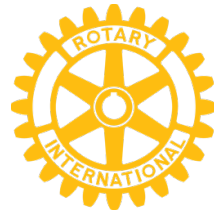


Rotary

Club of Spring Valley (Columbia)



Wednesday, February 14, 2024

Meeting agenda 2.15.2024

Invocation and Pledge: Phil Newsom
Health and Happiness: Keith Chichester
Today's Program - Hosted by Ted Rausch
Michelle Hardy, Vice President, Advancement
Central Carolina Community Foundation



Michelle leads the fundholder engagement and asset development work of the Foundation and serves as a resource for charitable planning. She joined the CCCF team in 2019 and is originally from North Augusta, SC.

Education: Penn State University; University of South Carolina School of Law

Hobbies: Michelle enjoys spending time with family and friends, running, and a good book.

Community Involvement: She volunteers at her children's schools, athletic events, and church youth activities.

803-978-7831

Michelle@yourfoundation.org

Club Meeting

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

Club Leaders



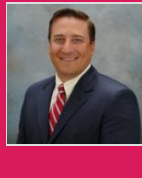
Brian P. Dunphy
President



Ted Rausch
President-Elect



Holly Swan
Secretary



William Keith Chichester
Treasurer



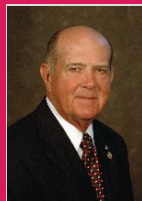
Anna Paige DuRant
Club Director / Board Member



Diane Wood Junis
Club Public Image Chair



Michael J. Burney
Membership Chair



John S. Luallin
Sergeant-at-Arms



Phillip F. Newsom
Sergeant-at-Arms



Lachaska Salmond
Service Projects Chair



Peter J. Stahl
Club Foundation Chair
iPast President



Emma Mitchell
International Service Chair

Meals on Wheels Delivery

Signed up are:

2/15 - Phil Midden and John Walko

2/22 - Bev Ryan and ONE VOLUNTEER NEEDED



Please consider signing 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 about 5-10 homes on our Northeast Route. Delivery takes about an hour. Ideally, we want two members to sign up. A spouse or friend, non-member or potential member can deliver with you.

MEALS ON WHEELS SIGN UP

Thanks to Patricia Barclay for serving as our club's Meals on Wheels coordinator!

Patricia Barclay 386.449.9452 or email avatarpbj@yahoo.com

What's for Lunch?

Menu's for February's meetings:

Special thanks to Ginny and her team for taking care of our meals every week! We appreciate you.

Feb 15. Pizzas, Greek salad, dessert

Feb 22. Chicken souvlaki, rice, greek salad, mixed veggies, bread, dessert





Lindsay B
Agostini
Youth
Services
Chair

UPCOMING Speakers

February 15, 2024

Michelle Hardy, Vice-President, Advancement - Central Carolina Community Fdn

February 22, 2024

Dickson Monk, Executive Director, Columbia World Council

February 29, 2024

Scott Billings, Paul Mitchell The School-Columbia

March 07, 2024

Nell Killoy, Director of Programs, Midlands and Upstate - Palmetto Project

March 14, 2024

Traci Cooper/Paula Matthews - Urban Garden Project Update

March 28, 2024

RCSD - Sheriff Leon Lott
RCSD Update Mental wellness

Events

February 15th

SV Rotary Board Meeting

February 27th

Rotary Readers at Lonnie B. Nelson Elementary School

March 12th

Table Talkers at Conder Elementary School

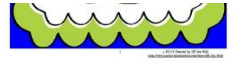
March 21st

SV Rotary Board Meeting

March 26th

Rotary Readers at Lonnie B. Nelson Elementary School

Feb 29. Pulled chicken and BBQ, buns, beans, slaw, mac and cheese, salad, dessert



If you've got a suggestion for a meal, please reach out to Ginny Reed. She is open to suggestions.

ginnyreed93@gmail.com

Harvest Pack - A Success!



Awesome turn out by our SVHS Interact Club on Saturday, Feb. 10th for the 2024 Harvest Pack Project.

Interact had 18 students participate and from our club Mike Burney served as the emcee/DJ, Lindsay Agostini, Anna Paige DuRant and Emma Mitchell and her son joined in on the fun too!

Together, a total of 70,000 meals were packed for use right here in the Midlands!



Conder Elementary Table Talkers



Thanks to Don Hogan and his wife Kathy, Brian Dunphy, Lindsay Agostini and Judy Gaskins for participating at Conder Elementary on Tuesday, Feb.

13th.

Our next Table Talkers is on Tuesday, March 12th.

