



Club Assembly

Last Week

George Alwin introduced Lindy Ybarra and Erik Bryson of the D. Lee Morgan Memorial Rotaract Club of Shepherd University. He shared with us the genesis of the club and recent efforts at the May 2010 District Conference to demonstrate to other clubs in the district how to follow our lead and create clubs in other college communities.

Lindy and Erik delivered a compelling presentation, which was also shared at the District Conference, poetically making their case for spreading Rotaract. There were lots of great quotes like “Damn the torpedoes, full speed ahead,” which was attributed to Commodore George Alwin, and “Love as a verb not a noun.” They thanked **Holly** Frye and George Alwin for their guidance.

The 21-member club has participated in many great projects this year, including: designing their own Web site; the potato drop, bagging 40,000 pounds of potatoes donated toward alleviating hunger; a conference against drunk driving; raising more than \$65,000 for Relay for Life to fight cancer, placing the group 5th in fundraising nationwide for schools this size; a newsletter for weekly meetings; and helping Haiti relief by preparing crutches and other supplies and putting on a Haiti Bake Sale to raise \$700 for the effort.

They closed their presentation with the following quote from Adidas:

Impossible is just a big word thrown around by small men who find it easier to live in the world they've been given than to explore the power they have to change it. Impossible is not a fact. It's an opinion. Impossible is not a declaration. It's a dare. Impossible is potential. Impossible

is temporary. Impossible is Nothing.

What a great team of high-energy students!

Club News

Karen Kinnett reported that this is Arts and Humanities week in Shepherdstown, promoting arts and business in town.

Gary Heichel reported that **Paul** Pritchard is at home recovering from triple bypass. Keep him in your thoughts and prayers. Gary also thanked all of the members who sold tickets at the Shepherdstown Fire Department Carnival.

Monica Lockett announced the date for Day of Caring: September 14.

50-50

Gary Heichel gave it the old college try and came up the lucky winner.

Visitors

We were pleased to welcome honorary member Jim Leathers and Shepherd Rotaract members, Lindy Ybarra and Erik Bryson.

Wishes for the new Rotary year from Paul Harris

In 1916, Rotary founder Paul Harris shared his thoughts about the organization in an article titled “The Future of Rotary,” published in *The Rotarian*.

Addressing the Rotary world, Harris concluded the short piece with wishes for the new year. As the 2010–11 Rotary year begins, consider his words:

I wish you all of the prosperity which your good deeds merit.

May all things you ought have be yours.

May your charities rank among your necessary expenditures.

May you not fall into the popular error of thinking that happiness is to be found in outdoing your neighbors.

May it always be yours to look beneath the veneer of life to the solid substance which lies beneath.

May you be builders, not mere climbers.

May you be able to appraise life's blessings at their real worth.

May you be free to act in accordance with the dictates of your own conscience and good judgment.

May you not be slaves to meaningless customs, social or otherwise.

May you shun the groove followers.

May you have vision to discern the right and health, strength and will to do it.

That is to say, I wish you a happy New Year.

NEARBY MAKE-UP CLUBS

| | | | |
|----------------------|----|------|--------------------|
| Berkeley Springs, WV | TH | 1215 | Tari's Café |
| Charles Town, WV | TU | 1215 | JMH Board Room |
| Frederick, MD | W | 1215 | Dutch's Daughter |
| Hagerstown, MD | W | 1215 | Fountainhead CC |
| Hagerstown, MD | M | 1815 | Nick's Airport Inn |
| Hagerstown, MD (am) | F | 0730 | Antrim House |
| Hancock, MD | TU | 1230 | Park-n-Dine |
| Leesburg, VA | TH | 1830 | Laurel Brigade Inn |
| Martinsburg, WV | TH | 1215 | Holiday Inn |
| Martinsburg, WV (am) | TU | 0715 | Holiday Inn |
| Williamsport, MD | W | 0715 | Red Man's Club |
| Winchester, VA | TH | 1200 | Travelodge |

For other locations, check with the Club Secretary



Rug Weaving Traditions of the Middle East and Iran

Evan Whalen

Today

This morning we are pleased to welcome Evan Whalen, a student of political science and anthropology at Shepherd University. He was born in Georgetown, but has been a resident of Harpers Ferry ever since. He has worked for major rug importers since 2001 and is more fascinated with the culture and tradition of rugs than in the aggressive mass production of them.

Today Evan will discuss the tradition of rug weaving, particularly in Iran. There are many ethno-cultural groups in the Middle East, and many of them have been weaving for over a thousand years. As of 1979, tensions between our two countries has escalated; however, both share a taste for fine rugs. As of September 29, 2010, it will be unlawful for any person or entity to import rugs from Iran.

Last Week

Last week was Club Assembly. The Club Committees met from 8:15 to 8:30 a.m.

Club News

Last week **Paul** Pritchard attended his first Rotary meeting after his surgery. Many happy returns!

