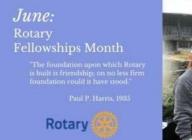




June 2023 Newsletter District Governor Tammy Mosteller

JUNE IS ROTARY FELLOWSHIPS MONTH



When people are asked why they joined Rotary and why they stay in Rotary, often the top two answers are service and fellowship. June is designated as Rotary Fellowships Month to recognize the importance of international fellowship and goodwill among Rotarians with similar recreational and vocational interests, promoting increased participation in fellowships, and increasing understanding of this program.

While the intent of this recognition focuses on "international" fellowships, having the ability to do service with like-minded people

and making new friends at the same time, is a great incentive for attracting new members and retaining existing members in our clubs. As Rotarians, we can share a common passion, hobby, or interest with others outside our club, our district or country.

As we think about our Public Image/Public Relations campaigns, we need to let people know that we are an International Organization that affords people the opportunity to develop friendships with others from not only their local community, but worldwide.

To learn more about the Rotary Fellowships click here, or go to https://rotary.org/en/our- programs/more-fellowships

District 7670 in Melbourne, Australia

By Julie P. West on Friday, June 2, 2023



ROTARY INTERNATIONAL CONFERENCE 2023 melbourne, australia





ROTARY INTERNATIONAL CONFERENCE 2023 MELBOURNE, AUSTRALIA





DGN-D Alpo is Down Under!

By Julie P. West on Wednesday, May 10, 2023



Marion Rotarian and 7670 DGN-D, Alpo Portelli and his friend, Dante Chumacero of Rotary Achumani, LA Paz, Bolivia, visited the Rotary Club of Darling Harbor in Sydney, Australia last night. The Club was treated with a fabulous presentation by guest speaker Brigitte Stills, the first licensed female real estate agent in Sydney. Brigitte shared her incredible story of breaking the glass ceiling in the male-dominated Sydney real estate business world. Her story is shared in the book "Voices of the 21st Century," co-authored with Gail Watson, president and founder of the US-based Women Speakers Association (WSA). The book is a compendium of 45 fascinating and personal stories of women's challenges as they too broke the glass ceiling...a wonderful testament to empowering women. Big shout out to Drew Sturgiss, PDG Sue Hayward and the rest of the merry Darlling Harbor Club for the warm welcome!



Voices of the 21st Century Women Transforming the World' Best-Seller in 4 countries and 11 categories



Continuing Down Under

By Julie P. West on Thursday, May 11, 2023

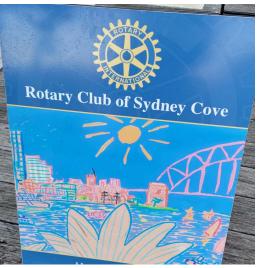


A wonderful welcome by the President of the Rotary Club of Sydney Cove, Scout Symons aboard the Captain Cook III wharfside in Darling Harbor as Marion Rotarian and 7670 DGN-D Alpo continues to expand his Rotary family Down under!

A great meeting venue and a great guest speaker; City North Men's Shed President AJ Wise who provided info on the international Men's Shed Association activity in Sydney. An all-inclusive social association focused on providing connectivity and interaction through the creation and operation of workshop space for DIYers.

We take our available workshop spaces for granted in rural NC but such spaces are at a premium in the Central Business District (CBD) of Sydney. The City North Men's Shed provides communal space for men and women alike to work on DIY projects while simultaneously offering space for social interaction and mental well-being in a hectic urban environment. Great Stuff!

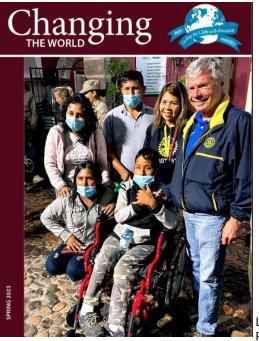






Changing the World

By Julie P. West on Friday, June 2, 2023



Look who made the cover of the Spring 2023 issue of Changing the World!! Our very own PDG Frank Dean!!

The Wheelchair Foundation is a nonprofit organization leading an international effort to create awareness of the needs and abilities of people with physical disabilities, to promote the joy of giving, create global friendship and to deliver a wheelchair to every child, teen and adult in the world who needs one, but cannot afford one. For these people, the Wheelchair Foundation delivers Hope, Mobility, and Freedom.

