

DISTRICT PULSE



Rotary
District 7545



Hawks Nest State Park, Fayette City

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NOTE FROM THE DISTRICT GOVERNOR

Fellow District 7545 Rotarians,

Last month was Foundation month. Special thanks to all those clubs and Rotarians that made a special effort to support World Polio Day with donations to The Rotary Foundation's Polio Plus Fund during the month. While donations to eradicate polio, Rotary's #1 priority, can be made at any time, last month district 7545 Rotarians contributed over \$22,500 to Polio Plus including \$1,000 from our P. Buckley Moss print raffle (thanks to its generous donation by Area Governor Lisa Clark) and \$2,500 from the District Governor Challenge on Raise for Rotary. Thank you all!

With the holiday season upon us, I know many of us will be traveling to see family and friends or hosting them in our homes. Whatever holiday you celebrate, here's wishing that they are safe and joyous.

As we look forward to 2024, start thinking now about the upcoming District Conference:

- Mark your calendars for May 31st - June 2nd.
- Designate a Club District Conference Coordinator and provide Conference Chair Nicole Gerard with contact information at nicole.k.gerard@gmail.com.

Looking forward to a great 2024 Rotary year, **creating hope in the world!**

J. Dan McCarthy
Governor, RI
District 7545



DG Dan & Carol McCarthy

Bluefield WV
Rotary
Club



CLUB IN THE SPOTLIGHT

Chartered June 1st, 1918 and serving the city of Bluefield and southwestern Mercer County, the Bluefield WV Rotary Club is currently 71 members strong and growing. A member of Area 15, supported by Area Governor Lisa Clark, they have a very active community service program that this season alone includes projects ranging from collecting gloves, book reading and wrapping presents for area schoolchildren to Salvation Army bell-ringing, collecting toys/crayons/books for pediatric patients at their local hospital, donating items to the Animal Shelter, and serving meals at a local mission.

The club has more than doubled its membership this year as a result of a deliberate membership growth strategy of identifying and extending personal invitations to prospective club members. Club President Ted Lewis reports: "Over the last year, members of the Rotary Club of Bluefield have donated over 400 volunteer hours, more than \$6,000 in funds and donated goods for a total value of \$27,000 to our community. I am proud to work with such dedicated community leaders."

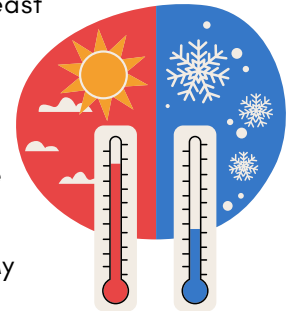
CHECK YOUR MEMBERSHIP TEMPERATURE

How's your club's membership temperature? Have you lost membership this year, merely held your own or have you grown? Going into December, clubs should be up at least 2% from their July 1st membership level. If you're not, now's the time to take stock and get on the growth track! The District Membership Team can help!

HOW IS YOUR GOAL PROGRESS?

December is a good month to check progress on your club's goals and make any necessary adjustments.

Not sure what goals we're talking about? Visit Rotary Club Central in your My Rotary account.



NEW INTERACT CLUB!

Congratulations to our newest Interact Club! Sponsored by The Rotary Club of Beckley, our newest Interact Club is currently our only community based club (all others being schools-based). This new club raises our district total to 12 active clubs sponsored by 11 of our Rotary Clubs.

Want to learn more about Interact Clubs or form your own club? Reach out to District Interact Adviser Sam McDaniel at sjmacl@comcast.net.

Win \$250 for your Club's next community service project!

District 7545 Instagram Photo Contest

Rotary District 7545

DISTRICT PHOTO CONTEST

Rotary District 7545 is having a photo contest on our Instagram page! Select a photo showing your club in action from the past year (photos are limited to those taken in 2023).

Email the photo and one sentence about what is happening in the photo to [the district](https://www.instagram.com/district7545) by no later than December 8, 2023. Voting will take place on our [Instagram page](https://www.instagram.com/district7545) from December 11-December 18. The club photo that receives the most likes, shares and comments during this time period will win \$250 toward your next Club Community Service Project in 2024!

DISEASE PREVENTION AND TREATMENT



Mental illness is a medical condition, just like heart disease or diabetes according to the American Psychiatric Association. And mental health conditions are treatable.

"We are continually expanding our understanding of how the human brain works, and treatments are available to help people successfully manage mental health conditions.

Mental illness is common. In a given year:

- Nearly one in five (19%) U.S. adults experience some form of mental illness.
- One in 24 (4.1%) has a serious mental illness.
- One in 12 (8.5%) has a diagnosable substance use disorder.

Mental illness is treatable. The vast majority of individuals with mental illness continue to function in their daily lives."

The Rotary Action Group on Mental Health Initiatives has provided extensive resources to assist clubs in fulfilling RI President Gordon McNally's initiative to erase stigmas, raise awareness and improve access to mental health services. Available at www.ragonmentalhealth.org, the site provides ideas in all three areas and includes a tool kit for dealing with childhood mental health issues. Check it out and integrate a mental health initiative into your club's plans for 2024!

FOUNDATION FOCUS

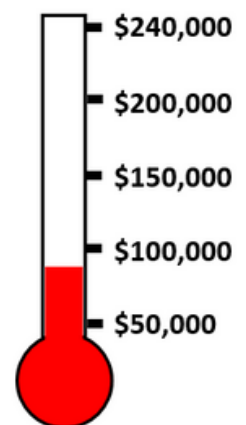
Our November Foundation Celebration was a huge success. We recognized four new or advancing major donors, four new Bequest Society members and one Paul Harris Fellow +5. Nine clubs were recognized for contributing \$1500 or more to The Rotary Foundation Polio Plus Fund; five clubs received both Rotary Foundation and Every Rotarian Every Year banners for 100% of their members having contributed; and three clubs received per capita banners.

The top five giving clubs in three categories were recognized: Polio Plus, Annual Fund SHARE and total giving. Learn more about the event and those recognized in our District Facebook posting.

As we enter the season of giving this year, please keep The Rotary Foundation on your list of charitable giving destinations. It's easy to donate. Just hit the DONATE button at Rotary.org. And when you do, consider becoming a recurring donor. Only \$9 per month qualifies you as a Sustaining Member of Rotary.

With thanks for all those donating to The Rotary Foundation and enabling Rotary to Create Hope in the World on a global basis!

D7545 Foundation
Net Giving



Let's Connect:



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**CREATE HOPE
in the WORLD**