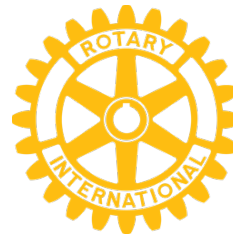


Rotary

Club of Spring Valley (Columbia)



Monday, February 5, 2024

Meeting agenda 2.8.2024

Invocation and Pledge: Ted Rausch
Health and Happiness: Keith Chichester
Today's Program - Hosted by Keith Chichester
Amanda Malanuk, Executive Director of Hickory Top
Therapeutic Riding



Amanda is a Professional Association of Therapeutic Horsemanship International Certified Instructor who has spent her career working in hospitals helping children and families cope with the challenges of illness and has also worked in Charleston and Columbia as a therapeutic riding instructor. Her enthusiasm for connecting horses and humans has led to the development of this unique community resource. Hickory Top Therapeutic Riding, a local 501(c)(3) nonprofit in Eastover, purchased Hickory Top in the fall of 2022 with the vision of establishing a therapeutic farm focused on health, wellness, education and conservation.

<https://hickorytop.org/>
amalanuk@carolinatherapeuticriding.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



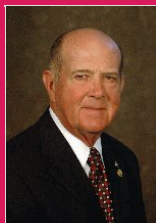
Anna Paige DuRant
Club Director / Board Member



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



Emma Mitchell
International Service

Meals on Wheels Delivery



Signed up are:

2/8 - Patricia Barclay and ONE VOLUNTEER NEEDED
2/15 - TWO VOLUNTEERS 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 50-100 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

Adopt-a-Highway 2.3.24



Foundation
Chair
iPast
President



Service
Chair



Lindsay B
Agostini
Youth
Services
Chair

Speakers

February 08, 2024

Amanda Malanuk, Executive Director of Hickory Top Therapeutic Riding

February 22, 2024

Dickson Monk, Executive Director, Columbia World Council

February 29, 2024

Scott Billings, Paul Mitchell The School-Columbia

Events

February 10th

Harvest Pack at SVHS

February 13th

Table Talkers at Conder Elementary School

February 15th

SV Rotary Board Meeting

February 27th

Rotary Readers at Lonnie B. Nelson Elementary School



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](#)

Harvest Pack - Feb 10, 2024 - Save the Date!



Join us in packing **60,000** meals for **local hunger!**

February 10, 2024

9:00 AM to 11:00 AM - Arrive at 8:30 am

Spring Valley High School -120 Sparkleberry Lane

We Need 10 VOLUNTEERS!

TO SIGN UP: Contact Lindsay Agostini by text or phone: (803) 530-5571

email: Lindsayagostini@outlook.com

Conder Elementary Table Talkers





Our next Table Talkers is on Tuesday, February 13th.

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.

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 8. Smothered chicken/pork, roasted vegetables, house salad, dessert

Feb 15. Pizzas, Greek salad, dessert

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

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



Serving at Transitions

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.

Here's the link:

[Transitions Sign Up Link](#)

James Hooker is looking for 3 volunteers to join him.

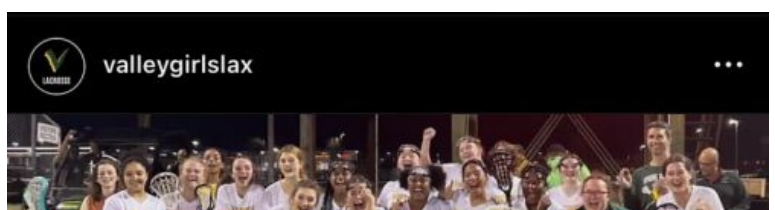
Questions, call/text James at (803) 250-5514 or email:

sportagent2004@hotmail.com

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.



