

Rotary

Club of Spring Valley (Columbia)



Club Meeting

Spring Valley (Columbia)
Meets at Northeast Presbyterian Church
601 Polo Road
Columbia, SC 29223
Time: Thursday at 01:00 PM

Club Leaders



Ted Rausch
President



Denise LaRue
Ruben
Satellite
Club Chair



Lachaska Salmond
President-Elect
Vice President



Holly Swan
Secretary



William Keith Chichester
Past President
Treasurer



Patricia A. Barclay
Club Service Chair



Diane Wood Junis
Past President
Club Public Image Chair



Brian P. Dunphy
iPast President
Membership Chair

Peter J. Stahl
Club Foundation Chair

John Walko
Community Service Chair

Tuesday, June 3, 2025

Meeting agenda 6.5.2025



Menu: Greek chicken, potatoes, green beans, Greek salad, dessert and tea
Invocation and Pledge: Craig Currey
Health and Happiness: Lachaska Salmond
Paul Harris Fellow presentation
Announcements
Introduction of Speaker: Sara Raub
Nikki Allmann, Workout Warriors Foundation

Nikki Allmann is the visionary founder and president of the Workout Warriors Foundation, a nonprofit dedicated to supporting military personnel, veterans, and first responders dealing with Post Traumatic Stress (PTS) through holistic fitness and wellness programs. With an impressive 22-year career in the United States Air Force, including five combat deployments, Nikki has firsthand experience of the unique physical and emotional challenges faced by those who serve.

After her retirement, Nikki pursued her passion for health and healing by earning a Bachelor of Science in Health and Wellness from the American Military University. She continued her professional development at the University of Health and Performance, where she gained advanced skills as a wellness professional. Nikki is also a board-certified wellness coach, an ISSA-certified personal trainer, an ACE-certified personal trainer, and a CrossFit Level 1 coach.

Through Workout Warriors Foundation, Nikki has built a supportive community dedicated to helping others find resilience and strength in mind, body, and spirit. Her mission is to provide a pathway to wellness and offer resources and guidance for those seeking balance, strength, and healing.

[Workout Warriors Foundation Website](#)

Rotarian of the Year Nominations
Due JUNE 5

Nominations are due **JUNE 5** for this year's Rotarian of



Michele L.
Dunphy
Youth
Services
Director

Speakers

UPCOMING PROGRAMS:

June 12, 2025

Cecil Williams, Curator and Founder
South Carolina Civil Rights Museum

June 18, 2025

Satellite Club Meeting

June 19, 2025

TBD

June 26, 2025

NO LUNCH MEETING 6/26 - Year End Social 5:30-7:30 p.m.

July 03, 2025

NO LUNCH MEETING 7/3/25

July 4th Holiday

July 10, 2025

First meeting of the new Rotary Year
Club Assembly

July 16, 2025

Satellite Club Meeting

July 17, 2025

Trevon Fordham, Director
Office of Neighborhood Safety and Engagement, City of Columbia

July 31, 2025

Dr. Fred Littles, Jr., - Radiation Oncologist
Prisma Health

Events

June 16th

Transitions Service Opportunity

June 30th

Transitions Service Opportunity

July 14th

Red Cross Blood Drive

July 21st

Transitions Service Opportunity

August 16th

Adopt-a-Highway Trash Pick-Up

August 18th

the Year (ROY) Award. Check your email for a copy of the nomination form, and we'll have printed copies available at our meeting on Thursday.

Criteria for the Award:

1. Be a member of the Rotary Club of Spring Valley for at least three years.
2. Be recognized as a willing participant in many club activities, both social and services, over time.
3. Be active in club priorities, such as proposing new members, fundraising, leadership, and Rotary Foundation giving.
4. Must exemplify the Four-Way Test.
5. Is neither a recipient within the past five years, nor is the current year president.

Please refer to the criteria above and provide examples of how your nominee meets the criteria. Feel free to attach any additional justification.

Phil Midden is chairing the ROY committee this year.

Submit your nomination to Phil by JUNE 5.

