

Rotary District 7600

Spirit of 7600



MARCH 2024

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District Leaders

Rudy L. Garcia
District Governor
Joy L. Kline
District Governor Elect
Patricia A. Edwards
District Governor Nominee
Kenneth Wayne Janes
iPDG
John David Padgett
District Rotary Foundation
Chair
W. Hamilton Holloway II
District Public Image Chair
Tracy Donovan Lego
District Membership Chair

Lieutenant Governors
Sarah Saville
Stan Wall

Area Governors
1. Steve Dunham
2. Jay Shively
3. Allen Dorin
4. Mike Little
5. Bill Mulvihill
6. Jan Rowley
7. Bev Coleman
8. Doug Stanley
9. Thelma Atkins-Riley
10. Susan Blair
11. Bob Tassone
12. Bill Ziglar
13. Janet McCaskey
14. Paul Peter
15. David Oakley
16. Andre Elliot
17. Davetta Rinehart
18. Rich Salon

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District News



February 28th! February 28th! February 28th? Really how did that happen? I swear just yesterday was February 15th! How did we get to February 28th already? SIGH!

What a month, only 29 days in the month and yet it really was THE MONTH OF ROTARY!

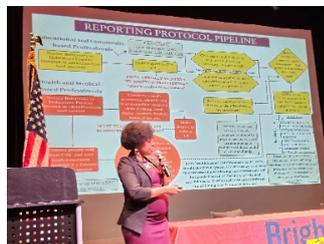
Catherine and I started out the month on February 2nd with a visit to the Multi-Club Celebration of the Thrive Virginia Food Pantry Project! 5 Peninsula Clubs working together is what is truly a case study in developing and executing a multi-club District Grant that has impact and more importantly, sustainability!



The very next day, we were back at our home Club in Fluvanna to work on our own District Grant Project which also happened to be! The renovation of our Local Food Pantry into a Client Choice Food Pantry! Amazing that two different Rotary areas developed very

similar projects. Very KEWL!

A week later, I had the privilege to attend the Forensic Human Trafficking Symposium put on by the James River Rotary Club. This event was eye-opening and so relevant to what is happening around the world with regard to human trafficking.



On February 14th, I had the honor of being invited to be the Program at the Rotary Club Of Petersburg Breakfast to talk about the importance of The Rotary Foundation and the way it impacts everything we do. I was then able to do one of my favorite things! I got to recognize Club members with Paul Harris Fellowship Awards for their support of OUR FOUNDATION! What fun.





From Petersburg on Wednesday morning back to Wakefield on

Friday evening for the Rotary Youth Leadership Awards. Shout out to the Youth Services Team for once again providing a great learning experience to almost 70 high school students from around the District. 37 of our 61 clubs supported Delegates this year. Can we get back to 50 clubs next year? I hope so, as RYLA is such a great opportunity to influence the next generation of Community Leaders!



On February 20th, I was honored to attend the Rotary District 7620 Foundation Reception at the Cosmos Club in Washington DC. Talk about FANCY SHCMANCY! What a venue. What really made the evening though, was hearing about the IMPACT D7620 has had both locally and globally, that and, of course, the speakers listâ€¦.. RI President Gordon McNally, Rotary Foundation Chair Elect Mark Maloney, and the Secretary General of Rotary John Hewko! Kudos to my Captain Classmate DG Delores for a job well done!

The very next day, it was back to the Richmond Area to attend the James River Discover Rotary Event in Midlothian. This was an interesting event in that it was held at a Co-Working Space. Great Job to the James River Rotary Team (and the other Midlothian Clubs who attended, Brandermill Huguenot Trail and Midlothian!)

Saturday the 24th we were up bright and early to go to Fredericksburg to attend the D7610 Rotary E-Club of Global Peacebuilder Peace Summit. We were fortunate to take 2 of our Fork Union Military Interactors with us. The keynote speaker was Rotary Foundation Trustee Mary Helman who shared all about the newest Rotary Peace Center and the story about how it came into existence. Even more EXCITING was the fact that D7600 had about a dozen Rotarians, Interactors and family members who attended! How cool was that?

Tuesday the 27th was a whirlwind! I zipped into Richmond to kick off the Innsbrook Rotary Clubâ€™s Discover Rotary Event! What an awesome turnout! Over 20 non-Rotarians attended. Our District success rate is 30-50% conversion of guests to Rotarians! What a great opportunity. From there I zipped back to Fluvanna where our club had changed its meeting time to 7 PM, so we could do a virtual meeting with the D7610 E-Club of Global Peacebuilders for a special program featuring Past Rotary Foundation Chair, Brenda Cressey. What a remarkable Rotary story she has.

So, you can see, why I said at the beginning of my Ramblings that February WAS A MONTH OF ROTARY! One thing I failed to mention is that on February 23rd, we celebrated Rotaryâ€™s 118th Anniversary! What a month.

