

Rotary



Rotary Club of West Raleigh

RCWR Weekly Bulletin 08.16.23

Wednesday, August 16, 2023

Join Zoom Meeting

<https://us06web.zoom.us/j/71532040548?pwd=DOMeo0xrY5mw6h17bb8aBgk88ffBC.1>

Meeting ID: 715 3204 0548
Passcode: 810120

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Meeting ID: 715 3204 0548
Passcode: 810120

Invocation, Pledge, and Introductions: Mardi Hack

Introduction, Speaker, and Topic:

Introduction of Speaker: Charles Heatherly

Speaker – Lloyd Rendall – Tunnel to Towers Foundation Born from the tragedy of 9/11, the Tunnel to Towers Foundation carries forward a legacy of courage and heroism. Built upon the mantra, **"While we have time, LET US DO GOOD,"** the Foundation supports our nation's fallen and catastrophically injured first responders, military heroes, and their families. [Tunnel to Towers 5K Run & Walk - The Triangle, NC \(runsignup.com\)](#)

- **Contributions to Maui, HA Relief** – Please consider donations to the Maui Relief Fund on August 18 and 25th. Checks can be made out to RCWR (with a note in the memo line for Rotary District/Maui Relief or cash contributions are accepted as well.
- **REMINDER Tropical Attire Day** – Beat the heat and wear your favorite island attire to the meeting on August 18. Jos A. Bank -Village District is having a sale on tropical men's shirts \$24.99
- **Rotary Club Polo Shirt Day – 8/25! – Please wear your RCWR Polo Shirt to our meeting on August 25. New colors galore!** *We'll be submitting a single order from RCWR. Please look at the available colors via the link below to select your color. Please look for the sign-up sheet with size and color either with Laurie or Dan on Friday, August 16 and 25th. Payment will be collected once we've determined the price based upon the number of shirts/colors/sizes requested.*

<https://www.bestclubsupplies.com/custom-RP97.asp>

- **RLI Upcoming Training Opportunities** – On-Line and In Person. If you have never attended a RLI training, you would begin with Part I. [Program and Courses | RLI Mid-Atlantic \(midatlanticrli.org\)](#)

SERVICE Opportunities:

- **Meals on Wheels** – Only a few slots remain for August and September. Please keep the energy flowing!

The dates are listed below with the number of volunteers needed.

1. August 21 – need 1.
2. September 18 – Need 1.
3. October 2 – need 4.
4. October 16 – need 4.

Club Meeting

West Raleigh
Meets at 4200 Hillsborough St,
Raleigh, NC 27606 AND virtually
via Zoom until further notice.
4200 Hillsborough Street
Raleigh, NC 27606
Time: Friday at 12:30 PM

Speakers

August 18, 2023

Lloyd Rendall
Tunnel to Towers

August 25, 2023

Anjana Rathore
Health Benefits of Yoga

September 01, 2023

No Rotary - Labor Day
Weekend

September 08, 2023

Jonathan Coulter
Home Energy Eff. - New Tech
and Best Bang for the Buck

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Home Energy Eff. - New Tech
and Best Bang for the Buck

September 15, 2023

Marianne Chanti-Ketterl
Healthy Living for your brain

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Healthy Living for your Brain

Birthdays

Wade Harris
August 17th
John T. Barbour
August 17th
Geoffrey A Benson
August 31st
Adewale Ejire
September 2nd

Years of Service

Kevin M. Brice
08-25-2006
17 Years
Alan Winstead
08-24-2007
16 Years
Jose Trinidad Ascencio-Ibanez
08-28-2015
8 Years

[Rotary Club of West Raleigh: Volunteers for Meals on Wheels \(signupgenius.com\)](https://www.signupgenius.com)

- **ALL Slots remain open for the PLOW Garden** – Volunteers are needed for the month of August. 1 volunteer/per slot and it only takes about 30 minutes. Sign-Up: [RCWR: PLOW Community Garden \(signupgenius.com\)](https://www.signupgenius.com)
- **Pollinator Garden** is still in full swing! August slots are completed. There are open slots through the end of September. <https://www.signupgenius.com/go/5080D49A8A729A75-pollinator>

Everyone, please remember to take photos as you serve and share with Laurie!

Kevin N. Martin

09-08-2017

6 Years

Muquarrab A. Qureshi

09-13-2019

4 Years

Daniel A Lindsey

09-13-2019

4 Years