

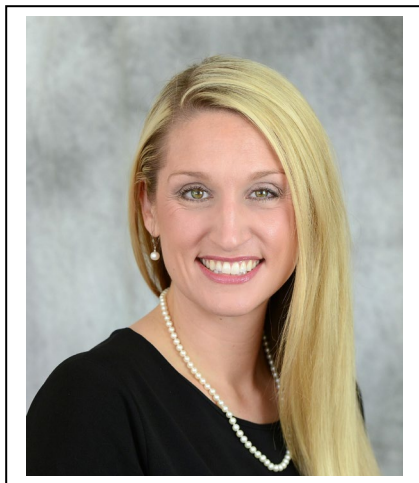
# THE STAFFORD HIGHLIGHT

August 21, 2024



Rotary Club of Stafford **People of Action**

## August 21 – District Governor Amelia J. Stansell • District Governor • District 7610 • 2024-2025



District Governor Amelia joined the Gainesville-Haymarket Rotary Club in 2006 where she served as President in 2011-12 before transferring to the Warrenton Club in 2013, serving as club President in 2022-23. A graduate of Rotary Leadership Institute, a member of both the Polio Plus and Paul Harris Societies, and a Major Donor, Amelia has served the District as an Assistant Governor for Area 5 and as the District Major Service Project Support Committee Chair.

Amelia is passionate about ending human trafficking and modern slavery. She is the co-chair of the Fauquier Anti Sex Trafficking Alliance, a service project of the Rotary Club of Warrenton. FASTA's mission is to safeguard their community through education and prevention by building strategic partnerships. Amelia was honored to represent her club and District at the 2019 Rotary International Convention in Hamburg, serving on a panel of speakers from the Netherlands, Nigeria, and the USA to share about how local clubs can tackle human trafficking prevention in their own communities through building partnerships, using her club and county as the model for Rotary's local efforts worldwide. After attending she joined the Rotary Action Group Against Slavery (RAGAS) where she now serves as the RAGAS Virginia State Coordinator working with the three Rotary districts in Virginia and joined the RAGAS global board in 2022. Additionally, Amelia co-chairs the Zone 33/34 Human Trafficking Prevention Taskforce for Director Patrick Eakes. In 2021 Amelia facilitated a focus

### Club Calendar

August Is Membership & Extension Month

- ❖ August 21 – DG Amelia Visit
- ❖ August 29 – Visit to e3Kids headquarters.
- ❖ September 28, 29 -Via Colori
- ❖ October 4-6, 2024 – District Conference
- ❖ February 20-22 – RI Peace Conference in Istanbul
- ❖ June 21-25 – Rotary International Convention in Calgary, Alberta

group of subject matter experts from three continents over several months to create the RAGAS Community Awareness & Prevention Education (CAPE) strategic action plan and continues to present it to Rotarians and RAGAS members around the world to help everyone be a super-hero in their own community! She shared the CAPE plan and inspired Rotarians to unleash their superpowers to end slavery at the 2022 RI convention in Houston and 2023 in Melbourne.

Amelia is President of Unstoppable Futures, where she is a business consultant and strategic planner for businesses, agencies, municipalities, and NGOs.

Outside of work and Rotary, Amelia is active in her community serving on the Mason Enterprise Center Advisory Board and the Commercial & Industrial Land Exchange Board of Directors. Amelia loves traveling and she and her husband, Troy, are on a personal mission to visit 50 countries and all 50 states before 50. Her hobbies include travel, cooking and gardening. Troy and Amelia juggle a full and rewarding life in Warrenton with their daughters Amelia Grace who is in Interact and Bitsy who is in EarlyAct at their school.

## August 14 Meeting

President Jamie presided. Holly introduced her new dog Roxie who is now being trained to replace Kenny who is now 12. PDG Sandy gave the Thought of the Day, a quote from Paul Harris: “Happiness lies in the joy of giving”.

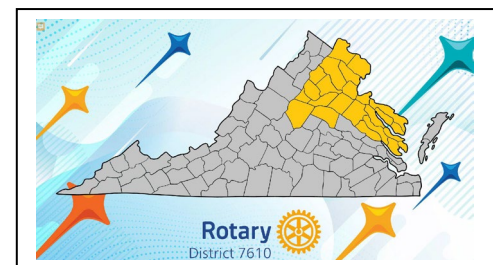
## Announcements

- ❖ August 28 – Visit to e3Kids Headquarters. Please respond to the invitation. Lena needs to have an accurate count.
- ❖ Youth Services – Kristy is working with Nicki and Donna organizing the Dictionary project. We hope to reach all SCPS third graders this year. We will be placing bookplates in all the dictionaries either October 2 or 9.
- ❖ Community Service: We are concentrating on Via Colori.
- ❖ The Rotary Foundation – A very special dinner is planned for November, 2025, a Legacy Dinner for those who donate \$10,000 to the Endowment Fund of TRF.