As stated by the President of the Wheelchair Foundation in this issue, "Rotarians have done more to eradicate polio than any other organization and much of their focus has been on improving health across the globe. Two former Presidents of Rotary International, Frank Devlyn and Richard King, saw the nexus between surviving polio victims and the provision of wheelchairs since so many were physically disabled. So they contacted Ken Behring, the founder of the Wheelchair Foundation, about forming a partnership. That relationship began in 2001 and in the last two decades Rotarians, Rotary clubs, Rotary districts and the Rotary Foundation sponsored approximately one fourth of the nearly 1.2 million wheelchairs we have delivered."

Thank you PDG Frank for helping to improve the lives of so many!!

Global Grant Scholar Helena Fierle: Art & Peacebuilding in Thailand

By Julie P. West on Friday, June 2, 2023

Helena Fierle was awarded the esteemed Global Grant Scholarship by the Asheville Rotary Club District 7670 and the Rotary Club of Berlin International District 1940. Ms. Fierle is supported by the Rotary Grant in her Master's study in Expressive Arts Therapy at the Expressive Arts Institute in Germany. Ms. Fierle is a young leader in the mental health field and uses art as an impactful and innovative tool for peace building.



Recently, Ms. Fierle embarked on a threemonth journey to Thailand. Along her travels she engaged with a wide variety of local art & peace building projects. She returned from her travels with a broadened



experience of the power of art in different cultural contexts. Some of Ms. Fierle's experiences in Thailand include taking part in an International Retreat for young mindfulness practitioners at Plum Village Thailand, a world renown monastery, drumming with elders at a Japanese arts

festival and leading expressive starts therapy workshops at a yoga retreat center in the grass fields of norther Thailand.

Ms. Fierle shares about her exploration of the power of art and creativity in Thailand.

Thailand is often referred to as "The Land of Smiles." After spending three months traveling across the country, it is easy to understand where Thailand got this name. I experienced the warmth of this country, not only in its shockingly high tropical temperatures but in the spirit of the people and communities everywhere I went. As an expressive arts therapist in training I am deeply interested in what brings people joy and the different ways people express themselves through art. As I traveled across Thailand, I dove deeper into the questions guiding my professional pursuits and personal passions "What does it mean to live in joy? In what ways does art support the mental health of individuals and communities? How do different cultures adopt art as a tool for healing and peace building?"



Shortly after landing in Thailand I made my way north to attend a Japanese arts festival outside of Chiang Mai. I experienced many colorful moments while witnessing the ways art creates a space of connection and communications amongst people of different cultures. One experience that stood out at the festival was the reggae drumming workshop. The workshop was led by a long-bearded and barefoot Japanese elder. Sitting in a circle of fellow world travelers we listened closely to the slow soft words of our teacher guiding us into the world of drumming. In his Japanese Rastafarian accent, he told us the story of African American slaves who made music in the dark of night by collectively clinking the chains bound around their feet on the earth floor, careful to sound softly enough not to be heard.

As our teacher told us this story he beat his large drum and guided us to follow his steady rhythm. We followed his rhythm for several hours, connecting through its deeply centering effect on the heart. On first arriving to the workshop I expected a loud roar of communal drumming. I expected to experience a kind of grand rupture of repressed emotions rising to the surface. Instead, I left the workshop deeply moved by the subtle yet profound healing potential of he art of music. I left with the memory of the steady beat of the drum reverberating like a heart beat, a call to help others grow their resiliency to live through joy and sorrow.



how music can act as a healing tool in times of despair. Another experience I had while in the north of Thailand was guiding an expressive arts therapy workshop to a group of 30 people from all around the world. All arriving with different cultural backgrounds and personal histories, we came together to express through art the feelings, that often fail to be captured with words. As a guide to the group I was able to hone my skills as an expressive arts therapy facilitator and practice applying art as a shared language and tool of human connection

amongst a group who do not share a native language. In the workshop I guided the creation of a group mosaic made of individual square drawings, which everyone had their own part in creating. Through this exercise we explored through art what it means to live in community and reflect on the ways each individual has an impact and voice within the greater collective. At this retreat center, I grew my passion for community art-making. I look forward to leading more workshops in my future focused around this theme of community building and human belonging.

