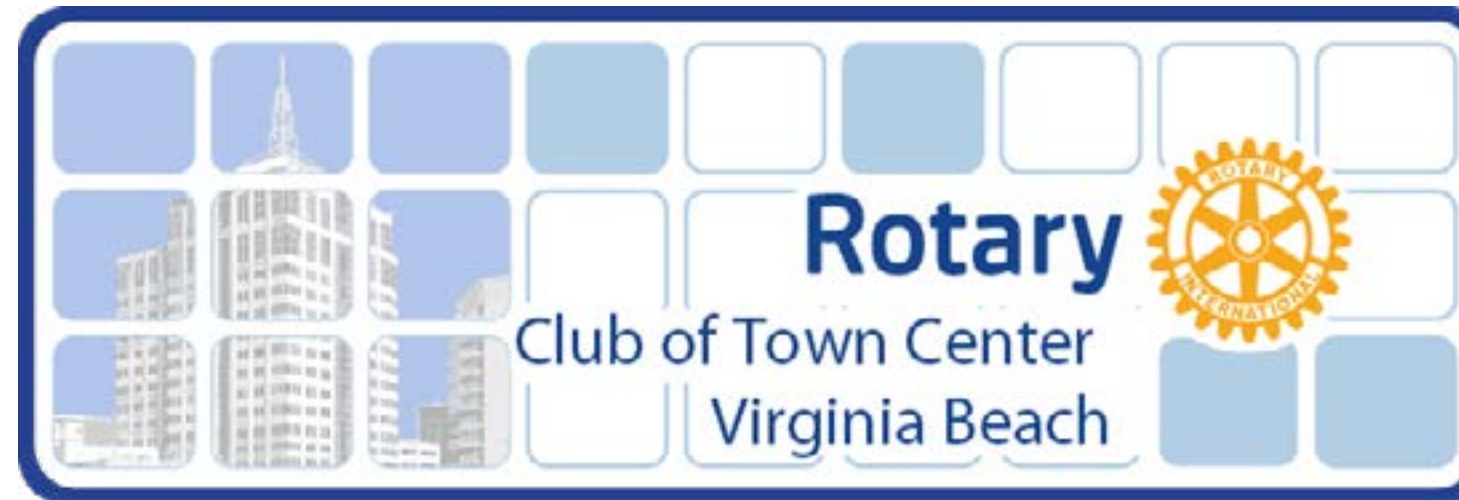


Thursday January 15, 2020

We meet the at 12:30 pm
on the first 3 Wednesdays of the month
at Gordon Biersch Brewery & Restaurant
4561 Virginia Beach Boulevard
Virginia Beach, VA 23462



- Rotary - Developing the Next Generation of Leaders -
- Providing Direction to Make the World a Better Place -
- Making Peace a Priority -

Today's speaker will be
Andrew Braisted - Presenting a Talk
on the Cardiovascular Program at Bon Secours

2019 -20 Focus: Community Fellowship

January is Rotary Vocational Service Month

We Provide Service Above Self, Supporting Mental Health and World Wide Fellowship!

We are celebrating Vocational Service Month by recognizing the importance of international fellowship and goodwill among Rotarians to increase participation in activities that promote disease education, treatment and prevention as well as personal, family, community and international mental health.

What are the benefits for Rotarians in joining the Rotary Fellowships?

- Fellowship provides opportunities for Rotarians to make lasting friendships outside their own Club, District or country
- Fellowships contribute to the advancement of world understanding and peace
- Fellowships serve as an incentive for attracting new members to Rotary and retaining our existing members
- Rotary Fellowship, together with the Rotarian Action Groups, serve as an effective tool in promoting membership development and should be actively promoted in our Districts



Nancy Joslin's Note

This is the second meeting of January. We have been working hard on International Activities with both Ellen and Pat. All of us should keep working on the Rotary Club of Town Center's Annual Goals towards creating the world's future - So Stay Prepared!

As we move headlong into Winter of 2020, let us strengthen our commitment to what Rotary is for the world as we demonstrate our core values, noticing how we apply them in our daily lives and seeing how we are a positive influence on the community around us. While we acknowledge the great accomplishments Rotary has achieved, let us continue to carry this progress through our second century of service. We invite all in the community to join us in celebration of what the world has and what we can do together to make this an even greater place for all. The world is what we make it through our actions. Let us do this responsibly in ways that support each other and all life on earth that we may all prosper together.

Let us all live in the Spirit of Rotary theme for this year: "Rotary Connects the World"

At our expressed level of purpose, we continue to attend to our work with Community Mental Health Issues by providing awareness and education to be reflected as a change in our interpersonal and social environments. As we explore some of the ways to make a difference raising the level of good mental health in our community, let us demonstrate a path to achieve this goal. Through the application of the knowledge we gain, let us continue building public awareness of these issues and initiate programs that support mental wellness locally, nationally and world wide. In this way we will create a valuable result.

Please continue to support our Rotaract Club on 2nd & 4th Mondays of the month at 7:00 pm at the Gordon Biersch Brewery & Restaurant, Va. Beach. Jon, Chris and Kayla will continue to attend our meetings as fellow Rotarians.