EMAIL: phil.midden@bcbssc.com

Call Phil with any questions at 803-586-2705.



Save the Date - Rotary Year-End Celebration



Save the date for our End of the Rotary Year Celebration:

Thursday, June 26, 5:30 to 7:30 pm
at the home of Steve and Diane Junis

Spouses, guests, and potential members are invited. Details and invitations to follow.

NOTE: We will not have a lunch meeting on June 26.



6/5: Phil Newsom and ONE VOLUNTEER NEEDED
6/12: Phil Newsom and ONE VOLUNTEER NEEDED
6/19: TWO VOLUNTEERS NEEDED
6/26: TWO VOLUNTEERS NEEDED (NO LUNCH MEETING)
7/3: Diane Junis and Debbie Clark

MEALS ON WHEELS SIGN UP link

Please sign up for a **Thursday** Meals on Wheels delivery. This involves meeting at Spring Valley Presbyterian Church at 10:45 a.m. and delivering meals to 5–10 homes on our Northeast Route which takes about an hour. A spouse or friend, non-member or potential member can deliver with you.

Club Coordinator: PHIL NEWSOM 803-315-0299
newsomp133@gmail.com

Serving Dinner at Transitions

Transitions 2025 Sign Up LINK



THANK YOU: *Brian Dunphy, Denise Ruben and Hannah Miller* for serving on Monday, May 19.

The NEXT SERVICE DATES ARE:

Signed up for June 16 are: Ginny Reed, Angelica Bell

Signed up for June 30: Ginny Reed
Room for 2-3 more volunteers....please consider signing up.

**The Rotary Foundation - Congratulations
Paul Harris Fellows**

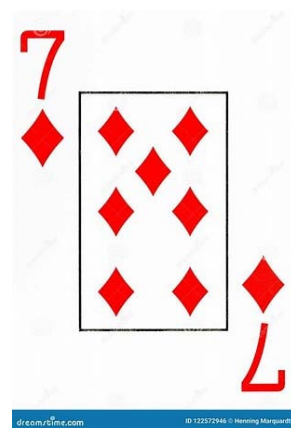


Every member of our club contributes \$25 per quarter to the Rotary Foundation. At that rate, it takes 10 years to contribute a total of \$1000 and achieve Paul Harris Fellow status. Continued quarterly donations would move you up to the next Paul Harris Fellow level every ten years.

BUT--Many members contribute more to the Foundation and advance their Paul Harris Fellow, or PHF, status more rapidly. If you'd like to know more about this, contact Peter Stahl, our Club Foundation Chair at (803) 730-7030.

Congratulations to Bill Campbell for reaching the Paul Harris +5 Award level, meaning his contributions have totaled \$6,000 to the Rotary Foundation. Shelly Dunphy has reached the Paul Harris +1 level, for contributions that total \$2,000 and Ted York has achieved the Paul Harris +2 level for contributions that total \$3,000. They were recognized at our meeting on May 29. THANK YOU for your continued support of The Rotary Foundation.

50/50 Raffle - Still Looking for the 7 of DIAMONDS!



We've pulled more than 30 cards from the deck since we started last October, and we're still looking for the 7 of DIAMONDS. If your raffle ticket is selected, and **you pick the 7 of DIAMONDS, then you get half the pot and the other half will go to the Rotary Foundation for END POLIO NOW.**

The 'pot' is currently over \$1,050, so that means if you pick the 7 of Diamonds.....you take over \$500!

UPDATE: We'll be pulling more than one card at the next few meetings, with the hope that we'll have a winner soon!

Each week the number of cards in the deck is reduced if there isn't a winner....so your chances increase. Join the fun and continue to support our weekly raffle. We always need consolation prizes too!

Doorprizes are needed for our consolation prizes. Please consider contributing a door prize.

Birthdays



[Paula B. China](#)
June 2nd



[Judith C. Gaskins](#)
June 8th

Wedding Anniversaries



[Stan Luallin](#)
June 5th

Years of Service



[James William "Bill" Oliver](#)
17 Years