



## American Red Cross



Deborah Fleming is the new Executive Director for the Greater Shenandoah Valley Chapter of the American Red Cross. She has been with the organization for almost 4 years, previously serving as a Disaster Program Manager in the Greater Pennsylvania Region. With over 25 years of experience working in human service-related fields, Deborah has had the opportunity to serve her community through non-profit work by offering advocacy and counseling to victims of abuse, responding to mental health crises within the community, teaching parenting classes to men in jail, and helping individuals find employment through workforce development programs. Deborah shared a presentation with the club about Red Cross. She said the Red Cross has about 230 US Chapters with about 265,000 volunteers. She says she is in need of volunteers locally. Deborah also shared an amazing story that directly impacted her family in 1977, of the Johnstown flood.

### How Can I Help?

- Volunteer Time
- Become a Board Member
- Donate Money
- Give Blood
- Spread the Word





The **Rotary Foundation** helps Rotary members to advance world understanding, goodwill, and peace by improving health, providing quality education, improving the environment, and alleviating poverty.

## **MAKE A DIFFERENCE!**

The Paul Harris Fellow recognition acknowledges individuals who contribute, or who have contributions made in their name, of \$1,000 to The Rotary Foundation.

From Mar 1 - Apr 30, the Rotary Club of Martinsburg will match dollar for dollar up to \$500 of your Rotary Foundation donation. That means if you have not contributed anything to the Rotary Foundation, right now you can contribute only \$500 to get a Paul Harris Fellow award, which would normally require a \$1000 donation. Why? because when you donate to the Rotary Foundation you get points. Those points can be gifted, as if they were dollars, by our club members and our club. Every year our club members generously donate their points back to the club in order for us to be able to offer this incredible deal to our members. Please consider donating your earned points back to our club. See Buzz Poland, Fred Hollida, or Chris Johnson for more details.



# Member Birthdays

Apr 16 – Bill Wertman

Apr 22 – Frank VanDerhoof

# LET'S CELEBRATE!

# Member Anniversaries

Apr 18 – Megan Simms, 6

Apr 18 – Davy Jones, 1

Apr 21 – Andrew Beckwith, 9

Apr 22 – Jared Parsons, 4

## Rotary Club of Martinsburg Calendar & Programs

- Apr 17 – CATF
- Apr 24 – Location at Senior Center\*\*\*\*
- May 3 – Wellness Screening at WVU
- May 14 – Annual Rotary Golf Tournament
- May 26 – Memorial Day Pancake Breakfast
- June 12 – Installation Dinner
- Sep 06 – Hope Gala



Top right: Student guests from Martinsburg High School. Taylor Strack, Emily Willer and Savannah Malatt.

Bottom right: Student Exchange Program Chair, Doug Frye, gets the great news that Hal Van Meter and his wife Donna, a member of the Sunrise Club, have joined with the Sadat Family in becoming hosts for our exchange student next year.

 A graphic for an event titled "ALLYSHIP IN ACTION". The title is in large, bold, purple and orange letters. Below it, it says "A discussion hosted by your District 7360 DEI Committee". The graphic contains five questions in rounded rectangular boxes, each with a star icon:
 

- EXPLORE ALLY BEHAVIOR
- WHAT WAYS CAN WE SERVE AS AN ALLY?
- WHAT ARE THE OUTCOMES OF OFFERING ALLY SUPPORT?
- HOW CAN WE CHANGE THE CONTEXT?
- OPTIONS FOR ADDRESSING OPPRESSIVE BEHAVIOR

 At the bottom, it specifies the date and time: "SATURDAY, MAY 3, 2025 10:00 AM - 11:30 AM". It also provides the location: "HOLIDAY INN, 301 FOXCROFT AVE, MARTINSBURG, WV" and a QR code with the text "SCAN QR CODE OR VISIT DACDB".


# GOLF TOURNAMENT



**Wednesday  
May 14th, 2025**



**The Woods Golf Course, Hedgesville, WV**

**\$2,000 - Tournament Sponsor**

- Event Recognition
- Marketing & Advertising
- Golf for 8

**\$500 - Team Sponsor**

- Event Recognition
- Tee sign
- Golf for 4

**\$250 - Prize Sponsor**

- Event Recognition, Tee sign

**\$100 - Tee Sign Sponsor**

**\$100 - Individual Golfer**

**\$20 - Extras Package**

- Per golfer - 2 Mulligans, Pro Drive, Gold Tee Shot



Basic Education and Literacy



Maternal and Child Health



Peace and Conflict prevention / resolution



Disease prevention and treatment



Water and Sanitation



Economic and Community Development



Supporting the Environment

**Company/Sponsor** \_\_\_\_\_

**Captain** \_\_\_\_\_ **Phone** \_\_\_\_\_

**Player 2** \_\_\_\_\_

**Player 3** \_\_\_\_\_

**Player 4** \_\_\_\_\_

For More information contact:

**Denise Greenbeck Hess**

**302-841-0582**

**d Hess@mybank.com**

**REGISTRATION: 8AM  
SHOTGUN START: 10AM  
LUNCH PROVIDED**



Checks made payable to: Rotary Club of Martinsburg  
PO Box 2073, Martinsburg WV 25402

Tax Exempt number: 55-6023366

\*Proceeds will support the Rotary's 7 Areas of Focus in our local community.

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

## 39<sup>th</sup> Annual Rotary Health Screening Event!

# COMMUNITY WELLNESS SCREENING

Saturday, May 3, 2025  
6 am to 10 am

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  
CHECKS OFFERED**

For questions or to receive a registration  
form by mail, call 304.264.1223.



Online Wellness Screening  
Registration and payment is available.  
[www.martinsburgrotaryfoundation.org](http://www.martinsburgrotaryfoundation.org)

### Pre-registration Required

Deadline to register is  
Friday, April 25, 2025

Rotary  
Club of Martinsburg



WVU Medicine