1. Adopt a Family
   * Description: Each year during the holidays our club supports a family in need by helping to buy gifts and food. Donations are not part of a budget line item but are collected via a “pass the hat” method at our club meetings.
   * Frequency: Annually at holiday time.
2. Adopt a Highway
   * Description: As part of the “adopt a highway” program our club supports a fall and spring “highway cleanup” activity in the Orr’s Bridge Road area of Hampden Township. A club member works with the local township to get special vests for club members who pick up trash for several hours on a Saturday morning. The township collects the trash bags along the road.
   * Frequency: Twice per year.
3. Bethesda Mission
   * Description: Two Thursdays per month a minimum of 2 club volunteers help staff the kitchen at Bethesda mission from 4:30 PM – 6 PM. Members work with staff to serve food to Bethesda mission residents and those in need who are not residents. Members can sign up by going to this link: <https://www.timetosignup.com/simpsonlibrary/sheet/52245>
   * Event frequency: The 1st and 3rd Thursday of the month year round.
4. New Hope Ministries
   * Description: Club Members support New Hope Ministries food pantry located in Mechanicsburg on a Saturday morning by stocking shelves and assisting guests at the food pantry. Volunteers must go through an application process with New Hope including a background check to be cleared for volunteering.
   * Frequency: The 3rd Saturday of the month from 9:00 AM – 12:30 PM.

**Youth Activities**

1. Fishing Derby
   * + Description: This annual event is conducted at the Conodoguinet Youth Park in Hampden Township and gives children up to age 15 the opportunity to fish in the Conodoguinet Creek and participate in games/prizes under the supervision of their parents and club members.
     + Event Frequency: Annually on a Saturday in June
2. Four Way Essay Contest
   * Description: The club facilitates an essay contest centered around a topic relating to Rotary’s Four Way Test.  The contest is open to ninth graders at the high schools in the club’s service area.  A judging panel of three to four Rotarians evaluate the submitted essays and award prizes to the three best essays.  The top three winning essays are read at a club meeting with the winning essay advancing to the District 7390 competition.
   * Frequency:  Outreach to the high schools begins in August with judging occurring in the February/March time period.  The winning essays are usually presented in March.
3. Four Way Speech Contest:
   * Description: The club facilitates a speech contest centered around the Four Way Test. Contestants must be 10th, 11th, or 12th grade high school students.
   * Frequency: In Sept and Oct a local contest is held to determine who advances to the mid-level. In November and December mid-level contests are held. Finals are at the District Conference.
4. Junior Achievement
   * Description: Each year volunteers are provided with an opportunity to participate in The Junior Achievement program in local schools.  Junior Achievement is the world’s largest organization dedicated to educating students in grades K-12 about financial literacy, work readiness, and entrepreneurship through experiential, hands-on programs. Volunteers from RCMN primarily participate in the elementary grades. At this level, each grade has a set curriculum of 5 lessons. Junior Achievement coordinates placement of volunteers in schools and provides all the necessary material needed to present the classes.  You can sign up to participate in the program at any time.  Once you are on their list, you are contacted annually (normally in September) to teach each year.  Opportunities also exist to participate in 1 day programs at the Middle and High School.
   * Frequency:  No formal meetings are held at the club level but a commitment is for 5 lessons to be taught at some time during the school year for grades K-5.  Middle school and high school sessions are usually only for 1 day.
5. Rotary Youth Exchange Program
   * + Description:
       - Inbound Program: Each year our club sponsors an in-bound exchange student (if available) from a foreign country for the entire school year who attends either Cumberland Valley High School or Mechanicsburg High School. The student lives with up to 3 families during the school year each of which is referred to as a “host family”. Each student is supported by an “Inbound Counselor” who is a member of our club and with the host family assures that the student is well supported.
       - Inbound Program: Each year our club also sponsors (if available) a student from the Mechanicsburg or Cumberland Valley School District that travels abroad and participates in an exchange program for the school year. The student is supported by a club member who acts as an “outbound counselor” to help the student and his/her family feel supported through the process.
     + Requirements: To serve as a “counselor” in the Rotary Youth exchange program criminal and child abuse clearances must be obtained through District 7390 in addition to successful completion of on-line training.

