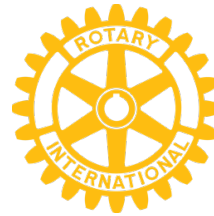


# Rotary

## 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



Lachaska  
Salmond  
President-Elect



Holly Swan  
Secretary



William  
Keith  
Chichester  
Treasurer



Patricia A.  
Barclay  
Club  
Service  
Chair



Diane  
Wood  
Junis  
Club Public  
Image  
Chair



Brian P.  
Dunphy  
iPast  
President  
Membership  
Chair



Peter J.  
Stahl  
Club  
Foundation  
Chair



John Walko  
Community  
Service  
Chair



Michele L.  
Dunphy  
Youth  
Services  
Director

### Speakers

#### July 11, 2024

Club Assembly and Installation of Officers

#### July 18, 2024

Dr. Greig Seitz, PT, DPT, FMSC, Dir. of Physical Therapy, Alive Physical Therapy  
Prevention and management of arthritis

#### July 25, 2024

Robby Morrow, Senior Piedmont Geologist, Dept of Natural Resources  
Seismic Activity in South Carolina, Past and Present

#### August 08, 2024

David Vandelay, 2024 Outbound Youth Exchange Student  
Youth Exchange Update - And introduction of our 2024-2025 Inbound Student

Friday, July 5, 2024

### Meeting agenda 7.11.2024

**Menu: Lasagna, Salad, dessert and beverages**

**Invocation and Pledge: Lee Roberts (or Brian Dunphy)**

**Health and Happiness: Paula Matthews**

**Today's Program - Induction of 2024-2025 Board members**

**James Murray - Assistant District Governor, Area 1 Rotary District 7770**

**Rotary International Convention Recap - President Ted Rausch**



**NOTE: Abdul Ghaffar will be available BEFORE and AFTER the July 18th lunch meeting for members to have a 'headshot' taken for our Rotary member directory. He will be available at 12:30 and will stay after the meeting for any member who wants to have a photo taken.**

### Serving Dinner at Transitions



## Events

July 15th

**Transitions Service Opportunity**

July 17th

**Satellite Club Meeting**

July 29th

**Transitions Service Opportunity**

August 17th

**Adopt-a-Highway Trash Pick-Up**

August 19th

**Transitions Service Opportunity**

August 21st

**Satellite Club Meeting**

September 16th

**Transitions Service Opportunity**

September 18th

**Satellite Club Meeting**



**We're helping Transitions fulfill their mission of serving 3 meals a day, 365 days a year!**

**Monday, July 15 is our next service day.**

**Signed up is: Bev Ryan (Thanks!)**

**Need 2-3 more**

**TWO Dates in July:**

**Monday, July 29**

**Signed up are Denise Ruben, Hannah Emery and Brian Dunphy  
Thanks!**

**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](mailto:sportagent2004@hotmail.com)

To learn more about the great work Transitions is doing in our community, visit:

[Transitions website](#)

## Club Leaders Needed

We have an immediate need for someone to take over as the **Health and Happiness coordinator**. This entails scheduling members to do the brief health and happiness portion of our meetings. If you are interested and want to know more, please contact : Ted Rausch, President, (803) 351-5913, [Ted.Rausch@colliers.com](mailto:Ted.Rausch@colliers.com), or Patricia Barclay, Club Services Chair at (386) 449-9452, [avatarpbj@yahoo.com](mailto:avatarpbj@yahoo.com)



**Signed up are:**

**7/11 - Peter Stahl and ONE VOLUNTEER NEEDED**

**7/18 - Bev Ryan and friend (Mike Grubb)**

**7/25 - Brian Dunphy and ONE VOLUNTEER NEEDED**

**Isn't it time YOU signed up?**

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 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.