Tom Miller provided information on the Air Show at the Martinsburg Air National Guard, September 4 and 5, 2010. Go to www.martinsburgairshow.com for more information.

Bill Howard gave an emotionally stirring and uplifting update on ideas for an improved sound system and showed designs for a speaker's lectern.

Holly Frye announced that 200 incoming freshman students at Shepherd will be on campus Tuesday August 10, doing a "Day of Caring Community Service Project."

Tom Trumble was in a *Shepherdstown Chronicle* feature article discussing his experiences as a Vietnam veteran.

Nicole Saunders-Meske was inducted as a new member. Her sponsor was **Rob** Hoxton.

Visitors

Bruce Turner from Bracebridge Muskoka Lakes Ontario, Canada, visited Shepherdstown Rotary. He is a former president of his local Rotary Club and has 10 years of perfect attendance.

50-50

Shepherd University president **Suzanne** Shipley, won 50-50. She has promised to invest her winnings wisely.

Special Days

...are so plentiful this week of August, they are best laid out in chart fashion.

Birthdays

- 12 **Brian** Erickson
- 14 **Peter** Smith
- 16 **Jack** Saum

Anniversaries

- 11 **David** and Peggy Humphreys
- 11 **David** Gross and DeeAnn Dixon
- 17 **Carl** and Judy Moore

Very best wishes to all!

...District Newsletter

The Rotary Club of Shepherdstown WV this year again sponsored an Independence Day parade and community picnic.

The club initiated these events in 2007 in an effort to reemphasize traditional small-town values and provide a wholesome, family-oriented Independence Day celebration that everyone in Shepherdstown could enjoy.

The community responded with enthusiasm and the parade and picnic are now firmly on the town's annual calendar.

In keeping with the traditional spirit of the holiday, the parade features a special salute to veterans.

The picnic includes many children's activities during the afternoon and musical entertainment for adults in the evening.

For the past two years the picnic has been held at Shepherdstown's Rumsey Memorial Park, to showcase ongoing efforts to restore and revive this historic parkland property. These efforts have been spearheaded by the Rotary Club of Shepherdstown, and they are being undertaken jointly by the club and the town's Parks and Recreation Committee.

The 2.5-acre Park, which sits atop a cliff overlooking the Potomac River, was established in 1915. It contains a 75-foot-high granite monument honoring local inventor James Rumsey, who conducted pioneering steamboat experiments in the river below in 1787.

The park had deteriorated over the years, and the goal now is to make it more attractive and available to residents and visitors.

In addition to its historic significance, the park offers magnificent views of the river below and the surrounding mountains and countryside.



PAIN MANAGEMENT

Dr. Ali El-Mohandes

Today

Dr. Ali El-Mohandes joins us to explain the relationship between mechanical back pain, pain management, and chiropractic practices. Originally from Egypt, with extensive medical training in a variety of subspecialties, Dr. El-Mohandes has been a pain medicine specialist, practicing in Hagerstown, since 2002.

Last Week

Shepherd University's recently appointed athletic director Burt John "BJ" Pumroy spoke regarding the life experiences that preceded his coming to Shepherd in July 1, 2010. A native of Cedar Rapids, Iowa, he has over 20 years experience in intercollegiate athletics. He started his career in 1993 at Truman State University in Kirksville, Mo., and in 2007 he left Truman to be athletic director at Valley City State University in Valley City, N. D.

A lively discussion during the question-and-answer period followed his introductory remarks and included topics such as how athletics are actually funded at Shepherd, Title 9, "follow the money," greed, and winning at all costs.

A special invitation was extended to Rotarians to attend the newly instituted Friday Lunch "Chalk-Talks." The first will be held on August 27. Lunches will be held from noon til 1 p.m. September 10 and 17, October 8 and 15, and November 12, with the coach of any sport that will have a game that week talking to the crowd after the lunch. Reservations are necessary. Go to <http://www.shepconnect.shepherd.edu> to reserve a lunch seat online.

Club News

Lisa Welch invited Rotarians to attend the Shepherdstown Film Society 2010 Festival. Films are show in Reynolds Hall weekly starting at 7 p.m. with the first being aired on Friday, August 27. This year's theme is railroads and all films shown will have a connection to railroad-ing since 2010 is the 100th anniversary of the construction of the Shepherdstown Train Station.

Rob Northrup and some friends—the "Jazz Stretchers"—will be performing Sunday, August 29, at the Blue Moon Cafe. Rob and Quincy are scheduled to move to Ann Arbor, Mich., on August 30, so the Blue Moon will also be the Last Chance Saloon: Stop in to hear Rob play some smooth jazz piano and wish him well as he departs on the next chapter of his life.

