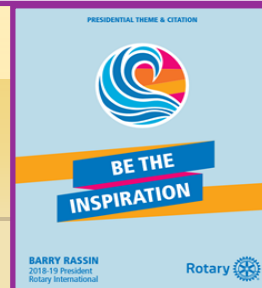




The Inspiration



Inside this issue

DG Glenn Yarborough's Greetings	1
Editor's page	2
Peace in China	3
Creating a Better World With Peace Ambassadors	4
4-WAY-TEST—a peace tool	5
Art For The Heart	6
Affiliated with the Peace Corps?	7
Meet Kevin Melton	8
Peace and Conflict—A Perspective	9
Rotary Peace Fellow Bianca Neff	10
Your Membership Matters	11
Travels With The Mule	12
Astronaut Speaks to Rotary Club of Alexandria	13
Alex Central Mixer	14
Bleiweis Community Education Initiative	15
Peace Fellowship Apply!	16
10 Million Meal Challenge	17
District Conference info	18

Newsletter

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Travels With the Mule Team—DG

Handwritten signature: L. K. J. B.



February is Peace and Conflict Resolution and Prevention Month. We want to bring awareness to Peace AND Conflict Resolution. Promoting peace is one of Rotary's six areas of focus. The conflicts that occur throughout the world are often the root causes of: poverty, despair, economic hardship and poor health. Furthermore, I want our Rotarians to participate in our **DG Million Dollar Giving Challenge**. In my visits to each of our terrific clubs, the one thing that really stands out in all 57 of the 7610 clubs is the generosity of our Rotarians towards Annual Giving. We all recognize the quality of our Rotary International Foundation and the good that it does all over the world and here at home. The Foundation is just world class. Further, it is exceptional to see that much of our generosity is returned to the District in three years for us to do even more good. Wouldn't it be great if all our clubs and individual Rotarians could join together to make our annual giving this year the million dollar challenge. We are well over halfway there now. It won't take much more. Just a couple more Arch Klumph Society Members, or a few more major donors, or several new Paul Harris Society Members, or even, many dollars and cents from all of us will do it. Won't you join me in this effort? We can really pull this off. A **MILLION DOLLAR CHALLENGE**. If this seems something that you might want to consider to make this country and this world a better place, please contact me, and we will help you. Together, we can get this done.

Rotarians are Special. Be the Inspiration.

DG Glenn (706) 833-2434 E-mail: wgyarc@aol.com

Important Dates

February Club Speech and Essay Contests
February 1 District *Rotarian of the Year* Nomination due
February 14 Valentine's Day
February 18 Presidents Day
February 23 Rotary International 114th Birthday
February 23 District Advisory Council
February 28 Chesapeake PETS



Sat Feb 23, 19

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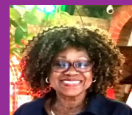
RI Zone 33

Rotary Leadership Institute RLI/New Faculty Training - Towson MD



Rotary Leadership Institute RLI - Dynamic, Interactive & Fun Event for New Rotarians and Prospective & Existing Rotary Club Leaders. Network, Share and Learn with the Do'ers of Rotary. Go to www.rli33.org for details and registration.

Editor's Page - PDG Janet "JB" Brown



*Some people say that Peace is the absence of conflict, but I say **Rotary is Peace**. Peace begins with me, my smile, a handshake, a kind word, my welcoming attitude, how I connect with people, respect differences, civility, agree to disagree with respect; I use my gift of service to bring people together by promoting peace and goodwill. I contribute to Peace when I first accept the diversity of the world. I celebrate diversity.*

I have inner Peace, through my daily morning devotion. I release old ways of thinking, release any thoughts of limitation and fear and with enthusiasm promote peace and acceptance. This helps me to be accepting, of others with whom I meet throughout my day. I am promoting Peace.

Everything I think, say and do promotes Peace. This is the way I show up in the world. I realize the more peaceful I am inside, the greater my ability to respond with mutual respect and love my neighbor. This helps me live the Four Way Test.

CHALLENGE: I AM A PEACEMAKER WHEN I... Answer this for yourself and promote peace in all you think say and do. **Be the Inspiration.**

INSPIRATIONAL WORDS FROM PEACE MAKERS

"Kind words can be short and easy to speak, but their echoes are truly endless". (Mother Teresa)

"Love is the only force capable of transforming an enemy to a friend". (Martin Luther King, Jr.)

"Happiness is when what you think, what you say, and what you do are in harmony". (Mahatma Gandhi)

"Peace is not just the absence of war. Like a cathedral, peace must be constructed patiently and with unshakable faith.". (Pope John Paul II)

"It is understanding that gives us an ability to have peace. When we understand the other fellow's viewpoint and he understands ours, then we can sit down and work out our differences.". (Pres. Truman)

"The only alternative to war is peace. The only road to peace is negotiation".(Prime Minister Golda Meir)

Peace in the Making

"Good Will is the foundation for **World Peace**, which has its beginning at home, person to person—before it can become effective, country-by-country. The footing for Peace must be laid by people before the cornerstone can be laid by governments. **Good Will** in the hearts and minds of men is **World Peace** in the making".