As I close out, I want to share a couple of thoughts about my activities this month that you may find useful in your GROWTH as a member of Rotary. When Catherine and I joined Rotary, we knew some people who were in Rotary. As we traveled around Rotary, we discovered more people we knew were Rotarians! Then something happened. We woke up one day and realized that almost ALL our BEST friends were Rotarians. Almost everyone we hung out with was a Rotarian. We also discovered that we now had Rotarian friends all over the WORLD! What a great feeling. But more importantly, was the reason why this happened. It happened because we were intentional about getting outside our own club and traveling to other clubs, districts and countries. I encourage you to consider doing the same. Rotary is much more than our individual clubs. Get out, explore, and continue to grow as a Rotarian and a leader in your community! See you soon, Rudy.

District Team Training Seminar:

Predicting what the Rotary District 7600 conference will be like in the fall during District Team Training Seminar training was our own magician - Past District Governor ZW!

To see photos taken by Bill Billings [HERE](#):

Empowering Girls Committee

By Tracy Keller

Thanks to all the Rotarians who jumped in and supported the Girl Scout Cookie Count-nâ€™-Go event! Your commitment to Service Above Self is unparalleled! Because of you, thousands of girls are now on their way to learning important business skills that will last a lifetime!



We are excited to invite you to join us for an Empowering Girls Virtual Panel Discussion this March in honor of Expanding Girls; Horizons in Science and Engineering Month! Letâ€™s come together to gather ideas to inspire and empower young girls to reach for the stars in STEM fields. Why STEM? STEM workers are the backbone of



innovation, but there's still a gender gap. According to the National Science Foundation, women make up only 28% of the science and engineering workforce. Let's change that narrative!

- Discover how you can make a difference:
 - Learn the stories of women in STEM careers.
 - Find out how you can bridge the gender gap and encourage girls to pursue STEM careers.
- Wednesday, March 27 at 6:00 pm for this virtual event.



Register [HERE](#)

Join us on this journey to learn how to inspire and uplift the next generation of STEM leaders. Together, we can shape a more inclusive and diverse future!

Mental Health Minute:

By *Susanna Calvert*



The District 7600 Mental Health Task Force is encouraging Rotarians to take a Mental Health Minute each month to build resilience and awareness about mental and emotional health and well being.

Spend a few moments on your own or with your club reflecting on mental well-being and illness in your life, your family's, and/or your community. Here are two suggestions on the March theme

of rising to the challenge.

One way to view life's challenges is to see them as invitations to grow stronger, wiser, and more resilient. Think back to a situation where you faced a serious situation but emerged stronger, wiser, and more capable. This is the essence of resilience and the MHTF encourages all Rotarians to view challenges as "mental health or otherwise" as opportunities to grow. How can you foster resilience in yourself and others?

The S/hero's Journey: Joseph Campbell's work describing a central theme in the bulk of humanity's stories has to do with rising to challenge. Though the antagonist might initially seem to be external, in epic tales the s/hero inevitably discovers that they must change from the inside-out to prevail. That tends to be our locus of control: our view and reaction to the world.

Explore some of the resources available on the District's [suggested activities](#) including suicide prevention, a mental health self-assessment, assessing the need for mental health support, or to participate in a Mental Health First Aid training on your own or with your club.

The MHTF is also available to come to your Club to talk about our initiative! Contact Susanna@HealingEdu.org to set up a date!

The Smithfield Club is hosting an Emotional Health Expo in May. For details go [HERE](#) and [HERE](#).

District Golf Outing

By *Neva Lynde*

RC of James City County Hosts District 7600 Golf Outing, April 16th, Kingsmill River Course, Williamsburg

2024 Rotary District 7600 Golf Outing The Club at Kingsmill Resort, River Course Tuesday, April 16, 2024



Site of PGA Tournament 1981-2002; LPGA Tournament 2003-2019, 2021

There are only a few slots left for the D7600 Golf Outing at Kingsmill River Course on April 16! Don't hesitate; we'll soon be taking a wait list; not the place you want to be. This golf outing is for fun and fellowship for Rotarians and Friends of Rotary.

Please contact Neva Lynde (neva.lynde@cox.net) to register ASAP.

Bring lots of cash for the 50/50 "opportunity" to support Rotary's signature world health issue PolioPlus. Details are [HERE](#).

Save the Date: Saturday June 1, 2024 Clean the Bay Day

Our treasured Chesapeake Bay. All Rotary Clubs, in District 7600, have direct effect on the Bay and access to the largest Estuary in the USA. More than 150 major rivers and streams flow into the Bay's 64,299-square-mile drainage basin. This is a great service project for clubs. Go [HERE](#) for more information.

The District Winners for the Salvation Army 2023 Red Kettle Challenge:

By *Janice G. Henicheck, Community Service, Alumni Committee*

Congratulations to the winning Clubs and all the clubs who "Rang The Bell" for Salvation Army this past Christmas season. This service project is for the betterment of communities, families, children and the homeless.

We are hoping to have 100% participation during the 2024 Christmas season. Plan to make a difference in your community, involve your members, introduce young people to the joys of volunteering, and make it a tradition. "Ring the Bell in December 2024!"