Thunder Over the Blue Ridge, an airshow, is set for September 4 and 5 at the Martinsburg Airport. Hours of operation are 9 a.m to 4 p.m. each day. Go to <http://martinsburgairshow.com> for a complete schedule of events. Shepherdstown and Martinsburg Rotarians are meeting at Jim Witaaker's home to watch the show. See Gary Heichel for sign-up details and directions.

Monica Lockett heads this year's Charity Ball. For now, please mark December 3, 2010, the first Friday in December, on your kitchen calendar; additional details will follow.

The Jefferson/Berkeley County Day of Caring is set for September 14. Many projects are being lined up. Rotarians are encouraged to bring nonperishable food items that day to increase the positive impact of this great community event.

Visitors

No visitors could be found; there were only Shepherdstown Rotarians sitting down to eat. Even professional visitor, Jim Leathers, did not make this BI breakfast.

50-50

Long-time Rotarian, banker, and financial adviser John Loeffler won the exceptionally large pot with the lucky ticket 825. He thinks by investing his winnings he should be able to retire 10 to 15 minutes earlier than he planned to before this windfall came his way.

Special Days

August 26 is a lucky day in the Asam family. Two Asam couples—Christian and Kerry, Erwin and Carol—picked this date to wed. Expecting that that day will be good for anyone in the Asam family to play the lottery.

Native West Virginian Paul Pritchard clicks up one more year as of August 27.

Wish all these folks well on their special days.

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The Rotary Club of Shepherdstown meets every Tuesday 7:30 AM at the Bavarian Inn. P.O. Box 603, Shepherdstown, WV 25443
Web site: www.shepherdstownrotary.org
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| Winchester, VA | TH | 1200 | Travelodge |

For other locations, check with the Club Secretary



Club Assembly

Last Week

Dr. Ali El-Mohandes and Dr. Steven Sloan from The Spine Center spoke about pain management. They are part of the largest 100 percent outpatient pain management group and their office is located in Hagerstown, Md. They have 13 positions and 8 offices. They are also looking to expand into Pennsylvania and West Virginia. It is one of the few centers worldwide that can offer the full range of minimally interventional pain management procedures to relieve back and neck pain and avoid surgical procedures.

The Spine Center has successfully treated over 35,000 patients since their inception in 1998. They represent a more immediate and longer lasting method of relief to patients than drugs, physical therapy, or chiropractic manipulation alone. They are usually less costly, less invasive, and they require much less recovery than surgery. Most of their patients come to the center after five to six months of recurring pain. The clinic conducts a thorough evaluation and then prescribes a treatment regimen.

During a question-and-answer session, the doctors addressed issues of specific interest to our club members. These topics included repetitive motion injuries due to computer careers and their ergonomic solutions, ways to look for a patient's range of motion, the direct relationship between a strong core and a healthy back, WV workers compensation, radiofrequency ablation, the difference between normal wear and tear and a severe injury requiring pain management, and the politics surrounding this field.

To learn more about the center visit their website at www.myspinedoctors.com.

Club News

Paul Pritchard invited everyone to the Annual Arts and Humanities Meeting Saturday August 28 from 4:30-7:30 p.m. at Beallair.

Heather Hovermale asked all members to bring a bag of groceries to the meeting on September 14 in conjunction with the United Way Day of Caring. The Young Professionals of the Eastern Panhandle (YPEP) are organizing a "mega food drive" in Jefferson and Berkeley counties. "Fill a bag, feed a family."

They are also looking for local businesses that would be willing to have a food collection box in their lobbies. Suggested foods for donation (house brands are great):

- canned soup, ravioli or spaghetti-os
- 1 lbs. boxes of spaghetti
- canned spaghetti sauce
- mac and cheese
- peanut butter and jelly (small jars)
- tuna/chicken/hamburger helper
- cereal, sm boxes
- jiffy mix
- flour and sugar
- tuna or canned meat
- ketchup
- coffee
- oatmeal
- box potatoes
- pancake mix and syrup
- pork and beans
- pasta sides
- canned fruit

Tom Miller and **Gary** Heichel reminded the club that the air show—Thunder over the Blue Ridge is coming up soon—September 4 and 5! There will be complimentary parking at the home of Jim and

Sherry Whitacre located on Rt. 11 and Sabre Jet Blvd. in Pikeside. See Gary for a parking pass to be displayed in your driver side dash. Please bring a lawn chair, cooler with your favorite beverage, and a covered dish to share. Carolina BBQ will be provided. Flying will start around noon each day, with a special C-5 fly-by. Let's hope the hurricane stays out to sea.

Peter Corum encouraged all Rotarians to come out to the Jefferson County Fair.

50-50

Erwin Asam drew lucky ticket #836, and **Momodou** Darboe claimed his prize.

Special Days

Tom and **Kathy** Maiden celebrate their special day on August 31, followed by **Rob** and **Quincy** Northrup on September 1, and **Peter** and **Andrea** Corum on September 4. Happy Anniversary!

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