## Program – AG Jamie Larounis



Jamie is serving as Assistant Governor of Area 4 of Rotary District 7610 for this Rotary year. The AG is responsible for supporting club effectiveness by assisting



the Governor with the administration of their assigned clubs. The AG is assisted by a team including, at the discretion of the District Governor, a Foundation Chair, Service Chair, Membership Chair, Public Image Coordinator, and the resources of Rotary International. The clubs in our area are Fredericksburg, Fredericksburg/Rappahannock, Stafford, North Stafford, Dahlgren/ King George, and University of Mary Washington Rotaract. AG Jamie shared a map of District 7610 (the yellow section of the map.)

In preparation for the DG Official Visit, Jamie told us about our District Governor, Amelia Stansell. He shared her vision for this Rotary year. Amelia's goal is to create **irresistible clubs**. This means fostering an environment where every member is engaged, inspired, and motivated to participate. It's about building clubs that attract new members and retain existing ones by offering meaningful service opportunities, dynamic fellowship, and personal growth.

Governor Amelia believes that our clubs should be places where members fall in love with Rotary all over again. This involves reigniting our passion for service, identifying our communities' most pressing issues, and working collaboratively to address them. By doing so, we can make a profound impact and demonstrate the true spirit of Rotary.

This vision aligns perfectly with the theme set by Rotary International President Stephanie Urchick for this year: "The Magic of Rotary." President Urchick emphasizes that the true magic of Rotary lies in its members. Each one of us brings something unique to the table, and it's this diversity of skills, ideas, and experiences that creates the vibrant tapestry of Rotary. By focusing on our members, we can harness this magic to create clubs that are not only irresistible but also incredibly impactful.

The Magic of Rotary is in the relationships we build, the projects we undertake, and the lives we change. It's in the small acts of kindness and the large-scale initiatives that transform communities. It's in the camaraderie we share and the common goal of making the world a better place. The goals within our area include cross club collaboration, area socials, and regular presidents' meeting.

AG Jamie discussed the protocol and preparation for the DG's Official Visit. The Board will meet with DG Amelia at 10 am.

He also talked about the ways to become more informed about Rotary including:

- ❖ Attend District Training Assembly
- ❖ Attend District Conference
- ❖ Visit Rotary International HQ
- ❖ Annual TRF/Membership/Public Image Training
- ❖ Attend an International Convention

AG Jamie concluded his presentation by showing a short video on TRF's Endowment Fund, "Your Legacy Is Rotary's Promise".

## Ascension Rotaract Convention in Chicago

IPDG Rene attended the Ascension Rotaract Convention (AscenCon) in Chicago before heading to Evanston for the District 7610 tour of RI Headquarters. The Rotaract AscenCon 2024 was the first-ever in-person conference organized by Ascension Rotaract Network, specifically designed for members of Rotaract clubs and their supporters in North America. It provided a space for connection, learning, and growth for young leaders dedicated to service.

Most of the Rotaractors who attended were from community based Rotaract clubs rather than

the collegiate based clubs we have in our district. Our club helped pay Samantha's way to the convention so the club from UMW would be represented.


The District 7610 group that went to Evanston had dinner with President Elect of RI Mario Cesar Martins de Camargo who spoke at the AscenCon.



## Happy Cup

Donald and Sandy's daughter was just awarded her PhD. Debra just returned from a wonderful trip in Italy with her children. IPDG Rene is just happy that no matter where we are in the world we're connected to other Rotarians. At the airport, she got to meet Henry Winkler.

## Mark Your Calendars



**Rotary@**  
**e3kids**  
INTERNATIONAL  
EQUIP • EMPOWER • EDUCATE

**Wednesday**  
**August 28**  
**6:00 - 8:30 p.m.**

Join fellow Rotarians from area clubs for an evening of food, fellowship and service at the e3kids international office and home of founders Carol and Rob Turner.

Dinner will feature typical foods from East Africa and Central America. Please RSVP for dinner and consider giving a donation of \$10 per person.

Dinner 6:00-6:45  
6:45-7:00 e3kids presentation  
7:00-8:30 service projects, tour of office and volunteer workshop and optional shopping for artisan made products to support humanitarian projects.

