



Club Assembly

Committee parties.

In Case You Missed It

Paul Woods introduced our guests:

Evan Frank, a Harpers Ferry Middle School student, "accompanied by" former club member and past president Steve Warner.

For the last four years, Evan has been on a quest to raise money for vital fresh water wells in South Africa. Evan began our program by saying that it often takes two hours traveling on foot to get water in Africa and most sources are contaminated. In some villages of South Africa, parents must choose between giving their children no water or giving them diseased water. Both choices result in death.

Evan became active with a foundation called Water For Life, based out of Fort Worth, Tex., and so far has raised \$30,000. His goal is to raise enough money for 100 wells at about \$4,800 each. One well provides about 1,000 villagers with clean water.

When Steve heard about Evan's work and commitment, he was so moved that he wrote a song about Evan and his passion for this cause. Steve will be performing a benefit concert on June 9 at the Opera House, and the show will feature a special song, video, and message from Evan. All are welcome!

We learned a great deal about one young man's passion and commitment—and the power of song. Thank you, Evan and Steve. For more information: <http://lifetoday.org/outreaches/water-for-life/>

Rotary Rumors

Monica Lockett notified us that the club has vacancies for vice president and community service chair.

David Manthos announced that our Shepherdstown Rotary Facebook presence will be changed/upgraded from a Group to a Page. Be sure to visit the page and give it a "like."

Karen Kinnett reminded us that during today's club assembly, committees are to consider operating budget requests for their activities for this coming year.

Friending

Evan's father, Paul Frank, joined us.

Applause! Applause!

Birthdays only this week. Happy days to the boys on the block: Keith McCall on the 8th and Dick Klein on the 10th.

And the winner was...

Dick Klein is on a streak, winning the 50/50 drawing for the second week in a row. You gotta play to win!

Upcoming Events

- June 11 Children of Uganda Dance Troupe
- June 18 David Didden:
The power of integrative health
- June 25 Christian Zaballos:
Fairwell Address

Rotary International Photo Contest



First place. On the bus to Lushoto near Dar es Salaam, Tanzania. Guzy says "This is a poignant, compelling image that evokes nostalgia. Perfectly composed, with subtle tones of black and white that enhance a feeling of bygone days. The wistful expression on the boy and his reflection provide a quiet, intimate moment. Exquisite photograph." Spencer Callahan, son of Bob Callahan, Rotary Club of Fairhope, Alaska, USA

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NEARBY MAKE-UP CLUBS

Berkeley Springs, WV	TH	1215	Tari's Café
Clarke (Berryville), VA	W	1200	Grace Episcopal
Charles Town, WV	TU	1215	Paul's Restaurant
Frederick, MD	W	1215	Dutch's Daughter
Hagerstown, MD	W	1215	Fountainhead CC
Hagerstown, MD	M	1815	Nick's Airport Inn
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Leesburg, VA	TH	1830	Laurel Brigade Inn
Martinsburg, WV	TH	1215	Holiday Inn
Martinsburg, WV (am)	TU	0715	Holiday Inn
Williamsport, MD	W	0715	Red Man's Club
Winchester, VA	TH	1200	Travelodge

For other locations, check with the club secretary

The Four-Way Test

Of the things we think, say or do

Is it the TRUTH ?

Is it FAIR to all concerned ?

Will it build GOODWILL and BETTER FRIENDSHIPS ?

Will it be BENEFICIAL to all concerned ?



Personal Best

Representatives of the Jefferson High School Cross Country Cross Country boys and girls teams—Ryan Graf, Emma Lindberg, Jackson Jacobs, Anya Wallace, and Assistant Coach James Munnis—will share their stories to illustrate how running, community service efforts, mentoring new runners, and academic achievements shape individual and team character. These students represent the best and the brightest in our area.

Rotary families are invited to join them at the 8th Annual Cougar Challenge 5K Race, Tot Trot, and 2K Fun Run at Job Corps trails on June 29. There are other ways to support this fine group of young men and women as they represent Shepherdstown and West Virginia by their achievements.

In Case You Missed It

Last week was Club Assembly, and before we broke into work groups, President **Monica** gave a passionate presentation on the ideal of service as we seek to fill a vacancy in both the community service and vice president positions for the upcoming year.