The winners for 2023 are:

1st Place the Rotary Club of Williamsburg: \$2,618.65

2nd place the Rotary Club of Hanover County: \$1,055.17

3rd place the Rotary Club of Ashland: \$870.61

The total collected by all participating Rotary Clubs was \$10,582.87

Club News

Richmond Club:

By Laurie Jean Shipley,

Bill Tobin, from Shelter Box, sent the club this thank-you note.

Greetings to the President John and Richmond Rotary Club,

Congratulations on achieving ShelterBox HERO club recognition for Rotary Year 2023-2024. At the end of the 23-24 Rotary year, all HERO clubs will be listed at www.shelterboxusa.org/hero

About HERO Clubs:

Gifts from clubs, individuals identifying as club members, or anyone recognizing your club all count toward ShelterBox HERO club recognition. Other Rotary entities such as Districts, RYE, Rotaract and Interact can earn HERO recognition. A Bronze HERO recognition level is achieved at \$1,000, Silver at \$3,000, Gold at \$5,000 and Platinum at 10K in total giving within the Rotary year. A club can "level up" throughout the Rotary year. If this award is the result of an individual's gift, you can thank them by making a donation to increase their impact.

ShelterBox has provided aid to nearly 3 million people since 2000. We could not have reached them without clubs like yours.

Thank you for being a ShelterBox HERO!

AND...

When it comes to volunteering in the greater Richmond area, The Rotary Club of Richmond invites all to participate including family members and close friends. Several times throughout the year, the Rotary Club of Richmond partakes in The American Red Cross Blood Drive. The event is promoted on the club's website, Facebook page, and at weekly club meetings. January saw a fabulous turnout by both club and family members.

This life-saving event is just one of many community outreach initiatives that the club participates in. Other community programs are Project Warm (where wood is delivered to individuals identified by local social service organizations whose primary source of heat is a hardwood stove) and Project Homes (where handicap accessible ramps are built on existing homes, thereby allowing people to remain in their home). For more information about all the community outreach projects that The Rotary Club of Richmond is involved in, visit rotaryrva.org.



Richmond Rotarian, Sherry Peterson, honored by Feed More: Feed More of the greater Richmond metropolitan area honored Richmond Rotarian Sherry Peterson for her dedication to her herculin efforts in coordinating/organizing the club's weekly outreach to Meals on Wheels, where club members deliver healthy meals to economically disadvantaged individuals who, for the most part, are home bound. Sherry actively denotes "Service Above Self." Congratulations.

James City County Club:

By Paul Miyamasu

On 7 Feb 2024, James City County Rotary Club heard Johnnie Underwood, Behavior Specialist, Williamsburg-James City County Schools, speak about the challenges of recognizing students affected with Autism Spectrum Disorders (ASD). Autism has impacted our community, and we need to have a better understanding of ASD. He helped us recognize some of the characteristics of



those on the spectrum. We have to do a better job educating our parents, community stakeholders, and educators. Shown are club president Ron Howard, Johnnie Underwood and Rotarian Victor Holman.



Rotarian Andy Andrews has 45 years of consecutive perfect meeting attendance. In the past 15 years, he has been alternating between his home club, Hampton Rotary Club and James City County Rotary Club. Pictured are Andy Andrews and JCC club Rotarian Charlie Glazener.

On 21 Feb, James City County Rotary Club heard from Mike London, head coach of the William & Mary football team, talk about his experiences as a player, assistant coach and head coach. He is from Hampton and played at Bethel High School, the University of Richmond and was signed as a free agent by the Dallas Cowboys. After working as a police officer and detective in Richmond, he "decided maybe coaching is a good thing to do." London went on to serve as an assistant coach for William and Mary, Richmond, Boston College, the Houston Texans, UVA, and Maryland. As head coach at the University of Richmond, his team won the NCAA Football I Football Champion in 2008. After Maryland, as head coach of Howard Bisons in 2017, he coached his team to the largest point spread upset victory in college football history. He has been with W&M since 19 November 2018.

Coach London also briefly talked about how his family organized a foundation to help children with blood diseases and their families, to aid in groundbreaking research, fund and support the operational process, drives, and initiatives of local and national Bone Marrow Registries, to actively advocate for the dissemination and education of the importance of registering potential bone marrow donors. Equally important is the collection and storage of bone marrow or stem cells to be used in life-saving medical procedures.



When Coach London's daughter, Ticynn, was four-years old, she was diagnosed with Fanconi Anemia, a rare blood disorder that affects bone marrow and the ability to fight off infections. After extensive testing of family members, Coach London, with 10,000-to-one odds, was found to be a perfect match, and he donated his bone marrow to save the life of his daughter. Since that time, the London family created *2Marrow's Kids* to help with awareness, education and facilitating resources for any person or family who may endure the needs of a bone marrow donation. Shown are Mike London and club president Ron Howard.