Little lessons in Rotary, Buzz Tennent, Fifth "Special Memorial" Edition Revised 1997

Rotary



Peace in China,

**Davis Richardson,
Zunyi, China 2016-2018**



In June of 2016, I landed in Chengdu, China to begin my two years of service as a Peace Corps Volunteer. My mission? To help improve the English competency of Chinese college students in historically impoverished areas. I was ready for the many hardships to come. I couldn't wait to begin living on a rice paddy etched into the side of a verdant mountain, perpetually surrounded by mist and the sleepy wanderings of pandas.

Alas, this idyllic dream was not to be. I was assigned to Zunyi, an urban center of 1.5 million people, small by Chinese standards, and I was to live on the fifth floor of an apartment building in the middle of the city. I taught English at a university of 12,000 students—most of whom hailed from the surrounding countryside of Guizhou Province. Their hometowns were isolated by a network of low mountains, and most of them had never seen a foreigner before.

Despite the ubiquitous presence of computers and other technology on campus, what the students really needed in order to learn English was human interaction with a living, breathing American teacher. Studying English from memorized vocabulary lists and stilted recordings of BBC was *not cutting it* for them, and that's ultimately why the Chinese government had invited the Peace Corps to China in the first place.

By the end of my two years, I began to realize that progress would never be made in terms of Chinese education without a change of perspective that outsiders like myself and the other Volunteers could offer. The friendships we cultivated in our communities led to students shifting their entire worldview. Some went from dreading the return to their rural hometowns—to teaching English as a career or to wanting to attend graduate school. Some even study abroad in the United States. They came to understand that the cycle of isolation and poverty that had assailed their parents and grandparents could end with them. A better future was within their reach.

The road that the students of Zunyi face is in many ways still unpaved and uncharted. Nonetheless, I feel confident that through the work I accomplished there as a Peace Corps Volunteer, I helped to light their way.

Note: Davis Richardson is the son of Rappahannock-Fredericksburg Rotarian Dr. Lynn Richardson. Lynn is Dean and Professor of marketing at the University of Mary Washington.



Is there a Peace and Conflict Resolution opportunity in your Future?



Building peace has been my mission in life. For the last 50 years, I have shared life with: children, women, and families from developing countries in all continents. Based on the Quest for Peace and sharing lessons from conflict resolution, I have been focused to encourage and allow people to discover their inner values, their resilient capacities and their potential as peace builders. I wrote once, “it is not enough to save a life, but to live with dignity” (M. Llanos, Unicef 1985). This word ‘dignity’ has been a guiding force in my life, and an important dimension to my work.

Through the learning and sharing with multicultural societies, and living extended periods in countries with: war, conflicts, natural disasters, and extreme levels of poverty—I realize that children and women are the most vulnerable population.

Therefore peace work under the framework of creating a sustainable peaceful world has to put emphasis in the development of awareness for reflective and critical capacities of human beings. It is necessary to draw attention to core values that inform and motivate peacebuilding activities (i.e., human dignity and common good) and providing the conceptual frameworks that guide critical reflection.

For a vision of peace, children are at the center and therefore early childhood years should be a priority in any society. The education should focus on the discovery of other people, lifelong learning, and participation of community members. Education centered on human development leads to a close partnership with families and communities. Listening to children voices all over the world and their perception of peace was the seed for the creation of *Peace Ambassadors program*, in Peru. This is a program for children, parents and teachers—based on the values needed for a peaceful world. There is a strong interaction between families through parents education, teachers and schools as well as community participation,

A *Peace Ambassador* is that human being that develops and lives a life full of values. Children’s perception of Peace includes: understanding, patience, love, honesty, enthusiasm, cooperation, solidarity, friendship, trust, forgiveness, creativity, respect, responsibility, happiness, justice, faith, and freedom. Our program is based on the use of the arts (e.g., music, theater, narrative, painting, dance, storytelling, puppetry, clay, play and others). The arts and peace are both connected with creativity and spirituality; and because of this are linked with each other. Art in its many forms is a very positive and powerful vehicle for encouraging personal and social transformation. It can also be a vehicle to inspire a culture of peace, promote intercultural learning, and facilitate the creation of a sustainable, equitable, and harmonious society.

Art unites us with respect, and brings out the best in the human heart and soul. Art provides intrinsic benefits that are part of the arts experience and adds value to life. Arts expand the capacity for empathy, for receptivity, for respect to people, ethnicity, religions, and cultures; it help us to gain new insights and perspectives.

PEACE AMBASSADORS PROGRAM PERU

A Sustainable Peaceful world with a focus on well being.

The main five areas of volunteer work are:

1. Emphasis on family-school interactions
2. Protection of nature
3. Promotion of peace values
4. Intercultural Understanding and appreciation of human differences
5. Integral health care

The program is helping children to become agents of peace and to be recognized as peace builders, even when they are as small as four or five years old. In the current world situation, it is important to realize the power of children—in spite that their rights are not prioritize in many societies. I am a new Rotarian. It was in Mexico, at the Unesco conference about Peace, that I was very impressed with the presentation of the Rotary mission about Peace. The different projects carried out by Rotaractors in various continents inspired me to be part of the Rotary San Borja Club, District 4455. Now that Polio is almost eradicated, I do see Rotary strongly involved in Peace Education and contribute to the UN goals towards a sustainable peaceful world.