1. RYLA
   * + Description: RYLA stands for “Rotary Youth Leadership Awards” and describes an annual event that our club supports monetarily and through active participation by club members. Our club financially supports local high school students in attending this premier district leadership weekend activity
2. Interact Club
   * + Description: The Interact Club is an RCMN hosted club of students at East Pennsboro High School. Each club has a school contact and club contact who supports the activities of the club.
     + Frequency: The club meets twice per month.
3. Students of the Month:
   * + Description: The Student of the Month program recognizes one male and one female senior student from Cumberland Valley School District and one male and one female senior student from Cumberland Perry Area Vocational Technical School during the first Thursday meeting during the months of October, November, January, February, March and April.  All students and parents are invited back for the first Thursday meeting in May for a final recognition.  Then, one male and one female student from each of the schools (4 total) are selected as the Students of the Year by club members through a voting process.  These students are each presented with a $1,250 scholarship which is awarded at the respective schools’ Senior Awards Ceremonies.  New for 2019 is support from members of our club’s PM meeting for students from the East Pennsboro High School.
     + Frequency: Annually during the months of October, November, January, February, March and April.
4. Turkey Bowl
   * Description: This free family event takes place annually in the Fall at a local bowling alley. Kids get to bowl free. The activity is coordinated by the PM club members.
5. International Medical Trip
   * This district sponsored medical service trip takes place annually. Members pay for their travel. Team members are recruited from the district and nationally. Our club participates.
6. District Grant
   * Each year our club submits an application to fund a service project in the community. Our club gives $2500 which if approved is matched by the district. This initiative is led by the President of the club.
7. Local Projects
   * Each year our local projects committee selects 2-3 projects within the community that involve hands on labor and provision of supplies purchased by the club. These projects typically require 3-5 Saturdays to complete.

Committees

1. Beer and Wine Fest Committee
   * Description: This committee plans our club’s premier fundraiser for the year which occurs each September, and has subcommittees dedicated to each facet of preparations.
   * Meeting Frequency: Quarterly at a minimum but more often during the months prior to the event.
2. Communications Committee
   * Description: This committee develops and implements communications plans to promote activities and services of the club and Rotary International. Communication methods include social media, the club website, email, and the Club’s Service Above Self meetup group.
   * Meeting Frequency: Quarterly in person at a minimum
3. Local Projects Committee
   * Description: This committee evaluates proposals from the community for the completion of hands-on service activities and utilizes club funds approved by the club board to accomplish the projects.
   * Meeting Frequency: Typically, 2 projects are accomplished per year and often require multiple days of hands-on service. Prior to the service days members of the committee visit the site to assess the nature of the work and resources that will be needed.
4. Membership Committee
   * Description: This committee develops and implements a comprehensive plan for the recruitment and retention of members. Leadership of the committee is comprised of a Chair with co-chairs representing the AM and PM meeting venues. Activities include:
     + Developing new member and sponsor resources
     + Proposing and implementing board approved club membership models
     + Spearheading recruitment “mixer” events which introduce the public to our club
   * Meeting Frequency: Quarterly at a minimum with additional meetings as needed.
5. Nominating Committee
   * Description: This 3-person committee comprised of board members is appointed by the club president on an annual basis and prepares a proposed slate of directors annually to be presented to the club membership no later than November 30th. A representative of this committee serves as the recipient of additional nominations from the club membership and presents the slate to the board of directors for their vote at the December board meeting.
   * Meeting frequency: Annually in November.
6. Past Presidents Council
   * Description: This committee is comprised of all past presidents of the club and is chaired by the immediate past president. Activities include:
     + Developing and implementing an ongoing mentoring program for all new members of the club including:
       - Assigning a mentor to every new member
       - Developing a group club orientation session for new members
     + Spearheading or working in collaboration with other rotary clubs to complete a project focused on any of the five Rotary avenues of service.
     + Advising the Board of Directors on an as needed basis regarding club operational issues.
   * Meeting Frequency: On an as-needed basis.
7. Philanthropy Committee
   * Description: This committee is the first point of contact for the club for philanthropic funding requests. The committee considers and submits recommendations to the RCMN Board of Directors for approval based upon established guidelines. The board approves on an annual basis the amount of money allocated toward funding requests.
   * Meeting Frequency: Varies based on the number of requests but usually no more than 3-4 times per year. Reviews typically occur via email.
8. Rotary Foundation Committee
   * Description: This committee develops and implements plans to support the Rotary Foundation through financial contributions and program participation. Additional activities include recognizing individual members for levels of giving to Rotary International.
   * Meeting Frequency: On an as-needed basis.
9. Service at Your Seat Committee
   * Description: This committee plans service activities that can be accomplished during the course of a regularly scheduled rotary meeting.
   * Meeting Frequency: As needed based on the needs of the committee Chair
10. Social Events
    * Description: This committee plans and implements social activities for the club including the holiday party, summer picnic and charter night.
    * Meeting Frequency: As needed based on the time of year and the needs of the committee chair(s).
11. Speakers
    * Description: A key component of every rotary meeting is a presentation by a speaker. The current process is that there is a club member assigned to each month who is responsible for securing speakers for that month and acting as the host for the speaker. The speaker chairperson assures that there are members signed for each month and that the names/organizational affiliations are communicated to the club webmaster for posting on the website and on Facebook. Both the morning and evening venues have separate speaker chairs who fulfill this responsibility.