Williamsburg Club:

from an article on the front page of the Virginia Gazette January 24, 2024, Edition
By Terry Lovvorn, Williamsburg Rotary Secretary



Rotary Club of Williamsburg members - from left, Mike Brennan, Michael Harrison, David Jolly and Will Hummel - delivered food to the House of Mercy. Rotary Club of Williamsburg Volunteers from Bruton Parish Episcopal Church, including, from left, Anne Daniel, June Tooby, Lynn Smyth and Daniel Levy, added tins of Christmas cookies when delivering meals to families at motels this past holiday season. Lynn Smyth

By Sarah J. Ketchum-Pribush
Correspondent

Michael Harrison Sr. remembers the emotions that washed over him the first time he and other members of the Rotary Club of Williamsburg delivered meals to families living in motels. Harrison, the foundation chair for the club, spent 34 years in the U.S. Army serving people across the globe. He said the meal delivery outreach program allows him to continue serving right here in his own community.

"I saw the motel door swing open and it defined for me why we Rotarians exist," he said. Harrison is part of a larger effort with participation from members of local churches, faith-based nonprofits, Rotary Club members, William & Mary students, and other volunteers who have been feeding people in Williamsburg-area motels since the coronavirus pandemic.

The program launched in September 2020 through the Greater Williamsburg Outreach Mission, or GWOM, and was taken over by From His Hands, a volunteer ministry group, in

mission, of GWOM, and was taken over by them. The names of a volunteer ministry group, in January 2022.

“It’s really good for our whole community to pull together,” said volunteer Helen Hansen, from Williamsburg Unitarian Universalists. “The idea is to give them a hot meal and show them there are people in the community who care about them.”

The family meals program initially was a response to mass unemployment and food shortages during the pandemic, which especially affected people living in Williamsburg-area motels, according to program coordinator and GWOM volunteer John Moravetz. Many of Williamsburg’s long-term motel occupants work in low-paying service jobs, supporting the area’s tourism industry, Moravetz said. The closure of businesses during mandated shutdowns left many unable to work.

Moravetz said the pandemic was an “eye-opener” for the meal program’s volunteers. They were previously unaware of the needs of these people who, he said, live a “camouflaged existence,” in motels, mostly up and down Richmond and Capitol Landing roads. Many are either elderly or families with children.

“There’s an awful lot of children who are impacted by food insecurity,” said Lynn Smyth, a volunteer from Bruton Parish Episcopal Church. “Who would look around and think that’s the case here?”

The U.S. Census Bureau’s Small Area Income and Poverty Estimates Program reported in 2022 that 18.6% of people in Williamsburg are living in poverty, far exceeding Virginia’s statewide average of 10.6%. Volunteer Tim Murphy said he is “struck by the genuine hard-workingness” of the motel occupants he’s interacted with and wonders about what hardships have led them to this place. Many of them pay weekly rates that would add up to a monthly payment for an apartment.

“It’s just a sad situation for the people who can’t break out of this cycle,” he said. Moravetz cites the area’s lack of affordable housing, issues with credit and difficulties saving for down payments as common barriers for motel occupants. Many of them are just scraping by and are unable to improve their circumstances,” he said. “The meals have been a lifeline during the pandemic and afterward, as the price for food has continued to rise and food banks are struggling to keep shelves stocked,” he added.

“This has been one of the toughest times, right now — for the availability of food,” Moravetz said.

People living in motels are especially vulnerable because preparing meals in a motel room is challenging without appliances and pots and pans to cook.

“For them to get a hot meal, it’s really a gift,” Moravetz said.

Rotating groups of volunteers deliver the meals three days per week. Most of the dinners are prepared by Williamsburg Area Meals on Wheels, which sells them to the groups.

GWOM initially paid for the meals in the first few months. Afterward, the nonprofit subsidized the meals at 50% through the end of 2021. The churches and Rotary Club have since picked up the cost.

“Since 2022 all the groups have assumed financial responsibility for the dinners,” Moravetz said. “These groups have delivered 2,800 to 3,100 individual meals each year to the present.”

Unitarian Universalist’s Hansen said the churches gladly donate their resources and time. Other churches involved include Hickory Neck and St. Martin’s Episcopal churches and Williamsburg United Methodist Church.

“We’re happy to do that,” Hansen said. “It’s an opportunity to serve our community.”

The Rotary Club of Williamsburg’s participation began as a way to reduce waste during the pandemic, when restrictions forced the club to cancel prepaid meetings at the Williamsburg Lodge, according to Harrison. Rather than forfeit money the club had already paid for 280 meals, the club approached lodge staff and asked them to prepare and box the meals, he said.

A portion of those meals were delivered to motel occupants in February and March 2021. The rest were donated to Williamsburg House of Mercy.

GWOM reached out to the Rotary Club a couple of months later to ask if it would be interested in becoming a regular partner in the family meals program. Harrison said the Rotary Club’s foundation happily agreed and joined in September 2021.

Recently, the Rotary Club “which celebrates its 100th anniversary this year” recruited William & Mary students to assist with the deliveries. William & Mary’s Catholic Campus Ministry and Rotaract Club are involved in the effort.

Moravetz said the Rotary Club’s involvement has helped provide much needed relief for church volunteers. “This gives those other groups needed rest,” he said. “The churches haven’t had any rest in three years.” Bruton Parish is also among the churches that participate in the meal delivery program. Each month, a handful of churchgoers sign up to purchase and prepare large meals on their own, while others sign up to package and deliver the meals.