ROTARY'S FOUR-WAY-TEST

A PROMISING TOOL FOR PROMOTING PEACE, CIVILITY, AND RESOLVING CONFLICT

By Dick Ayres, Rappahannock-Fredericksburg Rotary Peace Committee Member

In today's America, resolving conflict while promoting peace and civility has grown into the most daunting-- yet critical--of tasks. What steps can we take in a society where:

- 1) Extreme political polarization seems to threaten our democracy;
- 2) Conflict and winning through intimidation appears to be the norm;
- 3) We are less and less civil to each other;
- 4) Violent crime is an everyday occurrence in many of our communities;
- 5) Demonstrations and protests often turn ugly and violent; and
- 6) *Truth decay* is a popular means of communication, so we do not know where to find the truth.

Is the very *character* of America changing? Twenty years ago, Steven Carter, noted author and Yale law professor, questioned whether there was a collapse of civility in America. He maintained that respect for rules of conduct has been lost in the deafening and essentially empty *rights* talk of our age, and that there has been an elevation of self-expression over self-control.

Carter defined civility as, "the sum of the many sacrifices we are called to make for the sake of living together". (Today, we would add the word *peacefully*). Carter further asserted that the rules of *civility* are also rules of *morality*. It is morally proper to treat each other with respect, and morally improper not to do so, he said. He concluded that the collapse of *civility*, then, is part of a larger crisis – one of *morality*. (*Civility: The Etiquette of Democracy*).

America's society now appears to be lacking the common set of ethical practices and beliefs that could unite us morally. This lack of a moral compass not only causes dysfunction, but threatens to weaken the very fabric of our nation. It is critical, then, for us to come together to find common ground and agree on moral and ethical standards to build trust, cooperation, and positive relationships that lead to civility, peace and a higher quality of life in our communities.

Failure to live by a set of moral and ethical standards, unfortunately, leads to: distrust, conflict, negative relationships, incivility, and ultimately a dysfunctional government and community unrest.

Let us consider using the Rotary's Four-Way Test as an example of the common ground we seek and as a tool to build trust, promote peace, civility and resolve conflict. The Four-Way Test is what over 1.2 million Rotarians around the world have in common.

The power of such ethical standards of the Rotary's Four-Way Test of all the things we think, say or do is an effective tool to help us behave and interact with one another in a civil manner, promote peace and resolve conflict.

Simple it is; Easy it is not. To advance Rotary's goal of promoting world peace, we must first promote peace in our nation, communities, families, and most importantly-- cultivate peace in our personal lives.

Let's make the Four-Way Test more than just a set of ethical standards, but a way of life and a tool to promote peace.



THE FOUR-WAY TEST OF THE THINGS WE THINK, SAY OR DO

1. IS IT THE TRUTH?
2. IS IT FAIR TO ALL CONCERN?
3. WILL IT BUILD GOOD WILL
AND BETTER FRIENDSHIPS?
4. WILL IT BE BENEFICIAL TO
ALL CONCERN?

NewGen Peace Program *Art For The Heart*, in Charlottesville, Virginia, by Zadie Lacy, Co-Founder of *Art for the Heart*



In Charlottesville and in America as a whole, there's a social stigma around homelessness, and homeless people, and very little is being done to change these negative societal perceptions. These perceptions stem from a lack of understanding, empathy, and communication between housed and homeless populations. On a local scale, many of the homeless residents in Charlottesville, specifically women, have faced trauma or are traumatized from the experience of being homeless, and carry a huge amount of stress with them on a daily basis.

In September of 2017, other High School students, and myself from Charlottesville, VA., (including Emma Hitchcock, Elise Rebellato and Max Beers), participated in the first NewGeneration Peacebuilders program in Charlottesville, wherein we came together to establish the beginnings of our "peace project" *Art for the Heart*.

Being native Charlottesville residents, we became acutely aware of the tensions around homelessness in our city. To find out how we could contribute, we talked to the Haven, a local homeless day shelter, during one of our immersion workshops as a part of the NewGen program. Diana Boeke, the director of planning at the Haven talked to us about the issues the homeless face in Charlottesville, and specifically the reality of how dehumanizing the experience of being homeless continues to be. Our team spent time researching methods of counteracting the feelings of dehumanization, exclusion, and isolation. Art therapy came to the forefront of that research, and presented what we thought would be a great fit for this issue.

We decided as a team that a reasonable and effective way to approach this issue would be to offer a series of art workshops with different medium concentrations, and provided supplies open for anybody to participate. Not only is this offering a tangible effort to provide an outlet for participants to process, reflect, and connect to themselves, but it also serves to integrate them into the greater Charlottesville community in an organic, and welcoming way. Art is something which anyone can do and enjoy both universally and personally. With this intention, we held our first Winter Series of workshops in partnership with Charlottesville's moving overnight shelter program, PACEM. The art produced was beautiful, and we were surprised and excited to discover the individual talents and interests that different participants brought to the table in making art, and the conversations that came along with it.

In the Spring of 2018, we pitched our project to a panel of judges at Charlottesville's Tom Tom Founders Festival, and were granted admission to this Summer's Business Incubator program with the iLab in UVA's Darden School of Business. For the summer of 2018 we participated in the iLab 10-week Incubator Program through the Darden School of Business at UVA where we were able to develop some skills and business experience necessary to take *Art for the Heart* from just a passion project to a non-profit with the amazing support and help from our mentors, and fellow ventures.