In the last weeks of my travels in Thailand I took part in an International Wake Up Retreat, hosted by the Thai Plum Village Internationals Practice Center. At this center resides an international monastic community, dedicated to living a life of applied engaged Buddhism led by the teachings of Thich Nhat Hahn. Thich Nhat Hahn worked closely with Martin Luther King Jr. and received the Nobel Peach Prize in 1967 for his dedication to bringing practices of peach to the world from the inside out.



I felt an overwhelm of gratitude to have the opportunity to live at Plum Village and learn from the monastic community and fellow young leaders in peace building. I first learned about Thich Nhat Hahn in my first year of college, studying Kingian Nonviolence and Peace Reconciliation (methods of peace building led by Martin Luther King Jr.). The teachings of mindfulness and inner-peace building taught by global spiritual teacher and peace activist Thich Nhat Hahn deeply inspired my life mission as a mental health practitioner to help others see how peace begins within, in the way we treat ourselves.

At the retreat, I was one of the only Westerners amongst a group of over 100 young people, mainly from Thailand and Vietnam. Starting our day with the sound of the gong at 4:30am we made our way before down each morning to the meditation hall to practice sitting meditation. At sunrise, we left the meditation hall to practice walking meditation, slowly and mindfully walking for one hour in silence, staying aware of each breath and each step forward. As a person that likes to move quickly and often struggles with patience, this practice was both

challenging and extremely inspiring. This communal practice of slowing down and being mindful of walking, something I do every day, but rarely bring attention to - encouraged the belief that peace is possible in every step we take! One of the final days of the retreat was dedicated to cultural exchange. We were put into small groups to prepare a musical skit on the topic of peace and mindfulness with dance, song and some groups with theater. We spent the day practicing our group skits and cooking traditional meals from our own home countries. At the end of the day we all came together to share our different meals, dances and games.



My experience at Thai Plum Village left an imprint I will cherish my whole life and come back to when I am challenged in my profession as a peace builder, knowing I am supported by a global community working towards a better world. Whether through dancing, walking in silence, creating a group mosaic, playing drums of cooking Chinese dumplings, my time in Thailand was an expansion of first -hand experience of art as peace building.

This summer I return to Berlin, Germany. I look forward to completing my Master's in expressive arts therapy and continuing to learn and contribute to the communities around me through art-making as peachebuilding. I am grateful for the opportunity to be a Rotary Global

Scholar and united with Rotary in the mission of peace building. Thank you, Rotary and everyone who has played a part in supporting my path. *Helena Fierle*



Pardon Me, But Your Thumb is on the Scale

By George Michael Vavrek on Friday, June 2, 2023



Is it possible for a human to not be biased?

We, if "anybody" could be unbiased, it would be artificial intelligence (AI). But then AI is created by humans...but that's another story for another time and place.

Here's what one AI has to say about DEI:

Diversity, inclusion and equity are related concepts that aim to acknowledge, embrace, support, and accept people of different backgrounds and identities.

Diversity is the demographic mix of the community, with a focus on the representation of equity-deserving groups.

Inclusion is creating an environment where everyone feels welcome, is treated with respect, and can fully participate.

Equity is the fair and respectful treatment of all people, considering their unique circumstances and the systems that have historically marginalized and underserved them. Equity is a process: equality is a result.

Here's a sound bite/executive summary/elevator speech from a human:

- Diversity: All people are valued
- Equity: All people have the necessary access to resources, opportunities, and support.
- Inclusion: All people know they belong.

The district DEI committee believes all people are at least a little biased. Put another way, it's human to be biased, and being biased reduces the abundance of life. Recognizing our inclination to have our thumb count will help balance the scales of justice.

Catawba Valley Rotary Honors Veterans

On Thursday, May 4th, the Rotary Club of Catawba Valley recognized three veterans, Bill Shillito, Kelly Stewart, and Rodney Woody. Cindy



Stamey, Director of Community & Veterans Relations, made the presentations.

Bill Shillito served 22 years in the U.S. Army retiring as a Major. He was rated a Master Aviator, flying helicopters, with one tour of duty in Vietnam, and taught at the U.S. Military Academy. Bill served in the telecom industry as General Manager of an antenna manufacturing company before forming a wireless internet company that he managed for 16 years before his company was bought by a regional telecom provider. Bill was recently elected and is serving on the Catawba County Soil & Water Conservation Board.

Kelly Stewart served in the U.S. Marine Corps as a military police officer. After his military service, he served 25 years in the N.C. Highway Patrol, retiring as a Line Sergeant. Kelly is currently an Agency Manager for NC Farm Bureau Insurance in Taylorsville.