Lunch is from Noon-12:30. You can bring your lunch if a school lunch isn't your bag! Plan on arriving at Conder (8040 Hunt Club Road) by 11:40/11:45 so you have time to park and access the school. You will need to bring ID.

There are 25 students in Ms. Ross's 5th grade class at Conder Elementary School, just waiting to meet a Rotarian.....ideally, we'd love to have 25 Rotarians volunteer. Here's what is involved. Be able to commit to having lunch with your student on the second Tuesday of each month, starting Sept 12th, through May. No worries if you can't make it every time. Note: The school is under some construction, so please allow time for parking. Thanks to Don Hogan for coordinating this program again this year. Please contact Don to sign up at: brushandfloss@hotmail.com or by text or phone at 803-920-6669.

Serving at Transitions Monday, Feb 19

Thanks to Brian, James, Bev and John for serving on Monday, Jan. 29th.....They served over 150 meals!



We've now got a Sign Up Genius site to better manage our volunteer shifts at Transitions.

Reminder, we serve dinner the 3rd and 5th Mondays of the month.

Monday, February 19th is our next shift, 5-6 pm.

Signed up are:

Bev Ryan

TWO MORE VOLUNTEERS NEEDED

Here's the link:

[Transitions Sign Up Link](#)

James Hooker is looking for 3 volunteers to join him.

Questions, call/text James at (803) 250-5514 or email: sportagent2004@hotmail.com

Rotary Reads at Lonnie B. Nelson Elem.

Thanks to these members for reading on Tuesday, Jan. 30th at Lonnie B. Nelson Elementary:

Lindsay Agostini

Bev Ryan

Mike Long

Brian Dunphy

Shelly Dunphy

Peggy Merrill

Remaining dates for 2024: Feb. 27, March 26, April 16

Remaining dates for 2024 - Feb. 27, March 20, April 10



Hope you'll consider joining Peggy Merrill in February!
Sign up by contacting: Lindsay Agostini
lindsayagostini@outlook.com
text or call: (803) 530-5571

Save the Date - Friday, April 19th

Urban Garden Project
Earth Day 2024 Planting

More Details to come. Volunteers will be needed from tentatively 9 am - 1 pm at various locations for this HANDS ON, get in the dirt project!

Plan to attend our Thursday, March 14th lunch meeting for an update on our Urban Garden Project.



Cheer on Elsa and Ana this season!

Let's plan to show our support for our Youth Exchange Students this season as both Ana and Elsa are playing lacrosse.
Here's the spring schedule.

valleygirlslax

SPRING VALLEY GIRLS LACROSSE

#THEVALLEY

2024 SCHEDULE

HOME AWAY

AT RIVERBLUFF FEB 8 • 6PM • SCREENIMAGE	AT FORT MILL MAR 4 • 6PM • REGION	VS. BLYTHEWOOD MAR 20 • 6PM • REGION
VS. LEGION COLLEGIATE FEB 12 • 6PM • SCREENIMAGE	VS. NATION FORD MAR 7 • 6PM • REGION	AT HEATHWOOD HALL APR 10 • 6PM • NON-REGION
AT AIKEN FEB 17 • 9AM • PLAY DAY	AT BLYTHEWOOD MAR 11 • 6PM • REGION	VS. MID CAROLINA APR 11 • 6M • NON-REGION

AT AIKEN FEB 20 • 5:30PM • NON-REGION	AT MID CAROLINA MAR 14 • 6PM • NON-REGION	**SENIOR NIGHT! 
AT LEGION COLLEGIATE FEB 22 • 6PM • NON-REGION	VS. CLOVER MAR 18 • 6PM • REGION	
AT HILLCREST FEB 24 • 11AM • NON-REGION	VS. FORT MILL MAR 21 • 6PM • REGION	
AT CLOVER FEB 29 • 6PM • REGION	AT WEST ASHLEY MAR 23 • 11AM • NON-REGION	
VS. PINWOOD PREP MAR 2 • 12PM • NON-REGION	AT NATION FORD MAR 25 • 6PM • REGION	

Adopt-a-Highway 2.3.24



Thanks to all who got it done on Saturday morning February 3rd including coordinator Greg Seymour, Stan Luallin, Ted Rausch, Ginny Reed, Lindsay Agostini, Mike Burney and Elsa our YE Student, along with two SVHS Interact students. They filled 12 bags.....Polo Rd looks great after their efforts!