I invite you to join us weekly, bringing friends to participate in these and all of the events of the club, that we may continue to be successful in meeting our mission throughout 2020.

- Nancy Joslin, President, Rotary Club of Town Center

Meeting for January 15, 2020

*Today is so very much another of our usual busy days
and we have so much to accomplish - so let's GO DO IT!*

- Prayer and Pledge of Allegiance led by Ken Brown the Rotarian of the Month
- Rotary Minute: Dave Moore.
- Introduction of Guests to the Meeting
- Introduction / induction of guests and new members
- Announcements-Upcoming events
- Queen of Hearts / Happy Dollars
- Servicing of nutritional needs and desires
- *This Week's Speaker is Andrew Braisted presenting a talk on the Cardiovascular Programs at Bon Secour*
- We continue to meet formally on the first three Wednesdays of the month: The First is a regular speaker, the Second is an Open House, the Third is a presentation from a more senior Rotary Official. There will often be a fourth meeting in a community locale, that is social in nature
- Let us all participate with Membership . . . Look for ways to bring friends as guests who might make the cut as a member and contribute through an active future of Service to Humanity. We may even have one such purpose with us here today!
- Our *"Rotary Mental Health Initiative"* is in full swing on it's way to reality. You may assist in locating speakers and resources, please contact Nancy Joslin, Pat Edwards or Dave Moore to incorporate these resources into action
- You may also contact Bob Gerling or Warren Stewart to suggest future activities or programs for us to engage in during the current and future years
- The Rotaract Club of Hampton Roads meets on the 2nd and 4th Monday of the month at 7 PM right here at Gordon Biersch Brewery & Restaurant

Rotarian of the Month:

Ken Brown

Birthdays for January, 2020

LouAnn Fornataro Jerry Odom Thomas Freridge

Ongoing Service Projects

Event

Details (will be updated as we move forward)

Bicycle Safety

Annual - last December 8, 2018: Boys and Girls Club, Virginia Beach. Dave is currently working on bicycle repairs with 2 events this month on Thur, Dec 5 & Fri, Dec 6, at United Methodist Church, Potters House, at 212 19th Street, VB.

Silent Auction

The Silent Auction was held again on April 14. We are working to recreate the success of this event at Zeiders American Dream Theater for next Spring

CHI

Community Health Initiative of Haiti Clean Drinking Water Project with updates from Pat Edwards

Rotaract

Meetings are held at 7 PM every 2nd and 4th Monday of the month at the Gordon Biersch Brewery & Restaurant, Va Beach. For updates: contact Nancy Joslin

Cashola

Upcoming, February 23, 2020 at Shorebreak Restaurant, Shore Drive, Virginia Beach for Pat Edwards trip to Haiti. Come, enjoy, support Pat!

Special Olympics

Annual Event in May at Princess Anne High School and at Plaza Middle School - Outstanding support for those in the community

Polio Plus

Ongoing International Project to Stamp out Polio everywhere in the world. 12 known cases left! Pints for Polio is ongoing and coming up again early next year

Clean the Bay Day

31st opportunity was June 1, 2019 - this event has collected 6.5 million pounds of debris in the past 30 years

District Grant with Local Rotary Clubs

Grant Project with area Rotary Clubs to work with the Soap Chips Project to make portable showers available to the community, the Elizabeth River Project, and Lynnhaven River Now oyster bed restoration

Event Calendar

Date Event

January is Vocational Service Month

Wed 15 Weekly Meeting - Speaker Andrew Braisted, Administrative Director, Cardiovascular Services, Bon Secours, Hampton Roads - Topic: Update on Cardiovascular Services offered at Bon Secours

Wed 22 Networking with Bill Barrett presenting his classification speech

Sat 25 Pints for Polio at O'Connors in Norfolk

Mon 27 Rotaract Club Meeting at 7:00 pm

February is Peace and Conflict Prevention/Resolution Month

Wed 5 Networking with Ken Brown presenting his classification speech

Mon 10 Rotaract Club Meeting at 7:00 pm

Wed 12 TBA

Wed 19 Ken Husse presenting

Mon 23 Cashola for Pat Edwards Haiti Mission at Shorebreak on Shore Dive 5 PM

Mon 23 Rotaract Club Meeting at 7:00 pm

Rotary Meets the First Three

Wednesdays of the Month at 12:30 pm

Rotaract Meets the Second and Fourth

Mondays of the Month at 7:00 pm

E-Club Makeup Website for Missed Meetings

<http://RotaryEClubOne.org/makeups/howtodoamakeup/>

Club Officers

- President Nancy Joslin
- Vice President..... James Hatcher
- Treasurer..... Bill Barrett
- Secretary Johnathan Epler
- Past President..... Bert Poole
- President's Advisory Counsel Bert Poole
- RI Foundation..... Pat Edwards
- Membership Chair Open
- Club Services Chair..... Pat Edwards
- Community Service Warren Stewart & Bob Gerling
- Club Friendship Officer Liz Pinella
- International Service Chair..... Ellen Cummings
- International Member Service Pat Edwards
- Mental Health Initiative Chair..... Dave Moore
- Public Relations Officer..... Ken Brown
- Vocational Service Chair..... Nancy Joslin
- Sergeant at Arms..... Fred Joslin
- Sergeant at Arms..... George Kelly

Pints for Polio

Saturday, January 25, 2020

O'Connors Brewery

Norfolk, Virginia

Fun with a cause!

