

DISTRICT PULSE



Rotary
District 7545



District 7545, Summersville Rotary Club

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NOTE FROM THE DISTRICT GOVERNOR

Welcome to February! While our shortest month has some notable annual events such as Groundhog Day, Valentine’s Day, President’s Day and, of course, the Super Bowl, it’s also noteworthy for its monthly Rotary theme of Peace and Conflict Prevention.

Since Rotary’s founding was based on a commitment to peace, global reach, and culture of voluntary leadership this month is a good time to reflect on what “peace” means. It is not what the military describes as “Peace Enforcement” which involves the insertion of peacekeeping forces to stop the fighting. Instead, the peace we are focused on involves strengthening our communities to support and sustain themselves. We can contribute by understanding and addressing community needs through focused service projects and through individual contributions to our Rotary Foundation either to the Annual Fund or our Rotary Peace Centers.

A recent development within our Zone is the Rotary Peace Game which is an action-based peace framework rooted in the Four-Way Test.

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It includes various practical peace practices to strengthen Rotarians' service capacity, build club cohesion and enhance community service. It is supported by trained facilitators and structured meeting guides. Although this training has commenced and various clubs throughout our Zone are participating, there are still opportunities for clubs to join this effort. For additional background, here is a 4-minute [video](#) from our Zone Director, Patrick Eakes. Let me know if your club is interested in this effort.

In other noteworthy news, congratulations are in order for Sarah Woodrum from the Rotary Club of Morgantown who is the newest member of the District Governor Chain. She is now our District Governor Nominee Designate and will serve as the District Governor during the 2028-2029 Rotary year.

Finally, we welcome DGE Julie Sawyer back from Rotary International's annual International Assembly conducted in Orlando, Florida. This learning event prepared district governors-elect for their role as governor, introduced Rotary's organizational priorities for the coming year, and provided ample opportunities to network with fellow governors-elect from around the world.

Yours in Rotary Service,

Rick

FROM THE DISTRICT CALENDAR

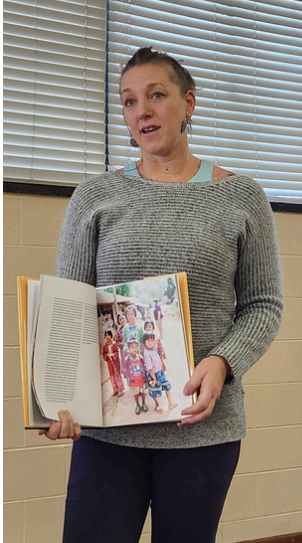


2026 RYLA is here! This year's conference will be held at Jackson's Mill May 8 - 10 for 9th and 10th grade students. The forms have been mailed and emailed to the club presidents and are due back to me by **April 15, 2026**. The cost is \$175 per student.

- District Governor club visits are wrapping up, with a visit to Kimball on 2/17.
- Save the dates for the District Conference and this Springs' RLI series in Fairmont. For more details head over to the District [website](#).



ELKINS ROTARY LEARNS ABOUT REMEMBER NHU



Kim Payne of the nonprofit Remember Nhu addressed the Rotary Club of Elkins, sharing insight into the organization's work to end child sex slavery through prevention. Remember Nhu was founded in 2004 by Carl Ralston after learning of Nhu, a 12-year-old Cambodian child who was sold by her grandmother to pay interest on money borrowed for groceries. Since then, the organization has established programs in 20 countries to protect the rights of vulnerable, orphaned, and abandoned children. "The vision for Remember Nhu has been shaped by the immense need for help—whether in rescue, healing, restoration, or prevention," Payne said.

Remember Nhu focuses on children in precarious situations, where families lacking basic resources may feel forced to sell a child to survive. Payne explained that once a child is sold, both the child and the community are forever changed, often resulting in trauma, stigma, and loss of access to education. To learn more about Nhu's story or to support Remember Nhu's work, visit www.RememberNhu.org.

JOURNEY OF PEACE ACROSS AMERICA



In recognition of Rotary's monthly theme of Peace and Conflict Resolution, Rotarians may be inspired by a quiet yet powerful movement currently unfolding across the United States. A group of Buddhist monks has embarked on a cross-country Walk for Peace, traveling on foot from Texas to Washington, D.C. Through mindful walking, public blessings, and simple conversations in the communities they pass through, the monks share messages of compassion, unity, and nonviolence. Their journey reminds us that peacebuilding does not always begin in conference rooms or policy debates, but often through presence, humility, and human connection.

