



San Antonio Northeast Rotary Club
Chartered May 19, 1987 - District 5840 - Club #24625
www.sanortheastrotary.com



the Nor'easter



Rotary
Club of San Antonio
Northeast

February 11, 2025

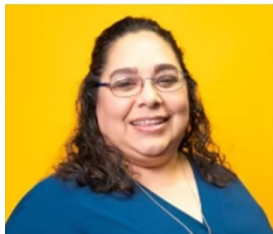
Salsalito Cantina Mexican Restaurant
14535 Nacogdoches Road, San Antonio, TX 78247
Social at 5:30 p.m. - Meeting from 6:00 p.m. - 7:00 p.m.



Rotary's Four Way Test of the things we think, say or do:

1.) Is it the TRUTH? 2.) Is it FAIR to all concerned? 3.) Will it build GOODWILL and BETTER FRIENDSHIPS? 4.) Will it be BENEFICIAL to all concerned?

Our speaker this evening is Kristine Gusman, Association Director of Counseling & Well-Being with the YMCA of Greater San Antonio. Kristine presentation tonight will focus on the importance of self-care in maintaining physical, mental, and emotional health. This presentation highlights simple yet effective practices for boosting fitness, managing stress, enhancing emotional well-being, and fostering positive relationships. It challenges the myths that self-care is not for men (women only) and encourages the adoption of habits that promote long-term health, resilience, and happiness. The goal is to empower individuals to take charge of their well-being and embrace self-care as an essential part of a fulfilling life.



Kristine is a LPC-Associate and has been with the YMCA of Greater San Antonio for over 25 years. In her time with the Y she held many different positions. In 2020, after COVID, it was placed on her heart to leave the Y and go back to school to pursue her degree in Counseling. Upon receiving her master's in counseling from Wayland University, and passing her licensing exam, Kristine knew that she wanted to continue serving underserved communities. She went back to the Y to start the Counseling & Well-Being Department at the YMCA of Greater San Antonio. The Y now offers counseling inside of eight YMCA locations providing free and low-cost counseling to youth to seniors.

Kristine is a former Active member of the San Antonio Northeast Rotary Club and is still an Honorary member of the club. She is happy to be able to visit with us this evening.

UPCOMING PROGRAMS

- February 18th** Past District Governor John Hutcherson Rotary Foundation and Estate Planning
- February 25th** Roxey Sowell, Why you should visit Ireland Program arranged by Preston McKinney
- March 4th** Alamo City Roller Derby, formerly Alamo City Roller Girls
Our meeting on March 4th will also be a **Mardi Gras Themed Celebration**

Birthdays & Anniversaries

Bob Barron's wife, Celeste will be celebrating her birthday tomorrow. Happy Birthday, Celeste.

On February 15th, Russell Sturgeon's wife, Ana, will be blowing out the candles on her birthday cake. Happy Birthday, Ana.



Starting last week, club members can bring non-perishable food items for the Madison Interact Club's Food Pantry to our first Rotary meeting of the month. Since this is a new project, we will be collecting food items at all of our February meetings. Our club does donate funds to the Madison Interact Club's Food Pantry once a year, but we wanted to open it up for club members to individually donate non-perishable food items if they wish. If this is something that you would like to participate in, please bring your items to our meeting this evening.



Suggested items to bring include:



Canned Meats/Proteins - chicken, ham, tuna, beans, peanut butter, and almond butter.



Dried/Canned Fruits and Vegetables - raisins, beans, applesauce, oranges, corn, green beans, and peas,



Snack Sized - breakfast bars, crackers, jerky, fruit snacks, and Pop-Tarts,



Ready to Eat/Just Add Water - pasta/sauce, rice (flavored or regular), mac-n-cheese cups, ramen, soup, stew, boxed meals, microwaveable meals (not frozen), and Chef Boyardee.



Paper Goods - toilet paper, paper towels, napkins, tissues, paper plates, plasticware, and paper cups.



Club with the food donations made by our club members so far. Mrs. Downen and the club officers were very grateful.



Continuing with Madison High School events, Mrs. Downen would like to invite all club members to attend the 13th Annual March Mav Madness Olympians vs Faculty game, on Friday, March 21, 2025 from 5:00pm - 6:00pm in the DEMAC. If you schedule allows, please come out and show your support for the members of the Madison Special Education department.



At the start of tonight our Happy Bucks pot is up to \$45. That means if your ticket is drawn tonight and you pull the Joker out of the deck, you will leave with at least \$22.50.



Our speakers last week were the Sturgeon Family. Club president Russell, his wife Ana, and their daughter Maria aka our Rotary club's vice-president shared photos of their travel to England, Belgium, and The Netherlands. Needless to say they had a great time.