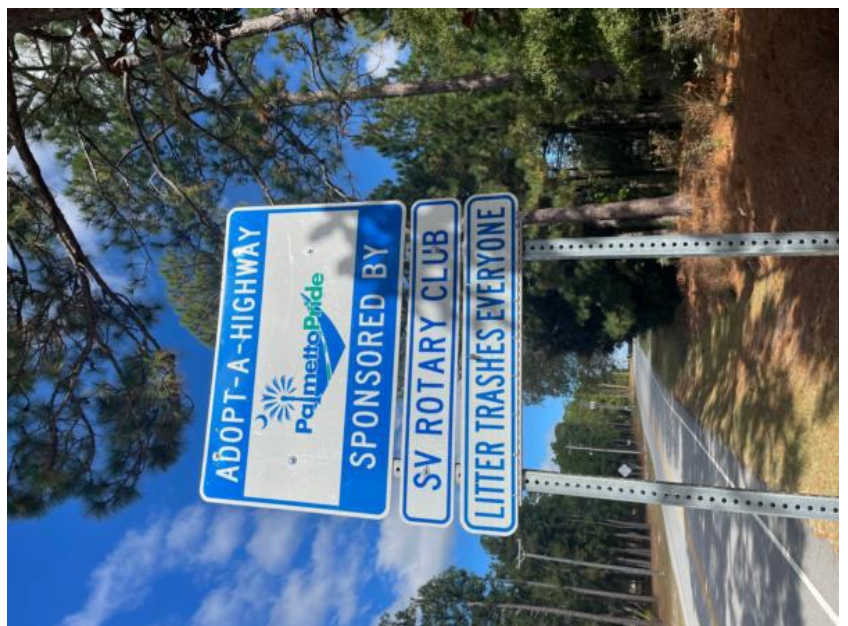


**MEALS ON WHEELS SIGN UP link**

Thanks to Patricia Barclay for serving as our club's Meals on Wheels coordinator!  
Contact her with any questions.

**Patricia Barclay 386.449.9452** or email [avatarpbj@yahoo.com](mailto:avatarpbj@yahoo.com)

**Save these DATES!**



**NEXT pick-up dates are:**

**Saturday, August 17 and Saturday, November 16**

Join fellow Rotarians and SVHS Interact Students as we pick up trash on our section of Polo Rd.

Meet in the parking lot behind the Taco Bell, at the corner of Polo and Two Notch Rd

Meet in the parking lot behind the Race Barn, at the corner of 1st and 11th Streets at **8:45 am, and we'll finish by 10 am.** Non-Rotarians, spouses, teenagers and prospective members are always welcome!  
Please wear gloves. All other materials will be provided.

**Use this link to sign up: [Adopt-a-Highway Sign Up Link](#)**

**Questions? Contact Greg Seymour at [gseymour25@yahoo.com](mailto:gseymour25@yahoo.com)**

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### **Treasurer's Update**

I wanted to send a note out to everyone that July 1 begins the official 2024-2025 Rotary Year. I am cleaning up some accounts, and have reached out to a few of you to make sure all is well. To anyone that has an outstanding invoice, please submit your payment now. Once I get the 2023-2024 Rotary year cleaned up in billing and closed out, I will be sending out the First Quarter 2024-2025 invoice. I expect this invoice to come out next Tuesday the 9th or Wednesday the 10th, so be on the lookout next week. You are going to notice that your Rotary dues will increase by \$4 per quarter. This increase is to keep up with increases from our District and Rotary International. Thank you for your loyal support of Rotary.

Thank you, Keith Chichester  
Treasurer

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### **How to best pay your quarterly invoice**

Please consider automating your quarterly dues payment. One call to our Treasurer, Keith Chichester, and you will no longer need to worry about writing a check or paying your dues late. You can set it up so it auto drafts directly from your bank account.

To do this, please call Keith at his office: 803-788-2224

He will need:  
the name of the account holder  
the name of the bank  
the routing number  
the account number

Doing this will really help our club. Remember, we're a 100% VOLUNTEER organization. Please help make the job of the treasurer a little easier.  
THANKS!



## Youth Exchange Host Families Needed for 2024-25 School Year

**ROTARY YOUTH EXCHANGE**  
DISTRICT 7770



### HOST A ROTARY YOUTH EXCHANGE STUDENT



We need families who are willing to host an exchange student (age 15-18.5) for a period of 3-5 months.

**HELLO,**  
Rotary's Motto is **SERVICE ABOVE SELF**. Every Rotarian joins a Rotary Club as a volunteer. The Youth Exchange Program is no different; we depend on volunteers who want to make a difference in a young student's life.

#### CONTACT US NOW

843-437-9084  
Lou Mello  
RYE Chair  
Loumello9@gmail.com  
<https://my.rotary.org/en/document/66101>

**LOVE**  
-as a family member. The student will be a part of your family, not a guest.

**A BED**  
The student does not require his/her own room, but we do ask that they have their own bed.

**FOOD**  
We ask that you provide food for the student including lunch while at school, treating the student as you would your own.

