

# Rotary Club of Blacksburg The Bulletin

Rotary 

District 7570

Club 5753

This Week's Program:

Advance Care Planning

**April 6, 2023 | Maternal and Child Health Month**

Together, we see a world where people unite and take action to create lasting change – across the globe, in our communities, and in ourselves. – Rotary Mission Statement



## In this issue...

This Week	2
Rotary theme	3
Four-way test	4
Calendar	5
Melbourne and Henry	6

# Rotary Club of Blacksburg

(Club 5753)

## Join us for Lunch!

Meets every Thursday at Noon

Blacksburg Country Club

[www.rotary.org](http://www.rotary.org) | [www.rotary7570.org](http://www.rotary7570.org)



## Announcements

**Announcements: Discover Rotary, next Thursday, 11:30 p.m. Time to bring your guests to hear all about Rotary and why they should join us. Please let Paula know if you will be bringing a guest.**

## About this week's Program:

Nicole Thompson, RN Carilion Palliative Care

### What is Advance Care Planning?

Advance care planning refers to health care that a person might receive in their final months or weeks. Planning and decision-making for end-of-life care takes a lot of time and energy to complete. When we prepare for our own death in advance, we are able to relieve the decision-making burden from those we love and create the opportunity for a peace-filled end of life.

At Carilion Clinic, we recommend that you talk with your loved ones and health care providers now so that you can take the time to learn your options and make decisions that bring you peace of mind and make your passing as peaceful as possible for you and your loved ones.



# IMAGINE ROTARY

This week's bulletin is sponsored by:

**PLOTT & FRENCH**  
FINANCIAL ADVISORS



## April Monthly Theme

April is Maternal and Child Health Month. An estimated 5.9 million children under the age of five die each year because of malnutrition, inadequate health care, and poor sanitation — all of which can be prevented.

Rotary members expand access to quality care, so mothers and children everywhere can have the same opportunities for a healthy future. Members provide education, immunizations, birth kits, and mobile health clinics.

Women are taught how to prevent mother-to-infant HIV transmission, how to breast feed, and how to protect themselves and their children from disease.



**On the cover this week:** Paula and her 2 year old daughter, Brett, in 1989.

## Connect with us!



### E-Mail

blacksburgrotary@gmail.com



### Twitter

@RotaryBlacksbrg



### Instagram

BlacksburgRotary



### Facebook

facebook.com/RotaryBlacksburg



### Web

www.blacksburgrotary.org

## The Four-Way Test

Of the things we think, say, or do...

Is it the Truth?

Is it Fair to all concerned?

Will it build Goodwill and Better Friendships?

Will it be Beneficial to all concerned?

## Club Leadership

President: Phil Araman  
President-Elect: Tom Ryan  
President-Nominee: Eric Johnsen  
Secretary: Leslie Jester  
Treasurer: Fred Meyers

## Club Directors

Club: Tom Ryan  
Vocational: Eric Johnsen  
Local: Bruce Roulstone  
International: Chuck Burress  
Youth: Mary Biggs

## District and Global

RI President: Jennifer Jones  
District Governor: Kathy Kanter  
Area 9 Governor: Terri Fisher  
District Secretary: Nancy Whitlock  
District Treasurer: Jacob Higginbotham



# Four-Way Test



## FOUR-WAY TEST

FOUR QUESTIONS – 24 WORDS

### THE UNIQUE STEP-BY-STEP PROCESS

### PROCESS TO ACHIEVE DESIRED OUTCOMES THAT ARE ETHICAL, FAIR AND BENEFICIAL TO ALL

#### IS IT THE TRUTH?

- Clarity
- Transparency
- Fact checking
- Ethical behaviour

That we do our homework to collect information and to apply critical thinking by asking questions to know the difference between facts, beliefs, assumptions, and opinions as well as know what we don't know.

#### IS IT FAIR TO ALL CONCERNED?

- Inclusion
- Empathy
- Acceptance
- Belonging
- Accountability

That we use empathy to see other points-of-view in the context of the problems to be solved and the goals to be reached.

#### WILL IT BUILD GOODWILL AND BETTER FRIENDSHIPS?

- Trust
- Do good
- Feel good
- Have fun

That the process is civil, and there is a feeling of respect and openness to ask the "dumb" question, they can lead to creative and innovative answers. Also, people prefer to work with people they like, respect and trust.

#### WILL IT BE BENEFICIAL TO ALL CONCERNED?

- What if scenarios
- Trade-offs
- Being creative and innovative
- Better decision making

That these are the conflict transformative answers and decisions that can lead to mutually satisfying solutions, that are sustainable and scalable. This can be an iterative process as we learn more from doing and continuously improving with time.



# Calendar

April 2023						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Chris Turman	4 Satellite Club 5:30 PM	5	6 Noon Meeting	7	8
9	10	11	12 Leslie Jester	13 Noon Meeting	14 William Flattery	15
16	17	18 Satellite Club 5:30 PM	19	20 Noon Meeting MICAH'S backpack	21	22
23	24	25 Chris Belluzzo Emily Gibson Candi Kelly	26	27 Noon Meeting	28	29
30						

## Upcoming Programs and Events

- Apr 13 – Blacksburg Transit
- Apr 20 – Rotary Scholarships
- Apr 27 – Rotary Polio India Trip
- May 4 – Rotary Scholarships II
- May 11 – Radford Army Ammunition Plant
- June 19 – Paula’s installation as DG, BCC 5:30 p.m.

**Announcement:** Our club will pack backpacks for Micah’s on the 3<sup>rd</sup> Thursday of each month at 6:00 p.m. through the school year. St. Michaels Church, 2308 Merrimac Road, Blacksburg. Mark your calendars.

### Need a Make-Up?

**Blacksburg Satellite Club**  
Corp. Research Center – 1<sup>st</sup>/3<sup>rd</sup> Tues 5:30pm

**Montgomery County**  
Inn at Va. Tech – 1<sup>st</sup>/3<sup>rd</sup> Wednesday, 7:15 AM

**Christiansburg-Blacksburg**  
Blacksburg C.C. 2<sup>nd</sup>/4<sup>th</sup> Monday 5:30 PM

**Floyd**  
Floyd Country Store, Wednesday Noon

**Radford**  
Long Way Brewing, Wednesday Noon

**Salem**  
Salem Civic Center, Thursday Noon

**Pulaski**  
Pulaski CC of Thornsprings, Monday 12:15 PM

**Giles**  
Location varies; please call, Thursday Noon

A promotional poster for the Rotary 2023 Melbourne Australia event. The background is black with a large, stylized grey gear-like pattern on the left. The right side features several colorful circular icons, each containing a different scene: a beach path, a clock tower, a coastal cliff, a city skyline, and a large domed building. The text on the left reads: "IMAGINE WHAT'S NEXT MELBOURNE, AUSTRALIA 27-31 MAY 2023 #Rotary23". At the bottom left are the Rotary logo and the "MELBOURNE 2023" logo.

**IMAGINE  
WHAT'S  
NEXT**

MELBOURNE, AUSTRALIA  
27-31 MAY 2023  
#Rotary23

Rotary  |  MELBOURNE  
2023



**Henry French enjoying the tulips in Washington D.C.**