Bruton’s Smyth said she occasionally solicits donations from local grocers, but most of the food is donated by members of the church themselves. Volunteers are always struck by the gratitude that motel occupants express when they make their deliveries, Smyth said. Often, children are playing outside in the motel parking lots when they show up, and they get so excited.

Being part of the experience and seeing the joy a meal can bring to these families keeps

volunteers signing up, they said.

“Imagine being a parent just the idea that these families are living in motel rooms in this small confined space,” Smyth said. “To be able to reach out and say, ‘I see you, we’re here with you,’ is kind of the motivation.”

Goochland Club:
From Facebook

Vern Fleming, President, presented a \$2,500 check to Bruce Watson for the Goochland High School Robotics Team; a \$1,500 check for the Goochland Education Foundation Essay Contest, and a \$500 check for the Goochland Education Foundation Gala to Cyndy Brown.

Vern Fleming, President, and Larry Frank, Foundation Chair, presented a \$2,000 check to Jan Kennedy for the Goochland Family YMC, and a \$300 "Happy Dollars" check to Sheriff Steven Creasey for Goochland Sheriff Foundation.

New Kent Club:
From Facebook



The New Kent High School Interact Club and the Rotary Club of New Kent collected 22 bags of trash recently on Pine Fork Road helping to keep New Kent County Beautiful.



Powhatan Club:
From Facebook

The Rotary Club of Powhatan was proud to present and donate \$3000. to the Elizabeth Randolph Lewis Powhatan YMCA today! We love to support our community.

AND...



Club members can have fun even when they are working away on a service project like this crew of Rotarians who cleaned up a



portion of Stavemill Road making a positive impact on the community.

Midlothian Club:
From Facebook



The club finished up this week's breakfast meeting packing up goodie bags to say thanks to teachers during Teacher Appreciation Week!

North Suffolk Club:
From Facebook

A recent meeting was devoted to recognizing North Suffolk Rotary accomplishments for the year. Club secretary, Bob Moore, presented club stats, which included membership, attendance and club makeup. What a great group of very fun people all coming together to make a difference in our community. One very notable statistic: based on the number of members and average years of membership, the club has over 800 years of combined service to Rotary. Thank you, Bob, for all the hard work maintaining membership records.

Russell Richards, Treasurer, presented the annual finance report, emphasizing that North Suffolk Rotary provided over \$25,000 dollars in grants to our donation recipients. Donations were raised from our annual events, like the golf outing, shrimp fest, oyster roast, club auctions and many generous donations made by club members.

The club is proud to have supported many worthy causes including:
 Mercy Drops Dream Center - Helping the forgotten build a foundation to flourish
 Tidewater Friends of Foster Care - Enriching the lives of foster children in need
 Communities In Schools of Virginia - Empowering students to overcome barriers to success
 Roc Solid Foundation- Building hope for kids fighting cancer
 Western Tidewater Free Clinic- Providing high-quality health care
 Autism Congo - Improving the quality of life for children with autism

Thank you, Russ, for all your hard work as treasurer and WAY TO GO North Suffolk Rotarians for your generous donations and time volunteering to make these dreams come true and thank you for all that have supported us during the year - Bravo!

North Suffolk Rotary members, Austin Norgard with Hinton Hurff. Austin joined Rotary in 2023, Hinton has been a founding member since 1976, 47 years! = see picture

Hanover County Club:
From Janice Henicheck and Facebook

Hanover Rotary partners with *Moments of Hope* to distribute clothing to people in need. Unfortunately, it was rained out by 1 pm but most were served.

AND...

The Rotary Club of Hanover is once again delighted to be throwing the best party of the spring - the 39th Annual Shrimp and Suds Feast! This largest fundraiser of the year allows the Hanover club to continue to serve Hanover County and the greater Richmond area with philanthropy and energy. Our efforts this past year have made significant contributions to the Atlee Station and Patrick Henry YMCAs for their summer camp scholarships, to the Dolly Parton Imagination Library, which serves over 900 Hanover County children. In addition, Hanover Rotary provides scholarships for Hanover County High



School students attending Reynolds Community College, and the club sponsors an essay contest for Hanover County 5th graders.



THURSDAY, MAY 9, 2024
PAVILION AT KINGS DOMINION

Your support of our efforts is vital to our ability to continue to do good works for Hanover! So come out to Shrimp and Suds, have your fill of shrimp, beer (including craft beers), enjoy some awesome music - and be our partners in helping to support good works in Hanover County. [Click here for more information to](#)

[sponsor or buy tickets.](#)

Ashland Club:
From Facebook



What a team! The Ashland VA Rotary Club



really outdid themselves in seeking donations, setting up the tables and later closing out. They had very few glitches and the night was a great success! Thank you to the entire Ashland Community for your contributions!

