

ROTARY VOTARY

The Rotary Club of West Chester

District 7450

www.WestChesterRotary.us

Week # 10 September 4, 2025

CLUB MEETING ~ August 28, 2025

Minutes by Michael Karwic

The meeting was called to order by
President Kyle Rheiner

Christine Scott led us in the Pledge of
Allegiance

Gary Hess provided words of inspira-
tion in the form of Robert Burn's poem
"Address to a Haggis" complete with
authentic (hard to understand) Scottish
accent.



GUESTS

Amme and Mark O'Neil and Sheilla Coleman

BIRTHDAYS - none today

GRATEFUL GOLDFISH

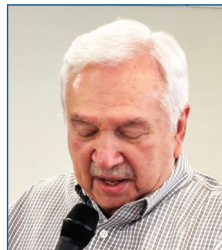
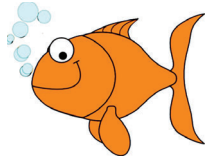
Chuck Heckenberger: Grateful that his
daughter is doing great in her recovery
from surgery, and he is thankful that his wife is going to
the shore for 10 days (we are sure he
means that he is happy for HER)

Rita Brouwer-Ancher: Grateful that
her daughter has started her final year
at law school, AND already has a job
lined up for when she is done

Steve Brown: Grateful for all of the
outreach, caring and support he re-
ceived from his Rotarian friends, and is
finally feeling better after his back sur-
gery. He missed us all (likewise Steve!)

Paul Woodruff: Grateful for his wife's
birthday and that her birthday party
was a blast!

Steve Bayles: Grateful that his daugh-
ter is off to her final year at Northeast-
ern University, and that with their most
recent fundraiser she has now raised
\$275,000 to benefit Alex's Lemonade
Stand



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TODAY'S PROGRAM ~ September 4

Chaz Brogan

Good Fellowship, EMS

NEXT WEEK ~ September 11

Raffle Beneficiaries: Home of the Sparrow,
Safe Harbor, Community Warehouse Project

~ PROGRAM ~

Chris Zaccarelli

Trauma 101 - Trauma Informed Advocacy

Club member **Christine Zaccarelli, Esq.** is with the Crime Victim's Center of Chester County. The CVCCC is an advocacy and assistance program for those impacted by crime.

Chris's presentation used several illustrations from the *Ted Lasso* TV program - very entertaining. She shared insights on Trauma and what exactly we mean by "Trauma." There are three parts to it: The Event, The Experience and The Effect. Three types of stress one might experience could be called Positive, Tolerable and Toxic. We should be aware that there is a "window of tolerance" for such stresses, with extremes in both directions of either Hyperarousal or Hypo-arousal. These three levels can have very different implications for the individual going through the trauma and related stress.

There are 6 informed principles of Trauma for us to be aware of: Choice, Collaboration, Safety, Empowerment, Trustworthiness, and Awareness of Inequities.



She asked us to be aware, as we go through our lives, to be aware that it is common for people who have experienced trauma to not disclose it often – or ever. So remember that the people we come across in the community may have experienced something deeply impactful on their lives, the depths of which we may never know. Have compassion and curiosity, rather than judgment of others whenever we can.



Grateful Goldfish continued

Bill Friedman is grateful that he finally started watching *Ted Lasso* so he can start to understand (some of) Kyle Rheiner's Ted Lasso jokes (and inspiring thoughts)

Tom Rowlands wanted to show his gratitude by offering a free assessment of your jewelry, and even brought his microscope in case any piece benefits from that level of detail



ANNOUNCEMENTS

Steve Quigley mentioned that there will be a golf meeting immediately after today's lunch to discuss **2 golf events**: This year the club would like to hold a small event just for us, and they will discuss a joint match, perhaps next Spring, vs the Longwood Rotary club. All are welcome to attend,

August 26 - Board Meeting

August 28 - end of Gundaker Foundation raffle for **eagles** season tickets.

September 6 - **Secret Gardeens tour** to benefit West Chester Friends School.

September 10 - Shaw Creek Park Trails and Tales

Jeff Cantwell requested volunteers for the club information table at the **September 21 Restaurant Festival** in West Chester. Also that day we need volunteers to help with the WCU Mental Health Run/Walk at West Chester University to support assistance for athletes. Sign-up sheets will be online with details in the Monday's *News You Can Use*.



September 25 - **Community Partner Award** at regular club meeting

October 9 - official visit from **District Governor Jan Biros**

October 23 - **We-Go Club 50th Anniversary Gala** at Penn Oaks Country Club

50-50 / TRIFECTA DRAWING

50/50 Will now be known as the TRIFECTA (1/3 will go to the ticket winner, 1/3 will go to the accumulation pot for person to draw the Queen of Spades, and 1/3 will go to the Rotary Club to help cover administrative expenses)



THE TRIFECTA winner this week was: **Dan Wilson**. But the 5 of Hearts didn't get him the big pot. He did walk away with \$13 today for playing

AT TODAY'S MEETING



UNITE FOR GOOD

BOARD of DIRECTORS 2025-2026

President Kyle Rheiner
President-Elect Mike Louis
Vice President Steve Bayles
Treasurer Diana Liberi
Secretary Sue Casso Rogers
Sergeant-at-Arms Bob Rogers
Immediate Past President Catherine Friedman
Directors-at-Large Rita Brouwer-Ancher, Glenda Brion,
Jeff Cantwell, Sue Flynn, Chuck Heckenberger,
Phil McFadden, Nathan Miller, Miranda Reilly, Jeff Spencer
District Governor, District 7450 Jan Biros (Phoenixville)
P. D.G. '13-14 District 7450. Charles Streitwieser
P.D.G. '12-13 District 7510 Dwight Leeper

HOW TO GET IN TOUCH

Votary Committee: Anne Driscoll, Joe Driscoll,
Brian Fahey, Randy Lindel, Mike Louis, Matt McKeon
Photography: Anne Driscoll, Jeff Cantwell, Miranda Reilly

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Web support: Mark Sammarone, Randy Lindel,
Howard Sundwall