

ROTARY 4-WAY TEST

1. Is it the TRUTH?
2. Is it FAIR to all concerned?
3. Will it build GOOD WILL and BETTER FRIENDSHIPS?
4. Will it be BENEFICIAL to all concerned?



Last Meeting

14 ZOOM 56 in person

Chartered 1921

Distinct 7570, Area 1, Club

February 29, 2024

NO NOON MEETING THIS WEEK

THIS THURSDAY NIGHT! AWARDS BANQUET

will be held at the George Washington Hotel.

This year vegan and gluten free options are available AND an open bar (with 2 bartenders)!

Payment is at the door and it promises to be a fun evening.

WHAT'S COMING UP . . .

7-Mar Amelia Stansell Rotary Action Group against slavery

4-April Pre-Queen's Dinner Civic Club Appreciation Event
At 5 PM at The Village at Orchard Ridge Chapel

FAMILY CHILI COOK-OFF!

Calling all chili chefs: Show us what you've got! Entry fee is \$30. Sat., Mar 23rd, 6pm, at Isaac Walton League Lodge. Grand Prize, blue ribbon and bragging rights go to the winner.

This is a fundraiser for our Club, so bring your family out and vote for the best chili our Club has to offer! Besides chili, there will be mac 'n cheese, coleslaw, cornbread, desserts, beer, wine, & lemonade (with vegetarian, vegan & gluten free options). All you can eat for \$25/adult and \$10/under 12, under 5 FREE. Plus there will also be a CHINESE RAFFLE! Check out the website for more details. To sign up or for more info, contact DAN MARTIN (703-434-1021, danmartin1961@yahoo.com) or JEAN BARCH (540-247-8402, barchfam@comcast.net). Watch for flyers on the Thursday meeting lunch tables.



ANNOUNCEMENTS & NEEDS



The Apple Blossom Queen's Dinner is coming on April 28th, according to Apple Blossom representative Jill Karalis. It will be emceed by Don Louque, III, and will include drinks! (A coincidence? We think not.)

>>> Dave Miles is still looking for help on the A/V Team. It only takes 5-10 minutes and makes a big difference!

LAST WEEK'S PROGRAM

Rusty Holland, a 25-year veteran of Concern Hotline, spoke about his organization's mission of providing a listening ear to those who are struggling with depression, suicidal thoughts, and other emotional distress. Started in 1968 to connect returning veterans to resources to help reduce suicide, it was one of only three in the nation. In 1974, the state legislated community service boards and our region's is Northwestern Community Service Board. Concern Hotline has served as NCSB's crisis hotline since then. In 2003, CH became one of the charter members of the Our Health campus downtown.



Rusty credited Google with increasing CH's call volume from 1200/year to 4000/year for compassionate listening services. Our Rotary club helped create a source book.

Rusty transitioned his talk to suicide and told us in 2020-2021 suicide went up 2.6%, then in 2021-2022 it went up 36%, due in large part to the pandemic. More than 48,000 people attempted suicide in 21. Veteran suicide, however, is down because of community services and connection, which is at the heart of CH's mission. Myths: talking with someone about suicide does NOT increase likelihood. Sick people are also not at highest risk, acute relationship situations (divorce, breakups) are the highest risk and young people are most at risk. White males over 60 are worst because of changes in lifestyle, family and job loss. Self-harm and suicide are not the same, but both can be cries for attention – so give it to them!

Means restriction is also key – trigger locks, gun safes, and bridge guards (to prevent jumping) have worked to save lives. Rusty shared the story of Kevin Hines, one of over 100 people who attempted suicide by jumping off the Golden Gate Bridge but were not successful. He interviewed many of those other people and every single one of them had the same thought during their 4-second fall: what did I just do? They realized, almost too late, that they were making a big mistake.

Concern Hotline conducts training in suicide awareness for people like DSS workers whose clients were among the most at-risk during COVID when food and other benefits were cut off. They also train students to volunteer as call listeners and keep callers "safe for now." They also reconnect them to positive life experiences. CH is about to become certified by the American Association of Suicidology, a year-long process that will make CH nationally recognized for their work. They are also receiving a \$100,000 grant to increase capacity and hire an assistant executive director position. CH's budget is now over \$350,000 and their funding comes from a combination of state and local grants, donations, and fundraising events. Their two largest local fundraising events are their Fish Fry and Ping Pong Tournament. Rusty concluded his talk by challenging us to rethink our ideas about suicide and commit to being more suicide aware.