Put it on your calendar now!

January is Membership and New Club Development Month

What activities do you suggest to engage our club members for the next Rotary year?

Consider our motto: "Service Above Self"

Please email your suggestions to
Bob Gerling (Rigerling@gmail.com)

or

Warren Stewart (Warren.a.stewart@gmail.com)

We want you to have a major input
into our future programs

Thank you for your attention

Our vocations allow us to help other people live better, safer, and healthier lives

It's the work we do in Rotary

Through our vocations in our clubs, in our communities, and across continents, we are touching the lives of people we don't know and might never meet. In every part of the world, every single day, whether they know it or not, people are living better, safer, and healthier lives because of the work of Rotary.

The people we help might not have met a single Rotarian. They might not even know that Rotary exists. But they are drinking clean water from a bore well that Rotary dug. They're learning to read with books that Rotary gave them. They're living lives that are better, happier, and healthier.

All This - Because of Rotary Service to Humanity

-paraphrased from John F. Germ, Rotary International President, 2016 / 2017



Area Clubs For Make-Up

Cape Henry <http://www.capehenryrotaryvb.org/>

Wed 7:30 a.m. Virginia Beach Resort Hotel

Virginia Beach <http://vbrotary.com/>

Thu 6:30 p.m. Crowne Plaza Hotel on Bonney Rd.

Virginia Beach Courthouse

Wed 7:30 a.m. Merged with the Cape Henry Club

Chesapeake <http://chesapeakerotary.org/>

Wed 1:00 p.m. Chesapeake Conference Center

Churchland <http://www.churchlandrotary.org/>

Tues 7:30 a.m. American Legion Hall

Great Bridge <http://www.greatbridgerotaryclub.org/>

Mon 7:30 a.m. Traditions Restaurant, Chesapeake Golf Club

Hampton Roads <http://www.rotaryhamptonroads.org/>

Fri. 7:30 a.m. Holiday Inn, Greenwich Rd, Norfolk

Norfolk <http://rotaryclubofnorfolk.org/>

Tue 12:15 p.m. Norfolk Scope Arena Meeting Room

Norfolk Sunrise <https://www.facebook.com/RotaryNorfolkSunrise/>

Tue 7:30 a.m. Town Point Club

Portsmouth <http://www.portsmouthvarotary.org/>

Thu 12:30 p.m. Holiday Inn - Waterfront

Online Makeups may also be made at

e-club website: <http://rotaryclubone.org/makeups/howtodoamakeup/>

Click on the link above to use this website

Website / Photos / Program Design



Ken Brown, Designs of Choice

Phone: 757.575.9381

E-mail: Rotary@DesignsOfChoice.net

Mail: 214 B 55th Street
Virginia Beach, VA 23451

Rotary Club of Town Center Website:

<http://rotarycluboftowncentervb.org>



The Four Way Test

To Encourage International Understanding and Peace,
And of the Things We Think, Say and Do:

1. Is it the **Truth**?
2. Is it **Fair** to All Concerned?
3. Will it **Build Goodwill** and **Better Friendships**?
4. Will it be **Beneficial** to All Concerned?

- And . . . It Can be FUN! -

This Year's Silent Auction Sponsorship Information

**In order to stimulate colleague solicitation and avoid duplication,
below begins a cumulative list of 2020 auction items:**

1. Virginia Symphony (2)
2. Virginia Stage Company (2)
3. Norfolk Waterside Sheraton (1 nite)
4. Williamsburg Doubletree (1 nite)
5. Norfolk Waterside Marriott (1 nite)
6. Virginia Opera (2)
7. Motor World (2+2)
8. Best Western Hotel (2 nite)

Next Upcoming Event - Sponsorship Opportunity

January 25, 2020 from 6 PM to 10 PM

O'Connor Brewery, Norfolk, Virginia

Mr. Mint \$100.00

Includes 2 admission tickets
Recognition on Social Media
Logo/Name on posters at event

Lord Licorice \$250.00

Includes 4 admission tickets
Recognition on Social Media
Logo/Name on posters at event
Logo/Name on presentation to run throughout event

Princess Lolly \$500.00

Includes 8 admission tickets
Recognition on Social Media
Logo/Name on posters at event
Logo/Name on presentation to run throughout event
Logo/Name on table tents at event

Queen Frostine \$750.00

Includes 8 admission tickets
Recognition on Social Media
Logo/Name on posters at event
Logo/Name on presentation to run throughout event
Logo/Name on table tents at event
DJ shout out once per hour throughout event

King Kandy - Presenting Sponsor \$1,500.00

Includes 8 admission tickets
Recognition on Social Media
Logo/Name on posters at event
Logo/Name on presentation to run throughout event
Logo/Name on table tents at event
DJ shout out once per hour throughout event
Logo/Name on banner at DJ stage
Speaking opportunity at event
Invitation to be featured during coverage from local news media

PINTS 4 POLIO

Round 2



Tickets & Sponsorship Info: RotaryHamptonRoads.org



ROTARIAN CODE OF CONDUCT



As a Rotarian, I will:

