

Rotary

District 7570



January | Governors Message



Happy New Year, District 7570! Here we are, halfway through the Rotary year. I heard this year would go by fast and it is! I panic when I think of all the things I want to accomplish but have not gotten to yet. A wise man (George Karnes) once told me, "You cannot do it all. Pick the two or three things that are most important to you and concentrate on those." Great advice, George! I'm still panicked but it's great advice!

This brings me to President Gordon's most important initiative and that is prioritizing mental health. We need to think about taking care of our own mental health. Take time off just for you and do what brings you peace of mind. For me, it is a long walk with my dog, Cooper. Regardless of the hectic day, I get my walk in every day, and I use those walks to reflect on how lucky we are to live in this country, this Rotary district and be associated with this organization. I marvel at how much we do for our communities in 7570. I am so proud of our clubs and what you accomplish. From where I sit, I see that every club and every Rotarian lives the motto, Service Above Self.

As we look forward to 2024, let us think about what we can do to make life easier for even one individual. Loneliness is a significant factor in mental health. This is from a 2023 Surgeon General Advisory: "While the epidemic of

loneliness and isolation is widespread and has profound consequences for our individual and collective health and well-being, there is a medicine hiding in plain sight: social connection. Social connection is beneficial for individual health and improves the resilience of our communities. Evidence shows that increased connection can help reduce the risk of serious health conditions such as heart disease, stroke, dementia, and depression. Communities where residents are more connected with one another fare better on several measures of population health, community safety, community resilience when natural disasters strike, prosperity, and civic engagement. "Connect" in person with someone today. If you can make one person smile and feel good about themselves, you have done a good deed! As Rotarians, connection is one thing we do well. Thank you for creating hope in the world and the good you do every day.

Paula Alston
District Governor

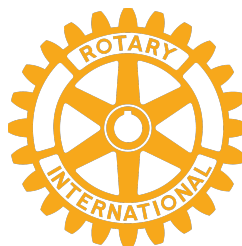
District Grants | Rotary Disaster Response Grant Awarded

By Michael C. Quillen

District 7570 has been awarded a Rotary Disaster Response Grant of \$50,000 for the purchase and delivery of three ambulances for civilian use in Ukraine. District 7600 joined in the grant.

The purchase and delivery of the ambulances will be through Ukraine Focus, a non-profit headed by [Staunton Rotary Club](#) member Brock Bierman. Delivery of the ambulances to health care providers identified by the Ukraine Ministry of Health is expected in February or March.

To learn more about Rotary Disaster Response Grants, click [HERE](#).



District Pooh-bahs



[Paula K. Alston](#)
District Governor



[Bret W. Hrbek](#)
DG-Elect



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



[Kathleen Kanter](#)
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!

January 13th
[Membership Summit - Ignite Your Club Membership](#)

February 8th
[DTTS \(District Team Training Seminar\) - Register Here](#)

March 15th
[109th Annual Rotary District Conference](#)

April 18th
[PETS 2024](#)

Clark County | Bringing Community Spirit

By Robin Hollingsworth



The [Rotary Club of Clark County](#) recently participated in Berryville Main Street's Annual Christmas Meters, an event that brought joy and festive spirit to our community. Our members were actively involved, and it was a wonderful experience for everyone. This is just one of the many ways we're trying to make a positive impact in our area.

Pictured: President: Sue Scarborough President-Elect Gerald Dodson Public Image Chair: Robin Hollingsworth

Harrisonburg Massanutten | Wheelchair Basketball

By Gayl Brunk



On September 21 the [Harrisonburg Massanutten Rotary Club](#) hosted the 2nd annual Wheelchair Basketball game exhibition. Over 20 community leaders came out to play against the VAIL Harrisonburg Cardinals Wheelchair Basketball team. Harrisonburg Massanutten President elect, Heather Keens, welcomed the crowd of more than 150 to the event and took the opportunity to share about Rotary and the work both in our local community and globally.