Rodney Woody retired from the U.S. Army as a Major after 24 years

of service, including six overseas tours, two of which were Combat Tours in Iraq and Kuwait. Rodney is the Veterans Employment Consultant for NC Works Career Center and has served as the Disabled Veterans Outreach Program Specialist. Rodney was presented with a "My Bootprints" print showing locations where he served during his career. "My Bootprints" is a district-wide Rotary effort. My Bootprints print for Rodney Woody in the center with Kelly Stewart on the left and Catawba Valley Rotary President Liz Van Horn on the right.



Walkathon to Fight Dementia

Monday, May 8, 2023 Let's Walk!!

Three Rotary clubs - Asheville-Biltmore, Asheville South, and Arden, joined forces at the Reuter Family YMCA in Biltmore Park for a 24-hour Walkathon to benefit Memory Care and CART. Rotarians, family members and friends took turns walking 15 minutes each on treadmills. Thank you to the generous sponsors and donors who supported this effort.

Making a difference in the fight against Alzheimer's Disease and Dementia!















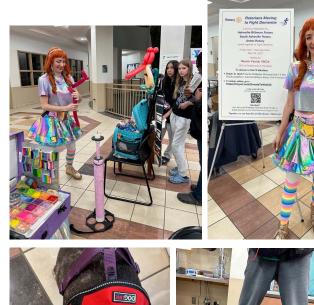












ARDEN Rotary







2023 Bike Tour



The Rotary Club of Tryon is excited to host the 2023 Fabulous Fourth Bike Tour through the North & South Carolina foothills. This year's tour will be held on Saturday July 1st. Register today at https://www.bikesignup.com/Race/NC/Tryon/Fabulous4thofJulyBikeTour



Rotary Club Awards Annual Scholarships

By Joy B. Cline on Friday, May 26, 2023



Since 1949, the Rotary Club of Newton Conover has served the community. A standing mission of Rotary clubs all over the world is to take action to enhance basic education and literacy in local communities. The Rotary Club of Newton Conover addresses this mission through annual scholarships. At the annual Rotary Night event, students, Laura Grace Wells and Kyra Ann Martin were recipients of \$1,000 each in educational scholarships from the Club. The Dr. John F. Sinnett Scholarship through the CVCC Foundation was established in memory of Rotarian and leader, Dr. Sinnett, to encourage a deserving student to develop leadership potential through CVCC's Health and Human Resources Programs. The Rotary Club of Newton Conover presented the Dr. John F. Sinnett Scholarship to Laura Grace Wells. Wells is enrolled in CVCC's Radiology Tech Program. Upon certification as a technician, she plans to continue to pursue various techniques as she grows professionally. Wells holds a 4.0 grade point average and is active in her church youth group.

The Patricia F. Gibson Scholarship was established by the Rotary Club of Newton Conover to honor Patricia Gibson for her contributions as a life-long educator, Rotarian, community supporter, mentor, and friend. The scholarship inspires and supports future generations of

students. The Patricia F. Gibson Education Scholarship was presented to Kyra Ann Martin. Martin will be attending North Carolina State University seeking a career in the field of Psychology where she hopes to make a positive difference in people's lives, especially children. As a Beta Club and National Honors Society member, Martin is well versed in giving back to the community. In addition to completing an unpaid internship at South Newton Elementary, she also donates two hours per week at the Catawba County Public Library assisting students.

Scherping Recognized for Contribution to Rotary

Tuesday, May 30, 2023



The Rotary Club of Tryon is pleased to recognize Dave Scherping for his continued contributions to the Rotary International Foundation. Rotary Club members are recognized as Paul Harris Fellows for their first \$1,000 contribution to the Rotary International Foundation. For each additional contribution of \$1,000 Rotary members are recognized as a Paul Harris Fellow +1, +2,

At a recent club meeting, Dave Scherping was recognized as a Paul Harris Fellow +1. During the ceremony, Rotary Foundation Chair, Ken Shull, reminded the Club that "service to our local community is an important part of being a Rotarian, but we must also remember to financially support the work Rotary International does around the world".