This pilgrimage closely reflects Rotary's belief that lasting peace starts at the local level and within individuals themselves. By choosing dialogue over division and mindfulness over conflict, the monks model the same values Rotarians advance through service, fellowship, and global understanding. Their steady steps serve as a reminder that peace is not a single destination, but a daily practice—one that Rotary members around the world continue to advance through service above self.

POLIOPLUS SOCIETY KENNEL KLUB

Rotarians in Zones 26 & 27 have a fun and meaningful way to support Rotary's top humanitarian priority—ending polio—through the PolioPlus Society Kennel Klub. Inspired by Mollie, the beloved dog of Past EPNC Greg and Valerie Owen, the Kennel Klub invites Rotarians to honor their pets by pledging a small monthly donation to the PolioPlus Fund. What began as Mollie "giving up \$10 in treats" has grown into a creative movement blending Rotary service with pet-loving community spirit.



Since its launch, the Kennel Klub has grown to more than 260 members and raised over \$43,000, tripled through the Bill & Melinda Gates Foundation's 2:1 match. Joining is easy: donate in honor of your pet, register online, and receive a free End Polio Now bandana and membership pin. Rotarians are encouraged to share pet photos using #PPSKennelKlub. Learn more and sign up at rotaryppskennelklub.org—and help Rotary make history by ending polio.

TAGGING ROTARY DISTRICT 7545 ON FACEBOOK: A QUICK GUIDE FOR ROTARY CLUBS

Enhance Your Club's Visibility with Simple Social Media Tagging

Rotary Clubs within District 7545 can effectively boost their online presence and strengthen district-wide connections by tagging Rotary District 7545 on Facebook. When sharing club updates, events, or service projects, simply include the "@" symbol followed by 'RotaryDistrict7545' in your post. This action creates a clickable link to the District's Facebook page, making it easy for your audience to discover more about district activities. This also makes it easier for the district to keep track of club activities.

Consistent tagging not only increases the visibility of your club's initiatives but also helps foster engagement across the Rotary network. So next time you post on Facebook, don't forget: type **@RotaryDistrict7545** to help us stay connected!

@RotaryDistrict7545

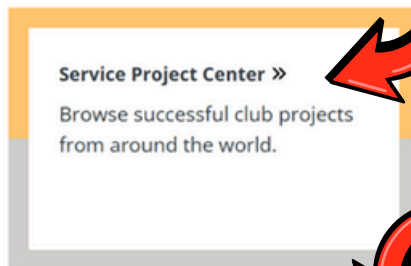
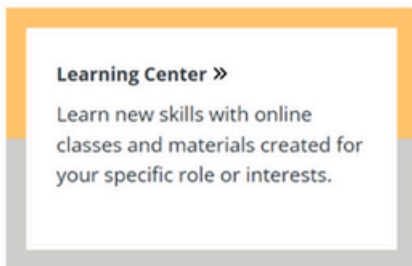
FOR THE RECORD: YOUR SERVICE PROJECTS

Does your club have a great service project that makes you particularly proud? Is your club continually doing things that support your community or others around the world. Do the rest of us in the district know about it? Even if your club officers have told the district leadership about your hard work, the rest of the district members and Rotary International may not know about it UNLESS the project is added to the [Service Project Center in My Rotary \(SPC\)](#).

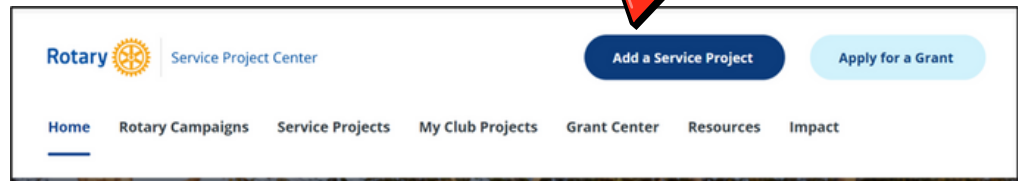
Why is that important? First, unless your service projects are entered into the SPC, your club will not get credit for the projects toward club goals and the Club Excellence Award. Second, unless your grant-funded projects are reported, their results cannot be counted towards the good that the Rotary Foundation does. Reporting results helps our Rotary Foundation maintain its four-star status with Charity Navigator. Third, other clubs can't use your great project as inspiration for their work unless they can find the information.

