

THE STAFFORD HIGHLIGHTER

February 18, 2026



Rotary Club of Stafford **People of Action**

Club Calendar

February is Peace and Conflict Prevention/Resolution Month

February 18 - Lunch Meeting @ SHS. Rotary Action Group Against Slavery. PDG Amelia Stansell.

February 25 - Evening Social, 6 PM Location TBD.

February 28 - Interact Summit. Volunteers Needed!

March 4 – DG Ravi's Visit

April 25 - District Training Assembly.

June 13-17 - International Rotary Convention, Taipei, Taiwan.

June 24 - SRC Awards and Installation Dinner

June 28 - District 7610 Awards and Installation at The Piedmont Club, Haymarket, VA.

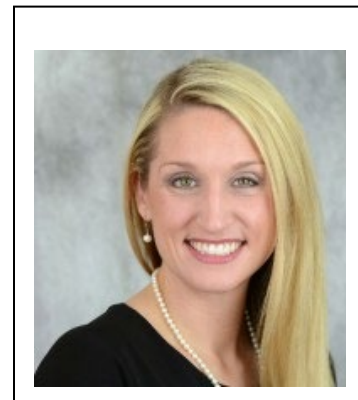
July 12-14 - District 7610 goes to Evanston!

February 18 – PDG Amelia Stansell, Rotary Action Group Against Slavery

Amelia Stansell is a prominent leader within Rotary International, currently serving as the Immediate Past District Governor (IPDG) for District 7610, which encompasses 53 clubs across Northern and Central Virginia.

Amelia is widely recognized for her advocacy in human trafficking prevention. Her key roles and contributions include:

- ❖ **Rotary Action Group Against Slavery (RAGAS):** She serves as the National Vice President and was previously the Virginia Coordinator for this international group. She has been instrumental in creating anti-trafficking curricula and strategic plans for Rotary worldwide.
- ❖ **District Governor (2024–2025):** During her tenure as District Governor for District 7610, she focused on the theme of being "Everyday Superheroes," encouraging members to use their skills to combat issues like modern slavery.
- ❖ **Local Club Involvement:** She is a member and Past President (2011, 2021–2022) of the Rotary Club of Warrenton and originally joined the Gainesville-Haymarket Rotary Club in 2006. Along with her Rotary Club of Warrenton, in 2018 Amelia co-founded the Fauquier Anti Sex Trafficking Alliance (FASTA). The FASTA mission is "to inoculate our community through awareness and prevention education and supporting survivors and their families when we fail." They are an alliance of community organizations, agencies, and individuals working toward this common goal." With FASTA members, she creates community awareness through a series of Community Conversations with partners such as Anti-Trafficking International, Reset 180, Fauquier County Sheriff's Office, Homeland Security Investigations and the FBI. These forums have been held in schools and churches since 2018. Topics have included Human Trafficking, Sex Trafficking and most recently, Sextortion.



- ❖ **Public Speaking:** Amelia frequently speaks at international and regional conventions, sharing

repeatable models for how local clubs can tackle human trafficking through community partnerships.

- ❖ Outside of her volunteer work with Rotary, Amelia is an active business leader in Virginia. She is a Senior Commercial Loan Officer at UVA Community Credit Union in Warrenton, Virginia. She serves on several boards, including Leadership Fauquier, the Fauquier County Human Trafficking Prevention Project, and the Mason Enterprise Center advisory board. She was named the Fauquier County Board of Supervisors Center District Citizen of the Year in 2015.

Aside from Rotary and ending human trafficking, Amelia's passions and hobbies include traveling, gardening and enjoying a glass or two of wine – or beer with friends and loved ones. She lives in Warrenton, Virginia with her husband, Troy and their daughters, Amelia Grace and Bitsy.

February 11 Meeting

President Kristy presided. She welcomed visiting Rotarian John Coker from the Rappahannock Rotary.

Announcements:

- ❖ The scheduled club service project after the noon meeting.
- ❖ February 25 – Our monthly, evening club social. Venue, TBA. There is no noon meeting.
- ❖ March 4 District Governor Ravi's Official Visit
- ❖ April 25 - District Training Assembly at Brooke Point High School..
- ❖ PDG Sandy announced that our club has donated \$27,000 to the Rotary Foundation this Rotary year.
- ❖ DGN Cheri reported on the upcoming Interact Conference.

Program – Hailey Jobin, Executive Director, Mental Health America Fredericksburg Region

Founded in 1955 by local citizens, Mental Health America Fredericksburg Region (MHAfred) is a nonprofit 501(c)3 charitable organization addressing all aspects of mental health and mental health challenges. Ms. Jobin commented that we were the first Rotary Club she has visited.

Serving Planning District 16 (Caroline, Fredericksburg, King George, Spotsylvania and Stafford) for over six decades, MHAfred exists to improve the lives of people with mental health challenges by providing advocacy, education and services that improve access to quality mental health treatment and services, particularly for vulnerable populations like the uninsured and elderly. Every year nearly 5000 people contact MHAfred seeking help and asking, "where do I turn?" MHAfred's job is to help them find that help so they can enjoy fulfilling, productive lives at home and at work.

