

Rotary
District 7670



2023 Newsletter

Special Edition Newsletter

District Governor Connie Molland

Rotary7670.org

Leadership in Action: Insights from the 7670 District Governor

By Connie M. Molland

Three and a half weeks ago, the area where our District is located was forever changed. Rotarians - who are used to helping others, found themselves on the receiving end of getting help. There were many days and weeks of no power, cell service, or water, making it difficult to determine who needed what help. Several members of the District Leadership Team stepped up and worked to manage the tasks at hand. Without a disaster preparedness plan



in place before Hurricane Helene*, we were in a "learn as you go" situation. Fortunately, our District received fabulous support from Rotary International, leaders from RI Zones 33-34, and from Districts who have had direct experience dealing with hurricane related disasters. In many of my official visits, I used the phrase, "Rotary develops leaders," and they do so by providing the resources needed to move forward. While we have a long road of recovery ahead for several areas within our District, I want to share my appreciation for all who offered help, supplies, guidance, comfort, and hope for the future.

DG Connie

*District 7670 will develop a Disaster Preparedness Plan in the coming weeks. A small team of Rotarians from around Western North Carolina will review other Disaster Preparedness Plans and create a plan that will be approved by the District Council. If this is an area where you have an interest in and expertise, please let me know.

Building Stronger Communities: The Transformative Impact of Rotarians

By Holly Guyer

"Success is not measured by wealth, but by the positive impact you have on others."

Paul Harris



As we continue to serve our communities post Helene, let's continue to strive to leave a positive impact everywhere! If you see an area where volunteers may be needed, don't hesitate to get involved and bring a friend. See every opportunity to serve as an opportunity to show others what a Rotarian in Action looks like.

Rotarians Rally to Support Recovery After Hurricane Helene in WNC

By Julie P. West



In the wake of Hurricane Helene, Western North Carolina is facing significant challenges as it works to recover from the devastation. During this critical time, Rotarians are stepping up to make a meaningful impact in their communities.

Volunteering offers a powerful way to aid in recovery efforts, and there are numerous opportunities for members to get involved. If your Rotary club or another organization is planning a workday or service event, please share the details with District Service Chair Guy Gooder. By promoting these events, we can maximize our collective efforts and ensure that help reaches those who need it most.

Thank you for your continued commitment to Rotary service and for being a vital part of the recovery process. Together, we can rebuild and strengthen our communities.

Coping with Grief After Hurricane Helene: Understanding Reactions and Building Resilience

By Julie P. West



In the wake of Hurricane Helene, many individuals in our community are facing profound grief and loss. It's important to recognize that reactions to natural disasters can vary widely. Common responses may include shock, sadness, anger, anxiety, and even feelings of helplessness. These emotions are entirely normal, and acknowledging them is the first step toward healing.

After a disaster, people may also experience physical symptoms such as fatigue, insomnia, or changes in appetite. It's crucial to take care of both your mental and physical health during this challenging time.

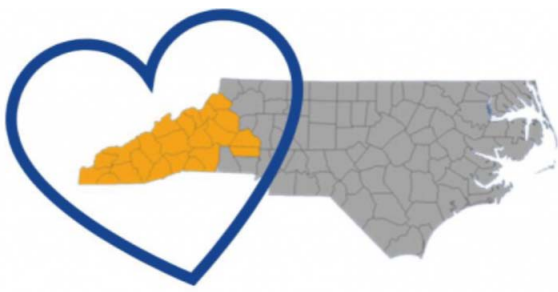
To cope with grief and build emotional well-being, consider the following strategies:

1. **Connect with Others:** Reach out to friends, family, or support groups. Sharing your feelings can help alleviate the sense of isolation.
2. **Establish Routines:** Maintaining a daily routine can provide a sense of normalcy and stability amid chaos.
3. **Engage in Self-Care:** Prioritize your physical health through regular exercise, healthy eating, and sufficient rest. Activities like meditation or journaling can also promote emotional healing.
4. **Seek Professional Help:** Don't hesitate to reach out to mental health professionals if feelings of grief become overwhelming. Therapy can provide valuable tools for processing emotions.
5. **Give Back:** Volunteering can foster a sense of purpose and connection, helping you feel part of the community's recovery efforts.

Remember, healing takes time, and it's okay to seek help along the way. Together, we can navigate this difficult journey and emerge stronger as a community.

Rotary District 7670 Disaster Response Grants

By Paige Scott



In the wake of Hurricane Helene, Rotary District 7670 has risen to the challenge, embodying the spirit of "people of action." While significant progress has been made, many needs remain within our communities, and monetary donations are greatly appreciated to support ongoing recovery efforts. Please visit Rotary7670.org to donate.