**TRANSPORTATION**  
The student will not be allowed to drive while in the US. If bus transportation is not available to school, the host family would need to provide that and transportation to other events within reason.

If you are able to volunteer for this opportunity to change the life of a young person and expose your family to a different culture, WE NEED YOUR HELP.

**SERVICE ABOVE SELF**

Members, we will have an inbound Youth Exchange Student for the 2024/25 school year. Her name is Iina Linna, a 17-yr-old from Finland. She hopes to play volleyball at SVHS.



See the details above as to what a host family needs to provide and reach out to [Shelly](#)



[Long Dunphy](#) with any questions. She will arrive in early August.

**Do you know a family who would like to serve as a Youth Exchange Host Family? Contact Shelly Dunphy for more details.**

[shellydunphy@icloud.com](mailto:shellydunphy@icloud.com)

text or call: (803) 920-3709

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### 2024 Rotarian of the Year Awarded

At our year end social on Sunday, June 23, Ginny Reed was celebrated as our 2024 Rotarian of the Year.

Ginny was inducted into our club on 07/22/21 and has been an active member since she joined. She retired from BlueCross BlueShield after a 26-year career there. She loves to serve in a variety of ways:

Blood Drives – Ginny is a long-time Red Cross Blood donor and has supported our bi-annual blood drives, both by donating blood and by volunteering at our drives.

Adopt-a-Highway – Ginny is a regular participant for our quarterly trash pick-ups on Polo Rd. She has been known to bring a friend with her and for our last collection, she picked up Elsa, our Youth Exchange student, and brought her with her.

Transitions - Ginny is also a regular volunteer at our third Monday dinner service at Transitions.



Ginny has recommended speakers for our meetings. She sells nuts (over \$1,600 this past year) and has volunteered at the Nut House. She has sold nuts at other Columbia Rotary Clubs. She volunteered for the 2024 Earth Day Urban Garden project. She enjoys serving and does it all with a smile on her face.

However, the most significant contribution Ginny has made to our club has been her leadership role in securing our weekly meals from Scotty's in Blythewood. I was reminded recently when Ginny had to be out of town for her father-in-law's funeral in Texas...what a significant amount of time she spends every week, in order to leave her house to pick up lunch at 11:30, to transport to the church, to set up, clean up and probably not get back home until well after 3:00. That's at least a 4-hour commitment every week, not including the time she spends planning menus and coordinating all of this with the caterer. While the rest of us sort of just show up, expecting to enjoy a good meal! She has negotiated wonderful pricing with the caterer too, always thinking about how to get the most of the club's resources.

Ginny sponsored Patricia Barclay for membership, and she trained her well as Patricia has jumped in with both feet to serve our club!

Ginny was recognized for her Rotary Foundation giving in February 2024 and awarded her Paul Harris +3 pin, meaning her total contribution to the Foundation in just three short years is already over \$4,000.

Congratulations to our 2024 Rotarian of the Year - - Ginny Reed!

(Nominated by Diane Junis)



Pictured L to R: Mike Burney, Rotarian of the Year Committee Chair, Ginny, her husband Jeff and President Brian Dunphy.

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### Blood Drive Results



Thanks to everyone who helped with our July 2nd blood drive. Our 'unofficial' total is 38 pints of lifesaving blood collected. While short of our goal of 50 units, much appreciated just before the July 4th holiday. Special thanks to these members for volunteering at the drive: Brian Dunphy, Ginny Reed, Patricia Barclay and Diane Junis and thanks to every member that donated or recruited a donor including:

Brian Dunphy, Abdu Ghaffar, Ginny Reed, Diane Junis, Ted Rausch, Peter (and Wendy) Stahl, Steve Junis, Phil Midden, Ginny Oliver (Bill) and Kathryn Newsom (Phil).

Thanks also to Northeast Presbyterian for the use of the Grand Hall.

Our next drive will be in January 2025.

### July Rotary Theme



### OUR IMPACT ON THE LIVES OF MOTHERS AND CHILDREN

The [Rotary Foundation](#) reaches mothers and children in need by giving communities the help and training they need to take control of their own maternal and infant health care.

For more information, watch this video:

<https://youtu.be/6CqI1LhKiVI>

**Birthdays - None this week**

### Wedding Anniversaries



[Beverley Ryan](#)  
July 13th

**Years of Service - None this week**