Mechanicsville Club:

2024 Hanover Night
at The Diamond
Thursday, May 16, 2024

Brought to you by:
Rotary | **Club of Mechanicsville**

The Mechanicsville Rotary Foundation and the Flying Squirrels will welcome Hanover County to The Diamond on Thursday, May 16th for a community night to celebrate Hanover with baseball and fireworks. This event honors those who protect and serve our community and support those in need. Leading up to and during the game, all of our sponsors will be recognized for their contributions and promoted to thousands of Hanover residents and business owners. The night will end with an amazing fireworks show to cap off a perfect event! Let's fill The Diamond together.

Sponsorship opportunities available!
Call 804.399.8020 or
email hnatd@mechanicsvillerotary.org
for more information.

All profits from sponsorships & ticket sales benefit Hanover County, VA specific charitable organizations. This is accomplished through the Rotary Club of Mechanicsville Foundation, a 501(c)(3) non-profit organization.

Event Beneficiaries:
Hanover Safe Place
Five O's Tiki Foundation
Habitat for Humanity
Hanover Arc
Mechanicsville Rotary Foundation

Yorktown Club:

The club is hosting their 33rd Annual Yorktown Freedom Run 8K and 5K Fun Run on Memorial Day, May 27, 2024. For more details see these two forms: [Here](#) and [Here](#).

Henrico North Club:

The club is hosting a Blood Drive on April 2, 2024: For details go [HERE](#).

Foundation News



Spring Training for Service: Rotary's Grant Management Seminars:

By John Padgett -District Rotary Foundation Chair

As the first blades of grass are trimmed and the infield is meticulously groomed for the upcoming baseball season, Rotary Clubs worldwide are engaging in their own form of spring training. However, instead of bats and gloves, their



equipment includes applications, community needs assessments, and competition for District Designated Funds. The District Foundation's Grants Management Seminars (GMS) are akin to those early, crisp mornings in spring training camps where teams come together to hone their skills, strategize, and prepare for the season ahead. Just as a baseball team sharpens its fundamentals, the District uses the GMS to refine a club's approach to impactful service in the upcoming District Grants season.



The reason District leadership requires clubs to participate in a GMS to apply for a District Grant is straightforward. The GMS is required by the Rotary Foundation. It provides a refresher course on how to create a successful District Grant. It reviews the rules for the upcoming grant applications. It reminds club leaders about how to create a successful application, the pending deadlines and what factors will be emphasized by the District Grants Committee. To make it easy, District 7600 will provide the GMS in a virtual format on February 24, 2024 at 9 a.m. and on March 18, 2024, at 6 p.m. The GMS will be led by Raghavan Sadagopan and Sarah Saville, both experienced District Foundation leaders. The District Grants team will also provide workshops leading up to the deadline to submit the District Grants. A club leader can register on the District website for either of the two scheduled seminars.

The District wants to make certain that every Rotary project launched is a home run. The Foundation mandates these seminars to cultivate a deep understanding of the grant process, emphasizing the significance of every step from application to implementation. "Think of it as learning the playbook before the big game," a seasoned Rotary coach might say. This training ensures that when the first pitch is thrown on Opening Day, every Rotary club is ready to swing for the fences, maximizing the impact of their service projects with precision and confidence.

Accountability and stewardship are the scorekeepers in this game, tracking the progress and impact of each initiative. The seminars and workshops serve as a batting cage, where Rotarians practice the swings of financial management and project planning. "Our goal is to hit it out of the park with every project, ensuring our donors' contributions make the most significant impact," notes another Rotary leader, emphasizing the dual focus on service and responsibility. In this league, every base covered is a step closer to transforming communities and touching lives.

The camaraderie and team spirit inherent in baseball are mirrored in the Rotary clubs' approach to these seminars. Just as a baseball team relies on the unique strengths of its players, Rotary clubs thrive on the diverse skills and perspectives of their members. This team dynamic fosters innovative solutions and strengthens the bonds between members, amplifying their collective impact.

As the season progresses, the lessons learned during these "spring training" sessions become evident in the field of service. Each successful project, each community uplifted, echoes the meticulous preparation and teamwork cultivated during the Grants Management Seminars. We hope to see you on the field and look forward to working with the clubs in another dynamic season of District grants and service in our communities.

Duke - UNC Rotary Peace Center 2024 Conference:



On April 6th, 2024, the Duke/UNC Rotary Peace Center will hold its annual Peace Conference featuring the 21st graduating class of Rotary Peace Fellows. This Fall the Rotary Club of Richmond and District 7600 will be sponsoring our own peace fellow, Tibeb Abate Asfaw, at the center. Please see the following related article by Mike Little introducing Tibeb.

We have liberally borrowed from the Peace Center's [website](#). If you plan to attend, you need to get your ticket early. They go fast.

Please join us on Saturday, April 6th for the Duke-UNC Rotary Peace Center's 21st Annual Spring Conference. Our theme this year will be "From Self to Society: Envisioning Our Relationship to Peace". Class 21 Rotary Peace Fellows will present their research, exploring new ways of thinking about peacebuilding, international development, and conflict transformation in many regions of the world.

The conference will take place at the FedEx Global Education Center on UNC-Chapel Hill's campus from 9:00am to 4:00pm. Doors will open at 8:00am for those who wish to check-in early or enjoy coffee and a muffin. Lunch and other refreshments will be provided throughout the day.