The Rotary Club of Bailey's Crossroads Gets a Guided Tour of the *U.S.S. Torsk*, by former Submariner and Rotarian Dave Mercer



Is Your Club Affiliated with the Peace Corps?

Rotary and the Peace Corps recently signed their second three-year partnership agreement. The agreement was initiated by a group of Returned Peace Corps Volunteer Rotarians, in Colorado, Rotary District 5450. That group is looking to leverage the partnership at the local district level.

In our District 7610, Erica Brouillette and Stephanie Arnold, from Falls Church Rotary, are taking the lead in promoting the potential of the agreement. If you are affiliated with the Peace Corps (including current and returned Peace Corps Volunteers (RPCVs), current and former Peace Corps staff, Peace Corps parents, Peace Corps kids, etc.), please contact Erica and Stephanie. If you are an RPCV Rotarian, please also go to the RPCV Rotarian input form and add your name to the database. A few of you have already let us know. Very exciting! And, we want to hear from more of you.

Also, if your club has already done any projects with Peace Corps Volunteers or supported projects led by Peace Corps Volunteers, we would like to know about it. Please go to Rotary PCV collaborative projects input form and provide some basic information on the project. Currently, we have collected data on more than \$ 500,000 in collaborative projects.

District Governor Glenn Yarborough has approved a new ad-hoc district committee, the Rotary District 7610-Peace Corps Alliance Committee. The purpose of this committee is to capitalize on the mutual interests between Rotarians and those affiliated with the Peace Corps to enable greater impact with service projects and combined resources.

We welcome your participation on this Committee and value your ideas. Need a peace project idea or want to assist an already-established peace project? There are several ways to leverage this partnership on peace projects. We'd be happy to tell you more about how Rotary can work with the Peace Corps!

Contact Us: IPP Erica Brouillette (RPCV Armenia, 2007-2009), brouillettej@gmail.com
President Stephanie Arnold (RPCV Ghana, 1993-1996), ghanarpcv@hotmail.com
Come visit Falls Church Rotary anytime at: Harvest Moon Restaurant: 7260 Arlington Blvd., Falls Church. *Rotary District 7610-Peace Corps Alliance Committee*



Saturday, March 23rd from 7-11 PM

Fredericksburg Expo Center | 2371 Carl D. Silver Pkwy

Join us for an exciting evening full of
casino games, cocktails, food, fun, and prizes!

What's your favorite game ?? Black Jack, Texas Hold 'em, Craps, Roulette
The tables will be ready !

How about a \$5000 Draw Down Raffle ??? \$50/raffle ticket—only 200 available
Must be present to win !

Event & Raffle Tickets : StaffordRotaryCasinoNight.com

'Early Bird' ticket pricing : \$60 each or 2 for \$100 (until Feb 23)

Feb 24 'til Mar 23 : \$75 each or 2 for \$125

Your first glass of wine or beer is on us !

Evening Attire : Business Casual or Cocktail

Presented by Stafford Rotary



Meet Washington-Born Kevin Melton - Rotary Peace Fellow

Kevin was born in Washington, DC and grew up in Northern Virginia outside of Washington, DC. He is recently married and is the oldest of two children. Kevin speaks French fluently, which he credits his mother who is French who he still speaks to mostly in French. He credits his wife, family, colleagues and friends that have provided endless support to enable him to pursue a peacebuilding career – at times in extremely risky and distant circumstances. He obtained a Bachelor of Arts in International Affairs from James Madison University in Virginia and was awarded the Rotary Peace Fellowship as part of Class VI at the Rotary Peace Center at the University of Queensland in Brisbane, Australia between 2008-2009. As an international development specialist, foreign policy analyst, and entrepreneur, Kevin has spent the last 15 years working in peacebuilding and international human security matters throughout Africa, Europe, Asia, and the Pacific.



As a Rotary peace fellow, Kevin not only expanded his knowledge of peacebuilding, but also has had the opportunity to be part of the Rotary family – an amazing network of passionate individuals many of whom are here in this room who truly exemplify the pursuit of equality, the fight against poverty and disease, and act as deliverers of hope and prosperity throughout the world.

The following is an account of his experience since his Rotary Peace Fellowship and an important message of peace for the Rotary Community:

“To me, one cannot truly appreciate peace without understanding the hideous, and yet sometimes remarkable, effects of conflict. Over the last few years, I have served and worked in various positions to build peace as a civilian – many times alongside those in uniform. Just after I graduated from the Rotary peace fellowship, I served in Afghanistan and supported peacebuilding programs across the African Sahel and Middle East to combat extremism. Most recently I served in support of special operations in Syria, one of the most complex conflicts the world has seen, contributing to the greatest number of refugees the world has seen since WWII – over 60 million people.

During my time as a fellow in Brisbane in 2008-2009, I decided to focus my studies on peacebuilding strategies, specifically looking at the situation in Afghanistan and how to build a more effective country. Having worked in several conflict areas throughout Africa and the middle east, it felt only natural to focus on both the military and civilian challenges in what was becoming the largest global effort in the war on terror. After only 8 weeks of being home from my Rotary experience at the University of Queensland in Australia, I started my training, prepared myself, I began my journey working for the US Agency for International Development (USAID) in the Office of Transition Initiatives – an office focused on operating in national security focused conflict-affected environments supporting localized approaches to building the foundation for better governance and development. Nine years later, I am still with the same office and recently became the office’s first civil-military senior advisor, responsible for ensuring that we do not forget lessons from the past, integrating peacebuilding solutions into military environments to establish roots of peace and long-term development.

