

# 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

Denise  
Ruben  
Satellite  
Club Liaison

### Speakers

**Speakers needed! Please contact Diane Junis if you want to host a speaker for an upcoming meeting.**

#### July 25, 2024

Robby Morrow, Senior Piedmont Geologist, Dept of Natural Resources  
â€œSeismic Activity in South Carolina, Past and Presentâ€

#### August 08, 2024

David Vandelay, 2024 Outbound Youth Exchange

Tuesday, July 16, 2024

### Meeting agenda 7.18.2024

**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.**

**Menu: Cold Plate Lunch: Tuna, Chicken and Shrimp Salads, House Salad, Croissants, Crackers, Dessert and Beverages**  
**Invocation and Pledge: Phil Newsom**  
**Health and Happiness: Happy Dollars for CART**

**Today's Program - Introduction by Charles Kerekes**  
**Dr. Greig Seitz, PT, DPT, FMSC -Alive Physical Therapy, LLC**  
**Prevention and Management of Arthritis**



Dr. Greigory Seitz is the owner and founder of Alive Physical Therapy. He received his Bachelors of Science in Kinesiology with an emphasis on Physical Therapy and human movement at The Masterâ€™s University in Santa Clarita, CA. He went on to receive his Doctorate of Physical Therapy from the University of South Carolina. Following his graduation, he continued to receive advanced training through Selective Functional Movement Assessment (SFMA) by Functional Movement Systems. He also received extensive mentorship from credentialed instructors in the American Academy of Orthopedic Manual Physical Therapy.

Dr. Greigory Seitz specializes in treating orthopedic conditions by advanced manual therapy techniques, dry needling, functional movement assessment, and advanced specific exercises.

### Meals on Wheels Delivery



**Signed up are:**

**7/18 - URGENT - TWO VOLUNTEERS NEEDED**

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

**8/1 - Diane Junis 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

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

## Events

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**



Presbyterian Church at 10:45 a.m. and delivering meals to 56\*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)

## 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)



## New Rotary Year



At our July 11 meeting we acknowledged Brian Dunphy for serving as Club President 2023-2024 and Ted Rausch was inducted as Club President for the new Rotary year, 2024-2025 along with our club's board of directors. Thanks to all who serve as leaders in our club.



Rotary  
Club of Spring Valley

## Serving Dinner at Transitions



transitions  
The Journey Home Begins Here™

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

Thanks to these members for serving on July 15:

Brian Dunphy, Ginny Reed, Denise Ruben and Patricia Barclay

But we have TWO service dates in July:

Monday, July 29

Signed up are Denise Ruben, Hannah Emery and Brian Dunphy - Room for one more

Monday, August 19th is the August date.

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](#)

### CART Fund Presentation



Lunch A La CART with Dr. Malcolm Leissring  
Wednesday, July 17, 2024 12:00 PM - 01:00 PM



We are pleased to welcome Dr. Malcolm Leissring as our guest speaker for the July 27 "Lunch & Learn" series to provide an update on Alzheimer's Research, including outcomes from his CART-funded grant. He received a CART Fund Grant in 2009. We will meet via zoom from Noon-1pm EST.

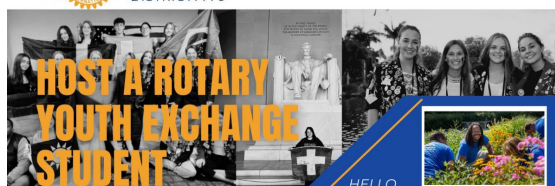
Join Zoom Meeting

<https://zoom.us/j/92254791564?pwd=BK9BiqwScab81bHvaeBJ6CzgKKApHL>

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



ROTARY YOUTH EXCHANGE  
DISTRICT 7770



**HOST A ROTARY  
YOUTH EXCHANGE  
STUDENT**

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.



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

#### CONTACT US NOW

843-437-9084  
Lou Mello  
RYE Chair  
[Loumello9@gmail.com](mailto: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

### 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 to send invoices out this 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

### Save the Date - January 2025 Blood Drive

Our next Red Cross Blood Drive is scheduled for Tuesday, January 21, 2025 from Noon-6 pm in the Grand Hall of Northeast Presbyterian Church.

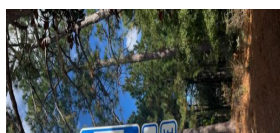
If you want to donate whole blood again before our drive in January, you can give prior to November 26, 2024.

(Need 56 days between whole blood donations)

For a Power Red donation, 128 days are needed between donations, so give prior to Oct 1.



### 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 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)

**Birthdays**



[Peggy Merrill](#)  
July 18th

**Wedding Anniversaries**



[Carey A Grady](#)  
July 17th



[Marion Hanna](#)  
July 19th

**Years of Service**



[Craig J. Currey](#)  
12 Years



[Brian J McComas](#)  
1 Year



[Tony D. Brock](#)  
1 Year