



The Inspiration



Inside this issue

DG Glenn's Holiday Greeting	1
Editor's page	2
Rotary's Top Priority is the Eradication of Polio.	3
Interview with Rise Against Hunger Chair Bob Hähne	4
Reston and Great Falls Clubs' Food Packaging and Food Basket Events	5
Annandale and Bailey's Food Packaging Events	6
CART	7
Fundraisers and Public Recognitions Galore	8
Sterling and Rappahannock-Fredericksburg Holiday Events	9
Highlighting Interact	10-11
Membership Matters	12-13
Travels With the Mule	14-15
Advertising	16



This December edition of *The Inspiration* celebrates our successes. Our net membership is positive, but we STILL have a long way to go. Our Rotary Foundation (TRF) remains strong, too! Under the leadership of DRFC, PDG Juanita Cawley, our D7610's *Paul Harris Society* percentage is ranked # 1 in Zone 33. Clearly, these record statistics bode well for the strategies and strategic planning that we have been recommending.

However, this holiday month is not about statistics! As we have often said, *Rotary has Heart!* December is the traditional holiday season for multiple faiths! December is, also, *Rotary Disease Prevention and Treatment Month*. Our health is everything. Yet, 400 million people in the world can't afford or don't have access to basic health care. Polio remains our top priority, and so this issue has re-printed an outstanding article from *Zone 33 Foundation News* on why polio prevention should continue. In addition, I am personally supporting and promoting *Coins for Alzheimer's Research Trust (CART)*. One of the reasons that Rotarians are so special is because we find so many different, collaborative, and creative ways to support improved health care and to expand overall nutrition. For many of our Clubs this means supporting clean water, and food distribution events. This makes me proud to serve as your District Governor!



Happy Holidays! W. Glenn Yarborough, D7610 District Governor

Newsletter

Editor: PDG Janet "JB" Brown

Staff: Jim Holcombe
June Woditsch

Publisher: James Hicks

Photographers:

Dave Borowski
Dave Mercer

Important Dates

December : Disease Prevention and Treatment Month

Dec. 15th Stafford Christmas Parade

Dec. 18th Speaker PHS Chair Michael Arietti at John M. Porter Library, Stafford

Dec. 25th Christmas



Rotary Leadership Institute

Mid-Atlantic RLI

MD • DE • DC • WV • TN • VA • NC • SC

Feb. 9th Blacksburg, VA

Feb. 9th Charlottesville, VA

(For more information see D7610 website)



Editor's Page—PDG Janet "JB" Brown

December—Holiday Month to respect all religions and traditions.



I hope each of you had a great Thanksgiving. Felton and I did. December is a traditional holiday month for multiple religions. We respect other religions around this time and acknowledge their respective celebrations. That is why you, our readers, will see a lot of red in this holiday issue. Red is the traditional color of celebration for Christmas and Chinese New Year celebrations. During this holiday season, DG Glenn Yarborough applauds the goodwill that *The Rotary Foundation* generates abroad—but he also wants our Clubs to be recognized publicly for their local generosity. We have so much to be thankful for. Therefore, in this December Issue of *The Inspiration*, we look back at all of the recent events that celebrate our giving to *the neediest* both locally and internationally. What better month, therefore, for Rotary to celebrate *Disease Prevention and Treatment Month*. We are so close to ending polio and D7610 has also received significant public notoriety for its efforts to raise funds for clean water. Finally, *Team Inspiration* would be remiss if we didn't highlight our recent Interact activities. Last month, we challenged our Clubs to carry out activities to support *World Interact Week*. Strong Interact Clubs make our Clubs stronger!

Happy holidays to you and your family. Peace, good will and joy to you for your leadership, time and service **PDG Janet "JB" Brown**



Disease Prevention and Treatment Month: Rotary's top priority is the eradication of polio. This alone has saved thousands of lives. In this issue, we are highlighting nutrition and sanitation, as well because clean water and sanitation are the single most important way Rotary fights Disease. However, Rotary's campaign to fight and treat disease is so much more. Here are some of the ways:

- Provides diabetes tests, advice, and education
- Eye disease prevention including cataract surgery
- Supports the MICHELO project in Swaziland (dental services and education)
- Sets up health and training facilities in undeveloped countries with HIV/AIDS and malaria
- Provides safe blood donation centers
- Temporary clinics and training facilities when disease outbreaks occur
- Constructs water well
- Contributes and distributes food
- Conduct campaign, education and sanitation training (i.e., handwashing, safe food handling, safe waste disposal)

When people have access to medical and dental services, sanitation, clean water, and nutrition—all stay healthy and prosper!