Rotary Rumors

Peter Smith passed around two sign-up sheets for the 4th of July Parade and Picnic, fast approaching, with kudos to **Erwin** Asam for underwriting the cost of renting Morgan's Grove Park. Opportunities still exist for sponsorships, most notable, port-a-potty rental.

Friending

We welcomed our old friend Jim Leathers of the Charlotte Rotary Club who is celebrating 25 years of p-e-r-f-e-c-t attendance.

Applause! Applause!

Nada. Rest up for the anniversary onslaught.

And the winner was...

Tom Trumble played it right.

Upcoming Events

- June 18** *David Didden:*
The power of integrative health
- June 25** *Christian Zaballos:*
Farewell Address

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Rotary International

RI President Sakuji Tanaka (center) joined Rotary leaders in placing wreaths in Hiroshima Memorial Park during the third Rotary Global Peace Forum in Japan. Participants adopted a declaration:

Declaration of Peace
 "Peace Begins With You"
 Hiroshima, 18 May 2013

All human beings have the right to live in a state of peace, free from violence, persecution, inequality, and suffering. As leaders and friends of the Rotary movement, united in service, we publicly declare our commitment to creating a more peaceful world.

We look to the future with the hard-earned knowledge of past lessons as our guide. We have come together in Hiroshima, a city that experienced the destructive consequences of war just a few generations ago. Out of the ashes of that terrible conflict, people decided to rebuild and move forward in the collective pursuit of peace. While the world must never forget the tragedy that took place here, Hiroshima's resurgence demonstrates the transformative, healing power of sustainable peace between nations.

We know that peace cannot thrive unless we are willing to work for it. Peace is a way of life, requiring steadfast commitment. "Peace begins with you" is our call to action, and each of us recognizes that we have a personal responsibility to answer it. Peace begins when all of us make a conscious effort in our daily lives to promote harmony with our neighbors and create friendships that transcend the divisions of nationality, politics, religion, and culture. Peace is sustained when we join together, work together, and in turn, inspire young people to hear the call to action and carry the pursuit of peace forward, generation after generation.

We express our desire for a peaceful world through the action of service. By serving and helping others, we gain empathy and understanding, build lasting bonds of friendship, and empower others to become peacemakers. Consider some of the ways that we have enhanced peace together through: *(read accomplishments and goals online at Rotary.org)*

Peace is not a final destination to be reached, but an active and continuous process. All of us are capable of becoming peacemakers in our own lives, and through our words and actions, we will demonstrate that peace is possible.

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For other locations, check with the club secretary



Integrative Health

Shepherdstown native Dave Didden will be speaking about "Healing Relationships: The Power of Integrative Health and Therapeutic Connection."

He will describe a holistic perspective on health, well-being, disease, and death; and perhaps teach a few skills for proper nutrition, physical activity, and stress reduction. He will illustrate appropriate, informed use of preventive and therapeutic interventions such as medication, surgery, and other modalities of the medical industry.

Dave grew up playing in the Town Run, went on to graduate from Jefferson High and several other schools, then returned home in 2004 with a marvelous family in tow. He spends most of his energy keeping up with the amazing assortment of bipeds and quadrupeds he lives with on Scrabble Road, and recently opened Potomac Integrative Health in Shepherdstown.

In Case You Missed It

Representatives of the Jefferson High School Cross Country boys and girls teams—Ryan Graf, Emma Lindberg, Jackson Jacobs, Anya Wallace—were introduced by a proud Assistant Coach James Munnis.

Each shared stories and answered questions to illustrate how running, community service efforts, and mentoring new runners shape academic achievement as well as character, for the individuals and the team.

These students represent the best and the brightest in our area and West Virginia by their achievements, and we learned that there are ways to support this fine group of young men and women, including helping them meet expenses for a new event tent, uniforms, and travel.

VP **Paul** floated the idea of an JHS Interact Club? Sounds like very fertile ground.

Rotary Rumors

President **Monica** announced, that after her impassioned speech last week, **Tom** Miller has stepped up to the challenge to be next year's VP. One more "chair" left to fill at the head of the community service committee.