District 7670 is proud to announce that it has been approved for its first \$25,000 grant from Zone 33/34, which will aid in disaster recovery. Rotary clubs can now apply for district disaster grants to further assist those affected by the hurricane. This information is readily accessible on DACdb under District Files in the "Helene Disaster Relief Grants" section.

The purpose of these grants is to streamline the process, ensuring that funds are quickly and effectively allocated to those in need. Here are key details about the grants:

- **Grant Amounts:** Clubs can apply for grants of up to \$10,000.
- **Priority for Matching Funds:** Clubs that secure matching funds will receive priority, though it is not a requirement.
- **Focus on Disaster Response:** The grants are specifically designed for immediate disaster response.
- **Collaboration Encouraged:** While clubs can work together, collaboration is not mandatory.
- **Eligibility:** Clubs outside the disaster area may also apply for projects related to the relief efforts.
- **Upfront Funding:** Once approved, funds are provided upfront—there's not a reimbursement.
- **Multiple Applications:** Clubs can apply for more than one grant at a time.
- **Fast Turnaround:** The entire process takes approximately four days.

The Application Process:

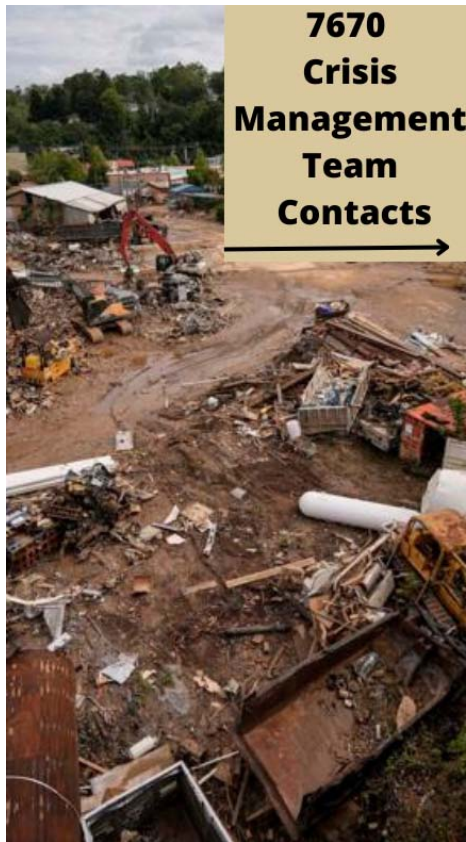
1. Identify disaster relief needs in your community.
2. Determine the amount needed.
3. Complete the application and send it to paigecs123@gmail.com.
4. The district will review applications within 48 hours.
5. The zone will conduct a review in the following 48 hours.
6. Checks will be issued directly to the club.

7. Clubs will submit a final report to the district, including receipts, a summary, and photos.

With the goal of quickly getting funds into the community, these grants will significantly aid in addressing immediate needs. Together, we can make a meaningful difference in the recovery process. Thank you for your commitment to service and for being a vital part of Rotary's mission!

Who To Contact

Tuesday, October 8, 2024



- **DGE Alpo Portelli**
 - *Supply Needs*
 - colalpo@gmail.com
 - 828-442-1196
- **DGN Paige Scott**
 - *Financial Donations/Needs*
 - paigecs123@gmail.com
 - 816-714-9998
- **DFC Jim Cruickshank**
 - *Financial Donations/Needs*
 - jimcruickshank2@gmail.com
 - 706-231-5818
- **DPIC Julie West**
 - *Communications*
 - JpwestRN1@gmail.com
 - 704-616-5090
- **Guy Gooder, District Community Service Chair**
 - *Volunteer Opportunities*
 - gooderfranklin@gmail.com
 - 828-421-4845



Account Leaders



Margaret Fenton Lebeck
District Peace Ambassador



Sarah J McGuire
District RLI Chair



Connie M. Molland
District Governor



Richard Molland
Chief of Staff



Sean Gibson
iPDG



Alex R Portelli
DG-Elect



Paige Carroll Scott
DG-Nominee



Tammy Mosteller
District



Kenneth A. Shull
District Rotary Foundation Chair



Julie P. West
District Public Image/PR Chair



Jennifer L. Wilcox
District Empowering Girls Advocate



Membership Chair
Michael Lanzilotta
District DEI Chair



Andie R Taylor
District CART Chair



Cynthia K. Ireland
District Polio Plus Chair



Karolyn W. Killian
District Conference Chair



Kathy P. Scott
Rotaract Chair



James A. Cruickshank
District Finance Chair



Michael Stevenson
Youth Services Chair



Laura J. Phipps
Youth Protection Officer



James O. Perry
District Treasurer



John F. Baumrucker
International Services Chair



Frankie L. Adkins
Youth Exchange Chair



Billi J. Black
DCO-District Comm. Officer