Disease Prevention and Treatment Month:

**Rotary's top priority is the eradication of polio. We also support and promote:
Clean Water, Fighting Opioid Abuse, and Coins for Alzheimer's Research Trust (CART).**



Since 1979, Rotarians have been the driving force behind the eradication of polio. It began when Philippine Rotarians initiated a 3H grant project to eliminate polio from their country. They did it in five years. Based on this successful Rotarian-grass-roots effort, Rotary adopted polio eradication as a major initiative in 1985. I'm not sure what the average Rotarian thought about how long it would take to do what the Philippine Rotarians did back then, but I can tell you that it has been much harder and taken much longer than we thought. At times, I have felt like some of you, "I'm tired of hearing about Polio, tired of hearing that we have to meet the Gates Challenge Goal, tired of hearing that we have to meet this year's Zone, District and Club polio contribution goals, tired of hearing and communicating to you that we have to make our communities more aware of what Rotary is doing globally and getting their support for polio eradication, and tired of hosting public polio fundraising events. I just need to take time off and pause." Then

it struck me. We Rotarians have been the leaders in reducing the number of polio cases by 99% since 1988. We are now down to only three endemic countries, Afghanistan, Nigeria and Pakistan. How could I, when we are so close to achieving our goal and have invested so much time and funds, go to one of those countries and look a child in the eye and say, "I'm tired of hearing about polio and need to take a rest and pause in working to prevent you from getting paralyzed and shunned by the rest of the people in your country." But, hopefully like you, I could not do that because pausing and taking time off would start to undo all of the success to date. It would be reneging on our promise to the children of the world. The number of children contracting polio would increase dramatically over the next 20 years and prevent us from saving the world \$40-\$50 billion and countless damaged human lives. A few years ago no one had confidence that India could eradicate polio. At the time, India accounted for over half of the world's polio cases. Today, India is polio-free. Today, the World Health Association's Ministers of Health have approved putting polio-eradication emergency provisions in place where they are needed, and the World Health Organization and UNICEF have added personnel to finish the job. We have the vaccine necessary to do the job. No technological or biological barriers remain to accomplishing the goal of a polio-free world. Only political and societal barriers exist. We Rotarians must continue to be the energy of this great cause and finish the job.

Rotarians, you should feel a real sense of accomplishment in all that we have done over the years to get our great organization so close to eliminating polio. Let's rise above the temptation to pause and letting "being tired of hearing about polio" take control of our actions. The real test of a person's character is not when everything is humming along smoothly and easily, but when he faces a challenge or obstacle. In this year and for as long it takes us to be victorious, let us continue to give generously to the PolioPlus Fund of our Rotary Foundation. Let's have fun and enjoyment as we tell our communities about our efforts and have events— hopefully with several clubs partnering. Yes, like many of you, I too am tired after all of these years of trying to fulfill our promise. But, unlike some of you, I was a Rotarian in the early 80's and contributed to the very first Polio Campaign, and yes ... I am still contributing. Hopefully, you will join me as I pledge to the world's children and their families to persevere with every fiber in my body to help Rotary continue to be the energy to get the job done. PLEASE join me in the final leg of our journey and support THE COUNTDOWN TO HISTORY to wipe polio from the face of the earth. Let's finish the job—we can win this landmark victory with your help! Now is NOT the time to pause—the 400 million children in 60 countries of the world and the three endemic countries where the virus is present, but almost controlled, NEED Rotary's help—YOUR HELP!! Let us be sure we honor our commitment to the "children of the world..." **Reprinted from Oct-Dec Zone 33 Foundation News (2018)**

A promotional graphic for a training event. It features the Rotary logo at the top, followed by the text "Join the North Stafford Rotary Club for REVIVE! on NOVEMBER 29th at 7pm". Below this is a yellow banner with the word "REVIVE!" in large, bold, red letters, and "OPIOID OVERDOSE AND NALOXONE EDUCATION FOR VIRGINIA" in smaller black text at the bottom.

