



Reviewing the Three Rs

Pastor Fred Soltow

Today

Today our own Pastor **Fred** Soltow will give us a tour de tour. His journey, dubbed Tour de Revs, with his fellow West Virginia Lutheran church pastors David Twedt and Ron Schlak, covered more than 13,000 miles in 100 days to help raise awareness and donations to help eliminate world hunger. The three pastors visited 65 cities, as well as Puerto Rico and Alaska, traveling to all of the nation's Lutheran church synods, or districts, on a bamboo bicycle built for three during the more than three-month effort.

The unprecedented ride helped raise more than \$300,000 in cash donations alone, as well as countless other monetary donations, and it helped account for the most funds raised by the ELCA for the months of June and July ever in the history of the foundation.

The idea for Tour de Revs began more than five years ago and it was given life in the summer of 2007. Soltow, Twedt, and Schlak have been colleagues, avid bicyclists, and friends for more than 13 years.

The goal of the Tour de Revs was to encourage contributions to support ELCA World Hunger activities. The three pastors sought funds from individuals, congregations and synods to support the ELCA in meeting the \$25 million annual goal set in 1999.

The bamboo bike the three rode was designed by Craig Calfee, of Calfee Design, whose company has an equal-exchange fair-trade program that benefits the people of Ghana. Soltow is currently working with Calfee through the ELCA World Hunger program to obtain a grant to help him expand the bicycle-making program in Ghana, which fits into the overall goal

of the ELCA to provide those suffering from hunger a means to become self-sufficient.

Last Week

was Club Assembly. The start of the New Year brought about much new business as well agenda and goal setting for each of our committees. The calendars for 2010 are starting to fill with Rotary events. Are you on board and on task?

Club News

Gary Heichel announced that decorations will be taken down from McMurrin Hall on January 16 at 8:30 am—that's this weekend. Volunteers were recruited by the passing of a clipboard, bet it'll go around again this morning. Don't be shy now.

Lori Rea announced that the good news from the Charity Ball continues to stream in. Charles Town Races and Slots returned the \$1,000 check they were given for food and asked that it be considered a community donation. The Bavarian Inn also gave a \$1,500 in-kind donation by waiving bar expenses. A well-written article appeared in the *Journal* applauding the Rotary Club for raising over \$28,000 for local charities. **Doug** Alexander announced that the thank-you letters from charities continue to come in as well.

50-50

Catherine Irwin managed to refrain from theatrics when she found out she was the lucky holder of ticket "373" drawn by Lori Rea.

Special Days

Rob and Mary Logan Hoxton had to celebrate their anniversary without our help last week on the 7th while the Router hibernated for a few weeks.

Coming up are **Tom** Trumble's birthday on the 13th, and **John** Younis's on the 14th. It'll be a double entendre when we wish a Happy New Year to you all.

Upcoming Programs

Next week, January 19, our guest speaker will be Jeff Levesque, Chapter Chairman, American Red Cross, Eastern Panhandle Chapter.

On January 26, our program will be presented by Lynn Hocker, a Rotarian from Bedford, PA who created and executed the "Whispering Creek Renewable Energy project"—the conversion of his 1775 log retreat center into a green building.

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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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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



The American Red Cross of the Eastern Panhandle

Jeffrey Levesque, Chairman

Today

We welcome Jeffrey Levesque, chairman of the Eastern Panhandle chapter of the American Red Cross, which serves more than 220,000 individuals in Berkeley, Grant, Hardy, Hampshire, Jefferson, Morgan and Pendleton counties. Jeffrey has a master's degree in both social work and general administration and is a licensed clinical social worker in West Virginia, Maryland, and Virginia. He has worked with the Hospice of the Panhandle since 2001 in various capacities, including as director of social services from 2004 to 2006. Currently he works part time as a clinical social worker. Jeffrey is involved in numerous volunteer activities including Habitat for Humanity, the Community Emergency Response Team, the Eastern Panhandle Medical Reserve, and "Give an Hour," a pro bono counseling service for veterans and their families.

Locally, the Eastern Panhandle chapter of the Red Cross provided relief to the victims of more than 87 disasters this year; facilitated more than 104 emergency messages between our deployed men and women in uniform and their loved ones here at home; provided transportation to 1,029 veterans; trained more than 4,700 individuals in lifesaving skills through 512 classes; and held 205 blood drives that yielded 5,900 pints of usable blood to supply all of our hospitals.

The American Red Cross is not a government agency and it relies on the generosity of the people of the Eastern Panhandle of West Virginia to fulfill its mission to help people prevent, prepare for, and respond to disasters and other life-threatening emergencies.