Absentees Feb. 22

Marc Abrams
William Aikens
Stanley Augustine
Lori Bales
Cyril Barch
Jean Barch
Jackie Bates
Kim Blosser
Jan Bresch
Byron Brill

Kerri Burkhardt
Paul Burkholder
Kevin Callanan
Kaycee Childress
Eric Chrisman
Michelle Cody
Linda Coffman
Julia Connell
Andrea Cosans
Anthony Crosen
Nancy Davis

Rosalee Delcampo
Marie DiLorenzo
John Elrick
Dana Evans
Sharon Farinholt
Ann Fox
Cheryl Fried
Rob Frogale
Robert Garrett
Krista Gibbs
Phil Glaize

Phil Griffin
Jenny Grooms
Kim Herbstritt
Sven Hlywiak
Heather Hovermale
Sherry Hudson
Alex Iden
James Imoh
David Kent
Dick Kent
Alexis LaPorte

Chris Lewis
Paul Magness
Chris Merchant
Kent Mull
Debra Purrington
Amy Rice
Madelyn Rodriguez
Andy Schwartzman
Roy Schwarz
Irv Shendow
Nancy Silva

Make-ups* (Date & Function Attended)
Bob Hall - 1/25 - Board Meeting

Turning in a Make-up?

Please make sure to complete all information, including your name, the event or club attended, date attended and date making-up on all make-cards and slips submitted.

Health Report

All club members are happy and healthy, as far as Libba knows. (Let her know otherwise...)

Health Tip:

Limes are very high in Vitamin C, which has many health benefits: it strengthens immunity, lowers blood pressure, prevents kidney stones, and increases iron absorption. And Libba's report came just in time - last Thursday was National Margarita Day!

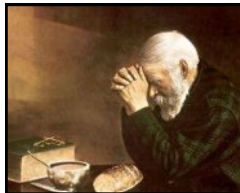
TRAVEL LODGE AWARD



Jean Barch, winner of last month's prestigious award, had the honor of presenting this month's award to Shane Wagner, who's always working behind the scenes to make our meetings run smoothly.

COME OUT FOR A SCREENING - MARCH 28th

"The Wooden Bowl," a film about Alzheimer's which stars our very own Nick Nerangis and a panel discussion on Alzheimers & caregiving.



- >> March 28, 7-8:30 p.m. at Stimpson Auditorium, Shenandoah Univ.
 - >> \$10 donation to support Seniors First (organized by Shenandoah University)
 - >> Film time: 35 minutes; followed by a discussion panel featuring the Director, Connie Lamothe, Nick Nerangis, Jayne Seymore (local dementia caregiving expert) and Melissa Ochoa (local nurse practitioner AD expert)
- We'll send an email with the link to buy tickets soon.

RIDES TO ROTARY!

The Transportation Committee offers rides to Rotary meetings and events for anyone needing a lift. Just contact Bob Hall at: rhalldds@comcast.net or call/text him at 540-336-5479 to make arrangements.



NEXT BOARD MEETING
THURSDAY, MARCH 28 6:00 PM
Winchester Country Club
All are welcome & it counts as a Make-up!



Hey Zoomers: Be a Last-Thursday Early Bird!

Coming on the last Thursday of each month: [log-in at noon](#) to catch up on news, gossip, and more. Please be sure to turn on your video so we can see you!

If you just want to catch the meeting announcements and program, we'll see you at 12:20. But you won't get a worm...

ROTARY DISTRICT CONFERENCE

Tootie told us - District Conference is March 15-17 - FREE for first-timers (1 nights stay and conference registration). "It will open your eyes and change your perspective on Rotary and its impact at the state, national, and international levels. It's also a lot of fun!"

KALEIDOSCOPE

Kevin Callanan reports that Kaleidoscope is organizing now for this year. The event will be held November 8th. If you're interested in joining the committee please see Kevin.

SNEAKERS AND BOOKS WANTED!



The **Handley Interact Club** is collecting used tennis shoes, as well as gently used books for children ages kindergarten to 2nd grade. See **Tootie Rinker** for more information and look for the box at our next few meetings!



BOY SCOUTS FUNDRAISER

Our local Boy Scouts will be hosting a fundraiser on March 20th at the Isaac Walton Club. No speeches but great barbecue chicken, bourbon and a celebration of Scouting.



Dan Martin says Dave Kohler's trailer had tubs with banners. In the bottom of the tubs were documents from the 1940's, take some from the sergeant of arms desk!

FROTHY FRIDAYS ARE BACK!

JOIN US on the last Friday of each month!

We meet at Vibrissa (10 N. Kent St.) from 5:30-7:00 PM to celebrate. Hope to see you there!



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President-Elect - John Lamana **Treasurer - Bob Hall**

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