Fighting Opioid Abuse

The North Stafford Rotary Club hosted a training provided by RACSB at Stafford American Legion - Post 290 to teach people how to recognize and treat an opioid overdose. Each participant received a kit with either a dose of Naloxone, or the ability to obtain a dose, inside. The training was free and the training was open to the public and available for adults and teens (with a waiver/parent consent).

Highlighting Disease Prevention and Treatment Month:
Clean Water and Nutrition are Vital to Disease Prevention.



**The Inspiration Interview With Bob Hahne,
Rotarian-of-the-Year, and Rise Against Hunger Chair**

When Rotarians think about improving health to the neediest—we usually think of Rotary’s **End Polio Now** campaign. That’s only natural since it remains our top priority. A related focus, however, is helping to provide adequate nutrition. This is precisely why D7610 has developed a decade-long relationship with **Rise Against Hunger** (formerly Stop Hunger Now). Leading the charge are Zone 33 Coordinator, Chris Jones and for D7610—our own **Rise Against Hunger Chair**, Bob Hahne.



When DG Glenn Yarborough was at a recent Zone 33 summit, he attended a *food packaging session*—with a goal to assemble 100,000 meals. Not to be outdone, he turned to Zone 33 PI Coordinator Brenda Shaw and told her that D7610 has already been actively collaborating with **Rise Against Hunger** in a similar event for over a decade. DG Glenn further remarked that, “**Rotarian Bob Hahne has done this each year in memory of his wife, Barbara; and he now has the entire community involved. It is a good story worth telling**”. **The Inspiration** concurred. To this end, **The Inspiration** staff member—Jim Holcombe conducted an interview with Bob Hahne.



The Inspiration : Rise Against Hunger has carried out two recent activities with the Reston and McLean Rotary Clubs. Bob, where and for how long have you been involved with **Rise Against Hunger** ?

Bob Hahne: More than a decade. This is now an annual *signature project* of the McLean Club. We hold this event at the McLean Lutheran Church of the Redeemer (where the McLean Rotary Club holds its meetings).



The Inspiration: Is this a McLean Rotary project?

Bob Hahne: Not anymore. This project has expanded into a collaborative Community event that includes other organizations and supporters (e.g., the Dunn-Loring Rotary Club, Interactors, the Boy Scouts, the Girl Scouts, and Churches), to list a few.

The Inspiration: When you say expanded... Can you please elaborate on this?

Bob Hahne: We now set a goal to assemble a little over 300,000 meals.

The Inspiration: That’s incredible. What is the approximate cost for this event?

Bob Hahne: ...in the neighborhood of \$87,000.

The Inspiration: And, where do these meals go?

Bob Hahne: Mostly to developing countries. [where they are needed]



The Inspiration: We would like to conclude this interview by re-stating how much D7610 and **The Inspiration** in particular appreciates your efforts and success. That’s 2.5 million meals over about a decade! What a bodacious achievement! We hope that this interview will encourage more Clubs to collaborate with you or even organize their own event with **Rise Against Hunger**. Contact Bob Hahne &/or Chris Jones for more information. Bob: rHahne@cox.net Chris: chris.jones.rotary@gmail.com



Many thanks to everyone from McLean and beyond who supported the meal packaging event on November 3rd. McLean Community Rise Against Hunger Events have now packaged 2.5 MILLION meals. THE NEXT EVENT WILL BE NOVEMBER 2, 2019



In partnership with Convoy of Hope the meals packaged on November 3rd will go to El Salvador.



Highlighting Disease Prevention and Treatment Month:
Clean Water and Nutrition are Vital to Disease Prevention.



The Rotary Club of Reston Held a *Rise Against Hunger* Event With a Goal to Raise 10,000 Meals!

On a recent *Rotary Times* TV show, Reston Rotary Club President Mark Griffin talked about the Reston Club's collaboration with *Rise Against Hunger*. On Sat, October 20, 2018, The Rotary Club of Reston and volunteers held a *Rise Against Hunger* event to help with the effort to end global hunger. Their goal was to assemble 10,152+ meals. "When we rise together, we can create a world without hunger".



