



Rotary Club of Martinsburg Grapevine

Mar 26, 2026

District 7360 | Club 5296



Joshua Mongold

Red Cross Board Member



American Red Cross

Helping During Crises of All Kinds

The American Red Cross works with international partners to help prevent and alleviate suffering around the globe:

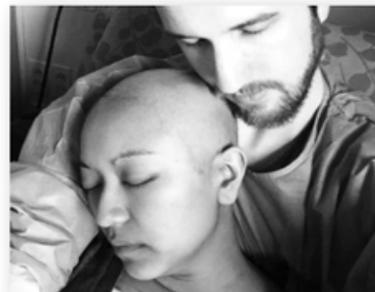
- **Providing assistance** to survivors of major disasters
- **Connecting families** separated during conflict through Restoring Family Links
- Delivering lifesaving **measles and rubella** vaccinations to children around the world, ultimately driving a **83%** reduction in measles deaths



Every 2 Seconds, Someone in the U.S. Needs Blood

Blood is an irreplaceable part of our nation's healthcare infrastructure. We serve as the bridge between blood donors and recipients facing emergencies:

- Last FY Greater Shenandoah Valley Chapter collected over 15,000 unites of life saving blood
- Conducting at least 10 tests on each blood unit
- Delivering 6.3 million blood products to 2,500 hospitals and cancer treatment centers nationwide



Rotary Club of Martinsburg Calendar

- Apr 2 – Lunch meeting at Holiday Inn, Toastmasters Club
- Apr 16 – Spring Family Picnic – Save the Date
- Apr 17 – Musselman Mock Interviews, 7:30AM–Noon
 - email Molly Ruppenthal mruppent@k12.wv.us
- Apr 18 – WVU Community Wellness Screening, 6–10AM
- May 25 – Memorial Day Pancake Breakfast
- Jun 3 – Golf Tournament – Save the Date
- Jun 11 – Installation Dinner – Save the Date
- Sep 12 – Hope Gala – Save the Date



Member Birthdays

- Apr 05 – Marcy Patrick
- Apr 06 – Bill Stover
- Apr 10 – Kim Reid
- Apr 11 – Pradeeo Ramaji
- Apr 11 – Sunita Torres

Member Anniversaries

- Apr 01 – Maria Lorensen, 29
- Apr 02 – C. Ramadas Kamath, 7



Message from the Membership Committee

Engagement is built through meaningful participation. While belonging creates the foundation, sustained connection comes through involvement. Members who actively contribute through ideas, service, and collaboration develop a stronger sense of ownership and purpose within the club.

This month focuses on creating opportunities for members to engage, contribute, and experience the value of their participation.

Engagement & Active Contribution

Engagement strengthens when individuals see how their efforts contribute to something larger than themselves. Through participation, relationships deepen, confidence grows, and commitment is reinforced.

April Focus | National Volunteer Month

“The best way to find yourself is to lose yourself in the service of others.”

Invitation to Action

Encourage a member to engage by joining a committee, supporting a project, stepping into a leadership role, or inviting a guest to attend a meeting and experience the value of Rotary firsthand.

Membership Snapshot

Metric	Count
Members Month-End (March)	138
Total New Members (YTD)	10
Member Attrition (YTD)	11
Year-End Goal	141

Interpretation

Membership levels require continued focus. While onboarding has improved, retention and engagement remain critical. Expanding participation and creating meaningful roles will be essential to sustaining growth and achieving the year-end goal.

Ways to Engage This Month

- Attend the Membership Committee meeting: 4th Thursday at 11:00 AM (prior to the club meeting)
- Consider joining the committee or supporting an upcoming initiative

Upcoming Event | Membership Drive Day

A Membership Drive Day is planned for April 30, 2026. Stay tuned for details on how members can participate and support the effort.



Sponsored by Rotary of Martinsburg with services provided by WVU Medicine.

40th Annual Rotary Health Screening Event!

COMMUNITY WELLNESS SCREENING

Saturday, April 18, 2026
6 - 10 a.m.

WVU Medicine
Physical Therapy
and Rehabilitation
1002 Tavern Road, Martinsburg



Know your numbers. It's Easy & Convenient!
NO Waiting in Line! NO Doctor's Appointment!

Discounted Screenings Offered

- CBC (with automated differential) - \$10
- CMP (Comprehensive Metabolic Panel) - \$20
- Lipid (Cholesterol) Panel - \$15
- PSA (Prostate Specific Antigen; Men only) - \$20
- Vitamin D - \$30
- Hemoglobin A1C (Hb A1c, Diabetes) - \$15
- TSH (Thyroid Stimulating Hormone) - \$20
- Hepatitis C (Antibody Screen) - \$20
- Vitamin B12 - \$20
- Fit Kit (Colorectal Screening Kit) - \$25

**FREE BLOOD PRESSURE CHECK AND
FALL RISK ASSESMENT OFFERED**

For questions or to receive a registration form
by mail, call 304.264.1287, ext. 231814.



Online Wellness Screening
Registration and payment is available.
www.martinsburgrotaryfoundation.org

Pre-registration Required

Deadline to register is
Friday, April 10, 2026

Rotary 
Club of Martinsburg

 **WVU**Medicine

Rotary
Club of Martinsburg



Pancakes for Polio

FREE BREAKFAST

Memorial Day – May 25, 2026

8:30 – 10:30 | War Memorial Park



ANNUAL GOLF



TOURNAMENT

JUNE 3, 2026



THE WOODS GOLF COURSE
HEDGESVILLE, WV



Scan to Register