simple joys that life offers.

In the picture: Bart Long, Rotarians Ben Siler, Gary McAllister, Raleigh Green



Warren County, Northern Shenandoah Valley & More | Trash Collection

By Michael Sean Williams



While the photos do not do justice (see more on Facebook) for the 19 full bags of trash, five tires and a lot of scrap metal

Public Image Helpful Resources

was picked up recently, along the 1.2 mile section of Kendrick Lane. Michael is so proud of the Rotary Club of Warren County, The Rotary Club of the Northern Shenandoah Valley, Interact students from John Handley High School, Gabe Tweedie from Skyline High School and Christian Henry from the Early Act Club at E. Wilson Morrison Elementary School for coming out today on a beautiful Saturday morning and doing so much good for our community.

Visit our [District Facebook](#) page for more photos!

A.S. Rhodes Early Act | Hygiene Care Packages

By Michael Sean Williams

The children in the Early Act Club at A.S. Rhodes Elementary School completed 100 hygiene care packages at their March meeting. These packages will be given to the local Salvation Army to help families in need.

Visit our [District Facebook page](#) to see more photos!



To develop our Public Image skills & abilities, the following resources are available to you:

- Learning Center: (this does require a log-in with Rotary.org) [Learn.Rotary.org](#)
 - Public Image Resources from your Zone:
 - Brand Center: [BrandCenter.Rotary.org](#)
 - [Excellence in Public Image Coordination \(EPIC\) Award](#)
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