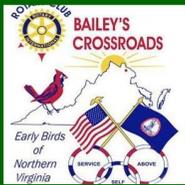
Rotary



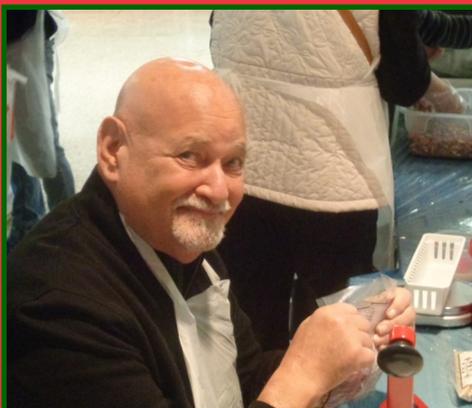
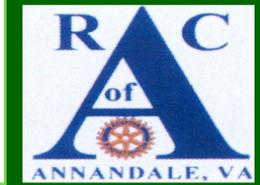
Club of Great Falls Virginia

Thanks to the success of our annual Oktoberfest fundraising event, locally, we've been able work closely with *Tell Me Town*, to provide books for children in INOVA hospitals in both English and Spanish to educate children and their families on medical issues from diabetes to ER and many other childhood medical situations and *Cornerstone* to provide support and advocacy for those in need of food, shelter, affordable housing, and other human services. **We supported the *Thanksgiving Food Basket* program, provide quarterly dinners at the *Embry Rucker Community shelter* and initiated a much needed drainage management project, at the facility. Through a grant from the Foundation, *Cornerstone* was able to fund a chairlift for a child with spina bifida—enabling him to enjoy the mobility we often take for granted.**

Highlighting Disease Prevention and Treatment Month:
Clean Water and Nutrition are Vital to Disease Prevention.



Some D7610 Clubs Carried out Collaborative Food Packaging Events for Distribution to the Most Needy, Locally: The Annandale and The Rotary Club of Bailey's Crossroads—Acknowledged Leaders!



"We had our food packaging event on November 10 and filled 93 boxes of macaroni and cheese. All boxes stayed local. The starting point was that Nova has a food pantry, as did Anandale High School, as did Poe Middle School, as did all seven elementary schools in the pyramid.

A SPECIAL ROTARY DAY.

James McConville, Esq.



Introducing CART to District 7610
By Jonathan Lucas, DGE, District CART Chair



In 2018, District 7610 became the second of three districts in the commonwealth of Virginia and the 24th in zones 33/34 to become a CART (Coins for Alzheimer's Research Trust) member. And, there is no more important time to do so. Leading researchers worldwide are advancing their understanding of this pervasive disease and potentially how to cure it. However, there is more work to be done as Alzheimer's becomes more and more prevalent. According to the Alzheimer's Association, every 65 seconds, someone in the United States develops Alzheimer's disease. And, its affects touch us all.

How are Rotary Zones 33/34 utilizing CART to make an impact on the research?

From its beginning, in 1999, CART has been a novel fundraising program. Rotarians are encouraged to voluntarily empty their pockets and purses of change, or whatever amount they choose, whenever they attend a Rotary meeting. While the focus is to collect Rotarians' change, contributions of currency, checks or credit cards are always welcomed. As of May 2018, 45 grants to 34 institutions have been awarded totaling \$7,200,000.

Specifically, what does the change collected go to?

The goal of the Fund is to encourage and substantially advance exploratory and developmental biomedical research projects within the United States. 100% of the funds go to these research projects. To learn more about the grant recipients, visit: <http://www.cartfund.org/cart/cart-grants/>.

How does my club get involved?

This month, AG's and club presidents will be emailed more information about this program to share with members. It is encouraged that clubs that are interested in support this effort select a CART chair and consider implementing future fundraisers. In early 2019, blue CART buckets will be distributed to clubs to collect change along with instructions on where to send donations. All contributions are tax deductible. CART is a registered 501(c)(3) organization. For more information please contact DGE Jonathan Lucas at: 1920gov7610@gmail.com or at 443.326.0244 or visit www.cartfund.org

Clean Water is essential to Good Health

In October, at the Rotary Club of Annandale, Andrew Wade made an informative presentation about the ongoing, successful, and sustainable Water projects in Africa—funded by The Rotary Foundation grants (through Dulles Rotary Club and District 7610).



Highlighting Club Fundraisers, Public Recognitions, and FUN!



The Rotary Club of Leesburg participated in the 2018 Halloween Parade with the Heritage Interact Club.