SPRING VALLEY GIRLS LACROSSE

2024 SCHEDULE

#THEVALLEY

HOME AWAY

AT RIVERBLUFF FEB 6 • 6PM • SCRIMMAGE	AT FORT MILL MAR 4 • 6PM • REGION	VS. BLYTHEWOOD MAR 28 • 6PM • REGION
VS. LEGION COLLEGIATE FEB 12 • 6PM • SCRIMMAGE	VS. NATION FORD MAR 7 • 6PM • REGION	AT HEATHWOOD HALL APR 9 • 6PM • NON-REGION
AT AIKEN FEB 17 • 9AM • PLAY DAY	AT BLYTHEWOOD MAR 11 • 6PM • REGION	VS. MID CAROLINA APR 11 • 6M • NON-REGION **SENIOR NIGHT!
AT AIKEN FEB 20 • 5:30PM • NON-REGION	AT MID CAROLINA MAR 14 • 6PM • NON-REGION	
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	

Happy 18th Birthday Elsa!

rotary
youth
exchange

Rotary 





District Governor's February Newsletter

Hi all,
It's February and the monthly Rotary Theme is Peace and Conflict Prevention/Resolution, and we want to continue every day to "Create Hope in the World", our Rotary International theme for 2023-2024.



**CREATE HOPE
in the WORLD**

Peace and World Understanding is at the heart of Rotary and we each need to do our part to make this happen. Promoting Peace and Conflict Resolution is our task both locally and globally. We have always had a very positive impact in all parts of the world, and it continues to be our challenge to make this happen. Peace is more than just the absence of war, we need to promote Positive Peace, where individuals contribute to a peaceful and thriving society.

What does our Rotary Foundation do to support this theme? The Foundation supports two major programs in the area of Peace and Conflict Resolution. First, we have six Universities around the world that have specific Peace Programs and Rotary Peace Fellows are selected annually to attend these universities. A class of 12 for each university is selected and to date there are over 900 Peace Fellows that have graduated from the 2-year Masters programs. Second, Global Scholars are selected each year to study abroad for graduate studies in one of our seven Areas of Focus, one of which is Peace and Conflict Resolution/Prevention.

Letâ€™s also continue to concentrate our efforts every month on membership. We need more members to do more locally and globally. Tips for increasing membership are providing options for every Club to use. There should NEVER be a time when we turn away a potential Rotarian because they canâ€™t attend meetings at a specific time and place. We have the â€œE-Memberâ€ option, Companion Clubs, Focus Based Clubs, Corporate membership, Family membership. Letâ€™s make sure every person in your community with a Rotarian heart for service is able to join in the Gift of Rotary. Have you looked at the various professions in your club to see what is missing? This is a good practice and can lead to reaching out to those professions in the community to join us in our local and global humanitarian efforts.

Letâ€™s be sure to involve the community in our service and fellowship activities, ask a friend or neighbor to join you at the next fellowship or your service event. Donâ€™t keep Rotary a secret, let others join us in the special gift of Rotary. Take action photos of your events and get them out in the local news media and social media. Public image is critical to promoting what we do and will get others excited about becoming a Rotarian.

Special thanks to those Rotary Clubs that are hosting Rotary Youth Exchange students that have arrived in our District. These 13 students will be attending high school, living with host families, becoming more fluent in English and learning our culture. Please take the opportunity to meet these amazing young people and make their exchange year special. Take part in Youth Services, work with young people in Interact and Rotaract and provide mentorship to them.

Registration for the District Conference is now open on the District Calendar. It is March 22-24 in Charleston at the Francis Marion Hotel and there will be a celebration of the clubsâ€™ activities and service projects. Sign up quickly as there is a limit of 330 attendees, and you wonâ€™t want to miss out on this fun and informative event.

Letâ€™s all do what we can each day to make our communities and our world a better place in every way we can to â€œCreate Hope in the Worldâ€.

Thanks so much for all you do as a Rotarian.

Yours in Rotary Service
Lou Mello

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

or benefiting senior resources and needs on wheels Richmond 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

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.



Birthdays

Wedding Anniversaries

Years of Service