The MHAfred HELPLINE is an information hub for finding mental health providers and agencies licensed by the State of Virginia. Easily find counselors, therapists, psychologists, social workers, psychiatrists, mental health agencies, treatment centers, crisis centers, inpatient, outpatient or in-home care, wellness services, associations, and more; most of which are within the City of Fredericksburg and the counties of King George, Caroline, Fredericksburg, Spotsylvania, and Stafford. The office can send you a curated list of providers that is tailored to your unique needs. You can also use the filters below to conduct your own search for mental health providers.

Senior Visitors Program is currently being reorganized because there are currently not enough volunteers to meet demand. Services are continuing for seniors already enrolled in this program, but there is currently a pause on new participants. The programs are:

- ❖ **Technology Assistance:** In an effort to bridge the gap between technology and older adults, we plan to implement a program that provides older adults with tech assistance from volunteers

- ❖ Older Adult Community Groups: In an effort to bridge the gap of loneliness and lack of community, MHAfred plans to host older adult community meetup sessions in approved areas, such a community clubhouse/room, public buildings, etc.

Suicide Prevention Education

The Suicide Prevention Education Program partners with local schools and youth organizations to present an engaging, evidence-based curriculum that teaches middle and high school students how to identify the signs and symptoms of suicide and depression and what they can do to get help. The curriculum used is Signs of Suicide (SOS), developed by Screening for Mental Health, Inc. It is listed on SAMSHA'S National Registry of evidence-based programs and practices for high school, while the middle school program is considered best practice. Students are taught that suicide is not a normal response to stress, but is a preventable tragedy that can be a result of untreated depression. An easy-to-remember acronym, ACT (Acknowledge, Care, Tell), equips students with steps they can take if they require help for themselves or friends. Mental Health America Fredericksburg Region (MHAfred) can work with schools and youth organizations in Virginia Planning District 16 (Fredericksburg, Caroline, King George, Spotsylvania, and Stafford).

Youth Mental Health Conference

Ms. Jobin discussed this successful event. The details for a 2026 conference have not been finalized.

March for Mental Wellness

Saturday, May 2nd, 2026

May 2 @ 9:00 AM - 2:00 PM

MHAfred will have a march, vendors, food trucks, live music, and a warmup led by Crunch Fitness. Register as a participant/team or as vendor. Become one of our sponsors. Email mhafred@mhafred.org

There were a number of questions following the presentation concerning funding, volunteer opportunities (for people over 18), support work with Micah Ministries, work with veterans and first responders. There was a discussion about the increased need for mental health help. Unfortunately, there are no programs for children younger than teens.



Relay For Life of Stafford

Saturday, May 2, 2026

12:00 PM

Kate Waller Barrett Elementary

150 Duffey Drive

Stafford, VA

Dedicate a Luminaria

Luminarias honor every life touched by cancer. You can dedicate them to a loved one lost, someone currently battling, or anyone who's overcome it. When you attend a Relay event, you'll see the Luminarias decorated with names and sometimes messages to the people they're dedicated to.

After dark, Relay participants share an emotional moment when each Luminaria is lit in remembrance of a life touched by cancer. Together, we take a moment of silence to remember the loved ones they're dedicated to. When you make a donation for a Luminaria it helps fund the American Cancer Society's mission to help save lives.

Get Involved

Thanks to the support of our team captains, participants, staff, and volunteers, we've helped the American Cancer Society fund lifesaving research, crucial patient services, and education and prevention initiatives that have helped millions of people – and we have no intention of slowing down. That's why we need people like you to join us. Any way you choose to get involved will help us save lives from cancer – but we can't do this without you.



2026 Interact Summit
Saturday February 28, 2026 | 8:30am – 4:30pm
Laurel Ridge Community College – Fauquier Campus
6480 College Street • Warrenton, VA 20187

\$10/student or Interact Advisor | \$50/Rotarian



Donations Needed - Interact Summit - At the summit on February 28th, participants will be creating 300 school supply kits for students here in Virginia and in Kenya (Via E3 Kids). Our club foundation made a donation of \$500 to this project in honor of PDG George Atwell, a lifelong champion for education. Please join us in supporting this project by making a donation to the Stafford Rotary Foundation or directly to the supply drive by purchasing online - tinyurl.com/2ecy4yn8 or by bringing supplies from the wishlist to a club meeting before February 28th.

February is Peace and Conflict Prevention/Resolution Month on the Rotary Calendar.



February is dedicated to Peace and Conflict Resolution in Rotary.

As an international organization, Rotary believes that peace is not just the absence of war but the presence of justice, understanding, and opportunity.

Through its global network, Rotary actively works to prevent conflicts by promoting dialogue, supporting education, and addressing the root causes of violence—such as poverty and inequality.

Rotary's Peace Centers train leaders to become effective mediators and changemakers in their communities.

At the local level, clubs engage in projects that foster social cohesion, provide humanitarian aid in crisis zones, and support refugees.

By building bridges between cultures and communities, Rotarians contribute to a more harmonious world.

This month, let us reflect on our role in promoting peace and finding solutions to conflicts.

Every action, no matter how small, can make a difference in creating a more peaceful future.