- 1. Act with integrity and high ethical standards in my personal and professional life*
- 2. Deal fairly with others and treat them and their occupations with respect*
- 3. Use my professional skills through Rotary to mentor young people, help those with special needs, and improve people's quality of life in my community and in the world*
- 4. Avoid behavior that reflects adversely on Rotary or other Rotarians*



Rotaract Update

The Rotaract Club meets the second and fourth Mondays of the month, here at Gordon Biersch at 7:00 pm

-Lizzy Alexander, Rotaract President

This is a calendar of events and programs that are upcoming in the near future
Please assist us in these active programs as they will be very beneficial to needy members of our community

New Rotarian - November 20, 2019

Last Week We Inducted Mike Fitch as a New Member

Mike Fitch

Address: 4836 Beach Cove Place, Virginia Beach, VA 23455

Phone: mobile: (757)362-7371

Mike is retired from the Navy and has lived in Virginia Beach for the past several years.

He was born and grew up around the Jersey shore.

He graduated from University of Pittsburgh and has two masters degrees.

He lost his wife a year ago and has two daughters, a son, and 3 grandchildren.

About Today's Rotarian of the Month

This Week We Honor Ken Brown to Acknowledge What He Has Accomplished



Ken Brown

Ken Brown was born in Newton MA on November 9, 1947. He Grew up in the town of Weston, MA, a town next to Wellesley, MA but more private; so private that minimum lot size is 2 acres and cell phone towers are still not allowed.

Ken worked from age 14 until he retired at age 65 secondary to a stage 3 colon cancer. He began as a short order cook, then grounds maintenance, respiratory therapist, registered nurse, hospital department head, paralegal, hospital supervisor, diagnostic lab department head, and long term care educator, supervisor and Nursing Director. He has extensive experience at Sentara and Bob Secours Health systems.

He has always focussed on how things worked and how to communicate with others.

College: BS in Biology, Boston College, 1970, minor in Chemistry, course work in all the social sciences except sociology, took courses in Radio, television and play production and music arrangement, spending 4 years on air in the college radio station. Registered Nurse Diploma, Newton-Wellesley Hospital, 1976, BFI in Visual Communications, AIU, 2005. He was in drama and musicals in every part of his schooling.

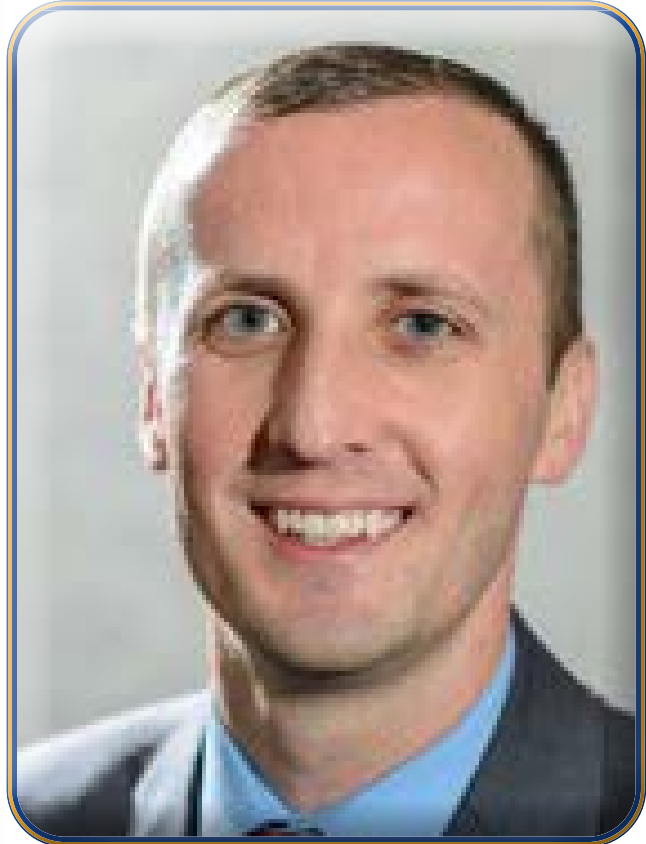
As a Naval Officer Ken attended Surface Warfare Officer School, and managed the Combat Information Center and Public Relations and shipboard intelligence reporting. His last ship's captain was David Moore of this club.

Ken joined Rotary about 2007 when Dr. Hatcher made him aware of it. He has worked since that time documenting events in the club and participating in many activities since that time.

(He says he can make this much longer if you want to know the real details of his life!)

About Today's Speaker

Andrew Braisted: Presenting a Talk on Cardiovascular Programs



Andrew Braisted 3rd is a dynamic and results-focused healthcare leader with 10+ years of industry experience.

Andrew has a Bachelor's in Business Administration from Malone College (2004) where he also played men's soccer on an athletic scholarship; a Master of Health Services Administration from Xavier University (2006)

He worked his way to his current position, first at UC Health, Cincinnati, OH, moving from Staff Accountant to management of Visitor Services to Business Manager to Cardiovascular Services, then on to Arnot Health where he was the Cardiovascular Service Line Administrator. He is currently at Bon Secours, Hampton Roads as Administrative Director of Cardiovascular Services.