The last decade has no doubt seen its fair share of bloodshed. Yet, it is hard to believe that we live in one of the most peaceful moments in human history. Yes, we still have conflicts – but coming out of the ashes of the bloodiest century in human history, we created a world order that is more interconnected and interdependent – one that can bring all of us around a table to agree to basic human rights, value humanity, and embrace that there is no military might strong enough to tackle even the world’s greatest challenge. Instead we must tackle our greatest fears and challenges through tolerance, solidarity, mutual respect, and humility.

Be The Inspiration

February is *Rotary Peace and Conflict Resolution and Prevention Month*. The color purple represents true world peace. Joanne Robblee, Rotary Club of Vinings, Georgia, U.S.A.

Peace and Conflict - A Perspective, by Rappahannock-Fredericksburg Peace Committee Member Kirby Johnson

Peace is a very evasive Goal for the nations of this world to grasp and maintain, making it difficult at best. Within just the past century nations have attempted to solve Conflict & Peace through political and Western means, such as through the League of Nations, which became ineffective, and the United Nations, which still struggles with conflict and peace. Norwegian academic Johan Galtung, the father of peace studies, often refers to the distinction between 'negative peace' and 'positive peace'. Negative Peace would be the lack or absence of conflict (a ceasefire), whereas Positive Peace would be restoring people and nations relationships, developing new social systems.

Peace is not absence of conflict, it
is the ability to handle conflict by
peaceful means.

Ronald Reagan

BrainQuote

The study of Peace and Conflict, in short, analyzes violent and nonviolent behaviors, in the attempt or effort to deescalate and find a solution to conflict & violence. In contrast, in a military campaign, the effort usually is to gain 'victory' over the adversary, typically through strength, power, and violent means.

Since 1900 (the past 118 years) there have been approximately 37 wars/conflicts. In a career of 43 years in National Security and Counterterrorism, it has been my experience and observation that Peace is just plain **HARD TO ATTAIN**, and if in some way achieved, even for a short time, extremely difficult to sustain, usually ending in another conflict. Conflict on the other hand is easy, simple to achieve, and requires little effort, education, resources, or capability. My experience with conflict and attempts at peace from Vietnam to Afghanistan through direct or indirect involvement in those 'events', using our Western (and American) lens on those conflicts, and attempts to resolve them, in general have not been successful. Regardless of one's political leaning and agenda, history has proven that conflict in Asia, Africa, Southwest Asia (Iraq 9 years & Afghanistan 17 years thus far), and the Middle East, with Western solutions have not and does not work. One must look at conflict from the eyes of the culture (s) involved. Peace must begin at the 'Village' level, evolve outward through community leaders, civil organizations, and the local cultures & peoples who will gain the most with peace. The world will benefit in the end. In working with peoples/cultures about anything, Peace no different, one must build trust and incorporate Maslow's Hierarchy of Needs. When one is hungry, thirsty, cold, tired, and scared, negotiating Peace is the last thing on their mind. The world will benefit in the end.

As a Rotarian and a member of the Rappahannock Rotary Club, I am in full agreement with the vision the club has to promote Peace, as stated: To improve the quality of life in the Fredericksburg area (or your local area) by partnering with community members, to promote peace, and build trusting relationships, using the Rotary Four- Way Test.

Kirby Johnson: Retired Navy in National Security Issues and then retired from a Dept. of Defense Combat Support Agency working Communications Security, Operations Security, and Counterterrorism.

PEACE IS NOT ABSENCE OF CONFLICT, IT IS THE ABILITY TO HANDLE CONFLICT BY PEACEFUL MEANS. — Former President Ronald Reagan



FEBRUARY IS

**PEACE AND CONFLICT
PREVENTION/RESOLUTION
MONTH**

"Imagine all the people living life in peace..."

John Lennon



Meet Rotary Peace Fellow Bianca Neff: Bianca Runs *Petra Peacebuilders* from Malaga, Spain.



As a newly appointed Rotary Peace Fellow in 2010, I had it all figured out. My field work in Kyrgyzstan and Morocco would benefit from this Masters degree through *The Rotary Foundation's* amazing *Rotary Peace Fellowship* program in a big way...so I was headed to the *Rotary Peace Center* in Bradford, U.K. The plan was to get further academic credentials and then head back to Central Asia, probably Afghanistan, and help train local peacebuilders and mediators to grow their skills in ethnic conflict resolution. After all, all my life had been leading up to this point...or had it?

During my time as a Rotary Peace Fellow, I unexpectedly came to a crucial crossroads in my personal and professional life. Many of us have experienced these *Aha!* moments, haven't we?, This is where the light comes on and you see how the new crossroads might seem like a new change in direction. Yet, you also realize that everything until now has serendipitously led you to this exact point.

The scene was this: I was having dinner at the home of a Palestinian classmate of mine, Bassam. He is the founder of an incredible organization called *Combatants for Peace*, working with both Israeli and Palestinian former combatants who have embraced non-violence and are working toward reconciliation. He and his Israeli counterpart are two of my heroes. The painful part, however, is that they have both had daughters who were tragically killed as pawns in this conflict. They and their families have paid the very highest personal price for the work they do.