For over 30 years, your RCWS (West Springfield) has helped the neediest kids in Fairfax County through Kristi's Christmas. Kristi Brown, a West Springfield High School graduate, with a big heart for needy kids, was tragically taken from us in an auto accident. This yearly event honors Kristy while helping the kids. Nearly 50 kids got breakfast at the Waterford, a new friend from the WSHS girl's basketball team, a visit to Target for necessities, then stories and presents from Mr. and Mrs. Santa Claus upon return to the hotel.



TM—All Rights Reserved

Holiday Toy Collection

West Springfield and Bailey's Crossroads Toys Are US may be closed, but Dave Mercer is STILL on the job—leading the Bailey's Crossroads Toy Collection Drive!

Holiday Party and Toy Collection



Highlighting Club Fundraisers, Public Recognitions, and FUN! (cont.)



Sterling Rotary -- Holiday Party Photos



Dale Lazar, My Pham, Susan Mullen - induction of My Pham into *Sterling Rotary Club*.



Linda Walker, Vonda McCrae, Dale Lazar, My Pham - induction of Vonda McCrae into *Sterling Rotary Club*.



Susan Mullen and Bob Caines Presentation of Rotarian-of-the-Month for Co-Chairing *Flags for Heroes* event with John Slye (who was presented his Rotarian-of-the-Month)



My Pham, Susan Mullen - presentation of Rotarian-of-the-Month for November to My Pham for diaper drive with diapers collected exceeding 118K. My Pham is the driving force from *Giant Food* for the school supply drive and the diaper drive.



Rappahannock-Fredericksburg Rotary Club held its 33rd Pancake Feast. This is one of the Club's major Fundraisers and is held each year on the first Saturday in December, which is also the day of the Fredericksburg Christmas Parade. *Takes outs* are delivered to businesses in the morning. Those *eating in* can do so from 8:00 am to 5:00 pm. A steady stream of supporters come in, pay \$6.00 to eat all the pancakes, etc. They can spend time with friends and let Santa know what they want for Christmas!

Celebrating the Interactions between D7610 Rotarians and Interactors



In last month's issue we challenged our Clubs to carry out specific activities for Interact week (Week of November 5th). They delivered! In fact, many Clubs have led a variety of collaborative Interact activities throughout this Rotary Year! We began with a successful RYLA week-end. Kudos to RYLA chair Eric Reeves! Here below is an article by our D7610 Interact Chair, Joe Scheibeler.



The Inspiration is certain that you—our readers, will find it both informative and interesting.

During the school year, Interact activities take place. Each Interact Club is sponsored by a designated District 7610 Rotary Club or Community Clubs in the case of joint sponsorship. During the RY2017-18, the following three District 7610 Interact Clubs earned the Presidential Citation: Justice High School (formerly called J.E.B. Stuart H.S.), West Point High School and Bishop O'Connell High School.

The Rotary Club of Ashburn sponsors Interact Clubs at: *Broad Run High School*, *Stone Bridge High School* and *Briar Woods High School* and awards a \$ 500 scholarship to one graduating senior in each Interact Club. *The Broad Run High School Interact Club* participated in a roadside clean-up, on October 27. On Saturdays, Club members volunteer at the *Loudoun Therapeutic Riding Open Barn Program*, at *Morvan Park*, (as horse leaders, walkers, and grooming assistants). This program is intended to improve the lives of people with disabilities through the benefits of equine-assisted activities. *The Stone Bridge High School Interact Club* members sign up for volunteer activities posted on-line for its members. *The Briar Woods High School Interact Club* participates in meal packing for *Rise Against Hunger* and raises fund to support their *Project Kenya*.



The Rotary Club of Gainesville-Haymarket supports Interact Clubs at *Battlefield High School* and *Patriot High School*. *Patriot High School* Interactors participated on Thanksgiving weekend in an annual *Wounded Warriors 5K Run*, at *Prince William Forest Park*. Their *Adopt-a-Mini-Pioneer* project involves collecting clothes and toys for three needy children. They, also, collect clothing for the homeless and assist the *Salvation Army*—fundraising during the Holiday Season as bell ringers, at the *Haymarket Walmart* store.

Sponsored by the Rotary Club of Great Falls, the *Great Falls Community Interact Club* participated in a three-day *Habitat for Humanity* local home building project, in Lynchburg, VA. Last summer, they painted, installed a driveway, a brick sidewalk and fencing. The Rotary Club and Interact Club each donated \$ 2,500 to *Habitat for Humanity*.



