

# Rotary

## Club of Caesar Rodney of Wilmington



### Club Leaders



Helen Apostolico  
President



Tim Mihok  
President-Elect



Robert B. Fischer  
Sergeant-at-Arms



Chris Malmstrom  
Vice President



Brian Martinenza Jr.  
Secretary  
iPast President



Michael A. Malchione  
Treasurer



David Tallmadge  
Andrews Jr.  
Club Director  
Club Programs  
Chair



Lee Dotson  
Club Director  
Club Service  
Chair



Gregory L. Finkle  
Fundraising  
Chair  
Club Director



John Hawley  
Club Director  
Club Service  
Chair



Debbie Janocha  
Club Director



Matthew McMenamy  
Club Director  
Club  
Membership  
Chair



Nancy Reilly  
Michener  
Club Director  
Club Fellowship  
Chair



Austin Publicover  
Club  
Communications  
Chair  
Club  
Webmaster

### Speakers

November 10th

John Germ, Former RI President

Accompanied by our DG, John Mager, John Germ will speak to us about Rotary International

November 18th

Basket Brigade Distribution (in conjunction with West End Neighborhood and The F

Woodlawn Library 2020 West 9th St. Wilmington, DE 19805

November 17th

Packing boxes at The Food Bank

222 Lake Drive Newark, DE 19702

### Events

No Events found

### Birthdays



Richard Jervis  
November 23rd



Blake Werley  
December 1st



James E. Vachris Jr.  
November 30th

### Years of Service



Thomas Shumusic  
4 Years

### Committee List 2023-24

### This Week's Meeting

**Whist Club - 7:15 District Governor PLUS John Germ - Former RI President!**

**Let's Try and Have a Good Turnout for This One!  
After Meeting - Pickup Food from Schools**

### Next Week:

**Offsite at DE Food Bank for Food Sorting**

**Show Up Early and We May Let You Man the Infamous "Miscellaneous" Bin!!!**

### Upcoming Greeters

Please try and swap with someone if you can't make it. If you have no intention of attending meetings please give Rob a shout so he can modify the greeter list accordingly.

Oct 27: Offsite Meeting

Nov 3: Don Fulton, Rick Harra, Ted Harting

Nov 10: John Hawley, John Himics, Phil Hough

Nov 17: Offsite Meeting

Dec 1: Mike Janis, Debbie Janocha, Rick Jervis

## Basket Brigade Season In Full Swing



It's hard to believe but Basket Brigade season is here again. In our continuing effort to refine the process, we have decided to team up with our friends at the West End Neighborhood House this year. We bring to them a wealth of experience (this is our 23rd year of distributing Thanksgiving food!), labor, muscle, funding, and food. They also bring a wealth of experience to the table, distribution experience, and better access to and identification of needy families in our area. Together we should make a great team. A few dates to mark on your calendar:

**Friday, November 10:** CRRC members will be collecting food donations from local schools. (need trucks, SUVs and muscle)

**Friday, November 17th:** CCRC members will be sorting food and assembling boxes at the Food Bank of Delaware

**Saturday, November 18th:** CRRC members can help West End with distribution of the boxes at the Woodlawn Library (2020 W. 9th St)

Please contact Grag Munson (gmunson@westendnh.org) if you plan to attend the distribution.

## Good Mental Health: Erika Narducci

CRRC was delighted to host Erika Narducci, MSW, LCSW, and Program Director at Cancer Support Community Delaware (CSCDE). Erika spoke about how self-care can bring us good mental health and the eight different dimensions of self-care... Self-care encompasses and contributes to eight different dimensions of wellness:

- Emotional
- Spiritual
- Environmental
- Financial
- Social
- Physical
- Intellectual
- Occupational

Self-care is more than just exercising and eating right. When Erika asked the CRRC what everyone thought of when they heard the term "good mental health", the answers ranged from "something we need" to "balance" to "wellness" to "contentment". Erika iterated that mental health stumbles shouldn't be embarrassing, and that self-care contributes hugely to good mental health. Erika outlined three advantages of a self-care routine:

1. Reduces or eliminates anxiety and depression
2. Helps you adapt to changes and recover from setbacks
3. Lowers heart disease risk, stroke risk, cancer, & other diseases and boosts the immune system

Given that depression rates tripled during the pandemic and likely haven't come down drastically, it's worth defining what self care is.

