

Rotary



Club of Prince George County

Wednesday, August 9, 2023

Club Meeting

Prince George County Meets at The club has regular hybrid meetings on the 1st & 3rd Wednesday at Luca Italian Restaurant. Zoom link can be requested at pgrotary23875@gmail.com. 6411 Courthouse Rd Prince George, VA 23875 Time: Wednesday at 07:30 AM



Club Leaders



[Cynthia Walker Mitchell](#)
President



[Brian K. Manning](#)
President-Elect
Membership Chair
Past President



[Dana Lewellyn Reeves](#)
Secretary



[Karen A. Skipper](#)
Treasurer



[Lillian K. Boyd](#)
Administration Chair
Club Programs Chair
Past President



[Chana Ramsey](#)
Public Image Chair

August - Rotary Membership & New Club Development Month

By Carol Dois Woodward on Tuesday, August 1, 2023



August Dates for the Club

By Carol Dois Woodward on Wednesday, August 9, 2023

9th --Rotary Open Mic

10th-Back to School Fair
No MOW Deliveries

16th -Club Hybrid Meeting- Luca

17th - MOW - Steve & Carol

23rd - Rotary Open Mic

24th - MOW -Donald & Bill Johnson

30th - Rotary Morelia Patio Social
No Open Mic

31st - MOW - Lillian & Donna



Donna D. Street
Service Projects
Chair



Janice L. Rowley
Rotary
Foundation
Chair



Sasha Reynolds
Youth Services
Chair



Carol Doi Woodward
Bulletin Editor
Club Executive
Secretary
Webmaster



Janice L. Rowley
Assistant
Governor

New member - Lili Quintana

By Carol Doi Woodward on Tuesday, August 8, 2023



We welcomed Lili Quintana, Chief Operating Officer of The James House, as one of our 4 new Active members on July 12, 2023, along with Bill Johnson, Doloris Jefferson, and Katie Harlow.

Lili is now an Active Corporate member as one of the representatives of The James House. Lili was born in Waterbury, Connecticut, but moved to Hopewell at an early age. After graduating from high school, she attended and graduated from the InterAmerican University in San Juan, Puerto Rico.

In her spare time from her duties as COO of the James house she enjoys the True Crime genre, but enjoys reading books and articles in many other genres. She loves baseball especially watching baseball games with her husband and son. She has also picked up the hobby of

making wire and clay jewelry.

She and her husband are dedicated to giving back and serving their community, the world, and the environment. They are committed to raising their son with these values. In her words, "We hope to make a difference and be remembered as a family that is kind and honored to serve others".

As you get to know Lili, you may want to ask her what her favorite color is and why.



Events/Speakers

No Events found

Birthdays

Mable C Farris
August 26th

Deloris Jefferson
August 27th

Dana Lewellyn Rieves
September 4th

Donna D. Street
September 8th

Wedding Anniversaries

Dana Lewellyn Rieves

Club Member Anniversaries

Lillian K Boyd
07-06-2016
8 Years

Katie Harlow
07-13-2023
1 Year

Deloris Jefferson
07-13-2023
1 Year

Lili Quintana
07-13-2023
1 Year

William O Johnson II
07-13-2023
1 Year

Opportunity for Mental Health First Aid

By Cynthia Walker Mitchell on Monday, August 7, 2023



WHO NEEDS TO KNOW MENTAL HEALTH FIRST AID

- Employers.
- Police officers.
- Hospital staff.
- First responders.
- Caring individuals.

WHY MENTAL HEALTH FIRST AID?

Mental Health First Aid (MHFA) teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adults.

On average,
130
people die by
suicide every day.

Source: American Foundation
for Suicide Prevention

From 1999 to 2019,
841,000
people died from
drug overdoses.

Source: Centers for Disease
Control and Prevention

Nearly
1 IN 5
in the U.S. lives
with a mental illness.

Source: National Institute
of Mental Health

Sources

American Foundation for Suicide Prevention. (n.d.). Suicide statistics. <https://afsp.org/suicide-statistics/>
Centers for Disease Control and Prevention. (n.d.) Drug overdose deaths. <https://www.cdc.gov/drugoverdose/deaths/index.html>
National Institute of Mental Health (NIMH). (n.d.). Mental illness. <https://www.nimh.nih.gov/health/statistics/mental-illness>

REGISTER TODAY!