So, what can YOU do? Make sure that your club's projects are reported. Browse projects in the SPC for your club to see if they are entered. (Instructions were in the November issue of Pulse, but it isn't difficult.) If not, ask your club leadership if you can help. ANYONE in the club is able enter the project information. It isn't difficult. First, go to My Rotary and follow the steps below:

1. Click on "Service Project Center".



2. Click on "Add a Service Project" at the top.



3. Verify that the project has not already been entered in the SPC.



Is your project already listed?

New projects are continually added to the Service Project Center. Because any Rotary member can add a project, make sure to avoid adding a duplicate project. Review [My Club Projects](#) to ensure that the project hasn't been added already.

I confirm:*

- I have reviewed [My Club Projects](#) and this project isn't listed. I am ready to add it as a new project.

Add a New Project

4. On the next screen, verify that you are adding an established project.

I want to add:

Established project

Choose this option if:

- Your project has been fully planned, is in progress, or has been completed
- You are adding a current or completed project to your club's service projects portfolio

Select

(Instructions continue on Pg.6)

Once you are ready to enter project information, simply follow the questions on the page. It may look daunting at first, but only information with an asterisk is required.



Add an Established Project

Complete the information below. After the project is published, you will be able to come back and edit it.

Part 1
Tell us about your project

Part 2
Project timeline

* indicates required information to publish your project. Information is not saved until the project is published.

Part 1: Tell us about your project

Project title (required)*

Enter a name for your project

YOU can help to make sure your club gets the recognition it deserves!

ROTARY LEADERSHIP INSTITUTE: WHERE GREAT INTENTIONS BECOME GREATER ACTIONS

There are many reasons to consider attending a Rotary Leadership Institute (RLI) event. Which of these sounds like what you are seeking?



Mid Atlantic RLI

PA • MD • DE • DC • WV • TN • VA • NC • SC

- Personal and Professional Growth: RLI promotes personal development, public speaking skills, and cultural awareness through interactive, discussion-based sessions with peers.
- Networking and Connection: Meeting and exchanging ideas with inspiring members from other clubs and districts, forging lasting connections and partnerships.
- Clarity of Vision: RLI can help you clarify your purpose within Rotary and channel your passion into meaningful action.
- Deepened Rotary Knowledge & Enthusiasm: RLI opens up the "world of Rotary" beyond one's local club, covering its mission, core values, history, and global impact, which will increase your passion and engagement.
- Enhance Your Skills: RLI will help you develop practical leadership skills, team-building abilities, effective communication techniques, and strategies applicable to both volunteer organizations and professional life.

If any of this sounds like something that would enhance your Rotary, personal, or professional life, join us at Fairmont State University on March 28 for Part I, II, or III. To register [click here](#). For more information about RLI, visit MidAtlanticRLI.org.

SARAH WOODRUM SELECTED AS DISTRICT 7545 GOVERNOR NOMINEE DESIGNATE

I am pleased to announce the selection of the newest member of the District 7545 Governor chain. Rotarian Sarah Woodrum, DrPH, of the Rotary Club of Morgantown, has been selected by the District Nominating Committee to serve as District Governor Nominee Designate (DGND). In this role, Sarah will serve as District Governor during the 2028-29 Rotary year, following current District Governor Nominee Stefan Smolski.

Dr. Woodrum currently serves as Dean of the West Virginia University School of Public Health, where she oversees the school's strategic direction and daily operations. She is also an assistant professor in the Department of Health Policy, Management and Leadership, teaching leadership at both the undergraduate and graduate levels. A West Virginia native, Sarah returned to the state in 2013 and has held leadership roles across WVU Health Sciences, including previously serving as Chief Operating Officer at Mon Health Medical Center in Morgantown.



Beyond her academic and healthcare leadership, Sarah is deeply engaged in community service. She has held numerous leadership roles, including Chair of the Morgantown Area Partnership, President of United Way of Mon and Preston Counties, and service on several nonprofit boards. In 2024, she was honored with the Jefferson Award through WDTV and Antero Resources, recognizing her significant contributions to community service.

Sarah's Rotary journey began as a Rotary Exchange student in Perth, Australia, where she developed a lifelong commitment to Rotary's mission of Service Above Self. Since joining the Rotary Club of Morgantown in 2016, she has served as club president, Assistant Governor, District Finance Committee member, and participant in multiple district initiatives, including the Visioning Committee and Innovative Club Advocates group. She is a Paul Harris Fellow (x3), a recipient of the Brad Laidley Award for outstanding service, and, together with her family, hosted a Rotary Exchange student from Brazil during the 2018-19 year.