He enjoys spending his free time with his wife and two children ages 6 and 4. He is very involved in his church.

Today, Andrew will speak with us about the current Cardiovascular programs at Bon Secours.

Community Health Initiative, Haiti

Pat Edwards, Paramedic, recently returned from leading a medical team in Haiti. As a team of 10 they were the smallest medical team ever deployed by CHI. They were joined by two Haitian doctors.

A typical team size is 25. The five days of clinic were held in the two villages they have been working in for the last 6 years - Do Digue (4 clinic days) and Fondol (1 day - which is up in the mountains and takes two hours by foot or donkey to get there with all of our supplies. They saw 1148 patients, a few very ill which were taken to a hospital in Port au Prince and they delivered one baby boy who was named Jonathan by his mother.

A typical sized team will see 1500 so the numbers seen were good. The March and June clinics were both cancelled due to political unrest, making this the first clinic held since January. The next clinic will be held in October. CHI holds 5 medical clinics and 2 surgical clinics each year.

Haiti is on the Western third of the island of Hispaniola. With an estimated 10.5 million citizens, 75% are estimated to live below the poverty line. The majority of live on less than \$2 per day. Frequent natural disasters only worsen the situation. Please assist us in supporting them.



Pat works with the Community Health Initiative, Haiti. This organization has worked with hundreds of volunteers from across the United States and Canada to reach the primary and public healthcare needs of Haitian patients. CHI collaborates with local talent in their service areas to combat malnutrition, provide clean water, promote safe environments and deliver healthcare for the members of partner communities in the Arcahaie area of Haiti.

To honor this initiative and promote awareness of the service provided, we have been donating \$10 in the name of our weekly speaker to the Community Health Initiative for the last three years. This is a symbol of our ongoing awareness of the issue and a call to action while providing clean water for a family each week on an ongoing basis.



Clean Water Project



How to Use the Gadyen Dio System:

1. Put 2 capsules of chlorine into the 5 gallon bucket, wait 30 minutes.
2. Use the spigot to get the water you need from the bucket. Keep the lid on the bucket, and keep the bucket out of the sun.
3. Water is now clean and you can drink it without a problem.

MAKE A "WELL" OF A DIFFERENCE!

Our work happens in Haiti as a result of a collaboration between awesome volunteers and generous donors - like you, our US & Haitian friends, staff and partners. Together we are making real tangible quantifiable changes!

BRINGING CLEAN WATER TO HAITI MAKES A 'SPLASH!'

Our clean water project is an exciting opportunity that positively impacts the livelihood of the Haitian communities where we work. In fact, recent data from our Gadyen Dio water treatment bucket program indicated reduced rates of diarrhea among users, decreasing from 40% to 1.8%.

In the mountains and foothills near the region of Arcahaie, CHI's Quality Control Workers (QCW) have distributed more than 1,000 Gadyen Dio (Water Guardian) water treatment buckets, which are complete with a lid and water spigot. In collaboration with our Extended Term Volunteers (ETVs), each bucket has been numbered and identified with GPS coordinates. Our Haitian staff and ETVs spent time with the families in their homes, asking them about their health and drinking water. From a 2012 survey, we know that 98% of the water from many of these sources is contaminated with fecal matter. Thus a water treatment system for our families is imperative for their health and safety!

Each month, the QCWs return to visit the families, ensure the buckets are operational, sell replacement chlorine, and answer any questions the families may have. By staffing this project, CHI encourages health equity by continuing to lower incidents of diarrhea, cholera, typhoid fever, rotavirus, and other water borne illnesses.

Currently, 1,000 buckets have been distributed into the homes in our service area. CHI works with a company called Deep Springs International to distribute their Gadyen Dio buckets. Their mission is to "...improve life in developing countries by identifying and encouraging the use of affordable water purification systems, teaching the importance of proper household water treatment, and creating new business opportunities for local people." Using this business model has been instrumental in enhancing quality of life, reducing rates of diarrhea and providing economic opportunities for our Haitian staff.

Our vision of unanimous access to clean water is large. With CHI and Gadyen Dio, each small step we take brings us closer to achieving that goal.

October 19, 2019 Terekeka - Day #23

Loki, Tomba, and I left Terekeka in the Land Cruiser at 7:00 am and returned at 4:00 pm - travel-worn from hours on rain-swollen roads, but having had a profitable time at two Bush schools - Gwele and Burrungga. We assessed the abilities of the "Learners," and have developed a plan to provide training/direction to these largely untrained teachers to help them be more effective. These visits are always "eye-opening" as well as fruitful, and lest I neglect to mention - enjoyable!



Lodi Gai - 6 years old



Mogga - 14 years old



Amani - 16 years old



Loki Beto - 17 years old



First time putting puzzles together



Alphabet trays in use at Burrungga

October 20, 2019 Terekeka - Day #24

This has been letter-writing day. The letters from so many of you were distributed a few days ago. The process started at about 1:45 this afternoon, and the last one completed at 5:00. It is always a marathon with younger children needing help from beginning to end and older ones writing and rewriting with lots of artwork. Letters from the hearts of the children at the Terekeka orphanage on their way to you!

