



ROTARY VOTARY

The Rotary Club of West Chester, District 7450
John F. Germ, International President 2016-2017

Bulletin #38 www.WestChesterRotary.us April 6, 2017

This Week's Program: April 6, 2017

**Project Waters Fly Fishing
Rehab of Veterans and Active Military
through Fly Fishing**

Next Week's Program: April 13, 2017

**Neighborhood Health
Hospice Services**

MINUTES by Fran Luft

Vice President **Bill Friedmann** called the meeting to order. **Faith Woodward** gave a Quaker invocation which ended with a moment of silence. We sang God Bless America.

Brad Abel give us one of his famous jokes with the punch line his password in incorrect.

John Baxter was our visiting Rotarian. Several guests attended our meeting today. **Shauna Yeldell** brought a guest. Katie was **Christine Scott's** guest. **Bob Frame** introduced the following guests: Brandon Smith, Diane, Sue Weldon, and Jillian Armstrong. **Brad Abel** introduced his guest Diana and Bob Hall was also in attendance.

Happy Dollars: **Sue Casso Rogers** is happy as the West Chester County Club is having a membership drive. An open house will be held April 8th. Anyone interested in joining the country club should contact Sue or **President Bob. Bob Frame** is hosting a client appreciation party April 6th at the helicopter museum. Please let Bob know if you plan to attend. **Phyllis Dunn** is happy about her vacation in Arizona. **Patty Jefferis** is happy she was able to spent time with her grandchildren. **Catherine Friedman** is happy Phyllis is back. **Ron Ginns** is happy about the settlement on the building he owns. **Steve Brown** is happy that the Downingtown Senior Center is having a spring fundraiser April 29th. **Ken Hickman** continued his joke from last week's meeting. **Jim Gasho's** daughter taught school overseas and received assistance from fellow Rotarian Gary Hewett from Seoul Korea. **Cynthia Stroup** is happy to be a Rotarian and is going to be in a musical. **Katie Martin's** husband is playing at Four Dogs.

Birthday greeting were sung to **Dave Woods** by **Catherine Friedman**. **Lynn Childs** extended birthday greetings to **Chris Scott** and **Cathy Palmquist** wished **Glen Jensen** a happy birthday.

Announcements: April 11th- Happy Hour at Killdares', April 19th Media theater fundraiser- West Side Story, April 29th Rotarians at Work Day, May 25th- Blue Rocks baseball game. See **Jack Wintermute** for tickets. **Elizabeth Guman** and committee are working on the Rotary retreat which will be held in May. **Matt Holliday** announced that the CPC grant applications are on the Rotary website. Please tell all nonprofits. The deadline is April 30th. The District Super Seminar scheduled for this week has been postponed.

Bill Friedmann won the 50/50.

SPEAKERS REVIEW by Glen Sweet Unite for Her

Bob Frame Introduced Sue Weldon and Jillian Armstrong of *Unite for Her*, a West Chester based non-for-profit organization that started at Paoli Hospital in 2009. Sue is the founder and President and Jillian is a past participant in the program who now she serves as an ambassador along with her daughter, a student at Rustin High School.

With no history of breast cancer in her family, Sue was in disbelief when she was diagnosed. She was looking to the medical community to treat the whole woman but that was not the case. Issues like fertility, exhaustion, sleep deprivation; pain, headaches, etc. were not a component of her medical treatment plan. She wanted to explore complementary therapies that could help her heal.

For Jillian it was a long, grueling eight months which

involved two surgeries, chemotherapy and 42 radiation treatments. It was 2014 and she had recently gone back to work. Her daughter reminded her of *Unite for Her* as they had recently had a Pink tennis tournament at Rustin. *Unite for Her* helped Jillian with the excruciating bone pain she experienced from her first chemotherapy treatment. She utilized the acupuncture therapy from the start through the radiation treatments. It allowed her to work, function as a mom and even exercise.

Unite for Her bridges the gap between medical and emotional therapy for women who have been diagnosed with breast cancer. It helps women navigate their way through treatment by providing complementary therapies designed to promote physical and emotional wellness. They work with local physicians and trained professionals to fund and deliver comprehensive programs designed to care for the needs of breast cancer patients. They provide one on one treatment at a patient's home with a yearly value of approximately \$2,000. The restorative therapies include acupuncture, yoga, nutrition, massage and a regimen for bath and beauty. They partner with 18 hospitals and have 800 volunteers per year.

A *Unite for Her* tote bag was at each table setting. It included tips on nutrition and beauty products as well as a sample product from Acure, one of their sponsors. Sue also noted they have a Cancer Fighting Cook Book with an emphasis on fresh, organic vegetables and fruits.

THANK YOU

Copies of the Votary are provided today by
Chris Franz at Advent Lutheran Church

EXCHANGE STUDENT

Gabriel Bay from Rafaela, Argentina
Attending Henderson High School
Host family: Mark and Ellen Morun
(610) 344-0205
416 Chrislena Lane, WC, PA 19380

SAVE THE DATE

April 11 Happy Hour at Kildares'
April 19 Rotoplast Fundraiser at Media Theater
April 29 Rotary at Work Day
April 30 CPC Grant deadline
May 25 Rotary at the Blue Rocks

Check out the Rotary Calendar of events at
<http://www.westchesterrotary.us/clubcalendar.htm>
Add events: calendar@westchesterrotary.us

SEEKING PEACE FELLOWSHIP APPLICANTS

The application process for the next round of Rotary International Peace Fellowships is now open. And nominations from Rotary Clubs in District 7450 are the key to the Peace Fellowship process.

These fully funded Rotary Peace Fellowships increase the capacity of current and emerging peace leaders to prevent and resolve conflict through academic training, field experience, and professional networking.

There are two types of Peace Fellowships:

Master's Degree – Building the leaders of tomorrow: 15-24 month program at one the Rotary Peace Centers at leading partnering universities

Professional Development Certificate – Strengthening the leaders of today: 3 month professional development program at our Rotary Peace Center in Bangkok, Thailand.

Eligibility- Qualified candidates have:

--- For the master's program, a bachelor's degree or equivalent, plus three years of related work experience, and proficiency in a second language.

--- For the certificate program, a strong academic background, plus five years of work experience in a field where enhanced peace building and violence prevention, conflict resolution and mediation skills would be helpful. This three month fellowship is an ideal fit for law enforcement and community engagement professionals.

Interested persons can contact Joe Batory for further information (josephbatory@comcast.net)

THE ROTARY CLUB BOARD of DIRECTORS

President, Bob Rogers; President-Elect, Mickey Hall. Vice-President, Bill Friedmann; Past President, Katie Martin; Secretary, Sue Casso Rogers; Treasurer, Tim Walsh; Sergeant-at-Arms, Brad Abel; Directors-at-Large: Laura Aloisio, Dave Barkasy, Judi Bell, Cristina Combee, Linda Hicks, Jim Smith, Andrew Stump, Michelle Venema, Ernest Zlotolow.

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Robert Poole, P.D.G. '80-'81 District 7450

HOW TO GET IN TOUCH

Votary Committee: Chair, Faith Woodward, 610-918-3432; Votary@westchesterrotary.us Web support: Judi Bell and Howard Sundwall.

Webmaster@WestChesterRotary.us Committee: Pat Barron, Chris Feryo, Elizabeth Guman, Gary Hess, Matt Holliday, Fran Luft, Cathy Palmquist, Patty Roos, Winnie Stroup, Glen Sweet, Marjorie Wentz