The critical crossroads I mentioned above came when I was having dinner with Bassam and his wife. It was a night wherein I started to get an inside glimpse into the personal toll that these kinds of sacrifices take. The realization hit me like a ton of bricks: The same factors that give people like Bassam and his wife so much authority when they talk compellingly about reconciliation—namely, their personal experience of losing a 10-year old child in a forever-life-altering tragedy—are the same factors that threaten to derail them psychologically, emotionally, and mentally.

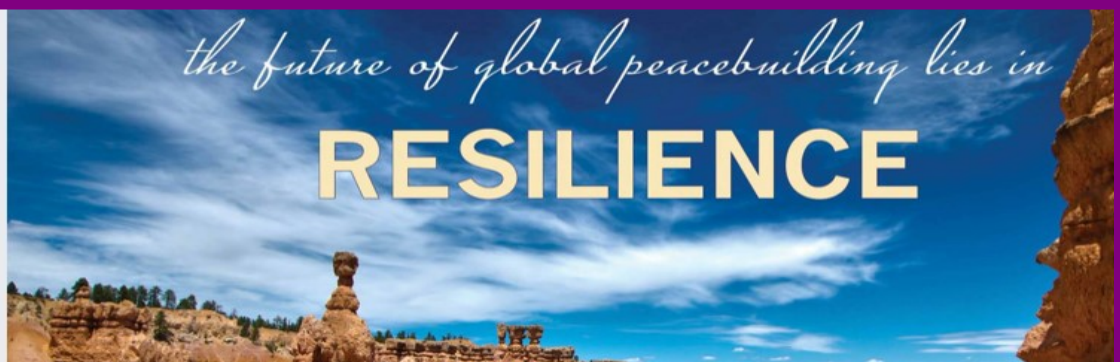
I'd been planning to work alongside people like this. But now, I was consumed with caring for them, to ensure that they have proper support during their toughest times. How can trained people like me, who understand the complexities of peacebuilding, come alongside to help keep these heroes stronger, healthier, and more resilient against the million challenges they face daily?

Since then, I've received additional training in: trauma care, coaching, debriefing, and other arenas of staff care to serve peacebuilders in this area of trauma resilience. Our organization, *Petra Peacebuilders*, provides timely support in critical areas of the world like Afghanistan, Iraq, South Sudan, and others.

Interested in learning more about the importance of resilient peacebuilders? Visit our website at PetraPeacebuilders.org or drop me a line! bneff@PetraPeacebuilders.org —19 January 2019



Petra
Peacebuilders, Inc.
[@petra.peacebuilders](https://www.petrapb.org)

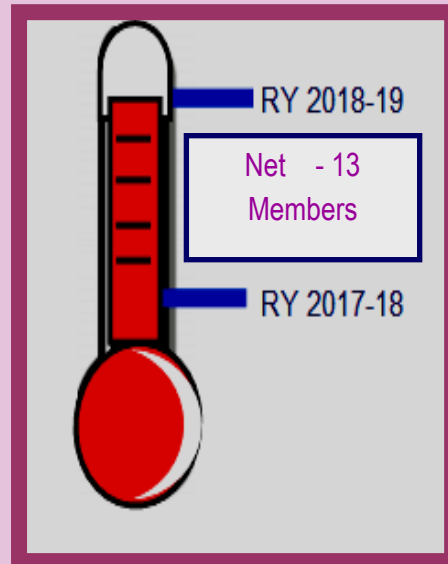


YOUR MEMBERSHIP MATTERS

How is D7610 Doing?

197 New Members between July 1st 2018 and February 1st 2019

Member Name	Club	Date
Attard, Alex (Alex)	Tysons Corner	Jan-15-19
Belmont, Dennis Lee (Dennis)	Alexandria Central	Jan-16-19
Blackwell, Richard L. Jr. (Dick)	Tappahannock	Jan-01-19
Carducci, Linda Osburn (Linda)	Ashburn	Jan-17-19
Day, Leah (Leah)	Ashburn	Jan-17-19
Feimster, Jason (Jason)	Vienna	Jan-01-19
Hart, Cyril (Cyril)	Stafford	Jan-16-19
Hochman, Jonathan E. (Jonathan)	West Point	Jan-17-19
McLendon, Richard (Richard)	Warsaw	Jan-16-19
MUBARAK, RICK (RICK)	Rotary e-Club of District 7610	Jan-15-19
Prencipe, Lori (Lori)	Bailey's Crossroads	Jan-03-19
Richardson, Elizabeth D (Beth)	Gloucester Point	Jan-01-19
Shiffer, Mark (Mark)	Alexandria Central	Jan-01-19
Springer, Maurice B. (Mo)	West Springfield	Jan-23-19
Wetmore, Gregory G. Jr. (Grant)	Purcellville	Jan-02-19



- 197 term members between 01 Jul 2018 and 01 Feb 2019
- 2,153 Members RY 2019
- 2,166 Members RY 2018



Travels With the Mule Team—DG

Logan



The Rotary Club of McLean—Home of the DG! The Chocolate Festival (display, sell, and taste)—Over 3,000 Strong!