October 21, 2019 Terekeka - Day #25

It was an energetic worship service with music from children, teachers, house mothers, cooks, and cleaners - and an inspired word from Steve Wiley, urging us all to give thanks in all things. After lunch, the kids, a few teachers, and I gathered in the dining hall to make Bible bookmarks - a bit frenetic, but in the end everyone had a useful craft item. Jumping rope followed, with plenty of free time for those who didn't desire structure. Steve, Joy, 8 younger kids and I took a late afternoon walk to Kageena Bonee. The river is too high for swimming but it was a great walk, with crocodile sighting, a couple of snakes, several monkeys, and a kajillion frogs in evidence. A perfect end to a very good day!



Soccer team with balls donated by Carol Hawkins



Mama Kiden and her crew - Reja standing, smiling Yikele in center, Sunday Rose, Aler, Danya, Monday, and Baby Ema.



Handmade jump ropes given by Dumpy Lloyd.



Craft for the day - Bible bookmarks - idea and materials from Amy Rose



Clock wise - Philip in red, Lodule, Lodule James and Gore



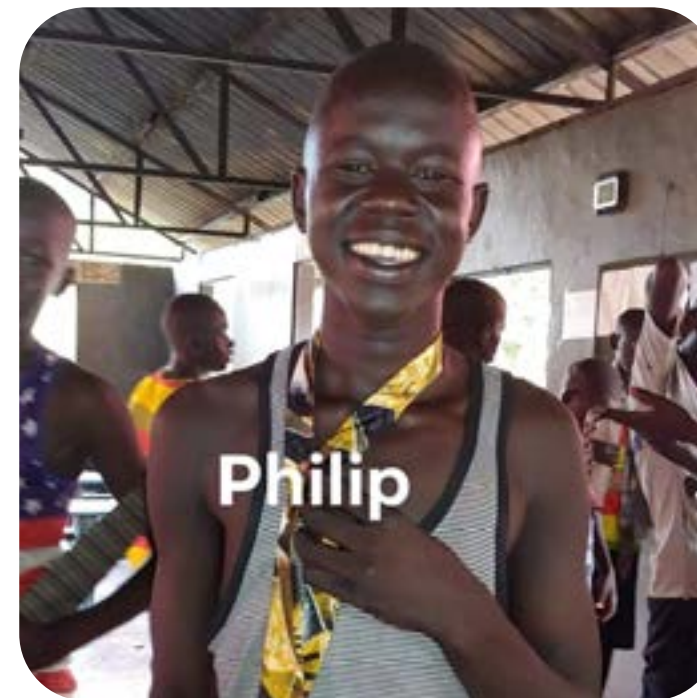
Lovely Harriet, our wonderful cook!



Stella helping Yikele.

Date: October 21, 2019 Terekeka - Day #26

This was the final assessment day for BCLP - Tomba's 4 Bush schools. These schools are educating students in distant communities too far from existing Primary schools, many of which are already over-crowded. The drill was the same - alphabet trays, numbers bingo, floor puzzles, groups reading from "Big Books." The Buko students acquitted themselves well, and Tombs has new materials to add to his arsenal. I also gave out the last of the ties to a few teachers and the oldest males at the orphanage; and scarves and earrings to the cooks at the school. Notice the deep scarring on the faces of these women - the tribal mark of the Mundari. We all enjoyed Harriet's terrific chicken soup and chapati for lunch. This little slip of a girl knows her way around a Bush kitchen! I have almost completely divested myself of all the supplies so many of you generously donated. A few earrings still remain, some crayons and markers, materials for Uganda. Two more full days here, which I will spend at the school - then back to Juba on Thursday, on to Uganda Friday morning.



November 11, 2019 Terekeka - Day #47

My last day in South Sudan and a memorable one it has been! I went to the school with Angelo and company to address the students one last time - also shot some video footage, which they really got into and had quite an audience. Unfortunately, the flight was delayed for two hours, and at the Rumbek airport with no creature comforts, that is a very long time! Only 45 minutes to Juba, thank goodness!

Here's where it gets interesting. Upon landing, I was met by two nice young men in the employ of the Ambassador at whose home I was invited just last Thursday. I was whisked to AFEX for quick change and then off to - VOILA! - the residence of the President and First Lady of South Sudan - President Salva Kir and Mary Ayen Mayardit! I knew this was in the works but didn't say anything about it, because it could have very easily not happened. The security at the residence is tight, as you would imagine. There are no plain clothes police as we have in the U.S. - just soldiers in camouflage with big guns - AK 47s, I presume, but don't know that much about military weapons. They had not been told we were coming and swarmed the vehicle we were in. It got my attention.

I was accompanied by a career diplomat with the Ministry of Foreign Affairs just back from a posting in Turkey, who made a couple of phone calls, and a few minutes later we were allowed to drive in the compound. I wasn't allowed to take any photos - no surprise there - and it would be hard to describe the interior of the grounds, actually pretty non-descript. The door opened and we were led into a room that could only be described as opulent. You can tell from the background in the photos the type of furniture - and a lot of it - red velvet with gold trim. I was seated in a chair where my feet could barely touch the floor.

