

DISTRICT PULSE



Rotary
District 7545



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NOTE FROM THE DISTRICT GOVERNOR

Welcome to April which brings a sense of renewal to us in West Virginia. Spring's arrival signals the end of a long winter and a transition to longer, warmer days. Fittingly, April is Rotary International's Environment Month which is our newest Area of Focus. There are many environmentally related projects that clubs could address this month which could involve getting outdoors. Whatever you decide, though, this is a great month to link your club's activities to something that improves our environment.

If, next year, you are in positions of leadership as Assistant Governors, Presidents or Membership Chairs you should be preparing for an informative and detailed learning experience on Apr 16-18, 2026, in Bridgeport, WV where attendees will share best practices and learn from both Zone and District experts as well as receive one-time grant training. Likewise, this three-day learning opportunity is open for all District 7545 Rotarians who want to expand their personal knowledge.

Finally, next month will feature our signature event at Camp Dawson from May 29-30, 2026. The portal is open to register for our District Conference which will bring us together to share ideas, be inspired, recognize service, build new connections, and celebrate the incredible impact our clubs are making as well as enjoying a true taste of West Virginia hospitality. This direct link provides access to the registration site as well as sponsorship opportunities: [District Conference - Rotary District 7545](#).

Yours in Rotary Service,
Rick



FROM THE DISTRICT CALENDAR

Apr 21: RC of Putnam County (Discover Rotary)
Apr 22: Area III Clubs with AscendWV in Morgantown, WV (Club Mixer)
Apr 29: RC of Moundsville (Discover Rotary)

MEMBERSHIP MINUTE

District Membership Update: Staying the Course Through Spring

Following a season of encouraging growth, our District's membership numbers saw a slight shift as we wrapped up the first quarter of the year. After achieving net gains in both January and February, the District experienced a net loss of ten members during the month of March.

While a dip in a single month can be challenging, the broader view of our performance remains positive. Overall, the District still maintains a net gain of seven members for the year to date. This steady performance currently places us 9th out of the 17 Districts in our Zone—right in the middle of a very competitive field.

Club Highlights and Challenges


March proved to be a month of mixed results across our local chapters. While six of our clubs navigated net losses, three clubs successfully bucked the trend to post growth. We want to extend a special congratulations to the following clubs for their hard work in recruitment and retention this past month:

- Bluefield
- Grafton
- Ripley

Looking Ahead

As we move into April, our focus remains on supporting those clubs that saw a decrease in numbers and celebrating the successes of those that grew. Membership is the lifeblood of our organization, and every new member represents a new opportunity to serve our communities.

Let's use the momentum from our early-year gains to propel us through the spring. We are only a few members away from climbing even higher in the Zone rankings!



THE POWER OF ROTARY LEADERSHIP INSTITUTE

"I think that the true power of RLI is that it brings us the opportunity to build community within Rotary - which is really amazing and key to the Continuity of Rotary and Connection of Rotary locally and globally."

Ashley Waters has been a member of the Rotary Club of Carroll Creek, in Frederick, MD District 7620, for a decade. Soon after joining Rotary, she participated in RLI 1, 2, and 3.

"I quickly recognized that my Rotary club experience wasn't the same as everyone else's. RLI helped me better understand Rotary as a whole, across different communities, club sizes, and perspectives. What I love most is meeting Rotarians with very different experiences. If Rotary is going to succeed and truly make a difference in the world, we need people to find a Rotary experience that fits them. The more we understand what other clubs are doing, the stronger we become."

"People from communities across the country ask me about Rotary. Through my work at the district and zone levels and through RLI, I've been able to see so many different models of Rotary. That perspective allows me to talk about Rotary beyond just my own club and better connect people to what Rotary might look like in their community."

Ashley's favorite part of the RLI course work is getting to talk with others - "facilitated conversation where we get to hear what other people are doing. Hearing about other club experiences is always so fascinating to me, and I always walk away with a nugget or two...I always pick up something from other clubs and what they're doing."

Ashley now facilitates RLI training. As she explains, "I love helping people think through the tools and processes available to help their clubs make thoughtful decisions."

