

Rotary

Club of Spring Valley (Columbia)



Wednesday, July 30, 2025

Meeting agenda 7.31.2025

**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



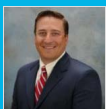
Michele L.
Dunphy
President-Elect



Denise LaRue
Ruben
Satellite Club
Chair



Sara Raub
Secretary



William Keith
Chichester
Past President
Treasurer



Jennifer Guerry
Broome
Club Director /
Board Member



John Walko
Club Director /
Board Member

Diane Wood
Junis



Menu: Meatloaf, mashed potatoes, corn, salad, dessert and tea
Invocation and Pledge: Craig Currey
Health and Happiness: Brian Dunphy
New Member Induction: Brian Dunphy
Welcome, Candice Watkins
Announcements: President Lachaska
Introduction of Speaker: Peter Stahl
James Frederick Littles, Jr., MD - Radiation Oncologist, Prisma Health



Video Bio

Prisma Health Cancer Institute

7 Richland Medical Park Drive, Suite 104, Columbia, SC 29203

With Sympathy

We extend heartfelt sympathy to the family of Rotarian John Runy. John died early in the morning on Wednesday, July 30. No details yet as to his funeral arrangements. John joined our club in December 2024 and was looking forward to being an active member until his health issues became very complicated.



Past President
Club Foundation
Chair
Club Public
Image Chair



Brian P. Dunphy
Past President
Membership
Chair



Peter J. Stahl
Past President
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 14, 2025

Meet our 2025-2026
Youth Exchange
Students

August 21, 2025

Honorary Member
Celebration

August 28, 2025

Alejandro Espallat MD
FACS

Ophthalmology update -
various eye conditions,
including cataract
surgery, glaucoma, and
diabetic eye disease, as
well as the application
of artificial intelligence
in Ophthalmology

September 11, 2025

LaToshia Chukes,
Founder

Kind Acts for Humanity

Service Opportunities:

August 16th

Adopt-a-Highway



If you would like to send a note of sympathy to his spouse, Carol, the mailing address is:

22 Northlake Road
Columbia, SC 29223

Thank you, Stan Luallin, for sharing this information with the club.

The Weekly Raffle - Benefitting CART 1st Qtr

And the winner is.....your weekly bulletin editor pulled the 7 of diamonds last week and won the pot which totaled \$1,048. We'll pick a new card at this week's meeting.



Door prizes are always needed for our weekly raffles. Please consider contributing an item.

Any questions, contact Judy Gaskins,
jgaskins001@sc.rr.com or (803) 315-3723. Have items you can "re-gift?" A bottle of wine is always the coveted prize! Or maybe a gift card?

For the first quarter of this Rotary year (July-

September) our weekly raffle proceeds will support The Cart Fund.

Coins for Alzheimer's Research Trust is a non-profit organization founded in 1995 by Roger Ackerman, a Rotarian in Sumter, SC. Its mission is to provide "**seed**" **money for cutting-edge research grants** aimed at finding a treatment or cure for Alzheimer's disease. The fund is supported by Rotarians who contribute spare change during meetings, ensuring that **100% of donations go directly to research.**



www.cartfund.org



New Members Proposed - Candice Watkins and Cynthia Villar

Trash Pick-Up

August 18th

Transitions Service Opportunity

September 15th

Transitions Service Opportunity

September 29th

Transitions Service Opportunity



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 inbound 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](#)



Next Service Date:

Monday, August 18 @ 5:15 pm

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

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](#)

Sign Up Now for Adopt-a-Highway: August 16



[Adopt-a-Highway SIGN UP LINK](#)

Saturday, August 16 - Signed up are Ginny Reed, Diane Junis, Brian and Shelly Dunphy and our YE Student Amelia - we need about 8 to 10 more volunteers. The more, the better and the faster we'll get done.... in the heat, that's not a bad thing! Meet at 8:45 in the parking lot behind Taco Bell, corner of Polo and Two Notch. Wear closed-toed shoes and long pants/long sleeves are suggested.



Member Spotlight - Lachaska Salmond

Thank you, John Walko for providing member spotlights on our Facebook pages. I'll include them in the bulletin for those not on Facebook. If you'd like to be featured, let John know and he will send you the questionnaire. jwalko8374@gmail.com



Spotlight on Lachaska — our current Club President, and if you know her, you know she was born for the bright lights!

Career-Minded Questions:

Q: What inspired you to pursue your current career path, and what keeps you motivated to continue growing in your field?

A: My own story of being a young widow and not having the financial resources drives me to educate and empower people now so they are prepared for the unexpected and can retire on their terms.

Q: What is one career lesson you've learned the hard way that you would share with others in our Rotary community?

A: Make sure you know your worth and do not take the first offer given to you if it doesn't align with your number.

Q: If you could switch careers for a day, what would you choose and why?

A: A fashion professional, so I can go to the high-end shows and visit the most extravagant, luxurious stores!

Q: How do you maintain a healthy work-life balance, and what tips do you have for staying productive without burning out?

A: I try to balance, but honestly, I am still trying to figure that out! lol

Personal-Minded Questions:

Q: What's a hobby or activity you're passionate about that most people might not know about?

A: I like to skate.

Q: What's one personal accomplishment you're most proud of, and how did it impact your life?

A: Becoming a financial advisor was one of the best decisions I made in my career. It has allowed me to help my family and other families financially.

Q: If you could invite anyone—past or present—to dinner, who would it be and what would you talk about?

A: Tyra Banks and we would talk all things fashion!

Rotary-Minded Questions:

Q: What motivates you to stay involved with Rotary, and how has it impacted both your personal and professional life?

A: I like the comradery and the ability to serve. I also learn a lot from my members in business and in life.

Q: Can you share a moment in Rotary that made you feel truly proud to be part of this organization?

A: When I first started, I volunteered with Diane to help with Meals on Wheels, and she inspired me so much. We had things in common I never would have thought we did. It was a great experience.

Q: What is one way you think our Rotary Club can make an even bigger impact in our community?

A: Getting out and being part of other community events and letting people know we are here would be impactful.

Thank You Lachaska Salmond!

You are a true inspiration — a newer Rotary member willing to donate your time to making our club better and now becoming PRESIDENT!

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

Fall Social - Save the Date!



Meals on Wheels Delivery



7/31: Diane Junis and Debbie Clark

8/7: Peter Stahl and Bev Ryan

8/14: TWO VOLUNTEERS NEEDED

8/21: 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

Birthdays - None this week

Wedding Anniversaries



Robert E.
"Bobby" Curtis
August 4th

Years of Service - None this week