If you are traveling from out of town and need to book a hotel room, for your convenience, we have reserved blocks of hotel rooms at discounted rates. [Click here to learn more!](#)

Can't attend in person? We offer a livestream and Zoom webinar for those who would like to participate in our conference remotely. Those that register here to attend virtually will receive a link and instructions on how to attend in advance of the conference.

District 7600 Peace Fellow "Tibeb Abate Asfaw"

By Mike Little, Rotary District 7600 Peace Fellow Committee Chair

Learn more about Tibeb Abate Asfaw, District 7600 Peace Fellow, Tibeb Abate Asfaw

I have the honor of introducing our District 7600 Peace Fellow, Tibebe Abate Asfaw. Following my introduction, you will find her biography in her own words.

Tibebe is sponsored by both the Rotary Club of Richmond and Rotary District 7600. She is an impressive young lady who will soon be leaving the USAID regional offices in Ethiopia as the district's incoming Rotary Peace Fellow. She will study for a Master's Degree at the Duke University and University of North Carolina at Chapel Hill Rotary Peace Center in the fall 2024. Tibebe was introduced to me by a former peace scholar and her mentor from District 7600 -Ross Wood, Senior Humanitarian Advisor for USAID in Ethiopia. Ross studied at Bradford University in England and was sponsored by the Rotary Club of Norfolk in 2014-15.

In a world-class highly competitive process, up to 100 Rotary Peace Fellows are selected annually and may study at one of six world sites. The Duke University and University of North Carolina Chapel Hill program offers field-based learning activities where students examine peace and conflict theory.

I am Tibebe Abate Asfaw, a seasoned humanitarian, peacebuilding, and development assistance leader with over 16 years of experience in managing emergency response, peacebuilding, and development projects across complex contexts. I hold a BS in Agricultural Engineering & Mechanization from Hawassa University and an MA in Social Work from Indra Gandhi National Open University. My educational journey has equipped me with a diverse skill set and a deep understanding of the interconnected challenges facing vulnerable communities.



Throughout my career, I have been deeply committed to leveraging my expertise to positively impact the lives of those in need. My professional journey has seen me serve in various capacities, including roles at USAID, Catholic Relief Services (CRS), Brooke Ethiopia, and World Vision Ethiopia. I have managed multimillion-dollar portfolios, led emergency food assistance programs, facilitated peacebuilding initiatives, and contributed to the design and implementation of impactful development projects.

A gracious thanks to The Rotary Foundation and Rotary District 7600, particularly the Rotary Club of Richmond, I have been granted the opportunity to pursue a Masters in International Development Policy (MIDP) at Duke University/University of North Carolina, starting in August 2024. The Rotary Foundation's mission to promote global understanding and peace aligns perfectly with my own aspirations to foster tolerance and cooperation among people. I am incredibly grateful for this once-in-a-lifetime opportunity to pursue my dreams and contribute to positive change in my home country, which struggles with conflict and war, as well as in communities worldwide striving for a better and more prosperous life.

Looking ahead to my study in the U.S., I am driven by several personal and professional goals. Firstly, I aim to deepen my understanding of cutting-edge humanitarian and development strategies, with a specific focus on peace and conflict management within the context of international development policy. I seek to equip myself with the knowledge and skills necessary to address the complex dynamics of conflict, fragility, and vulnerability in my country and various global contexts. Secondly, I aspire to broaden my network and engage with like-minded individuals and organizations specializing in peace and conflict management, fostering collaboration and knowledge exchange that can inform innovative approaches to conflict resolution and sustainable development. Thirdly, I am committed to leveraging my learning and experiences to advocate for more effective and sustainable approaches to humanitarian assistance and peacebuilding, both within my country and on a global scale, contributing to positive change and meaningful impact in conflict-affected communities worldwide.

In summary, my journey in the U.S. represents a pivotal opportunity for personal growth, professional development, and impactful contributions to the fields of international development policy and peacebuilding. I am eager to embark on this journey, ready to immerse myself in rigorous academic study, and determined to make a meaningful difference in the lives of others.

Laurie Menzel to share giving ideas for the District's Giving Tuesday participants.

Laurie Menzel
Major Gifts Officer
Zone 33 | Mid-Atlantic

The Rotary Foundation

Have lunch with Laurie on
March 20, 2024
Noon - 12:45
via Zoom
Register on DACdb.com

Propelling your Annual Fund footprint in different ways on Giving Tuesday, April 2

On March 20th plan on spending lunch, via Zoom, with Laurie. The time is from Noon until 12:45. The registration is on the district DACDB.com calendar. Enjoy a sandwich with Laurie and learn more about Foundation giving.

Many of you met Laurie at the District Conference. She is The Rotary Foundation's Major Gifts Officer for Zone 33 and the Mid-Atlantic region. Rotarian Laurie is the President-Elect of her club, the Rotary eClub of Global Peacebuilders.