Dr. Ashley Waters currently serves as Assistant Governor for Area 5 in District 7620 and as the 2025-2028 Zone 33 Rotary Public Image Coordinator. She has held numerous leadership roles, including Club President (2022-2023), District Conference Chair (2024), District Public Image Chair, and Zone 33 Assistant Public Image Coordinator (2020-2023). She is honored to be a Paul Harris Fellow, a member of the Paul Harris Society and Polio Plus Society, and a Rotary Benefactor. Outside of Rotary, Ashley serves as the Managing Director of Blessings in a Backpack in Frederick, MD.

Information about the Mid-Atlantic RLI and upcoming training dates are available [here](#).



ROSENBAUM FAMILY HOUSE VISITS ELKINS ROTARY CLUB

Rosenbaum Family House is located on the J.W. Ruby Memorial Hospital campus of WVU Medicine in Morgantown and serves as a home away from home for adult patients and their families while receiving care at WVU Medicine.

Rosenbaum Family House was established in 1999 by Hilda Rosenbaum. The Rosenbaum's lost a daughter to cystic fibrosis at the age of 6. During her treatment, the family was forced to spend nights sleeping on cots or in chairs in her hospital room because there were no accommodations available for them. Shortly after their daughter's death, their son was also diagnosed with the disease. Around the same time, WVU had built its first hospital and their son was able to receive care close to home until his death at age 36. Mrs. Rosenbaum then made the financial commitment to build a place to help others facing similar situations and Rosenbaum Family House was established.

The full article can be found at www.theintermountain.com.



Photo caption: Rotary Program Chair Scott Goddard, Rosenbaum Family House staff members Denver Allen, Joshua Spurbeck and Pamela Shriver joined Rotary President Phillips Kolsun at the group's regular weekly meeting.

INTERACT CLUB CREATES BLANKETS FOR WVUM CHILDREN'S HOSPITAL

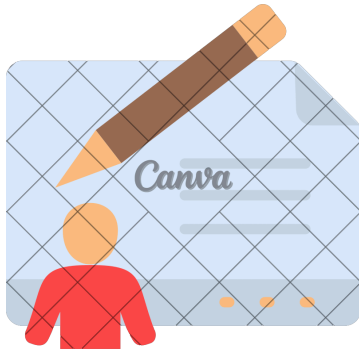


Members of the Preston High School Interact Club recently crafted 20 tie blankets to be delivered to patients at WVU Medicine Golisano Children's Hospital.

Continuing to participate in events to benefit the community and the region, members of the club created the WVU-themed tie blankets to be donated to critically ill patients at the children's hospital, officials said.

For more information, contact Thad Marsh (631) 479-3528 or thaderotarywv.com.

ROTARY BRAND NEWS



Consider sending a Letter to the Editor

Another way to raise your club's community profile is to send a letter to the editor to your local media outlet tied to upcoming events and observances. Consider choosing one of the attached Letter to the Editor templates addressing [Global Volunteer Month or World Immunization Week](#), both observed in April. You can customize a template to highlight Rotary and the impact of your club's work.

REMINDER: DISTRICT SERVICE PROJECT 2026

This year's District Service project allows us to champion two vital causes: Protecting the Environment and Supporting Our Veterans. In addition, clubs can participate through their local effort or when attending the District Conference.

We are partnering with Tech for Troops to divert electronic waste from landfills through their proven recycling program. Beyond environmental sustainability for your community, this partnership directly assists veterans by providing the training, education, and technology they need to thrive

The first step is to collect eligible items at your club. From there, you can choose one or two ways to contribute:

METHOD #1: IN-PERSON DROP-OFF

Bring your collected donations to the District Conference on May 29 or 30. We will be accepting any items from the "Items We Are Looking For" and the "Recycle for Free" list.

METHOD #2: DONATE TO TECH FOR TROOPS

No specific amount is requested. Simply donate as you feel led. If you choose to do so, please communicate to the non-profit that this is part of the effort by District 7545.

METHOD #3: GIVE BACK BOX SHIPPING REQUEST

Give Back Box label from Tech for Troops. Each label costs \$20 and covers up to 25 lbs of electronics. To support this effort, the district will reimburse your club for these labels (up to 115 boxes total for the district). Access the program at <https://techfortroops.org/support/give-back-box/>. The items to recycle would be the same as Method 1.