Save the date for our next quarterly pick up: SATURDAY, MAY 18th - meet at 8:45 am

Sign up here:

[Adopt a Highway Sign Up Link 2024](#)

Fun Facts



Valentine's Day Greetings and Gifts

In addition to the United States, Valentine's Day is celebrated in Canada, Mexico, the United Kingdom, France and Australia. In Great Britain, Valentine's Day began to be popularly celebrated around the 17th century.

By the middle of the 18th, it was common for friends and lovers of all social classes to exchange small tokens of affection or handwritten notes, and by 1900 printed cards began to replace written letters due to improvements in printing technology. Ready-made cards were an easy way for people to express their emotions in a time when direct expression of one's feelings was discouraged. Cheaper postage rates also contributed to an increase in the popularity of sending Valentine's Day greetings.

Americans probably began exchanging hand-made valentines in the early 1700s. In the 1840s, Esther A. Howland began selling the first mass-produced valentines in America. Howland, known as the "Mother of the Valentine," made elaborate creations with real lace, ribbons and colorful pictures known as "œscrap." Today, according to Hallmark, an estimated 145 million Valentine's Day cards are sent each year, making Valentine's Day the second largest card-sending holiday of the year (more cards are sent at Christmas). (courtesy of history.com)

Pet Pals Food and Treat Drive

Would you give up your
own meal if it meant
your dog could eat?



We will be collecting cat and dog food during the following meetings:

Feb. 29
March 7
March 14

We are looking for small and medium bags or cans of food, so seniors can lift them.

Treats and toys would also be appreciated.

These items will be given to seniors served by Senior Resources Meals on Wheels program.

Thanks to Bev Ryan for coordinating this effort.

Contact Bev at (803) 477- 4100 or

bev@bevryansellshomes.com



The Weekly Raffle -Jan through March '24

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 third quarter of this Rotary year (Jan-March), our weekly raffle proceeds will help fund our CART efforts.



Taste of the Vine

Transitions is one of the organizations our club supports through our Community Grant program and we're proud to be a partner with Transitions, serving dinner the third and fifth Monday of every month.

Greenâ€™s Beverages is once again proud to sponsor and host the â€œTaste of the Vine,â€ a wine event benefiting Transitions Homeless Center, February 29th at Central Energy from 5:30 to 8:30 p.m.



â€œTaste of the Vineâ€ is an exclusive event designed to connect Columbiaâ€™s wine enthusiasts with vendors, providing an opportunity to sample wines from around the world, all available locally. Greenâ€™s generous donation directs 100% of the eventâ€™s wine sales proceeds to Transitions Homeless Center. Further support comes from a silent auction, ticket sales, and external donations, all contributing to the centerâ€™s cause. Beyond exclusive ticket sales, we invite local businesses to participate through sponsorship opportunities, providing a chance for broader community involvement and support.

[Event Information link](#)

Partner Event-Senior Resources

March for Meals 5k run/walk - Saturday, March 9



Lace up your running shoes and join us for the 22nd March for Meals 5k benefitting Senior Resources and Meals on Wheels Richland County. March for Meals 5k starts and finishes at Strictly Running, taking you through beautiful Shandon and part of Historic Melrose. This is a mostly flat certified course, with one hill at the beginning to get your heart pumping.

New this year, will be a 5k Food Challenge sponsored by Devine Cinnamon Roll Deli. Returning, will be the 1-mile Senior Walk! Registration: **Register online at**

www.Strictlyrunning.com

○ \$30.00 - 5k Run/Walk with a t-shirt

○ \$15.00 - 1 Mile Senior Walk (60 and up) with a t-shirt

○ \$30.00 - 5k Run/Walk Food Challenge with a t-shirt

On March 1, prices will raise to \$35 and \$20 respectively. Race day registration will be \$40 and \$25.

Participants who register before February 18 will receive a T-shirt

Packet Pick up: Friday, March 8, 2024, 10am-6pm at Strictly Running Saturday, March 9, 2024, 7:45am-8:45am at Strictly Running

Race Day Schedule:

â€¢ 7:45am-8:45am: Same Day packet pickup and race day registration

â€¢ 8:00am: Vendors/Sponsors arrive to set up

â€¢ 8:50am: Start gathering runners and make an announcement to head to the start line- have senior walkers line up in the back behind the runners

â€¢ 8:55am: Thank everyone for coming o (National Anthem, Course Rundown, etc)

â€¢ 9am: 5k & 1 Mile Senior Walk Starts â€¢ 10am: Awards Ceremony

Birthdays



[Tony D. Brock](#)

February 17th

Wedding Anniversaries



[Steven E. Junis](#)

February 18th



[Diane Wood](#)

[Junis](#)

February 18th

Years of Service



[Patricia Barclay](#)

1 Year