

Rotary

Club of Spring Valley (Columbia)



UNITE
FOR
GOOD



Club Meeting

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

Club Leaders



Lachaska
Salmond
President



Michele L.
Dunphy
President-
Elect



Denise
LaRue
Ruben
Satellite
Club Chair



Sara Raub
Secretary



Keith
Chichester
Treasurer



Jennifer
Guerry
Broome
Club
Director /
Board
Member



John Walko
Club
Director /
Board
Member



Diane
Wood
Junis
Foundation
Chair/
Public
Image

Tuesday, July 22, 2025

Meeting agenda 7.24.2025



Menu: Pizza and salad, dessert and tea
Invocation and Pledge: Brian Dunphy
Health and Happiness: TBD
Announcements: President Lachaska
Introduction of Speaker: Ginny Reed
Melissa Payne, Executive Director
Palmetto Animal Assisted Life Services
(PAALS)



The corporate mission of Palmetto Animal Assisted Life Services is to enrich and empower children and adults with physical, intellectual and emotional disabilities by training service animals and providing animal-assisted educational, therapeutic, and recreational activities.

- PAALS was founded in 2007.
- PAALS places assistance dogs in South Carolina and areas of contiguous states located within 230 miles of Columbia, SC. (PTSD and autism applicants must reside



Brian P. Dunphy
Membership
Chair



Chair
Peter J. Stahl
Service
Projects
Chair



Ted Rausch
iPast
President

UPCOMING PROGRAMS:

July 31, 2025

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

August 07, 2025

Sandy Morckel
District Governor, 2025-2026

August 28, 2025

Alejandro Espaillat MD FACS, Prisma Health
Ophthalmology update - various eye conditions,
including cataract surgery, glaucoma, and diabetic
eye disease, as well as the application of artificial
intelligence in Ophthalmology

Events

August 16th

Adopt-a-Highway Trash Pick-Up

August 18th

Transitions Service Opportunity

with 130 miles of Columbia, SC)

- PAALS is the only Assistance Dog International (ADI) accredited organization based in South Carolina.
- PAALS is a founding member of Animal Assisted Intervention International (AAII).

[Home | Paals](#)

Speaker Contact:

221 N. Grampian Hills Road
Columbia, SC 29223

[803-788-7063](tel:803-788-7063)

Health and Happiness Chair Needed



Health and Happiness Chair responsibilities:
Secure a member to provide the weekly "Health and Happiness" segment, which is a 3-minute presentation that should include:

1. Recognition of any member birthdays, wedding anniversaries or Rotary anniversaries as listed in the weekly bulletin
2. Acknowledgment of any holidays or special occasions
3. Something uplifting or inspirational
4. Comments should NOT be political or controversial or off-color.
5. Remarks may include a joke or something funny.
6. The health and happiness chair should add the name of the member scheduled for each weekly meeting to the club's google document so the president and bulletin editor will know who is scheduled for each week. The chair should also inform any member scheduled for health and happiness of the above guidelines.

If you'd like to take on this responsibility, please contact Club Service Director Jennifer Broome at jennifer@callsyi.com, or text/call: (336-354-8429)

New Members Proposed - Candice Watkins and Cynthia Villar



Lachaska Salmond and John Walko have proposed **Candice Watkins** for membership in our club. Candice is married to Jody and the mother of three boys, five stepdaughters and five grandchildren. She is also a cancer survivor and an advocate of living a healthy and holistic lifestyle. After receiving a Bachelor's degree from the University of South Carolina Upstate, she worked as the director of a private preschool. She also owned and operated a children's development center and was an administrative assistant for a number of years before moving to Columbia. She is currently in a role where she has the privilege of assisting owners with their health and life benefit offerings. She is a payroll deduction coordinator with Universal Benefits/Occidental Life. Her hobbies include: traveling, karaoke, reading, and spending time with family. Candice will be inducted at our meeting on July 31.



Deborah DePaoli has proposed Cynthia Villar for membership. Cynthia is a lifelong Christian and Columbia International University (CIU) MBA graduate with over 20 years of experience in different market sectors. She serves as the Director of CIU's Business & Career Development Center, which was started as an initiative based on three pillars: entrepreneurship, employment, and mentoring, to increase and expand access to high-quality training workshops and programs to help students, alumni, and the community start their own companies, pursue their dream job in today's high-demanding fields, or connect with mentors/coaches to grow personally and professionally. She combines this role with her

Adjunct Faculty position teaching Marketing, Business Communications, and Capstone for the CIU School of Business.