D7600 Giving Tuesday Is Coming - April 2nd By Ron Lynde, District Development Chair

This is the day you've been asking for: GET MATCHING POINTS FOR DONATIONS, OF \$100 UP TO \$500, by participating in the ROTARY FOUNDATION

APRIL 2, 2024

donating to the ROTARY FOUNDATION ANNUAL FUND ON GIVING TUESDAY, APRIL 2ND.

Take this golden opportunity to:

- help yourself achieve Foundation Recognition Points
- help your club achieve its Annual Foundation giving goal and
- help our District achieve its District Designated Fund (DDF) goals.

For every \$100 you give to The Rotary Foundation (TRF) Annual Fund, the PolioPlus Fund or an approved global

grant, up to \$500 on April 2nd, you will receive at least two Foundation Recognition Points: one from TRF and one from District 7600. Many D7600 clubs also award up to 500 points for that same \$500 gift. Please note contributions to the Endowment Fund are *not* eligible for matching recognition points.

This is the eighth year we have undertaken this fundraiser, and Giving Tuesday has become more popular almost every year. Thank you, Rotarians, for your contributions to The Rotary Foundation. Last year 38 clubs with just 350 Rotarians gave over \$83,000 on Giving Tuesday. However, WE CAN do better if more clubs participat.

So how does all that do good in our local communities? The TRF invests our gifts to the Annual Fund for three years and returns a portion to District 7600 in District Designated Funds, designated for district grants or global grants. Over the last five years an average of 36 District 7600 Clubs per year have invested over a million dollars of DDF in local projects in our communities.

Donors may extend Foundation Recognition points to others to help them become, or to name them as, a Paul Harris Fellow or Multiple Paul Harris Fellow. Foundation recognition points belong to the original donor until the donor uses the points or upon death, at which time they expire. If the donor is a major donor, the surviving spouse controls the disposition of the available recognition points.

JCC Rotary Satellite Thanks Speaker and Fights Polio

From Neva Lynde



Recently Dr. Jody Allen, Assistant Professor of History at The College of William & Mary, shared her insights with the JCC Rotary Satellite Club as the Robert Francis Engs Director of The Lemon Project: A Journey of Reconciliation. She works to uncover, make public, and address W&M's 330-year relationship with African Americans on the campus and beyond. Her presentation was very interesting and enlightening.

In appreciation of her work and her presentation, the Satellite Club presented her with a certificate of service and donated, in her name, funds to inoculate

ten children against Polio, as it does for all club speakers. Pictured are Satellite Club Chair-elect Debbie Snow (left) and Dr. Allen.

Final Session of the District Grant Management Seminar is on March 18th via Zoom

The February 24th Grant Management Seminar was well attended and very well received. As most Rotarians now know, any club wishing to participate in a Rotary grant must have at least one member attend the GMS for that grant cycle. Even clubs only partnering in a district grant must satisfy that attendance requirement. The requirement applies to satellite clubs and Rotaract clubs as well.

Thirty-two clubs were represented in the February GMS. Included in that number were the James City County Rotary Satellite Club and the Virginia Commonwealth University Rotaract. Though 32 is a respectable number for the first session of the 2024 GMS, it represents only about 50% of the clubs in the district.

Our final GMS session will be on March 18th from 6 to 8 pm, again via Zoom. Please consider keeping your options open and register for the March 18th session even if you or another member of your club attended in February. It is helpful to have more than one member attend a GMS so that there is a deep bench of knowledge about the process.

Register today and get it in your calendar. You will enjoy it.

Multi-club District Grant completed:

From Facebook:

Giving Tuesday!

Donate \$100 - \$500 ONLINE
to the Annual Fund-Share on April 2nd
at myrotary.org &
get matching points toward your next
Paul Harris Fellow





In early February, the RC Oyster Point, together with the Rotary Clubs of Virginia Peninsula, Yorktown, Warwick at City Center, and Newport News, celebrated the completion of their District 7600 Grant: Connections that Thrive.

The 5 clubs, supported by The Rotary Foundation, contributed to the opening of the Thrive Peninsula Community Free Grocery Store.

Hampton Roads Club:

Recently several members of the Hampton Roads Club were recognized for their continued support of The Rotary Foundation.

From Left to Right:

David Mansfield - Club Rotary Foundation Chair

Camile Peter - Paul Harris Fellow +8

Andrea MacDonald - Paul Harris Fellow + 2

Larry Ritter - Paul Harris Fellow +3

Phil Jones - Paul Harris Fellow +2

Tom Williams - Paul Harris Fellow +3

Not pictured:

George Benfield - Paul Harris Fellow +4

Dianne Shannon Gordonn - Paul Harris Fellow +5



Thank you for helping make our community and the world better.



South Hill Rotarian Wally Sayko (*center*) became a Benefactor when he included the Endowment fund in his estate plans as a beneficiary.

Foundation Chairperson Randy Cash presented the certificate along with Club President Lisa Clary.

The **Ashland VA Rotary Club** announced their

latest Paul Harris Fellow, Phillip Cobb.

Phillip, Patrick Henry YMCA Executive Director, is here (*right*) with Mary Kay Hacker, Club President.

Phillip is a new member of the Ashland VA Rotary Club and RI as of June 3, 2023.