Delivery Format:

In-Person

Date and Time:

August 29, 2023 9AM-5PM

Location:

Virginia Tech Richmond Center

Where to Register:

<https://virginiatech.questionpro.com/mhfa>

The course will teach you how to
apply the MHFA Action Plan (**ALGEE**):

- **A**ssess for risk of suicide or harm.
- **L**isten nonjudgmentally.
- **G**ive reassurance and information.
- **E**ncourage appropriate professional help.
- **E**ncourage self-help and other support strategies.

If you should have questions, please reach out to Liz Fillman at lfillman@vt.edu or 540-505-2244.

Mental Health is one of Rotary International President R. Gordon R. McNally's three presidential initiatives that Create Hope in the World. Other initiatives are building peace through virtual exchanges and empowering girls.

Rotarians, who are teachers, coaches, camp counselors, parents, or adults working with young people can take advantage of this opportunity. This course is the result of a grant received by VaTech and Virginia State University.

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HOMEbase Credit Union Party in the Park

By Michael L. Moore on Tuesday, August 8, 2023



HOMEBASE Credit Union invites all to stop by, say hi, and enjoy some food and fun!*There will be food trucks, kids' activities, games, and more!

Friday, August 11
4:00 - 7:00 PM
Rain or Shine

R. Garland Dodd Park (Point of Rocks)
201 Enon Church Rd, Chester, VA

Travel Leaves Us Speechless - then makes us Storytellers (Ibn Battuta)

By Janice L. Rowley on Tuesday, August 8, 2023



I have enjoyed reading the accounts of the many Rotarians who attended the Rotary International Convention in Melbourne, Australia. What great learning opportunities and adventures they had!

The quote in the title of this piece reflects my experience in all the travels that I have enjoyed. When friends of mine offered an expense-paid trip to visit them in west Texas, I leaped at the opportunity. It had been 35 years since we truly had time to visit, and I knew that I had so much to learn from them.

My friend, Cid, spends much of her time in Odessa, TX figuring out ways to get away to greener pastures, so they spend more than half the year on trips to Europe and/or NYC or Maine to visit their children. But my visit to Odessa gave her husband, Tim, an opportunity to share the history of his family in the Midland-Odessa area as homesteaders, cattle people, community leaders, and holders of mineral rights (read oil and gas leases) that provide for a large family of aunts, uncles, cousins and their offspring as well as my friends' family.

Each morning in Odessa, Cid and I walked a trail at University of Texas, Permian Basin. (UTPB) Our walks took us past desert fauna like mesquite and desert willow and led us past signs with descriptions of local wildlife like prairie dogs and burrowing owls. Our sightings were only of cottontails and lizards, but we did go past a replica of Stonehenge on our walks. And, it's Texas, so we saw the football stadium that looms over life throughout Texas. For me, it was great to see the footprint of Rotary in the Centennial Project sponsored by the Rotary Club of Odessa along our path.

Tim was busy each morning managing assets of the LLC, but he would come by after lunch to provide the family history. His grandfathers lost their assets in East Texas following the Civil War when "carpetbaggers" moved in. One of the Parker family moved on to the San Angelo area and



then north to Odessa and began purchasing parcels of lands and began a cattle business.

Throughout the late nineteenth century and into the twentieth, J L Parker acquired lands and cattle on the frontier. Like all ranchers, he thrived when rains and markets favored the area, but had to sell off

cattle and land sometimes. He persevered and kept careful records of everything. Eventually, he built a Stone House in Odessa for his wife from East Texas that included the first indoor plumbing on both floors of the house. After its renovation, the Parker corporation donated it to the Historic Society of Odessa. A short distance north is a Baptist Church on land donated to the family (and there is a great story with that.)

Meanwhile, on ranch land north of Odessa, he built an Adobe Home which has also been restored and entered into the Historic Register of the community. Along the way, Tim's grandfather was major shareholder in a bank.



In the 1920s, oil was discovered in the Permian Basin and all those small sections amounted to a lot of interest to oil companies. Tim's grandfather and father retained the land and carefully evaluated leasing agreements proposed by oil speculators.

Tim's father was fascinated by flying and was able to acquire land and build a hangar near the property of the Odessa Airfield. During WWII, he and his brothers were called to action, and after the conflict, he spent days flying throughout the west buying up spare parts for small planes to become the best supplier for the airplanes that he loved.

