

Unite for
Good

ROTARY 7620 NEWSLETTER



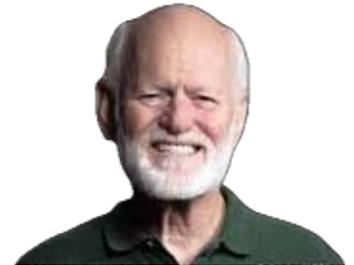
New Year's Message from Rotary District Governor Mandy

As we turn the page into January, I keep returning to Marshall Goldsmith's famous reminder:

"What got you here won't get you there."

It's a powerful lens through which to look at the first half of our Rotary year — and an invitation to imagine what comes next.

So far, our District has so much to celebrate. We have expanded partnerships, strengthened public image, supported The Rotary Foundation with heart, and shown up — again and again — for our communities. Clubs have launched creative service projects, engaged new members, and embraced the "Unite for Good" mindset in meaningful, visible ways. None of this happened by accident. It happened because Rotarians across Central Maryland and Washington, D.C. stepped forward with passion, discipline, and a shared commitment to serving others.



But as we prepare for the months ahead, Goldsmith's words remind us that success is not a finish line — it is a springboard. The work, the energy, and the collaboration that carried us through these first months have laid a strong foundation. Now we must build on it. January invites us to stretch, adapt, and evolve so we can finish the year even stronger than we began.

That means telling our stories even more boldly. It means elevating the voices of emerging leaders. It means deepening partnerships and bringing new people into the Rotary family. It means reigniting our focus on membership, service impact, and The Rotary Foundation. And it means continuing to ask ourselves: ***What does my club need next? What does my community need now? What can we grow together that we could never grow alone?***

Our accomplishments have brought us ***here*** — to a moment filled with pride and momentum. But it is our willingness to innovate, collaborate, and push just a little harder that will take us ***there*** — to the Rotary year we know we can achieve.

Here's to a January of courage, creativity, and forward movement. Let's keep Uniting for Good — and let's keep going.



Happy New Year from Rotary District 7620



January is Rotary's Vocational Service Month



Howard West Rotary's Mental Health Awareness

Spotlight: Rawle Andrews Champions Mental Health Awareness at NFL Mental Health Games

During fall 2025, mental health took center stage in the world of professional football — not on the field, but in the hearts and minds of players, fans, and communities. Rawle Andrews Jr., executive director of the [American Psychiatric Association Foundation](#), and president of the Rotary Club of Howard West, played a pivotal role in advancing these efforts by presenting at a series of panels tied to multiple NFL games focused on mental health awareness. [Sports Business Journal+1](#)

The NFL's **Mental Health Awareness Games** — held across three consecutive weeks of “Sunday

NightFootball” games in cities including Los Angeles, Washington, D.C., and Phoenix — marked a turning point in how professional sports approach emotional well-being. These events brought together athletes, clinicians, advocates, and nonprofit leaders to discuss mental health challenges and opportunities, helping break down the stigma that often prevents people from seeking help. [Sports Business Journal](#)

At these pregame gatherings, Rawle joined other experts for thoughtful discussions on the importance of prioritizing mental health and emotional wellness for athletes of all ages. His participation helped amplify the message that mental health is a critical part of whole-health care — not just in sports, but in everyday life.

[Forbes](#)

These panels weren't just symbolic — they were part of intentional collaborations between the NFL, nonprofit organizations like the American Psychiatric Association Foundation, and community partners dedicated to creating environments where open, honest conversations about mental health are encouraged. [Sports Business Journal](#) By bringing these discussions to high-visibility games and arenas, Rawle and his teammates have helped push



the needle toward greater awareness and acceptance. Their leadership reminds us that meaningful change happens when organizations and individuals come together to normalize mental health care, support resilience, and highlight the strength in seeking help. [Sports Business Journal](#)
We're proud to spotlight this important work in our district newsletter and celebrate how champions like Rawle Andrews are helping communities nationwide recognize that **mental health matters — on and off the field.**