This diplomat and I were left alone for about 10 minutes, during which time I tried to get information. "What do I call the First Lady?" "Her Excellency." "How many children do the President and First Lady have?" "In our culture, we don't talk about the number of children so don't ask that question." I was getting the impression I shouldn't ask any questions at all.

Finally "Her Excellency" appeared and it was time for the photo op. I was asked for my camera and there was another camera in use, I suppose to record the visit for the First Lady. I would say she is reserved. She doesn't speak fluent English, which surprised me, and one reason for the presence of the diplomat was to interpret. Most of the visit the First Lady was talking directly to the interpreter, but when I spoke she looked directly at me. We discussed the need for education in South Sudan and she thanked me for my efforts in bringing education to her country. She had visited the U.S. during the Obama Administration, and had met Michelle Obama and had a tour of the White House. She asked me to greet Michelle for her, and I had to explain that most likely that would not happen.

The President and First Lady are eager to establish a relationship with the U.S. that will result in greater involvement of American interests in South Sudan. Everyone appreciates the role the U.S. played in helping the South gain independence from the North. She was pleased to learn that I like local food, and said she would be happy to cook for me sometime. I asked if there was anything specific she would like from the U.S. and she said any gift would be appreciated. For about 15 minutes there was similar banter and when the interview was over, it was obvious she was finished.

I appreciate this opportunity and those who made it possible. Maybe in time some good can come of the visit.

Tomorrow I fly to Entebbe, Uganda, and the Africa portion of this trip will close. It has been full and profitable, although not everything was accomplished that I had hoped and even expected. Wednesday I will rendezvous in Tel Aviv, Israel, with my daughter, Rebecca, and we will spend the next 11 days touring the sites of the Holy Land compliments of a mutual friend.

Thank you for your company this far!

- Blessings, Ellen

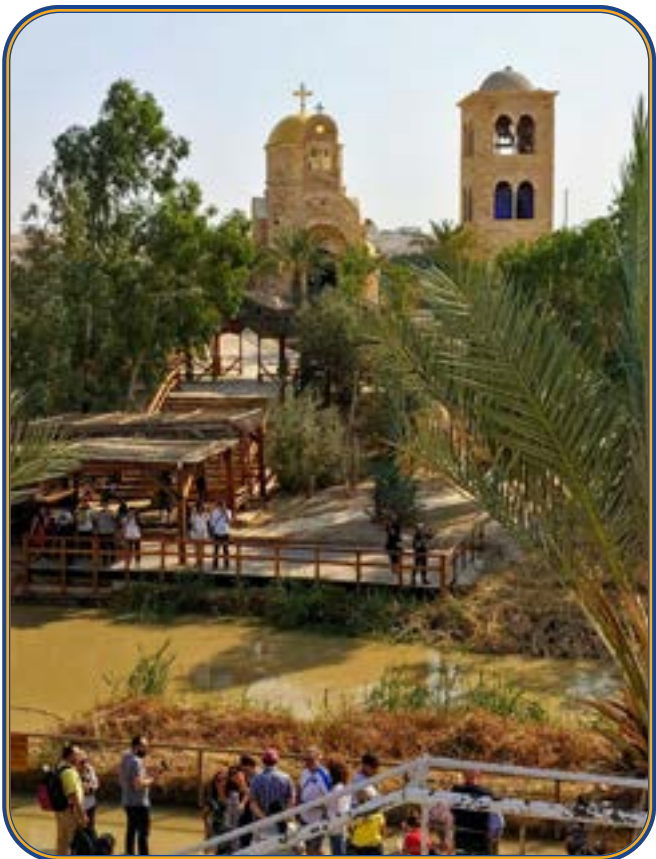


November 17, 2019 Terekeka - Day #53

We checked out of our Tiberias hotel at 9:00 this morning and headed south toward Jerusalem. Our first stop was Kaser El Yahud, the actual location where Jesus was baptized by John - located in the occupied territory of the West Bank. During the hour or so drive to this spot, Elad gave a history of the Arab/Israeli conflict beginning in 1948. To say this is a complicated issue would be a gross understatement. I have a better grasp of the situation and the events that led to the current impasse, but can't say I totally understand it despite Elad's efforts and my questions.

We got to Jerusalem just in time for lunch at the Mahane Yahuda Market - this time at a Jewish-Iraqi restaurant that served dishes with some of the most unique flavors I have ever experienced - hard to describe. Each dish was brought to the table in a big bowl, from which we served our plates. When that one was finished another one was brought, so only one dish was served at a time. The first was Kubeh - semolina stuffed with beef served in a broth. Then Sufrito - basically beef pot roast, but maybe the best I ever tasted. Moussaka was next - also excellent - followed by Azura - the house specialty - eggplant with minced beef and pine nuts in a cinnamon safron sauce. Elad insisted we sample Rogalach, an Eastern European pastry from a Kurdistan bakery. I am still full!

After lunch, we drove into the Old city and to the Mount of Olives area where we could see the Dome of the Rock on Temple Mount; an ancient Jewish cemetery; and walk through the Garden of Gethsemane. Outside the church adjacent to Gethsemane is a carving in stone of Jesus kneeling - praying and obviously in great agony - one of the most moving depictions of the hours before the crucifixion I have seen. We will spend more time in the Old City, but Elad wasn't feeling well and needed to get home. We hope he is much improved tomorrow. Blessings! Ellen





ATTENTION!

