

THE STAFFORD HIGHLIGHT

January 29, 2025



Rotary Club of Stafford **People of Action**

January 29 – Meg Bohmke, Chairman, Stafford County Board of Supervisors

Mrs. Bohmke's public service started in January 2010 when she was elected to the Stafford County School Board. She has served 11 years on the Stafford County Board of Supervisors after a four-year term on the School Board. She was elected Chairwoman of the Board of Supervisor's by her colleagues in 2018, 2020 and 2024.



She was President of the Virginia Association of Counties in 2021 and remains on the Executive Board. In 2024 Mrs. Bohmke was Chair of the Virginia Passenger Rail Authority (VRE) and the Fredericksburg Area Metropolitan Planning Organization, also known as FAMPO and is a member of the

Rappahannock Regional Solid Waste Management Board.

She and her husband have lived in the Falmouth District for 28 years. Ms. Bohmke worked in public finance, in California for 13 years, where she structured short and long-term municipal bond issues that were sold in the capital markets. After moving to the east coast, she was the finance coordinator for the Rappahannock Area Regional Adult Education program. She was appointed to serve as the lay member for the Sixth District Virginia State Bar Disciplinary Committee.

While on the School Board, Ms. Bohmke served as liaison on the Stafford County

Club Calendar

January Is Vocational Service Month

- ❖ January 29 – Evening Meeting, Speaker: Meg Bohmke, Chair of the Stafford Co Board of Supervisors
- ❖ February 1 – 9 am -3 pm - Peacebuilding Conference; Keynote Speaker: Michael Collins, Executive Director – Americas Institute for Economics & Peace; Stevenson Ridge – Spotsylvania, VA
- ❖ February 5 _Regular Noon Meeting t.b.a.
- ❖ February 12 – Regular Noon Meeting t.b.a.
- ❖ February 19 - Regular Noon Meeting, Speaker: SCPS Superintendent Dr Daniel W Smith"
- ❖ February 20-22 – RI Peace Conference in Istanbul
- ❖ February 26 – Evening Meeting - Long Markets Young Entrepreneurs Program"
- ❖ June 21-25 – Rotary International Convention in Calgary, Alberta

Park & Recreation Commission and the Head Start Policy Council. She was the Regional Commonwealth Governor's School (CGS) Chairman for two years and a CGS Board member for four years. She received her Bachelor of Science degree from Florida State University in 1981.

She is a past elder in the Fredericksburg Presbyterian Church where she taught Sunday School for many years. Ms. Bohmke and her husband have three adult children.

January 22 Meeting

President Jamie presided and gave the Thought of the Day, quoting Martha Washington: *"The greater part of our happiness or misery depends on our dispositions and not on our circumstances. We carry the seeds of the one or the other about with us in our minds wherever we go."*

Announcements

- ❖ Next week there will be an in-person-only meeting at 7 pm, at El Viejon Restaurant.
- ❖ Nikki is working on having Mountain View High School as our regular meeting site. Meals will be prepared by the culinary students at the low cost of \$8 per meal. We would be able to store our supply cabinet there. Because the staff is on site year-round, we would have access year-round. There are more details to be worked out. We will most likely have Zoom only meetings through February.
- ❖ Good news from our friends in North Carolina. Jack is doing very well.
- ❖ Donna announced that the satellite club meeting will be held on the third Thursday of February at the brewery.
- ❖ IPDG Rene discussed the upcoming CPETS programs, including the Peace Modules prepared in cooperation with GMU. These modules will eventually be available to clubs.
- ❖

Program – Winterizing Your Home

Our speaker was Chris Freeman, Kristy's husband. He has over 25 years' experience in the H/VAC business. He discussed some basic areas that need attention to prepare for the extreme wintry weather we've been experiencing.

Protect the pipes.

Make sure you have drained your outside faucets and disconnected hoses. Protect against frozen pipes by insulating those that could be susceptible to freezing. When the temperature drops below 32 degrees Fahrenheit, keep a stream of water running in a few faucets to guard against freezing and bursting. To protect plumbing under kitchen and bathroom sinks, consider opening the cabinet doors so warm air can surround the pipes.