The Rotary Club of Rockville, Maryland Peace Concert

Rotary
Club of Rockville

In Collaboration with:
Rotary Club of Gaithersburg
Greenbelt Rotary PEOPLE IN ACTION

The Rotary Club of Rockville, Maryland Peace Concert

•••

Rockville Senior Center
Mandy Warfield Granger
Ukpeme Akpan Okon
Jennifer Dudley
Priscilla Kinnear
Hande Apaydin
Kenneth Weiss
Bonni van Blarcom
Chuck Woolery
Alicia Hannon Douglas
John Trupp
Ann Mackend
Evan Barnard
Paul Racette
Nancy Murray
Melinda Butterfield
Angela Okon
UkpEmem
Samuel Kenechukwu
Betty Petrola
Theresa Garcia-Parks
William Green
Akiko Green
Beatrice Weiss
Ricky Mui
James Kinnear
Jacqueline Grenning-Mulcahy
Event attendees

Thank you!

November 15, 2025

TRADER JOE'S®

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GREATER ROCKVILLE
CHAMBER OF COMMERCE | Empower
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Elevate

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Leisure World Satellite Club
Rotary
Rotary Club of Olney

City of Rockville
Rise Together

RE-BATH

Rotary

Rotary
District 7620

...and all our Supporters!

The Rotary Club of Rockville, Maryland Peace Concert 2025

The Rotary Club of Rockville, Maryland Peace Concert in Collaboration with the Rotary Club of Greenbelt and the Rotary Club of Gaithersburg occurred on Saturday, November 15, 2025 at the Carnation Room, Rockville Senior Center, Rockville, Maryland, United States of America.

The Peace Concert was a celebration of unity, understanding, and harmony, which demonstrated the essence of worthy collaborations among Rotary Clubs in Rotary International District 7620.

Peace is a core objective of Rotary International. The Peace Concert, which aligned with the Peacebuilding and Conflict Prevention/Resolution Rotary International Area of Focus, fostered peaceful coexistence to Unite for

Good and for peace, enhanced volunteerism, and promoted collaborations.

Through the universal languages of music, spoken words, dances, and collaborative performances, the special Peace Concert highlighted **Rotary International's mission to foster peace and goodwill** in our communities and beyond. Participants gathered at the event to witness uplifting performances and community spirit to make peace possible.

The aims of the Peace Concert include:

- To promote peace through Rotary's global network
- To inspire connections through artistic expressions
- To celebrate diversities and collaborations
- To create shared spaces for reflections, joys, and hopes



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Capitol Hill Rotary Club Laid Wreaths at Arlington National Cemetery



At the annual wreath laying ceremony. Rotary Club of Capitol Hill visited the graves of fallen service members to honor the men and women who truly embodied service above self. In a world where it is often easier to think only of ourselves, these men and women chose a different path, placing others, their communities, and their nation before their own lives. As a Rotarian, selfless service sits at the very core of what we do. Standing in the cemetery today, that principle took on a deeper meaning for me.



Rotary Club of Annapolis' Inaugural Golf Tournament Raises \$10,000 for Make-a-Wish Foundation

Rotary Club of Annapolis' Inaugural Golf Tournament Raises \$10,000 for Make-a-Wish Foundation

The Rotary Club of Annapolis is proud to announce that its first-ever charity golf tournament raised \$10,000 in support of the Make-A-Wish Foundation, helping grant life-changing wishes for children facing critical illnesses.

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Rotary International's Council on Legislation and Resolutions Representatives Selected

Dear Rotarians and Rotaractors,

Thank you to everyone who participated in our recent selection process for Rotary International's Council on Legislation and Council on Resolutions representation.

I am pleased to announce that **PDG Delores**

Rotary

District 7620



Edwards Harding has been selected as our

primary representative, and PDG Nomie Hamid as the alternate, for the July 1, 2026 to June 30, 2028 term.

