

Birthdays & Anniversaries This Week

Happy Birthday to the following:

Aug 18 – Gary Raney

Rotary Member Anniversaries:

Aug 19 – Bruce Settle – 23 yrs.

Aug 22 – Randy Cash – 20 yrs.

Happy Wedding Anniversary to:

None this week.

Previous Weekly Drawing

Ray Thomas won the drawing of \$14 and donated it to EREY.

Rotary Foundation - \$28

Queens Pot - \$14

Happy Dollars - \$5

Polio+ - \$0

Queen’s Pot total - \$146

Last Week’s Highlights

- Last week our speaker was Dr. T.J. Wallace of the VCU Cancer Center in South Hill. He discussed the symptoms, diagnosis and treatment options for prostate cancer. In 2022 it is projected there will be 300,000 new prostate cancer victims. It is the 2nd largest cause of cancer in men. Black men have a much higher rate than white. Many cases are low risk and are monitored will need no treatment unless major changes occur. A regular PSA test and doctor physical check are needed starting by 50 years old. A CT and or bone scan is used to detect the extent of disease. Radiation is least invasive to target the tumor or surgery can be laparoscopic or open wound to remove it. A low-fat diet is the best preventative. Family history is a major factor in vulnerability to cancer. VCU-CMH will hold a free screening for prostate cancer on Nov. 2 from 4-6 PM. Picture below flanked by Pres. Susan and spondor Al Veck.

Program Schedule

Aug 18- Colleen Bonadonna – District Polio+

Aug 25- **Board Meeting 4PM/Business Meeting 6PM**

Sep 1 – **Social**

Sep 8 – Steven Fuller – Rotary Interact High School

Coming Events

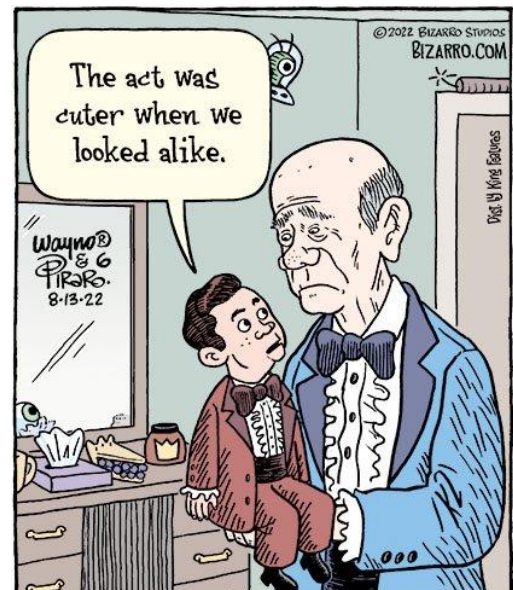
- Nov 19 Holiday Bazaar cooking at Exchange
- Feb 16 - Emergency Services Dinner
- Apr 22 Reverse Raffle



- Lunch Buddies still has openings if you’re interested to eat with kids or read.
- School supplies for the grade schools are needed.

Last Week’s Attendance

- Meeting: 18 Members and 3 guests.



Officers 2022-23

Susan F. Brack-----President
Lisa E. Clary ----- President-Elect
?????????????-----President-Nominee
Duane R. Harper-----Secretary/Editor
Trina A. Stahl-----Treasurer
Lynn C. Ellis -----iPast President

Directors 2022-23

Lisa E. Clary-----Public Relations / International Service
Raymond L. Thomas-----Vocational Service
Alan C. Veeck-----Community Service
Lew W. Stringer-----Asst. Community Service
Charles C. Wright-----Member Education/Club Service
Duane R. Harper-----Youth Services
Randy L. Cash-----Foundation Chair
R. Bruce Settle III-----Membership Chair

The 4-Way Test

Of the things we think say or do:

First: Is it the **TRUTH**?

Second: Is it **FAIR** to all concerned?

Third: Will it build good will and **BETTER FRIENDSHIPS**?

Fourth: Will it be **BENEFICIAL** to all concerned?

The Rotary Club of South Hill Meeting

Luca's Italian Restaurant
932 Cycle Lane
South Hill, Virginia 23970
Every Thursday, 6:00 PM

Where to Make Up Missed Meetings

Emporia, Southern VA Hospital, Tuesdays, 12:00 Noon

South Boston, Southern Plenty Rest., 206 Main St.

Tuesdays, 12:00 Noon

Lawrenceville, Elm Acres Club, Thursdays, 12:00 Noon

Henderson, Henderson Country Club, Tuesdays, 6:30 PM

Paul Harris Society Members

Jimmie K. Crowder, 2011
Raymond L. Thomas 2020

Major Donors

Randy L. Cash, 2015
Jimmie K. Crowder, 2017
Major Donor level 2
Jimmie K. Crowder, 2018

Paul Harris Fellows

Thomas L. Smith, 1990
William E. Moore, 1992
Jimmie K. Crowder, 1996
Herbert L. Farrar, 2000
Charles C. Wright, 2004
Steven C. Stanley, 2004
R. Bruce Settle, III, 2004
Thomas G. Zincone, 2004
Lisa E. Clary, 2007
Randy L. Cash, 2007
Dwayne N. Gwaltney, 2010
Judith A. Jacquelin, 2011
Frank L. Nanney Jr, 2011
Fred A. Smith, 2012
John S. Evans, 2013
Duane R. Harper 2015
Paula R. Wood 2016
Keith P. Ellis 2017
Lynn C. Ellis 2017
Alan C. Veeck 2018
Clyde A. Wilson 2018
Roger Jacquelin 2019
Raymond Thomas 2019
Lew Wynn Stringer Jr. 2020
Paul Nichols 2021
Marilyn Wright - 2021
Thomas S. Watters - 2022
24/32 Active = 75%

Blue - Indicates Multiple Paul Harris Fellow

Rotary Benefactors

Thomas L. Smith, 1995
Jimmie K. Crowder, 1998
Charles C. Wright, 2009
R. Bruce Settle, III, 2009
Randy L. Cash, 2011
Judith A. Jacquelin, 2011
Lisa E. Clary, 2011
Fred A. Smith, 2013
Dwayne N. Gwaltney, 2014
Herbert L. Farrar 2015
Thomas S. Watters 2015
Paula R. Wood 2015
Duane R. Harper 2016
Keith P. Ellis 2017
Lynn C. Ellis 2017
Susan Brack 2017
Alan C. Veeck 2018
Clyde A. Wilson 2018
William E. Moore 2018
Frank L. Nanney 2018
Thomas G. Zincone 2018
21/32 Active = 65.6%