Long story short, Tim manages Ector Aircraft and the mineral leases on the ranch lands his grandfather and father acquired in the early to mid twentieth century. He has spent amazing efforts to save and renovate the history of cattle ranching and the origins of the oil industry on the lands that he holds in trust.

The best part of travel is meeting "the Storytellers," sharing a glass of wine, and looking forward to your next meeting.

August Meals on Wheels schedule

By Donna D. Street on Tuesday, August 1, 2023

Updated August Schedule This is the latest schedule for Meals on Wheels volunteers for the month of August. There had been a couple of changes due to FeedMore's training day on 8/10 and members' required days off. If there are any additional changes needed, please let me know as soon as you can. I'll be working on the September schedule now, so check your Thursdays in case you have days you can't be on the rotation next month.



August Meals on Wheels Deliveries

17 - Carol and Steve

24 - Donald and Bill Johnson

31 - Lillian and Jan

Also, I will still be recording community service hours on a monthly basis. If you have any volunteer hours for July you can let me know by phone, text or email. Thanks!

Community Emergency Response Team Basic Course

By Carol Dois Woodward on Tuesday, August 1, 2023



**Prince George County
Community Emergency Response Team (CERT)
Basic CERT class announcement!**

CERT educates individuals about disaster preparedness for hazards that may impact their area and trains them in basic disaster response skills, such as fire safety, light search and rescue, team organization, and disaster medical operations. Using training learned in the classroom and during exercises, CERT volunteers can assist others in their community following a disaster when professional responders are not immediately available to help. CERT volunteers are also encouraged to support emergency response agencies by taking an active role in emergency preparedness projects. Go to <https://www.ready.gov/cert> for more information on CERT programs.

CERT allows you to meet new people, learn new skills and become a valuable asset to your community.

Prince George CERT will be holding basic CERT training starting on **September 14th, 2023**. Classes will be nine consecutive **Thursdays from 6:00 – 9:00 pm**. Classes will be held at the Prince George Central Wellness Center (CWC), **11023 Prince George Drive, Disputanta, SC 29526**. There is no cost for taking the course and you need not be a resident of Prince George to attend.



To register and for information on the Prince George program, visit

<http://pgcountyvirginiacert.org>

<https://www.facebook.com/PGVACERT>

or email us: pgcountyvirginiacert@gmail.com

For an overview on what CERT can do for the community, go to:

https://community.fema.gov/PreparednessCommunity/s/cert-trainings?language=en_US

Bill Johnon - A new Prince George Rotarian

By Carol Dois Woodward on Tuesday, August 1, 2023



We are proud to welcome William O. Johnson II (Bill) into our club as one of our newest Active Members. Bill was inducted on July 12, 2023, along with Lili Quintana, Deloris Jefferson, and Katie Harlow.

Bill is a native of Dendron (Surry County), Virginia. After serving 9 years in the Air Force, he returned to Virginia and worked at WestRock for 35 years before retiring to enjoy his family, volunteer activities, and hobbies. He and his wife of 43 years (in November), Lysheena have 4 sons, 18 grandchildren and 4 great-grandchildren.

He has been active volunteer in the school system and

recreation department, serving as a mentor, coach, and committee representative. He is also a member of the local AARP Chapter.

Before accepting membership in the Prince George Rotary, he had been to a couple of our Morelia Patio Socials, a number of

meetings, either in person or via Zoom, and had actually volunteered at one of our district grant workdays at the Rotary Park on Pocahontas Island.

His favorite colors are blue or white.



Rotary Monthly Themes

By Carol Dois Woodward on Monday, August 7, 2023

Rotary Monthly Themes

July	Transition Month
August	Membership & Extension
September	Basic Education & Literacy
October	Economic & Community Development
November	The Rotary Foundation
December	Disease Prevention & Treatment
January	Vocational Service
February	Peace & Conflict Prevention/Resolution
March	Water & Sanitation
April	Maternal & Child Health
May	Youth Services
June	Rotary Fellowships



The Four Way Test

By Carol Dois Woodward on Monday, June 8, 2020

Rotary  **4 Way Test**
of the things we think, say, or do:
Is it the **TRUTH**?
Is it **FAIR** to all concerned?
Will it build **GOODWILL** and **BETTER FRIENDSHIPS**?
Will it be **BENEFICIAL** to all concerned?