The Council on Resolutions meets online each year to vote on proposed resolutions and urgent enactments, while the Council on Legislation will meet in 2028 to review and vote on proposed changes to the legislation that governs Rotary. You will hear more about our district's role in the Council on Resolutions in fall 2026, when the District will be soliciting member input.

On behalf of the district, I also want to extend sincere appreciation to Delores, Nomie and Sean McAlister for stepping forward. Your willingness to serve in this important role reflects the very best of Rotary leadership and commitment to Service Above Self.

Please join me in congratulating Delores and Nomie as they prepare to represent District 7620 and help shape the future of Rotary.

Yours in Rotary Service

Mandy Warfield Granger
District Governor, 2025-26
Rotary District 7620

Rotary Club of Rockville Charter Night Celebration 2025

The Charter Night Celebration of the Rotary Club of Rockville occurred on October 30, 2025. The 2025 Rotary Club of Rockville Charter Night celebrated the 96th Anniversary of the Rotary Club of Rockville (1929-2025).

The Rockville Rotary Club, sponsored by the Rotary Club of Frederick, received its charter on October 11, 1929. The fifteen charter members included 6 businessmen, 2 attorneys, 2 physicians, a banker, a minister, a dentist, a funeral director, and the principal of the local high school. The club's initial Charter Night — at the new Manor Country Club in late November — attracted about 100 Rotarians from other clubs.

ROCKVILLE ROTARY CLUB

Celebrating
96 years

OCTOBER 30, 2025



Delores Edwards Harding – Past District Governor of Rotary International District 7620 served as the Rotary Club of Rockville Charter Night 2025 Mistress of Ceremonies.

The following transpired at the 2025 Charter Night Celebration:

Arrival and Reception with music and light refreshments.

Welcome and Invocation, by Rotary Club of Rockville President — Ukpeme Akpan Okon.

Flag Ceremony and the Pledge of Allegiance, by The Scouts.

The National Anthem, performance by MoCo Women's Chorus.

Rotary International Information, by Hande Apaydin – Rotary Club of Rockville Board Member and Rotary International District 7620 Assistant Governor for Area 6.

The Remarks of the District Governor of Rotary International District 7620 – Mandy Warfield Granger were presented by Marilyn Nevy Cruz – Rotary International District 7620 Assistant Governor for Area 7.

Rotary Club of Rockville Information, by Ukpeme Akpan Okon.

[Read More](#)

Rotary Club of Annapolis Rings Bells at City Dock

For over a decade, the Rotary Club of Annapolis has participated in our local Salvation Army's bell-ringing campaign over the holiday season. The Salvation Army supports our community in many ways by assisting local families throughout the year, as well as during the holidays. The challenges families face in our community do not end when the holidays are and donations made to the Salvation Army kettles help families keep a roof over their heads.

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PDG Nomie Hamid's Wedding on November 29, 2025



November 29, 2025, was a spectacular wedding celebration for UN Rotary Representative [Christina Wellington](#) and Immediate Past District Governor 7620 (Naumaan) [Nomie Hamid](#). The music was magical, the flowers abundant, the food international, and the fireworks

exciting. Family and guests came from around the world and so many cultures became one as everyone celebrated this perfect union. -- **Rose Cardarelli - District Governor Nominee - (DG 2027-2028)**



Four-Way Test

- Is it the truth?
- Is it fair to all concerned?
- Will it build goodwill and better friendships?
- Will it be beneficial to all concerned?

District 7620 Newsletter Team:

- Bob Nelson, PDG
- Dave Vogel, LTG

ROTARY'S VISION STATEMENT

TOGETHER WE SEE A WORLD
WHERE **PEOPLE** UNITE AND TAKE ACTION
TO **CREATE** LASTING
CHANGE ACROSS THE GLOBE
IN OUR COMMUNITIES AND IN OURSELVES