Donations to the Rotary International Foundation will be used to support one of Rotary's seven areas of focus:

- Promoting Peace
- Fighting Disease
- Providing Clean Water, Sanitation, and Hygiene
- Saving Mothers and Children
- Supporting Education
- Growing Local Economies
- Protecting the Environment

Pictured above: Rotarian Dave Scherping and Rotary Club of Tryon Foundation Chair Ken Shull.

Charity Chase Distributes Funds to Local Non-Profits

By H. Swofford on Thursday, June 1, 2023

At the June 1st meeting of the Catawba Valley Rotary Club, organizing sponsor of Hickory's 17th Annual Charity Chase Half Marathon & 5K, Charity Chase distributed the funds donated by local sponsors of the event. The races ran on April 22nd under rainy conditions but provided approximately \$16,000 to be handed out to the volunteer organizations that helped stage the event. Recipients were (in alphabetical order): Carolina Caring (Hospice), Council on Adolescents, Eastern Catawba Cooperative Christian Ministry (ECCCM), Hart Square Foundation, Hickory High School Band, Hickory Hurricanes, Hickory Junior Women's Club, Hickory Landmark Society, Hickory Police Department (to support NC Special Olympics), Hickory Soup Kitchen, Montessori @Sandy Ford, Patrick Beaver Learning



Resource Center, Pink Heals, Rising Hope Farms, Special Olympics of Catawba County, The Corner Table, Western Carolina Youth Sports, Women's Resource Center, and Young People of Integrity.

The organizations receive checks based on the number of volunteer hours each contributes to the event. Volunteers play an important role in

the success of Hickory's Charity Chase Half Marathon, considered a premier event in the region, by manning water stops and cooling stations along the route and cheering the runners on. Many runners comment that they keep coming back because of the support and encouragement that they receive from the volunteers.

Also, at Thursday's meeting the Catawba Valley Rotary Club and Charity Chase honored the Founders of Charity Chase, of whom five were present: Juliet Horan, Amanda & Ryan Edwards, Gayle Ballard, and Mandy Hildebrand. Charity Chase helps fund a range of services from providing meals to the homeless to enrichment activities for children and youths. Approximately \$400,000 has been raised over the years for the benefit of the Catawba County community due to the initial efforts of this group.

The success of Charity Chase has been due to the generosity of local businesses and individuals. Those who would like to be sponsors of this major local event can make inquiries through the Charity Chase website, <u>www.charitychase.com</u>, or through the Catawba Valley Rotary Club website, <u>www.catawbavalleyrotary.org</u>.

Representing their organizations at the awards ceremony are (left to right)

1st row: Lesley Cannady (Hickory Soup Kitchen), Kristal Manning (ECCCM), Nancy Frank (Pink Heals), Lorissa Vines (Hart Square Foundation), Jordan Ledford (Council on Adolescents), Michelle Morgan (Women's Resource Center).

2nd row: Leslie Keller (Hickory Landmark Society), Kim Bolick (The Corner Table), Mary Helen Cline (Montessori School @ Sandy Ford), Angela Lawrence (Patrick Beaver Learning Center), Patty Annas (Hickory High Band Boosters), Teresa Bazzle (Special Olympics), Erick Morin (Rising Hope Farm), Liz Van Horn (Catawba Valley Rotary Club).

3rd row: Kenyon Kelly (Montessori School @ Sandy Ford), Bradley Wallace (Carolina Caring), Bryan Rose (Hickory Hurricanes), Scott Hildebrand (Hickory Police Dept.).



Photo 2: Founders of Hickory's Charity Chase Half Marathon (left to right): Juliet Horan, Amanda & Ryan Edwards, Gayle Ballard, and Mandy Hildebrand.

Catawba Valley Rotary Recognizes RYLA Recipients

By H. Swofford on Thursday, June 1, 2023

On Thursday, June 1st, the Rotary Club of Catawba Valley recognized six recipients of scholarships to attend RYLA. RYLA stands for Rotary Youth Leadership Awards. Recipients must be rising Juniors or Seniors in high school and have the opportunity attend a week-long training leadership training program that this year was held in Black Mountain, NC by District 7670 of Rotary International. Each year the Catawba Valley Rotary sets a goal of sending three young people to RYLA, but this year had ten applicants. Rather than selecting three, the club, with the help of additional member donations, paid to send six youths, and the club's Youth Program Coordinator, Rev. Marcus Ollis of Beth Eden Lutheran Church, worked with other Rotary clubs in



the area to pay for the other four. The clubs pay all costs to attend.