Last Week

Members were treated to a professionally produced video presentation shared by our own cycling clergyman, **Fred** Soltow. His Tour de Revs was a huge success, having covered more than 21,000 miles by bicycle and van and raising more than \$300,000 to benefit the Lutheran fight against world hunger. The three "bamboo bikers" (Lutheran pastors all) taught many of their fans just what a problem hunger is in the world today. If 20 percent of the world's population consumes 80 percent of the world's food supply then we have a lot of work to do indeed.

Fred led us in a moment of silence for fellow Rotarian and great friend, **Phil** Hill who had been so supportive of the Tour de Revs, and who would have certainly loved to witness its success.

Club News

Paul Woods announced a meeting of the committee working on revamping the club's Web site, spearheaded by **Tom** Trumble, Sunday morning, January 17 at the Woods's home in Steamboat Run.

Tom Trumble encouraged Rotarians to "save the date" for our annual wine tasting event slated for the evening of March 19 at Bavarian Inn.

President **Doug** informed the general membership that the board had accepted with regret, the resignation of Steve Warner.

50-50

Money man **Rob** Hoxton won the plunder and promptly used it to pay his bill with **Ken** Mann. **Phil** Coffey was heard whispering "and the rich get richer."

Visitors

Tom Trumble brought Jeff Bresee who hails from the south side of Kearneysville and represents the Animal Welfare Society. AWS was one of the recipients of our charity ball funds. He expressed his organization's gratitude for the support.

Christopher Niewold was the guest of **Lois** Turco and **Dave** Humphreys. Chris works in rivers and trails conservation assistance with the National Park Service. He is helping Rotary with the Shepherdstown Water Front project.

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Past MEETS Future

Environmentally Conscious Historic Renovation

Lynne M. Hocker

Today

Our guest is Lynn M. Hocker, principal of Whispering Creek Corporate Retreat in Bedford County, Penn., which specializes in business and technology consulting services to improve the performance of individuals, work teams, and organizations. Although we'd benefit from one of his team-building sessions, Mr. Hocker is actually here to tell us about the ingenious environmentally responsible methods he used to renovate the 1775 log main building at the retreat center.

The project began in 2002 utilizing LEED (Leadership in Energy and Environmental Design) criteria and materials from the 30-acre property. In 2009, the following leading-edge technologies were installed:

- geothermal heating and cooling system
- solar photovoltaic panels with sun trackers
- vertical axis wind turbine
- LED lighting throughout the facility
- biodiesel backup generator
- environmentally friendly soy-based insulation

Whispering Creek is now a very rare working model of energy reduction techniques and grid-tied renewable energy co-generation, producing twice the amount of electricity that it consumes. The best part is that Mr. Hocker is eager to share his know-how with the people who attend his retreats—and the rest of us.

Last Week

Jeffrey Levesque, chairman of the American Red Cross of the Eastern Panhandle, shared the history of his organization, what it does in our area, as well as

the national organization's current efforts in Haiti.

The Red Cross was founded in Switzerland in 1850 to assist injured military personnel. Famous episodes in its early history include the Clara Barton story and the organization's role in establishing the Geneva Convention. The Red Cross assisted with aid in the 1889 Johnstown Flood, as well as the 1900 Galveston Hurricane.

In 1910 it focused on teaching safety, first aid, and life-saving techniques. It wasn't until the 1930s that it started its blood donor program—for soldiers only at that time, but extended to the public in the 1940s.

The EPRC administers a region of 3,000 square miles. Last year it hosted 43 blood drives and assisted with 24 local disasters, organizing and managing shelter sites throughout the Panhandle.

In times of national disasters FEMA and the Red Cross work hand in hand: FEMA in financial aid and the Red Cross with hands-on care.

Club News

Gary Heichel thanked the 17 Rotarians who assisted with taking down the Christmas decorations at McMurrin Hall.

Rob Northrup gave a stirring update of the Haiti Project, a Rotary fund-raising event for Haiti's Albert Schweitzer Hospital. Since the earthquake hit, this hospital has become the major care location for injured people with patients arriving by the busload. The hospital greatly needs funds to purchase drugs and supplies.

Doug Alexander announced that a donation from the members of Rotary to the Haiti Project would exceed \$6,000.

50-50

Fred Soltow drew winning ticket number 404 and recycled the winnings to the Haiti Project.

Visitors

Tony Roman, assistant principal of Jefferson High School (and past local basketball great, as Connie Hammann pointed out), visited last week.

Special Days

Rick Caruso blows out candles, laptop in hand on the 27th; and Dave Humphreys follows *suit* on the 30th.

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