Members from other local Rotary clubs also participated in the event and many fellow Rotarians were in the crowd to cheer on the teams. Despite switching the score at halftime, the community members were not able to sustain the lead that the VAIL Harrisonburg Cardinals gave them with this switch but all had a great time and learned a lot.

The local team was ranked 6th in the nation and invited to the National Wheelchair Basketball tournament in March of 2023. Members of the team live with permanent lower limb disabilities that prevent them from playing stand up basketball. The Harrisonburg Massanutten Rotary Club has been a strong supporter of this local team.

Picture right: Tyler Conley, Current President of Rockingham Rotary out on the court

(Top photo) Emily Jordan, member Rockingham Rotary Club on the court



CREATE HOPE
in the WORLD

Submit your content for future issues of The Informer

Can you elaborate on a club project or activity? Do you have a reflection on your time in Rotary? We hope you'll consider typing that up and sharing it with us, possibly to be included in a future issue of The Informer. It's very easy to do. Simply email [Cora](#) (click name to send email) with 1-2 paragraphs or a list of bullet points you'd like to share. If you can also attach and send along a picture, that is helpful. Once received, we will reach out if any clarification is needed and you just might see your story in your inbox soon.

Thank you for all you do for Rotary District 7570 & your communities...

Save-The-Date for District Conference 2024!

Learn more at <https://www.rotary7570conference.com/>



SAVE
the
DATE

MARCH 15-17, 2024
THE INN AT VIRGINIA TECH

District Conference Awards Applications are open!

The District Conference Awards applications are open! This is an excellent way to show everyone in the district what your club has been up to for the past year and earn some recognition for doing amazing things! You can visit [District Conference Awards | Rotary 7570](#) to see a list of the award categories, descriptions, and application requirements. Applications are due by February 1, 2024!

RI Presidential Message | January

In difficult times like these, it's impossible to avoid feeling heartbroken over the devastation and loss of life caused by war and destruction.

Rotary always stands against harming and displacing civilian populations and using armed aggression instead of pursuing peaceful solutions. We advocate for the observance and respect of international law. We believe in strong action to defend and promote peace, even in the darkest of times.

But we also take our position as an international, nonpolitical, nonreligious organization seriously. To respect the global perspectives and experiences of our members, and to work most effectively in our peacebuilding efforts, we do not choose sides in conflicts.

Rotary is made up of 1.4 million people in communities all over the globe who are united in our commitment to building a peaceful world. We strive to ensure that our words and actions prioritize the health and safety of our global membership and the communities where we live and serve.

Our members seek to offer humanitarian assistance to those affected by conflict, and our global reach requires that we promote peacebuilding and conflict prevention with cross-cultural, cross-border connections and friendship through Rotary.

For decades, Rotary has harnessed these connections to carry out service projects, support peace fellowships and scholarships, and establish programs like Rotary Peace Centers to help build lasting peace. Our members also take action to promote Positive Peace, addressing the underlying causes of conflict, including poverty, discrimination, ethnic tension, lack of access to education, and unequal distribution of resources.

Rotary members who wish to wage peace can use district grants and Rotary Foundation global grants to support projects with other Rotary members that help refugees and displaced people, provide medical support, and more worldwide. Members can also work with or join peace-focused Rotary Action Groups, Friendship Exchanges, Fellowships, and intercountry committees. And District Designated Funds or district cash can support our peacebuilding and conflict prevention efforts.

Members and nonmembers alike can learn more about peacebuilding through the Rotary Positive Peace Academy, a free online course available to anyone with an internet connection. You can find it at positivepeace.academy/rotary.

There is no denying that incidents of violence and atrocities being perpetuated around the world seem to be escalating. Global peace is fragile, and the stakes are getting higher.

Still, we know that it is possible to bring all people together to work toward a shared goal. Rotary members do so every day in every part of the world. May our ability to unify in common purpose be a spark that helps light the path out of these dark days.

Together, let's *Create Hope in the World*.

[Original posting on Rotary International website](#) < Click Link for more...