PRE-PETS (President-Elect Training)



Astronaut Speaks to Rotary Club of Alexandria

The Rotary Club of Alexandria held its weekly meeting on January 22nd, 2019. The event was held at Belle Haven Country Club in Alexandria, VA. Attended by over 120 people, the program featured a speech by local NASA astronaut, Rear Admiral (USNR Ret) Steve Oswald. Also in attendance was Mary Bono, former U.S. Representative California's 45th congressional district, serving from 1998 to 2013. Representative Bono is married to RADM Oswald.



The Rotary Club of Alexandria has fostered a rich tradition of hosting featured speakers who encourage Rotarians to think differently; to apply leadership and expertise to issues and find unique solutions to make a difference at home and abroad. The presentation by RADM Oswald was no exception.

RADM Oswald is a 1973 graduate of the Naval Academy, with a bachelor's degree in aeronautical engineering. He is a 1978 graduate of the Naval Test Pilot School at Patuxent River, Maryland. He has subsequently logged more than 7,000 hours of flight piloting more than 40 aircraft.

RADM Oswald joined NASA in November 1984 as an aerospace engineer and instructor pilot, and was selected as an astronaut candidate in June 1985. He piloted two missions on Space Shuttle Discovery in 1992 and 1993. Additionally, Oswald commanded a mission on Space Shuttle Endeavor in 1995. On these missions, he accumulated 33 days in space.

While speaking to the Rotary Club of Alexandria, RADM Oswald reflected on his time in space, and acknowledged it changed his perception of the Earth and ecology. Additionally, Oswald answered questions on the growing prominence of private space programs, the Space Command within the U.S. Air Force, and the implications of an autonomous Space Force.

DG Glenn Yarborough Club Visits: Tysons



The Rotary Club of Alex West—A Night of Peace!



DISTRICT GOVERNOR GREETES NEW MEMBERS AT ALEXANDRIA CENTRAL MIXER

**New D7610 Club—Alexandria Central
Leads the Way in Membership! +19**



On January 30th, District Governor, Glenn Yarborough helped induct two new members into the Rotary Club of Alexandria Central at the club's membership mixer. The DG greeted the group of about 40 attendees—including 27 non-Rotarians. Club President, John Renner, introduced the special guest speaker, Justin Wilson—the new Mayor of Alexandria. DG Glenn Yarborough and Club President-Elect, George Valenzuela, welcomed the Mayor as an honorary member of Alexandria Central.

The Rotary Club of Alexandria Central meets at 6:30pm Wednesdays, at *Glory Days Grill* on Duke Street in Alexandria.



The Rotary Club of Warsaw Team Lifeline



DG Glenn Yarborough Club Visits: Dulles South



**The Northern Virginia Mediation Service—to Assist Individuals, Groups and Organizations to Constructively Address Conflict,
by Zeljana Varga— Partnership Manager**



The NVMS provides short-term help for individuals and addresses specific challenging issues. . Through our Bleiweis Community Education Initiative we're working to build the community's skills to effectively prevent and address conflict throughout Northern Virginia. Everyone experiences conflict. It's commonly perceived as a negative experience. However, when conflict is managed properly, it can lead to transformation and can build stronger relationships between individuals within groups, and between groups.

At the heart of conflict is relationship management, which is rooted in communication.. It's often assumed that we pick up communication skills along the way to adulthood. We rely on our community and our families to teach us how to respectfully engage in disagreements. But what happens when issues arise and we are so deeply entrenched in our beliefs that civility gets put aside? Our relationships with family, friends, neighbors, and coworkers begin to break down.

NVMS's Community Education facilitators are trained to deliver workshops that strengthen individual communication skills. This includes active listening, strategies to construct open ended questions that ask for clarity rather than discrediting the other party, understanding where different viewpoints come from, and being aware of how our communication style is different from the other party. We work with local organizations to bring these skills to individuals who are facing reentry into their community, such as homeless individuals moving from crisis to sustainable living, veterans returning from deployment, migrants, refugees, and immigrants. When handled properly, differences of opinion do not equal negative relationships. We can agree to disagree if we agree (and have the tools) to communicate in a respectful and peaceful manner; we can have positive relationships with people with different viewpoints if we choose to discuss our differences and are aware of our own bias.

Bleiweis Community Education Initiative

Conflict Prevention and Resolution:

Conflict is commonly perceived as a negative situation. However, it is our firm belief that conflict, when managed properly, can lead to transformation and can build stronger relationships between individuals within groups, and between groups.



Re-Entry:

Through our re-entry lense, we plan to work with individuals who are attempting to reintegrate into their community, or integrate into a new community. Our focus is to provide individuals, family/friends, and communities conflict management skills to support prosocial behaviors, improve communication, and strengthen individual and community relationships. The Bleiweis Community Education Initiative will serve individuals from various communities such as veterans, returning citizens, homeless citizens, foster youth and young adult, LGBTQIA+ youth and young adult, immigrants, refugees, and migrants.

Northern Virginia Mediation Service:

The NVMS mission is to assist individuals, groups and organizations to constructively address conflict. We do this in the short-term by helping individuals address specific challenging issues. In the long-term we're working to improve the conflict competency (the ability to effectively prevent and address conflicts) of people throughout Northern Virginia.

Community Education Initiative:

NVMS is building partnerships with local organizations to support communities with conflict resolution needs. We aim to meet communities where they're at. To do this, we design trainings and workshops tailored to the needs of individual communities.

