



Club of Southern Frederick County (Urbana)

Club Meeting

Southern Frederick County (Urbana)
Meets at South County Family Y
3481 Campus Drive
I Jamesville, MD 21754
Time: Thursday at 07:30 AM

Events

No Events found

Speakers

January 25, 2024

[Joe Unangst](#)
Financial Outlook for 2024

February 01, 2024

[AYANNA GALLANT](#)
Expressive Arts

February 08, 2024

[Haider Abbas](#)
Getting to know a Rotarian

February 15, 2024

Club Annual Meeting

February 22, 2024

[Mary Nagel/Jonathan Warner](#)
Hope in South Africa and Fetal Alcohol

Birthdays



[John Matthew Robinson III](#)
February 18th



[Alan R. Clapp](#)
February 19th

Wedding Anniversaries

No Wedding Anniversaries Found

Club Leaders



[Benjamin R. Willens](#)
President



[Mary Jo Anderson](#)
President-Elect
Youth Services Chair



[David G Longstaff](#)
Secretary



[Gerald Lee Miller Jr.](#)
Treasurer



[Jeffrey M. Baggett](#)
Board Member

Welcome to the Rotary Club of Southern Frederick County

Rotary is an organization of business and professional leaders united worldwide who provide humanitarian service, encourage high ethical standards in all vocations, and help build goodwill and peace in the world.

Rotary club membership represents a cross-section of the community's business and professional men and women. The world's Rotary clubs meet weekly and are nonpolitical, nonreligious, and open to all cultures, races, and creeds. [More info.....](#)

Rotary membership provides the opportunity to: Become connected to your community. Work with others in addressing community needs. Interact with other professionals in your community; assist with RI's international humanitarian service efforts. Establish contacts with an international network of professionals. Develop leadership skills. Involve family in promoting service efforts. [More info.....](#)

Registration for District Conference is NOW OPEN!



Get ready to set sail for a springtime adventure of service, connection and Chesapeake charm at the District's Conference! Join us at the stunning Hyatt Regency Chesapeake Bay Resort, where the sun-kissed waters meet endless possibilities for learning, fellowship, and action.

- Engaging keynotes from inspiring leaders who will ignite your passion for Rotary's mission
- Dynamic breakout sessions covering a diverse range of topics
- Unforgettable networking opportunities to connect with fellow Rotarians from across the district and forge powerful collaborations.

And of course, the change to explore the breathtaking beauty of the Chesapeake Bay! Kayak through pristine coves, take a stroll, or simply unwind and soak up the sunshine on the resort's private beach.

Registration is now open! Visit [rotary7620.org/districtconference!](http://rotary7620.org/districtconference)

2024 Rotary Action Plan Survey coming in January/February

Rotary members have an important role in shaping our organization's strategic plan. In late January and early February, Rotary will send a survey to a sample of our members to learn more about how you feel about our current strategic direction and what you want to see from Rotary in the future. Your insights will help guide Rotary leadership's decision-making about the Action Plan, governance, and more.

If you receive an email with a link to the survey, please take a few minutes to share your thoughts with Rotary International.



USPHS Making an Impact Through Collaboration with Rotary International



Mental health is an essential aspect of overall well-being, and it holds particular significance for the youth of our nation. As we navigate the complex challenges of the 21st century, understanding and addressing the mental health needs of young people is of paramount importance.

-  [Clifford Vernon Barr](#)
Board Member
-  [Joseph J Unangst](#)
Board Member
-  [Kelly A McQuillen](#)
Past President
-  [Jon A Moles](#)
Past President Club Foundation Chair
-  [Dave Sowers](#)
Sergeant-at-Arms
-  [Kristin LeDuc](#)
Club Public Image Chair



The mental health needs of young people is of paramount importance. Adolescents are facing an array of stressors and challenges that impact their mental health. Academic pressures, social expectations, and the omnipresence of digital devices have contributed to increased levels of anxiety, depression, and other mental health issues among adolescents and young adults. The COVID-19 pandemic further exacerbated these concerns, with lockdowns, isolation, and uncertainty taking a toll on the mental well-being of youths.



Authors: CAPT Nina Mezu-Nwaba PharmD., MPH., MSc., CDR Sadaf Nabavian PharmD., CDR Reginald Smith, JD, MBA, BSN, RN, CDR James Speckhart MS, REHS, COHC, CDR Lisa Tung, PharmD, MPH, and LCDR Folaremi Adeyemo PharmD., RAC, PMP [Read More](#)

Disaster Update – Top Fifteen Disasters of Recent Years

By Bob Grill, President, Disaster Aid USA; Paul Mahata, Co-Chair, District Disaster Relief Committee
District 7620 Disaster Relief Committee continues to coordinate with Disaster Aid USA to respond to disasters. Our recent focus is on the Tennessee Tornadoes. We are helping the victims of this disaster, and we request that you and your club consider donating money to DAUSA. So far, we have helped in 60 disasters since 2011; and here we include a list of the TOP FIFTEEN DISASTERS. Our thanks to you for your help and support in all these disasters.



TOP FIFTEEN DISASTERS of Recent Years:

- 2012 Moore, Oklahoma - Tornado
- 2015 South Carolina – Flooding
- 2017 Texas and Louisiana - Hurricane Harvey
- 2017 Puerto Rico, Haiti, British Virgin Islands – Hurricane Maria
- 2018 Hawaii (Hilo & Kauai) – Mudslides and Volcano
- 2019 Maryland – Ellicott City Floods and Mt. Airy Tornado
- 2020 Maryland – COVID -19 Pandemic
- 2020 India – Oxygen concentrators for COVID patients
- 2021 Haiti – Earthquake
- 2021 Midwest – Tornadoes
- 2022 Florida – Hurricane IDA
- 2022 Ukraine – War Relief & Refugee Crisis
- 2022 Pakistan – Flooding
- 2023 Turkey – Earthquake
- 2023 Hawaii (Mau) – Fires

[Read More](#)

Recruiting a District Treasurer



As we continue to strengthen our district and enhance our community service initiatives, the importance of robust financial management cannot be overstated. In light of this, we are currently seeking a dedicated individual to serve as our District Treasurer. This role is essential for the smooth financial operation of our district and requires a candidate with a background in finance or related fields. The position involves overseeing our financial transactions, managing budgets, ensuring compliance with financial reporting, and providing valuable guidance on fiscal matters. [Read More](#)

Rotary Youth Exchange: A member's perspective

Shauna Ganes, Rotary Public Image Chair from District 5190, knows that even a short Rotary Youth Exchange experience can lead to a lifetime of connection! Read Shauna's [blog post](#) to learn about her district's short-term exchange program and why she believes that Rotary Youth Exchange "builds peace one young person at a time."

[Read the Blog Here](#)