Please join me in congratulating Sarah Woodrum on her selection as District 7545 Governor Nominee Designate. We look forward to her continued leadership and service as she prepares to guide our district in the 2028-29 Rotary year.



Rotary District 7545 is guided by a dedicated team of leaders who support clubs, advance service initiatives, and strengthen fellowship across the district. To learn more about the District Governor chain, committee leaders, and leadership opportunities, visit the [District 7545 website](#).

MEMBERSHIP MINUTE: SATELLITE ROTARY CLUBS

A Satellite Rotary Club offers a flexible, modern way to participate in Rotary while remaining connected to an existing (sponsoring) Rotary club. It's an ideal option for people who want to serve their communities but need a different meeting style, schedule, or focus than a traditional club.

How It Works

- Members belong to a sponsoring Rotary club but meet separately
- Operates with its own name, meeting format, projects, and leadership team
- Members are full Rotarians with all rights and responsibilities
- Can begin with as few as 8 members (compared to 15 for a traditional club)

Why Satellite Clubs Exist

Satellite clubs are designed to meet changing lifestyles and community needs, offering:

- Flexible meeting options (evenings, virtual, service-based, or social)
- Less frequent meetings (bi-weekly or monthly)
- Focus on specific interests or causes (young professionals, environment, networking, etc.)

Relationship with the Sponsoring Club

- Sponsoring club provides mentorship and administrative support
- Satellite club manages its own activities while collaborating on projects and events
- Option to charter later as an independent Rotary club

Key Benefits

- Lower barrier to entry – start small
- Modern, adaptable formats
- Targeted engagement around shared interests
- Early leadership opportunities
- Expanded Rotary impact within the community

Who Should Consider a Satellite Club?

- Current Rotarians seeking more flexibility
- Busy professionals, educators, and parents
- Anyone passionate about service or a specific cause

A Satellite Rotary Club meets people where they are – offering flexibility without compromising Rotary's purpose or values. It's a dynamic way to grow service and expand Rotary's reach. For More Information contact Rick Phalunas, District 7545 Innovative Club Advocate, rphalunas@gmail.com or 304.685.6039.



ROTARY FOUNDATION UPDATE: STRONG GIVING, STRONG IMPACT

It's hard to believe we are already over halfway through the Rotary year. As I step into my first year serving as District Foundation Chair, one thing has become very clear: Rotarians truly believe in the causes we support—and you consistently show that belief through action.

Even without introducing anything new this year, you have stepped up in a meaningful way. Your continued commitment to the Rotary Foundation reflects a strong understanding of our mission and a willingness to support it year after year. That steady, reliable generosity is something worth celebrating.



Thanks to your support, District 7545 has raised nearly \$100,000 at the halfway point of the Rotary year, right in line with where we typically are. Of our 51 clubs, 14 have already met their Foundation goals, and 38 clubs have contributed to the Annual Fund so far. That level of participation matters—Annual Fund dollars return to our district and are used to support future grant projects that create real impact in our communities and around the world.

Because of your generosity, we were also able to contribute an additional \$14,328 to PolioPlus, supporting Rotary's global effort to eradicate polio once and for all. This international cause remains one of Rotary's most powerful success stories, and your continued support keeps us moving closer to a polio-free world.

Using funds returned to the district, we supported 22 grant projects across District 7545. While these projects varied in size and scope, each one reflects Rotary's focus on service, sustainability, and meeting real needs—locally and globally. For those participating in the grant process, the grant portal is now open, and you are welcome to begin submitting receipts for review.

Looking ahead, I want to offer a friendly challenge. I encourage each Rotarian to consider becoming a Sustaining Member with an annual gift of \$100, and I challenge clubs to offer sustaining memberships through their billing programs. With this effort, reaching 100% club participation in the Annual Fund by the end of the year is a realistic and achievable goal.

Finally, a reminder that to be eligible for district grant funding in the next Rotary year, clubs must contribute a minimum of \$250 to the Annual Fund.

Thank you for your generosity, your belief in Rotary's mission, and your continued support of the Foundation. Together, we are funding service, strengthening communities, and making a lasting impact. I look forward to seeing you at District Conference, especially at our Foundation luncheon, where we will recognize outstanding leaders from across our district.

Let's Connect:



www.rotarydistrict7545.org

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