RSVP: Call/text Lena Gonzalez Berrios  
540-760-2123

LOCATION:  
CBOT Theater, Teal

## Tips from a Rotary, Toastmasters Webinar:

Posted on August 15, 2024

### How to Inspire Others through Storytelling

By Mary Shackleton, District 7230 Endowment/Major Gifts subcommittee chair

Do you have an answer ready if you are asked, Why Rotary? Even seasoned Rotary members struggle to answer this seemingly basic question if we're honest with ourselves, especially when speaking with prospective members. We inundate prospects with lists of what we do and proud accounts of how we do it, instead of helping them figure out why they might want to check out our next club meeting or service project in the first place.

Don't feel bad. Simon Sinek, a notable speaker and author on business leadership, points out, the way our brain processes language can make finding our "why" difficult. Sharing effective stories is one way we can get around this anatomical roadblock. My journey in Rotary and Toastmasters has convinced me that telling effective stories is imperative for our growth as membership organizations. We all have stories to tell – those inspiring Rotary "moments." And we can all learn to be better, even great, storytellers.

In April, I had the privilege of moderating a joint webinar produced by Rotary International and Toastmasters International, Connect & Inspire Through Storytelling. The distinguished panelists agreed that we must express ourselves through stories more often.

Nikita Williams, a Toronto Rotarian and Toastmaster, observed that good stories connect across every demographic and cultural boundary. Nikita emphasized creativity and personal adaptation. She compared selecting story elements to share to the process of choosing toppings for a pizza. Maybe even include pineapple!

Verity Price, the 2021 Toastmasters World Champion of Public Speaking shared a clever mnemonic device to help us remember the elements of a great story – **HOME: Hero** faces an **O**bstacle, then finds a **M**entor, and **E**merges successfully.

She also emphasized the importance of simplicity, editing, and practice.

According to Verity, the elements of a great story are like the number of blocks in a winning Jenga tower, just enough to keep it structurally sound. In another analogy, Verity talked about making breakfast for her son. She may keep the first pancake for herself, because it's usually not one of her better efforts. Similarly, the first attempt or two at sharing your story may not be ready for prime time, but practice can make it perfect.

Mike Carr, 2020 Toastmasters World Champion of Public Speaking, urged us to emphasize the humanity and humor in our stories, making what you say relatable to your audience up to the point of envisioning themselves as the hero of the stories you tell. The more vulnerability and authenticity you can bring to your story, the better, he advised.

So here's our call to action, as Nikita puts it. We all have stories to share, so we must find our unique voices and tell our stories in every space that we're in. To practice and get inspired, why not make it an agenda item at your next Rotary meeting to ask members to share their Rotary moments? You and the members of your club will then be ready to share a great story with a prospective member who asks, "Why Rotary?"



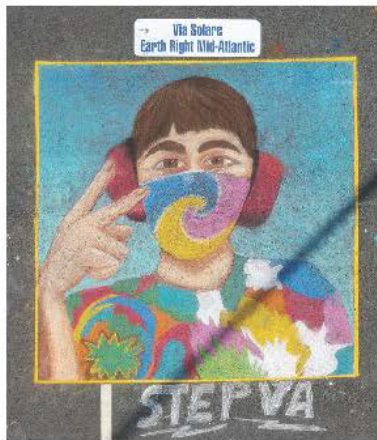
4th Annual



September 28-29, 2024  
10:00 a.m. - 5:00 p.m.  
Stafford Regional Airport

**Sponsor an artist's square! Benefits:**

- Your sponsor name displayed to thousands of attendees
- Support of Stafford County Public Schools' Stafford in Action Week, combating student hunger
- Provide artists' supplies and event support, allowing it to be free for all to attend



**About Via Colori® Stafford**

A free two-day street painting festival showcasing 75 local artists. Thousands attend to watch artists, enjoy food and live entertainment, and meet community non-profits and major event sponsors, while kids enjoy their own art experience.

Scan code to fill out form and pay online, or fill out the form below:



Contact name: \_\_\_\_\_

Business/Group/Family name: \_\_\_\_\_

Sponsorship:  \$250 - 4'x4' square  \$500 - 6'x6' square

*Make checks payable to Via Colori Stafford. Provide to a team member or mail to 9 Kettlebrook Ct., Stafford, VA 22556. A 501(c)(3) donation receipt will be provided.*

Street address: \_\_\_\_\_

City, state, zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

**Contact [ViaColoriSales@gmail.com](mailto:ViaColoriSales@gmail.com) for Major Sponsorships or questions.**