Cynthia led the formation of the Business Innovation and Development Center at her undergraduate university in Lima, Peru. She won Entrepreneur of the Year in 2017 and Fintech Founder of the Year in 2018. Cynthia was also selected as an Outstanding Women Entrepreneur of the GIST Catalyst program in Brisbane, Australia in 2018 and has participated in several international contests such as StartUp Peru, StartUp Chile, StartUp Mexico, Village Capital, GIST, Techstars, Halcyon Incubator, WeXChange, Visa's Everywhere Initiative, The Holt Fintech Accelerator, Kunan, Open Road Alliance, FinXperience, and F10 Accelerator.

Cynthia currently serves as a mentor and consultant for different entrepreneurship organizations in Peru, Chile, Argentina, and the USA and is on the steering committee for Halcyon Incubator. Cynthia works hand in hand with very talented and dedicated international CIU Graduate Assistants who are all devoted to making this center one of the best in the world.

Her hobbies include: walking, going to the beach, driving, trying new food, good music, traveling, meeting new people, reading, and learning new things.

Youth Exchange Inbound Update



Our youth exchange student, Amelia Chen, arrives Friday, August 1 from Taipei, Taiwan. Her flight arrives at the Columbia Airport at 10:15 am. We'd love to have a group of Rotarians greet her. Please let Shelly Dunphy know if you are able to attend.

Also, if you are interested in serving on the Youth Exchange Committee, please reach out to Shelly.

shellydunphy@icloud.com

Serving Dinner at Transitions

[Transitions 2025 Sign Up LINK](#)





Thank you, John Walko, Sara Raub and guest and Brian Dunphy for serving dinner on Monday, July 21. They served 133 meals in record time!

Next Service Date:

Monday, August 18 @ 5:15 pm

Signed up are: Brian Dunphy and Ginny Reed. Room for at least one more.

The Rotary Foundation - Congratulations Traci Cooper and Peter Stahl



Every member of our club contributes \$25 per

quarter to the Rotary Foundation for the Annual Fund and \$8 for Polio. At that rate, it takes many years to contribute a total of \$1000 and achieve **Paul Harris Fellow** status. Continued quarterly donations will move you up to the next Paul Harris Fellow level every \$1,000 contributed.

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 Diane Junis, our Club Foundation Chair, at (803) 873-0254.

Congratulations to Traci Cooper for achieving her first Paul Harris Fellow, meaning her contributions now total \$1,000 to the Rotary Foundation. Peter Stahl has achieved his Paul Harris Fellow +6 level and Peter is a Paul Harris Society member, giving \$1,000 annually. Thank you, Traci and Peter for your continued support of The Rotary Foundation.

Meals on Wheels Delivery



7/24: Sara Raub and Jennifer Broome

7/31: Diane Junis and Debbie Clark

**8/7: Peter Stahl and ONE VOLUNTEER
NEEDED**

8/14: TWO VOLUNTEERS NEEDED

MEALS ON WHEELS SIGN UP link

Please sign up for a **Thursday** Meals on Wheels delivery. This involves meeting at Spring Valley Presbyterian Church (across from SVHS) at 10:30 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

Blood Drive Results



Thanks to everyone who helped with our July 14 community blood drive. Our 'official' total is 53 pints of lifesaving blood collected, which far **exceeded** our goal of 40 pints. We had 54 donors

present and five were first-time donors! A total of seven donors were not able to give, and eight donors gave a 'Power Red' donation, which counts as two pints. Great work in spite of the oppressive heat and a thunderstorm! A total of 23 club members either volunteered, gave blood or recruited a donor. Our club participation increases every drive!

Thanks also to Northeast Presbyterian for the use of the Grand Hall, for promoting the blood drive and for encouraging church members to participate too!

Save the date: Our next drive will be Tuesday, January 27, 2026.



Networking Event 8.5.35



August 5th Pickleball Networking!

9am at 4590 Augusta Road in Lexington
All Levels Welcome!
Register Here: [PickleBall Networking Tickets, Tue, Aug 5, 2025 at 9:00 AM | Eventbrite](#)
Contact John Walko for more information.

Birthdays - None this week

Wedding Anniversaries - None this week

Years of Service



[Virginia R. "Ginny" Reed](#)
4 Years