Please direct any question you might have to Jane Stout at jane.bg.stout@gmail.com.



E-WASTE RECYCLING GUIDE

Millions and millions of pounds—That's how much electronic waste people are tossing in landfills each year! We extend the life of electronics by refurbishing and gifting them to America's Active Duty transitioning Military, homeless and impoverished Veterans and their families.

ITEMS WE ARE ALWAYS LOOKING FOR

- Working and non-working laptops with power adapters*
- Desktop computers*
- Working flat panel monitors
- iPads and tablets
- Cell phones
- Keyboards, mice, and other computer parts
- Wiring (Cat5 and Cat6)
- All other electronics you are throwing away

*All hard drives are wiped prior to recycling or redistributing at no cost.

ITEMS WE ACCEPT & RECYCLE FREE OF CHARGE

- | | | | | |
|----------------------|---------------------------|-----------------------|-----------------------|----------------------|
| Answering Machines | Duplicators | Laptop Batteries | Printed Circuit Board | Telephones |
| Calculators | DVD Players | Laptops | Radios | Testing Equipment |
| Camcorders | Electric Motors | Mainframe Equipment | Routers | Transparency Makers |
| Cameras | Electric Typewriters | Modems | Scanners | Two-Way Radios |
| Cassette Recorders | Electronic Gaming Systems | Motherboards | Smart Watches | UPS - Power Supplies |
| Compact Disc Players | File servers | MP3 Players | Speakers | VCRs |
| Computer Equipment | Household Electronics | Networking Equipment | Stereos & Components | Wii Game Systems |
| Computer Speakers | Hubs | Nintendo Game Systems | Switches | Word Processors |
| Cordless Telephones | Keyboards / Mice | Pagers | Tape Players | Xbox Game Systems |
| Cables & Cords | Lab Equipment | PCI Cards | Telecom Equipment | |

ITEMS WE ACCEPT/RECYCLE/DESTROY FOR A FEE

- | | | |
|---|--|---|
| ITEMS \$1.50 PER POUND:
Batteries - Boat/Vehicle
Copiers
Cracked Monitors
CRT Monitors
CRT TV
Fax Machines
LCD TVs & Monitors
Printers
Scanners | DATA DESTRUCTION FEES:
<i>Shredded at a laser disk, securely stored until destruction.</i>
CDs, Floppies, DVDs, Thumb Drives - \$1.50 per pound
<i>Pricing Example: 100 CDs - \$4.50</i>
Cell Phones with Removable Battery - \$5
Flash Drives and Thumb Drive Shredding - \$1.00 each | CERTIFIED HARDDRIVE DESTRUCTION:
<i>Receive a Certificate of Destruction when service is complete</i>
Single Overwrite - \$7.00
Department of Defense 5220.22M - 3 Pass - \$9.50
Department of Defense 5220.22M - 7 Pass - \$19.00
HM3 Infosec Standard #5 - Baseline - \$11.00
HM3 Infosec Standard #5 - Enhanced - \$21.00
NIST 800-88r1 (recommended) - \$7.50
NIST 800-88r1 - 3 Pass - \$9.50
Physical Destruction Only - \$13.00 |
|---|--|---|

ITEMS WE DO NOT ACCEPT

- | | | | | |
|-----------------------|--------------------|--------------------------------|-----------------|-----------------|
| Air Conditioners | Holiday Lights | Medical Equipment | Light bulbs | Toasters |
| Alkaline batteries | Hoverboards | Microwaves | Power Tools | Vacuum Cleaners |
| Electric Toothbrushes | Kitchen Appliances | Nickel-metal Hydride Batteries | Smoke Detectors | |
| Fire Detectors | Lithium Batteries? | | Thermostats | |

Don't fill up our landfills with your used tech!
Give it new life by responsibly recycling with us!
Save the environment, support a Veteran, and receive a tax deduction!



DONATE



CONNECT



VOLUNTEER

TECHFORTROOPS.ORG
INFO@TECHFORTROOPS.ORG | 804.521.7979

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Let's Connect:



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