

THE STAFFORD ROTARY HIGHLIGHTER

September 20, 2023



September 20 Program - Via Colori Information



It's almost that wonderful time of the year, and you are needed. Leigh Ann will give us all the details for Saturday's event.

Volunteer for Via Colori - Sign up Now -

<https://www.signupgenius.com/go/10C0849AEAC22A7F5C25-viacolori#/>

September 13 Meeting

President Jamie presided. He welcomed our guest speaker Master Shu Amun and his son DeShawn Amun.

Announcements:

- ❖ Use your Stafford Rotary email for Rotary communications.
- ❖ Download the Stafford Rotary app.

Club Calendar September Is Basic Education and Literacy Month

- ❖ September 20 – Via Colori Information Program
- ❖ September 22 – Via Colori Setup
- ❖ September 23 & 24 – Via Colori, Stafford Regional Airport
- ❖ September 27, 6 pm – Social – Labeling dictionaries
- ❖ September 30 – District 7610 Foundation Seminar
- ❖ October 3 – National Night Out
- ❖ October 4 – Board Meeting 10:30 – Regular Meeting - Noon
- ❖ October 11 – Dr. Kahn on Alzheimer's Disease
- ❖ October 25 – Annual Club Chili Cookoff
- ❖ November 4 - District Rotary Foundation Seminar and Celebration Luncheon
- ❖ November 15 – Common Man for Ukraine
- ❖ Feb. /March 2024 -District Grant Seminar - Feb/Mar 2024
- ❖ District Training Assembly - April 2024
- ❖ May 25-29, 2024 -Rotary International Convention in Singapore
- ❖ Fall, 2024 – District Conference

- ❖ Several club members attended the excellent District Membership Forums.
- ❖ The club is exploring best way to give invocations at Rotary meetings.
- ❖ Bill Laws has volunteered to lead the nominationg committee.\The dues discount opportunity ends September 30.
- ❖ There are many ways to find new club members. Reach out of your area and recruit friends who don't live her, but are interested in joining the club remotely.

Committee Reports:

- ❖ Via Colori: We need volunteers to help put up the Rotary tent at the event.
- ❖ Membership Committee: We'll hold another "Introducing Rotary" event for prospective members.
- ❖ Club Service : The September social will be working on the Dictionary Project at Howell Library. Come as early as 3 pm if possbile. The Annual Chili Cookoff in October will be held at UMW with the Rotaract Club.
- ❖ Community Service: Shekela annunced the Non-Profit Fair at Stafford High School on September 19.
- ❖ The Rotary Foundation: PDG Sandy reminded us that November is Rotary Foundation Month. We will have special speakers. November 4 is the Dsitrcit Foundation Banquet.

PROGRAM - Master Shu Amun



Master Shu Amun is a certified Master Instructor of Jeet Kune Do that was created by Bruce Lee. Which means... "The way of the Intercepting Fist." He shared his philosophy and life lessons learned through the practice of various martial arts.

He shared the idea that we should be like water. When we meet an obstacle, we need to find a way to either go around or go over. Through this art he has learned to find his true-self and how to express himself as a human being to the maximum, and also, how to find peace in his surroundings while being prepared for conflict.

His goal is to use the way of the warrior way as a tool to restore the identity and life

conditioning of the individual. Helping to reduce fear, anxiety, uncertainty, and embrace the unknown and the warrior within.

Master Shu and his son gave demonstrations of several moves, including: the basic stance, upper body defense, defense against kicks, and defense against an assailant with a weapon. His young son was amazingly skillful. He has been studying with his father since he was a preschooler.

The question and answer session was quite lively, because we all enjoyed their presntation so much.





September 20 - The Dictionary Project



This club legacy project has returned almost full strength this year. Over 2,000 Stafford County third graders will be receiving their own personal dictionaries to use this school year SY and then take home and keep as their very own. During October, the Stafford Rotary Club will be presenting personal dictionaries to third grade students in 15 of our 17 elementary schools.

This is a huge project and requires the support of ALL of our Rotary members. On September 27, come to the Howell library at ANY or ALL of the following times:

- 12:00 - help transport 90 boxes of dictionaries down to Room 2,
- 3:00 start putting in Rotary plates,
- 5:30 - 8:00 - enjoy food, fellowship & fun while we complete inserting the plates, sorting by school, and sending home the dictionaries with those of who will be presenting at each of the elementary schools.

The good news is that we have grown back this very special project, the bad news is that we now need to prepare and deliver 2,320 dictionaries!!! This is more than twice as many dictionaries as we delivered last year.

PLEASE HELP US WITH THIS LEGACY PROJECT. Kristy and Donna cannot do this alone.



Let's Discover the Power of Rotary Together!

Join us for Rotary 101, a series of engaging sessions designed to learn more about Rotary International, Zones, District, Clubs, and how we collaborate to make a meaningful impact!

Dates & Times

1st Tuesday of each month at 7PM

3rd Thursday of each month at 12 Noon



**Don't Forget to Buy a 2024 Via Colori Calendar
Featuring Art from Previous Years**