Yoga, Tai Chi, meditation, making art, journaling, and being in a community of like-minded people are just a few examples of self-care.

Erika likened self-care to the notion of an oxygen mask dropping on an airplane: you need to put your oxygen mask on first before you help others.

Talking to someone, such as a trusted friend, or a counselor, or a rabbi/imam/priest can also help if you're feeling completely overwhelmed. In fact, it's a great first step to self-care... to externalize what's going on.

Erika was lucky in finding her dream job at Cancer Support Community Delaware, where she helps people experiencing cancer find the resources they need, and where she also assists in keeping caregivers whole & healthy through what is an often devastating detour in life.

Erika recommended a book and a documentary:

- 10% Happier: How I Tamed the Voice in My Head, Reduced Stress Without Losing My Edge, and Found Self-Help That Actually Works--[A True Story by Dan Harris](#)
- [Live to 100](#): Secrets of the Blue Zone on Netflix

In the Live to 100 documentary, Erika highlighted how the interviewees emphasized eating well, a love of playfulness, and a lot of laughter.

Three takeaways:

1. My own self-care is important, so that I can manage my life and I can help others when they need me.
2. The Eight Dimensions of Wellness (emotional, spiritual, environmental, financial, social, physical, intellectual, and occupational)
3. Reach out to Erika Narducci [at CSCDE](#) if you need another resource!

Huge gratitude to Erika for sharing her insights with CRRC and equally huge gratitude to Greg Munson for recording Erika's talk plus snapping pics to send to me :)









## SERVICE ABOVE SELF AROUND THE DISTRICT!



"Service Above Self" is the motto of Rotary. It reminds Rotarians **to think of how they can help others instead of focusing on themselves**. The motto originated when Paul Harris, the founder of Rotary, asked Rotarian Frank Collins to address the participants of the second annual Rotary Convention. The year was 1911. It was established as the principal motto of Rotary in 1989.

Click "Read More" to get the scoop on the different ways our Clubs have put "Service Above Self" in the last couple of weeks!





#### REHOBOTH BEACH SUNRISE



Rehoboth Beach elementary was the site of today's Dictionary distribution to 3rd Graders. Pictured are students in the Spanish Immersion Program.



Some very important and gorgeous Rotarians who helped box up the dictionaries!

#### BRANDYWINE NAAMANS PLUS!

Members of Brandywine-Naamans Rotary Club, Brandywine Hundred Rotary Club, Rotary Club of Wilmington, Delaware, and Caesar Rodney Club, plus students from Goldey-Beacom College, spent their Saturday morning mulching the Can-Do Playground in Wilmington. Another great day to be a Rotarian!!!





Members of **Brandywine-Naamans** helped their friends at the Seamen's Center of Wilmington by wrapping 136 Christmas gifts for seafarers who stop at the Port of Wilmington during the holiday season. While there, they installed their newest member, Christine Lassiter, Executive Director of the Seamen's Center!







#### CAMDEN WYOMING AND NOBLES POND

The Camden-Wyoming Rotary Club and Satellite Club at Noble's Pond members participated in the Adopt A Highway program on McKee Road in front of [Noble's Pond](#) on Thursday, October 26. The group gathered many bags of rubbish, leaving the area litter-free.





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### CHRISTIANA

The Atterbury VFW generously allowed Christians Rotary to put Flags For Hero's up this year!!







## Club Meeting

Caesar Rodney of Wilmington  
Meets at University and Whist Club - Washington Room  
805 N Broom St.  
Wilmington, DE 19806  
Time: Friday at 07:15 AM