Speaking to the club about their experience at RYLA were Savannah Shook and Aspen Hartsoe of Discovery High School and Jaretzy Hernandez-Luna of Hickory High School. They spoke of the broadening experiences that they had, the challenges they faced, and the meaning that they took away from the training. The other awardees from the Catawba Valley Rotary were Mika Langdon and Raelle Brown of Bandys High School and Samiyah Hope of Discovery High School.

Photo (left to right): Rev. Marcus Ollis, Rotary Club Youth Coordinator; Aspen Hartsoe and Savannah Shook of Discovery High; and Jaretzy Hernandez-Luna of Hickory High.

Rotary Magazine-CART

By Tiffany Ervin on Sunday, April 23, 2023 DID YOU READ YOUR MAY ISSUE OF ROTARY MAGAZINE???

Don't miss the cover story about The CART Fund and all the good work being done by so many members in our district!

You can read the article here!



Arbor Day Celebration

By Tiffany Ervin on Friday, May 12, 2023



Four Seasons Rotary celebrated Arbor Day at Tom's Park in Hendersonville on Friday, May 12, honoring the importance of trees in our lives. We have sponsored this event since 1991!

Mayor Barbara Volk proclaimed May 12 as Tree City Day in Hendersonville and two beautiful stewartia trees were planted for the benefit of all citizens. The City of Hendersonville proudly received the Tree City USA Growth Award for the 25th consecutive year.

A special thanks to members of the Hendersonville Tree Board and to members of the community that joined in the celebration!



Four Way Test

By Julie P. West on Sunday, October 2, 2022

The Four Way Test Rotary



- 1. Is it the TRUTH?
- 2. Is it FAIR to all concerned?

3. Will it build GOODWILL and **BETTER FRIENDSHIPS?**

4. Will it be BENEFICIAL to all concerned?

Events

June 3rd, 8:30-4:00 PM RLI-District 7630-Parts I, II, III-Elkton, MD-Cancelled June 13th, 2:30-3:30 PM DACdb University-End A Year, Start Another-Part III June 20th, 12:00-1:00 PM Lunch A La CART with Dr. Philip Wong

Club Anniversaries

Pisgah Forest June 3rd June 24th

Account Leaders









District DEI Chair

June 6th, 2:30-3:30 PM

June 13th, 3:00-3:30 PM

June 20th, 2:30-3:30 PM

Another-Part II

(4th quarter)

Another-Part IV

DACdb University-End A Year, Start

District Finance Committee Meeting

DACdb University-End A Year, Start

George Michael Vavrek Strategic Planning Chair

Connie M. Molland **DG-Nominee**

District Membership Chair

June 6th, 5:30-6:30 PM **CART Conversations - Monthly Info** Meeting June 13th, 3:30-5:00 PM **District Council Meeting (4th** quarter) June 22nd, 5:30-8:00 PM

June 12th, 5:45-7:00 PM Zones 33-34 Membership Action Plan | MAP Top 10 Membership Tips June 19th, 5:00-6:00 PM Zone 33 District Membership Chair/DG Line Call June 27th, 2:30-3:30 PM District Governor Sean's Installation DACdb University-End A Year, Start Another-Part V

Clay County June 9th







District Governor

DG-Elect

Kenneth A. Shull iPDG

Gary D. Dills District Rotary Foundation Chair























Tim Radford District Public Image/PR Chair

Kenneth Nicholson District Trainer

Tiffany Ervin District Secretary

Michael Stevenson Youth Services Chair



Cynthia K. Ireland Assistant Governor

Richard Molland Assistant Governor

Lynne Porter Assistant Governor

William Swift Assistant Governor

Julie P. West Assistant Governor











Trudie G. Crawford District Polio Plus Chair

Alex R Portelli District Governor - Nom. Desig.

James A. Cruickshank District Finance Chair

Isaac B. Owolabi Friendship Exchange Chair

Angela Dills Assistant Governor

Melissa D. Johnson Assistant Governor

Tracy M. Petrosky Assistant Governor

O'Neal Shelton Assistant Governor

Joan Lee VanOrman Assistant Governor

William Taylor Biddle Jr. Paul Harris Society Chair

Frederick E. Reidinger Youth Exchange Chair

John F. Baumrucker International Services Chair



Billi J. Black DCO-District Comm. Officer

