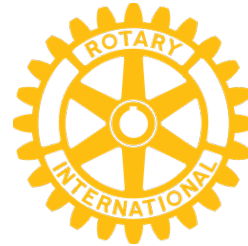


Rotary

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 McMenemy
Club Director
Club Membership Chair



Nancy Reilly Michener
Club Director
Club Fellowship Chair

Speakers

April 5th
[Miss Delaware Emily Beale](#)

April 20th
[Come From Away Musical and Night Out](#)

April 19th
[Tracy Reynolds - Rotary Foundation Annual Fund](#)

Events

No Events found

Birthdays

[Alexander Crawford](#)
March 28th



[Desmond A. Baker](#)
April 9th



[John Hawley](#)
April 16th

Years of Service



[Xavier J. Decaire](#)
30 Years



[Meghan McDonough](#)
12 Years



[Robert M Maffia](#)
11 Years



[Richard Eugene Dudek Jr.](#)
10 Years



[Neal Donaldson](#)
10 Years



[Brian Martinenza Jr.](#)
10 Years



[Austin Publicover](#)
Club Communications Chair
Club Webmaster



[Helen Apostolico](#)
4 Years



[John Hawley](#)
1 Year

Committee List 2024-25

[Nominations](#)

This Week's Meeting
Offsite at Food Bank of DE
7:15 ish
"Not-Doughnuts" Will Be Provided
Backpack Meal Kit Assembly
222 Lake View Drive
Newark, DE 19702
Start Your Friday With a Feel-Good Activity!!

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.

March 22: Service - No Greeters
March 29 - Good Friday - No Meeting
April 5 - Xavi Decaire, Neal Donaldson, Lee Dotson
April 12 - Rich Dudek, Ted Dwyer, Bob Elder
April 19 - Greg Finkle, Rob Fischer, Don Fulton

Chaplains of the Day
March 22 - No Chaplain
March 29 - No Meeting
April 5 - Bob Elder
April 12 - Rick Harra
April 19 - Des Baker

Kim Chitty of Girls on the Run

By Austin Publicover on Monday, March 18, 2024



Self worth, healthy relationships, feeling good inside & out! Girls on the Run! We were delighted to be joined by Kim Chitty, the Executive Director of Girls on the Run Delaware.

An avid runner for both physical & mental health, Kim explained how her organization Girls on the Run is using an evidence-based curriculum, Girls on the Run strengthens 3rd to 5th grade girls'™ social, emotional, & behavioral skills by setting the goal of training for & participating in a 5k non-competitive run (the one in Wilmington is held at Rockford Park and sees almost 800 participants each year!).

Girls on the Run weaves in physical activity into life skills to create lifelong healthy habits. The results speak for themselves: joyful, healthy, confident girls who are able to activate their limitless potential! especially important skills that will be used later to navigate adolescence, Instagram, adulthood and beyond!

By the numbers, the empowering, transforming, and inspiring work of Girls on the Run looks a bit like this:

About 40% of the girls come from households making over \$150k / year

About 21% of the girls come from households making under \$20k / year, much greater population of the underserved in Delaware.

The other 39% are fairly evenly distributed over income ranges in between.

In 2023, Girls on the Run had 2,285 unstoppable participants, made up of approximately 49% Caucasian, 25% African American, 10% Hispanic, 3% Asian, 9% "multi racial", and 4% "other", which closely mirrors the ethnic makeup of the First State.

With 545 dedicated coaches & volunteers (teachers who stay after school, etc) and 100 welcome sites, Girls on the Run has an impressive presence in all three counties.

To date, there has been \$192,380 in scholarships for girls (about 60% of girls receive scholarship support, plus a partnership through Amazon with Adidas for proper running shoes, shorts, sports bras, etc for girls who cannot afford running apparel).

The fee for the program, by the way, is on a sliding scale.

The growth of Girls on the Run from 2005 to 2023 has been spectacular. When Kim helped start Girls on the Run in Delaware, she did so with 4 teams totaling 54 girls. 19 years later, close to 30,000 girls have participated and crossed the finish line throughout Delaware!

The best part of that? The finish line has a sign above it stating, "The Finish Line Is Only The Beginning!" And it's important to note that 97% of the participants learn critical life skills; and 85% of the girls have shown empirically improved caring, competence, and character as it pertains to others.

Girls on the Run is building a better Delaware (and a better world through Girls on the Run International) and deserves your support! Check out their mission to empower and transform girls at [Girl Empowerment | Girls on the Run | Nonprofit](#). Thank you Kim for sharing your electric energy & such a worthy cause with CRRC!

PUBLIC IMAGE - THE FACE OF ROTARY IN OUR COMMUNITIES

By Kevin G. Les Callette

Zones 33/34 Public Image Citation

Have you heard about this great tool to help manage your annual plan for Public Image in your club? It is not too late to start using this tool. Visit the Zone Public Image site at <https://elevaterotary.org/> and get started.



The first step in this tool is doing an audit of all of your club's online resources. Take some time now and review your social media, websites, cloud storage, email addresses, parade and community event displays etc. Review who is authorized to use everything AND to be sure that correct branding is consistent across all channels. We are not the logo police but want to be sure that all of our clubs use proper branding.

Next issue will include info on Developing your Public Image Plan and Content Calendar. Jump ahead on the zone website and complete more of the tasks. Helping your club to be visible is key to educating our communities on what Rotary is and what we do.

AREA 10 NEEDS VOLUNTEERS FOR NINJA FIT PLAYGROUND PROJECT

This Area 10 Rotary led initiative is almost ready to come to fruition, but it needs help to make it to the finish line.



COMING SOON 2024

SAT. APRIL 27TH, 2024



VOLUNTEERS NEEDED!

NinjaFit Playground Community Build Day!

- ✓ 7:30 am sign in / coffee
- ✓ 8:30 am start time
- ✓ No experience necessary
- ✓ Must be 16+ to build. Younger volunteers can assist with food, waivers, photography...
- ✓ Food and drinks provided!

LEARN MORE & SIGN UP neighborhoodninjas.org/playground-project

CONNECT WITH US!

 @neighborhood_ninjas
 @brandywinenaamansrotary

DG MAGER CONGRATULATES DISTRICTS NEWEST ROTARY FOUNDATION MAJOR DONOR



On March 7, 2024, DG John Mager had the honor to thank Tim Boulden of the Newark Morning Club who became our District's newest Rotary Foundation Major Donor and present to him his major donor pin and a crystal.



Tim is pictured with Fred Dawson, the Club's Foundation Chair, and DG John Mager.

Tim told the club that "Rotary opened my eyes and has forever changed me and the culture of my company. Rotary allows me to serve the community and the world in different ways than I have in the past. I'm grateful to be a part of a group that does so much good in Newark and around the world." Tim told us about his Company's wall of service in his office. Each time he, his company or one of his staff do something to benefit others, something is placed on the wall of service as a remembrance.

Congratulations to Tim and thank you from all your Rotary Family, and the many people you have helped, but will never meet or know, with your Rotary Foundation contributions!

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