Peter Smith noted the generous 4th of July contributors: **Hank** Walter, ice cream from Mountaineer Ice Cream; **Paul** Woods and **Tom** Trumble, port-a-potty rentals. Opportunities still exist for sponsorships. The time is drawing near.

Applause! Applause!

Three and three this week. Birthday best wishes to **Bob** Lowe (19), **Dabney** Chapman (23), and **Lois** Turco (24). Sorry the parentheses are dates not ages.

The June anniversary cavalcade begins with **Bill** and Libby Howard (19), **Phil** and Betsy Coffey (20), and **Dave** and Dore Ann Miljour (21). Congratulations to all the June brides and grooms.

Upcoming Events

June 25 *Christian Zaballos:*
Farewell Address

July 2 *Changing of the Guard*

Rotary International

How to make up a missed meeting

A club member must attend or make up at least 50 percent of regular club meetings in each half of the year (though some clubs may have more stringent requirements). Any missed meetings must be made up within 14 days of a regular meeting. If traveling, club members are encouraged to visit clubs in the new area to make up a missed meeting. The benefits are many.

Check the Official Directory or use the Club Locator to get meeting and contact information. Be sure to call or e-mail before you show up for a meeting.

What to do when you can't find a meeting

Rotarians often wonder what to do if there's not a club where they travel or if an emergency causes them to miss a meeting.

One option is to attend a regular meeting of a local Rotaract club, Interact club, Rotary Community Corps or Rotary Fellowship. Attending one of these meetings counts as a make-up. Another option is to participate in an interactive activity on a Rotary e-club website. Check with your club secretary and the e-club of interest to learn more.

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Rotary Exchange

Our time with exchange student Christian Zaballos is growing short: He will be returning to his native Peru, empire of hidden treasures, in early

July. Before he leaves us, Christian will regale us with epic tales of his experience here in the United States and tell us how he survived a year at Jefferson High.

Via con dios, Christian. Thank you for enriching our lives here in Shepherdstown.

In Case You Missed It

Dr. David Didden was our speaker last week. Dr. Didden is in private practice at the Shenandoah Medical Center. Dr. Didden's presentation included a demonstration of "diaphragmatic breathing," as he talked about integrating diet, exercise and the importance of relieving stress as components of natural healing and mindful attention to one's health and well-being. He also talked about the crucial role the relationship between health care providers and patients can have in the medical outcome of patients. Dr. Didden grew up in Jefferson County and he talked about his delight at returning home. He attended the Air Force Academy, and took his masters at the University of Maryland. He suffered a traumatic brain injury as a result of a basketball accident and, despite a battle with depression, went on to complete his medical studies at the University of Virginia. Dr. Didden has offered his services at nonprofit clinics in Jefferson County.

Rotary Rumors

The board is complete. **Tom Miller**, will assume the vice presidential role, and **Elizabeth Granzow** has stepped forward to chair the community service committee.

David Manthos requests new photographs of Rotary events to post on the new Facebook page (not the *group*.)

Monica let us know that the Shepherdstown Rotary-sponsored Shelter Box is now in Lebanon.

Friending

Carolyn Gaestel accompanied her dad, **Bill**, to our meeting today, and gets her own "blue ribbon" in our book.

Applause! Applause!

This week anniversary congratulations go to **Alex** and Carline Shaw and **Suzanne** and Randy Shipley. Both couples celebrate this very day!

Upcoming Events

- July 2** Club Assembly, Changing of the Guard
- July 4** Rotary Annual July 4th Parade. Picnic follows at Morgan's Grove Park
- July 9** Pamela Brannon
Children of Uganda

Rotary International

Rotary Fellowships are autonomous, international groups of Rotarians, Rotarian spouses, and Rotaractors who join together to:

- Share a common interest in worthwhile recreational activities (sports, hobbies, etc.)
- Further their vocational development through acquaintance with others of the same profession
- Make new friends around the world
- Explore new opportunities for service
- Have fun and enhance their Rotary experience

Consider joining a Rotary Fellowship that addresses your interest. To get started View complete list of Rotary Fellowships at www.rotary.org. Consult the Rotary Fellowship Directory to get in touch with group(s) you're interested in.

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