SOUTH SUDAN

is a key element in fighting the force of tyranny ... And ...

ELLEN CUMMINGS

is our Missionary!

*Ellen celebrated her 70th birthday
by going back to South Sudan!*



WE HELD A FUN(D) RAISER ON AUGUST 19TH

**SUDAN-A-THON *Cashola*
for Ellen's return to Sudan!**

at the Shorebreak on Shore Drive

With an evening of local musician entertainment!

YOUR CONTINUED SUPPORT IS CRUCIAL!!

IN MEMORIAM

Recently we have lost 2 long term Rotary Members



Bill Detterman

*Pharmacist-Owned Bayside Pharmacy
Charter Member of the PARC
PARC Foundation Chair for many years
Led the club in singing at many events
Bill was also an accomplished magician
Cared for his wife Anna at home for many years
Mover and shaker in the Boy Scouts*



John B. Moore, Jr.

*Navigation Systems Engineering
Hampton Roads Rotary Club 34 years
Past President
Enjoyed sailing, woodworking and playing
piano
Married to his wife Susan*

In Memoriam

Forrest P. "Bill" Anderson

June 12, 1930 - August 9, 2019

Born in Memphis, TN • Resided in Virginia Beach, Virginia and Salisbury, Maryland



Forrest P. "Bill" Anderson died at age 89 on Friday August 9, 2019 at Peninsula Regional Medical Center. He was surrounded by family in his last hours. He had been a resident of Salisbury, MD since June 2017. He lived in Virginia Beach for most of the prior 40 years. He was born on June 12, 1930 in Memphis, TN. He was the son of Jerry M. Anderson and the former Dorothy Burnett.

He is survived by his wife, Hathaway G. "Happy" Anderson, residing in Virginia Beach. They were married on September 17, 1954, in Montgomery, AL. He is also survived by his children, Robert G. "Bob" Anderson (Donna) of Salisbury, Elizabeth P. "Libby" Anderson (Joe Mahon) of Garrison, NY and William K. "Bill" Anderson of Asheville, NC.

He had two grandchildren Robert G. "Rob" Anderson, Jr (Tori) of Salisbury and Christine E. "Christy" Hallman (Steve) of Salisbury. He had seven great-grandchildren: Brooke, Ellie, Will and Seth Anderson as well as Brinley, Charlotte and Sawyer Hallman. He received months of compassionate care and friendship from his family in Salisbury as well as from Visiting Angels and at Atria Assisted Living.

He was a loving husband, father, grandfather and great-grandfather (known as Granddaddy). He was courageous, tough, ambitious, a Patriot, a leader and a problem solver. He often had a servant heart. He traveled to many parts of the world while in the Navy. He continued to travel, mostly to England, in retirement.

Forrest P. Anderson entered the Naval Academy in 1949 and graduated in 1953. He retired from the Navy in 1981 with the rank of Captain. During his time in the Navy, he served at 12 different duty stations in Florida, Virginia, California, Hawaii and Italy. He flew over 200 combat missions, in Vietnam, as a Fighter Pilot



primarily flying the F4-Phantom. He was Commanding Officer of Fighter Squadron VF 213, USS Spiegel Grove LSD 32 and the USS Oriskany CVA 34 Aircraft Carrier. The Spiegel Grove and Oriskany now serve as artificial reefs off the coast of Florida.

During his Navy service he was awarded numerous medals and service ribbons. These include the Distinguished Flying Cross, the Bronze Star Medal (for Valor), the Air Medal and the Presidential Unit Citation.

He joined Kidder Peabody in Norfolk, VA in 1983 as an Investment Advisor. Kidder Peabody became Paine Webber and eventually UBS. He retired from being an Investment Advisor in 1999.

He helped his wife open and operate Arcana Fine Linens in Virginia Beach. They also designed a custom vacation home that was built in 1986, near Kilmarnock, VA. The home was the site of many fun gatherings with friends and family. These gatherings included boating, fishing, eating crabs, enjoying the outdoor decks and the boat dock.

In Virginia Beach, he was very active in the Princess Anne Rotary Club and served as a volunteer at the Virginia Marine Science Museum for over 15 years.

He and his family attended Galilee Episcopal Church in Virginia Beach, starting in the late 1960's.

A Memorial Service will be held at Galilee Episcopal Church located at 3928 Pacific Avenue on Friday August 23, 2019, at 11am. Reverend Nigel Mumford will be officiating. Any memorial gifts may be made to the Building Funds at Galilee in Virginia Beach or Providence Presbyterian in Salisbury, MD. Arrangements are being handled by H. D. Oliver Funeral Apts., Virginia Beach and Holloway FH in Salisbury.



**This is how we
can keep rowdy
Rotarians quiet
during critical
moments.**

Birthdays for January, 2020



LouAnn Fornataro Jerry Odom Thomas Freridge

Hunton YMCA upgrade to feed Students



Chef Paul with his new stove and deep fryer. Can you see the smile on his face? He is using it today to feed the kids.

Walk-in refrigerator/freezer and ice machine were installed the last week in October.