South Lakes High School members of Interact volunteered at the *Senior Prom*, an annual dance and lunch for senior citizens. Students volunteered to help with food service, pin on corsages, help attendees as they arrive to get off buses, find seats and refreshments, and sometimes even dance with attendees. Interact members perform service activities in the school and Community in partnership with the **Rotary Club of Reston**, including an annual Thanksgiving food drive. Other activities include clean-up efforts with the **Reston Association** (RA)—volunteering at RA events like the *Halloween Trail*, and performing other volunteer jobs in the school and community.

The Rotary Club of Leesburg sponsors the **Heritage High School Interact Club**. Interact members participate in *Wreaths Across America*, at Arlington National Cemetery, collect canned goods for the *Loudoun Interfaith Relief Food Pantry*, raise funds for *Boulder Crest Retreat* for service members and families, participate in the *Leesburg Halloween Parade*, prepare package meals to distribute to needy families, support a facility for HIV/AIDS victims and orphans and help at the New Year's Day *Rotary Resolution Race* (10K, 5K, 4K Fun Walk/Run).

The North Stafford High School Interact Club, sponsored by the **Rotary Club of North Stafford**, holds *Soctober* to collect socks for the homeless.

The Rotary Club of Stafford sponsors the **Mountain View High School Interact Club**. Activities that the Club has participated in the past include: *Hope House Festival of Trees*, *Active Water*, *Relay for Life*, *Stuff the Truck*, Bell Ringing for the *Salvation Army*, Food Drive for the *American Legion*, *Wounded Warriors*, *Aquia's Table*, and various other special projects within the school and the County.

Celebrating the Interactions between D7610 Rotarians and Interactors (cont.)

Sponsored by the **Rotary Club of Warrenton**, The **Kettle Run High School Interact Club** has a unique project to transform the school's courtyard into an indoor active learning centers—to enhance the academic engagement and school culture at **Kettle Run High School**. It will create study and social hubs for students that will be utilized before, during and after school, by renovating, landscaping, and installing furniture in the main courtyard.



Forty members of the **Bailey's Crossroads Rotary Club** along with more than 40 **Justice High School Interact** students helped to make Thanksgiving a bit happier for deserving families in the Bailey's Crossroads area. They put together and delivered about 160 dinner boxes.

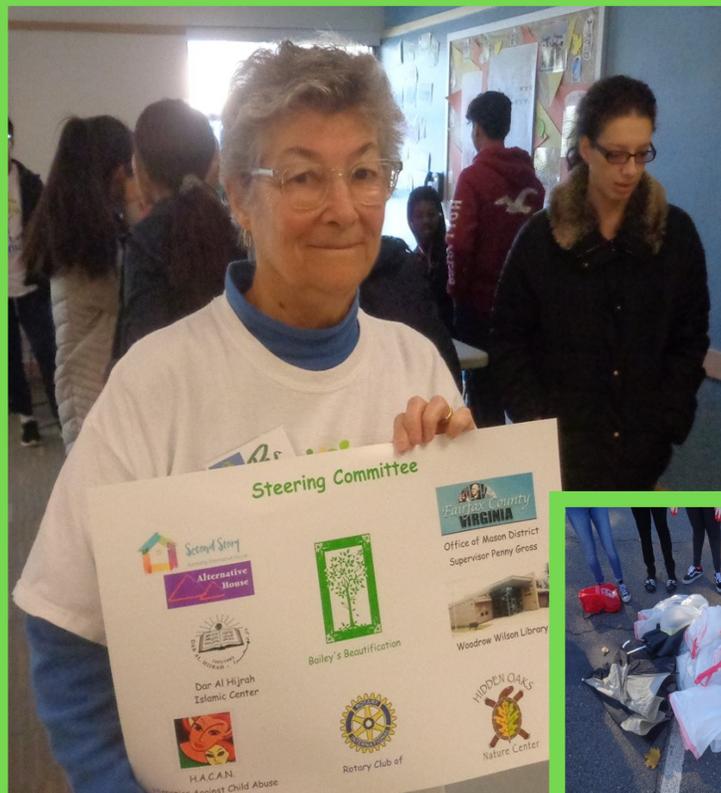
Rotarians and Interact students worked together to pack the boxes. After the boxes were packed, Rotarians drove the Interact students to the recipient's homes to deliver the food. The list of recipients was provided by local schools.