Initiative Objectives:

1. Increase skills of individuals in Northern Virginia to constructively address conflict.
2. Prevent escalation of future community disputes through strengthened conflict competency.
3. Make conflict management training available to members of the Northern Virginia Community at no-cost to beneficiaries.

Zeljana Varga

Bleiweis Community Education Initiative
Partnership Manager
zvarga@nvms.us

Now Accepting Applications for the Rotary Peace Fellowship Sally Lay-Peace Fellowships District Chair sallylay70@gmail.com

Apply Now!

The spike in regional and local conflicts around the globe has boosted the need for professionals skilled in waging peace. The fully funded **Rotary Peace Fellowship**, which covers tuition and living expenses, increases the capacity of current and emerging peace leaders to prevent and resolve conflict through academic training, field experience, and professional networking.

Up to 100 fellows are selected every year in a globally competitive process based on personal, academic, and professional achievements. Fellows earn either a master's degree or a professional development certificate in peace and conflict studies at one of the Rotary Peace Centers, located within seven leading universities around the world. The over 1,100 program alumni are working in over 100 countries as leaders in national governments, NGOs, the military, law enforcement, and international organizations such as the United Nations and World Bank.

Master's Degree – Building the leaders of tomorrow

- 15-24 month program at one of our 5 Rotary Peace Centers at leading partnering universities
- 50 fellows selected annually to earn a master's degree in fields related to peace and security
- Each university offers customized curriculum and a 2-3 month applied field experience
- Fellows connect with an international cohort of peace fellows, thought leaders, and a global network of Rotarians

Professional Development Certificate – Strengthening the leaders of today

- 3 month professional development program at our Rotary Peace Center in Bangkok, Thailand
- 50 fellows selected annually to earn a professional certificate in peace and conflict studies
- Intended for professionals with extensive experience working in peace-related fields
- Diverse interdisciplinary program includes 8-weeks intensive classroom study with guest lecturers and 2-weeks field studies

Eligibility:

Take the eligibility quiz. Qualified candidates must have:

- Proficiency in English
- Excellent leadership skills
- Master's program—a bachelor's degree or equivalent, plus three years of related work experience, and proficiency in a second language (strongly recommended)
- Certificate program—a strong academic background, plus five years of related work experience

The 2019-20 academic term deadline is 31 May 2018.

Begin by watching our Application Checklist Video and review the application process online.

Please contact us at
rotarypeacecenters@rotary.org
with questions.



Southeastern and Mid-Atlantic Food Banks



JOIN THE

10 Million Meal Challenge

Collaborate with Feeding America Food Banks in Rotary International Zones 33 & 34 to make a lasting impact on ending hunger in the Southeast, where 1 in 5 children go hungry.



Zones 33-34



Rotary Zones 33-34 Hunger Challenge

There are forty regional *Feeding America Food banks* in VA, NC, SC, GA, FL and western/central Pennsylvania that have coordinated leadership via State Associations. Through the *10 Million Meal Challenge*, these State Associations will support, encourage, and facilitate enhanced partnerships between the food banks and *Rotary Clubs* in pursuit of a goal of raising the equivalent of 10 million meals for the region. Clubs will sign up to join the challenge at RI zones 33-34/foodbank. Their *Feeding America Food Bank* will contact them to start planning together. Clubs will receive meal points for activities that will be tracked at *Rotary Club Central* and they can highlight their projects in the *Rotary Showcase*. The *Feeding America Food Banks* will track funds raised and food donated through partnerships with *Rotary* over the course of the Challenge. It is incumbent on each club to track their own volunteer activity through the portal established at *Rotary Club Central* using the word “10Million”—in the title of the project.

Clubs will be awarded “meal points” for volunteer hours, food donations, and dollars donated in support of *Feeding America* food banks during each of two competition years that start in January 2019 and end in September 2020. The Inaugural Year is from January 2019 – September 2019; Year two is November 2019 - September 2020.

What Can We Do in February—Peace & Conflict Resolution Month? The effects of food insecurity for children can be long lasting. Healthy brain development and physical growth in children depends on the consumption of foods with peers.

Possible Activities:

- Pack Backpacks for weekend food programs or do a backpack food drive;
- Volunteer at an after-school meal site or school mobile pantry

Contact DG Glenn Yarborough for more details.

Rotary



Zone 33-34



Have You Signed up for the District Conference and a Chance to win the D7610 Golf Cup?

NOW OFFERING: DISTRICT TRAINING OPPORTUNITIES!



2019 - ROTARY 7610 DISTRICT CONFERENCE

CELEBRATE SERVICE ABOVE SELF WITH FRIENDS, FOOD AND FUN

See D7610 Website for more details!

**Rotary
Virginia Crossing
Golf Chair
Tom W. O'Bryon II
CFP®, CRPS®
Day: 240-800-3446
C: 240-304-6620**

tom.obryon@stewardpartners.com

Red, White & Rotary Blue Golf Tournament or Golf Lessons

**Doesn't YOUR Club Want to Win the D7610 Golf Cup?
Of Course it DOES?**

Contact Rotarian O' Bryon for more details (see above) !

tom.obryon@stewardpartners.com

New 2019-20 Theme:



Rotary Connects the World!