Consider installing an emergency pressure release valve in your plumbing system. This will protect against increased pressure caused by freezing pipes and can prevent them from bursting. It's also a good idea to learn how to shut the water off and know where your pipes are located.

Keeping Warm

Prevent ice dams by cleaning out your gutters, installing gutter guards and making sure your attic floor is properly insulated. The attic itself should be well-ventilated and about 10 degrees warmer than the temperature outside. If the snow on your roof melts quickly, that is an indication that you do not have enough insulation in your attic.

Set your thermostat to at least 65 degrees Fahrenheit and make sure your house or apartment is well-insulated. Consider installing an energy efficient or programmable thermostat to help you keep warm air in the rooms you use the most without racking up high energy bills. Chris discussed the value of heat pumps and compared energy savings on different types of heating systems.

If you have a crawl space with vents, close the vents during cold weather.

Caulk around windows and use foam outlet protectors to prevent cold air from entering your home. However, the majority of heat loss typically occurs via openings in the attic. Check to make sure that you have enough insulation.

During the Q&A session Chris discussed the value of curtains and whether it is better to use a space heater than turning up the thermostat to heat the entire house.

Thank you, Chris, for such timely advice.

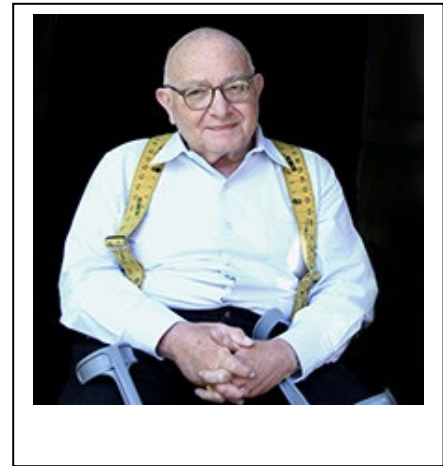


Movie shines spotlight on disabled worker's battle for dignity

Posted on January 7, 2025

By Ben Lewin

My relationship with our movie project, *Sylvia and the President*, goes beyond the professional. It is deeply personal. I was one of the 'polio generation' who contracted the virus in the early 1950s, just before the advent of the Salk vaccine. My body was 80% affected in the acute stage, but I was gradually rehabilitated to the point where I could walk on crutches and achieve a real level of physical independence.



Economic independence was another thing. I looked very different, and adverse conclusions were often drawn about my physical and even mental limitations. In my first years of school, I was taught basket-weaving, on the assumption that this, or something similar, would be my likely contribution to society. Later, I was rejected for a government desk job on the basis that I was a potentially high-risk and high-maintenance employee. The only way forward through this bewildering maze of social prejudice was self-assertion.

For most of my working life, I have earned a living as a filmmaker, but it has not been easy. Even in the ostensibly liberal film world, disabled inclusivity is a pretension more than a reality. It is a world obsessed with image and appearance, and dominated by commercial algorithms and Wall Street shareholder imperatives. I am currently the only working director with a visible disability in the Directors Guild of America. What does this say?

Sylvia Flexer's story is the story of the first historic battle for the dignity of disabled workers and their recognition as useful members of society. It is the same battle that is still being fought today. If I had been there, in Sylvia's time, one of her polio generation, I would have been a member of the League of the Physically Handicapped, fighting alongside her.

The fact that the disability rights movement actually began in the 1930s is little known outside academic articles and contemporary newspaper reports. Even less well known is the cruel irony that, at that time, disabled workers were discriminated against by an administration led by a president in a wheelchair, who went to great pains to hide the truth of his condition from the American public. Sylvia and her fellow protesters were largely responsible for pushing FDR into a greater consciousness of disability rights, providing jobs for disabled workers under the New Deal, and later setting up the March of Dimes which, ultimately, led to the development of the polio vaccine.

Our mission now is to create an impactful and original feature film (*Sylvia and the President*) which will illuminate Sylvia's story and inspire others with her example. We have a powerful script and have cast three excellent disabled actors in the lead

roles, including Oscar winner, Marlee Matlin. We trust that, in carrying this message, we stand on common ground with Rotary and hope that this outreach will give impetus to the production of this important movie.

The January 15 Tour of Germanna's Stafford Campus