During the past six years, the **Western Loudoun Community Interact Club**, sponsored by the **Rotary Club of Purcellville**, has donated to the construction of a medical clinic in **Chantal Haiti** and to the **American Cancer Society Relay for Life**. The Club, also, participates with the **Salvation Army Kettle drive**, **Teens Opposing Poverty**, **Joy of Sox**, **United Nations Youth Day**, **End Polio Now awareness**, and **Youth Service Day**.



The West Point High School Interact Club sponsored by the **Rotary Club of West Point** prepares food for needy families as shown in the photo.

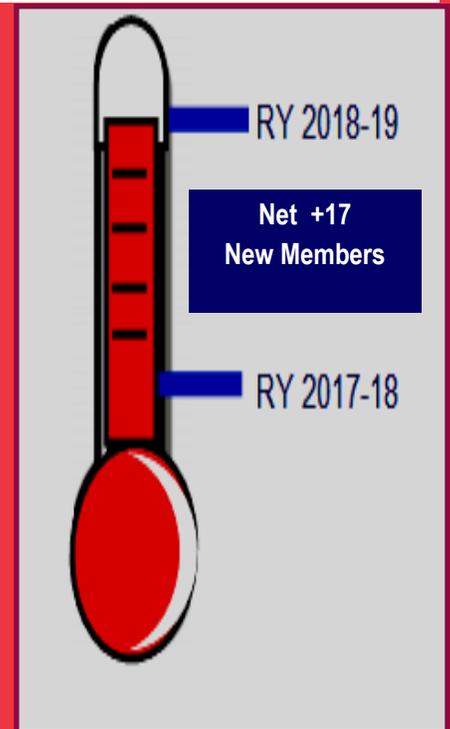
The Interact Club of Justice High School (Sponsored by The Rotary Club of Bailey's Crossroads) Carried out a Neighborhood and School Clean-Up to Celebrate Interact Week (November 5th)



YOUR MEMBERSHIP MATTERS

HOW IS D7610 DOING? Net New Member Gain +17

Member Name	Club
Adams, Olivia L. (Olivia)	Arlington
Arnold, Cheryl (Cheryl)	Gainesville-Haymarket
Atchley, David (David)	Blue Ridge Mountains
Coleman, Capri (Capri)	Alexandria South
El-Sayed, Marwa (Marwa)	Arlington
Haines, Alison (Alison)	Gainesville-Haymarket
Harvey, John H (John)	Tappahannock
Lightfoot, Pamela E (Pam)	North Stafford
Milroy, Chris (Chris)	Arlington
Moskal, Jill (Jill)	Ashburn
Onyo, Hallelujah (Lou)	Arlington
Payne, Liza (Liza)	Culpeper
Zapin, Brian (Brian)	Arlington



- From July 1 to Dec. 1st, 2018 +17 New Members!
- 2,169 D7610 Members as at Dec 1st
- New member listing from November 1st

D7610 held the last of its three RY2018-19 Regional Membership-PI Training on November 3rd, at the Mason District Center.
DG Glenn: "D7610 is up—but we need a *BIG PUSH*".



DGN Harry Henderson



Lt. Gov. Membership-PI
Jon Allan



Membership-PI Chair Dale Yarborough

YOUR MEMBERSHIP MATTERS

The Arlington Club Inducted Five New Members! That's a REAL Holiday Gift for District 7610!

About 50 Rotarians and guests packed the dining area of the Marriott Residence Inn - Courthouse in Arlington Nov. 29 to hear the Arlington Rotary Club's featured luncheon speaker Elizabeth Dibble. Dibble is the Chief Operating Officer of the *Carnegie Endowment for International Peace*. She was introduced by District 7610 Peace Committee Chair, Assistant Governor, Wayne Murphy (who drove three hours to attend)!

The Arlington Club also held a special induction ceremony where Club President Robert Martinson welcomed five new club members.

Picture and story by, Dave Borowski, Awards Co-Chair, and District photographer,



Travels With the Mule Team—DG

Handwritten signature in blue ink.



DG Glenn Yarborough Visits the Rappahannock-Fredericksburg Club and Alexandria South



IHOP provides the perfect caption for DG Glenn at his visit to Alexandria South! Apparently IHOP thinks that DG Glenn is THE BEST! We do to!!!

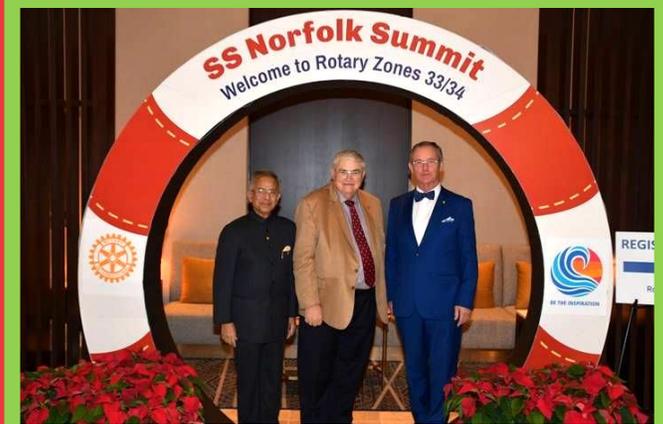
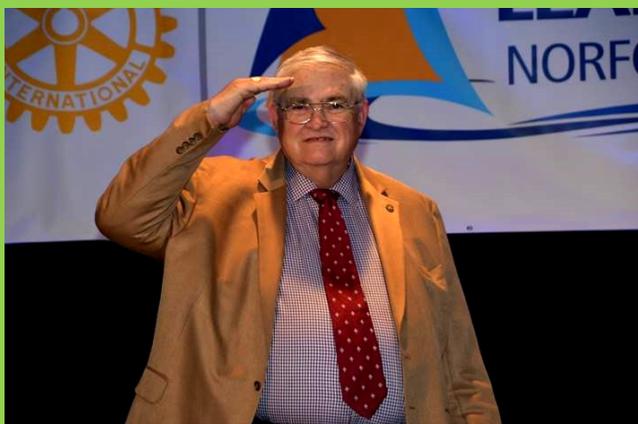


New member Capri Coleman is installed during DG Yarborough's visit to Alexandria South. (Members STACK UP)

Travels With the Mule Team—DG



DG Glenn Yarborough Attends the Zone 33 Zone Institute Session, Norfolk, VA Nov. 15th – 18th



Stafford President Trevor O'Toole Welcomes DG Glenn Yarborough on his DG Visitation. The Stafford Club is another Club that has a long tradition in Food Distribution to the Needy!



Stuff the Truck for S.E.R.V.E.



CAPTURE THE MOMENT IN HAMBURG

REGISTER TODAY



Register today!
 District Conference at Virginia Crossings,
 Glen Allen Virginia on April 4-6, 2019

It Takes All Kinds Spring 1968

A lot of people are like wheelbarrows, Not good unless PUSHED.
 Some are like canoes, They need to be PADDLED.
 Some are like kittens, They are contented when PETTED.
 Some are like foot balls, You can't tell which way they will BOUNCE next.
 Some are like balloons, full of wind and ready to BLOW UP.
 Some are like trailers, They have to be PULLED.
 Some are like lights, They keep going ON and OFF.
 Many, thank God, are like the NORTH STAR, There when you need them.
 Dependable, ever loyal, and a guide to all people.
 We are all different, but we need to focus on a shared goal—
to serve God by helping others. *Anonymous*

CAPTURE THE MOMENT IN HAMBURG
 REGISTER TODAY AT RICONVENTION.ORG

Rotary **2019 HAMBURG**

Capture the moment in Hamburg 2019

DG Glenn says: "Join me in capturing the moment!"

Need more Convention information?
 Contact
 Chuck Davidson at 703-339-5349 or
 chuck.nita@cox.net

ROTARY INTERNATIONAL CONVENTION
 1-5 JUNE 2019

Rotary **2019 HAMBURG**

Mark your Calendar!
District Conference:

Virginia Crossings,
 Virginia Center Parkway,
 Glen Allen Virginia.

April 4-7 2019

It's Affordable; It's Close by;
 But, most of all it WILL be fun!

Come join us!

For more information, contact:

DG Glenn Yarborough or
 District Conference Chair,
 Harry Henderson

ShelterBox

Bringing shelter and hope
 to families in need.

BARBUDA
 following
 Hurricane Irma

Rise
 AGAINST HUNGER

Book your 2017 meal
 packaging event now!
 Contact PING Chris Jones
 to get started.

cjones@riseagainsthunger.org
 (960) 288-4007
www.riseagainsthunger.org

Be The Inspiration...