WANTED

"LET'S GO WESTERN NIGHT"

Benefits
Congregate Meal Program, Seniors and their Guests

Hosted by
The Greater Randolph Area Services Program, Inc.
GRASP COMMUNITY CENTER
250 Donalan Drive
Converse, Texas 78109

SPONSORED AND PRESENTED BY:
Randolph Metrocom Rotary Club
Northeast San Antonio Rotary Club

Thursday March 6, 2025
6p.m. to 9:30p.m.

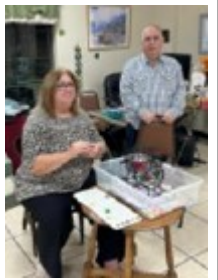
Dinner catered by Bluebonnet Palace
Dancing, Games, Bingo, and More Activities
Music by Carlos Barrera

(Western Attire Preferred)
RSVP 210-658-6351

\$15 per plate

Time to volunteer partner

Our fellow Rotarian Jay Higginson with the Randolph Metrocom Rotary Club paid us a visit last week to let us know that the 15th Annual GRASP Western Night will be taking place on **Thursday, March 6th**. As in years past, we will be volunteering with our fellow Rotarians in the Randolph Metrocom Rotary Club. As volunteers, will be serving dinner to the seniors in attendance, clean-up the kitchen and tables after dinner, and assisting with the bingo game and distribution of prizes. The event will be held at the GRASP Community Center located at 250 Donalan. Converse, TX 78109. A sign-up sheet will be passed around this evening for those club members that would like to volunteer.



Rotary's response to the U.S.'s plan to withdraw from the WHO, USAID funding freeze by Rotary International

Rotary notes the recent announcement that the United States intends to withdraw from the World Health Organization (WHO), a partner in the Global Polio Eradication Initiative (GPEI). We remain resolute in our mission to eradicate polio. As a founding partner of the GPEI, Rotary has for decades worked closely with all the GPEI partners, the U.S. government, and other governments to end polio worldwide. This effort has reduced the number of children paralyzed by polio by 99.9% since 1988. The global effort to eradicate polio has innovated many times over the years to come close to protecting every last child.

Although this decision creates new challenges, Rotary remains dedicated to ensuring that every child is protected from this preventable disease. We are confident that the GPEI will continue to adapt, to innovate, and to implement effective strategies to keep polio vaccines available for every child in the United States and around the world, especially those in the most challenging and remote regions. The most important decisions leading to a polio-free world are made every day by parents who present their children for vaccination.

We remain committed to working with all GPEI partners to fulfill the promise of a polio-free world. Together, we have ended smallpox, and together, we can ensure that polio becomes the second human disease to be eradicated from the planet.

Rotary, USAID projects

Rotary has collaborated with the United States Agency for International Development (USAID) since 2009 on different types of programs. Our current programmatic efforts and communications with USAID personnel and leadership are on hold due to the stop-work order issued by USAID. Rotary International has already notified members whose projects are directly impacted by this order and is working to continue to support them in their impactful work.

We are navigating the implications of the recent stop-work order issued for Hearts of Europe projects that are part of a partnership with USAID. All projects that are currently in an implementation phase have been notified and given information about what actions need to be taken while the stop-work order is in effect. We are working directly with those projects that are not yet being implemented to determine alternative funding for their important work.



Rotary International's 120th anniversary will be on Sunday, February 23, 2025. The celebration will honor the organization's founders and the Rotarians who have served over the years. Paul Harris, a Chicago attorney, founded the Rotary Club of Chicago on February 23, 1905. Rotary's mission is to promote integrity, provide service to others, and advance goodwill, peace, and world understanding. Rotary is one of the world's largest service organizations. Rotary's values include fellowship, service, and integrity. Rotary's work includes community service, vaccinating children, and promoting goodwill.

*Valentine's Day is this
Friday, February 14th*

*Don't forget that
special someone*

EMBASSY SUITES
SAN MARCOS, TX

Rotary
District 5840
South Central Texas

CELEBRATION OF
DISTRICTS
MAY 2-4, 2025

SPEAKEASY
CASINO NIGHT

Rotary
District 5870
Central Texas

Celebration of Districts for Rotary District 5840 South Central Texas and Rotary District 5870 Central Texas at the Embassy Suites, 1001 E McCarty Ln, San Marcos, TX 78666. May 2-4, 2025. We will be celebrating friendship and community as Rotary Districts 5840 and 5870 come together for a special

occasion. This event is dedicated to fostering camaraderie among Rotarians and friends, emphasizing the values of service and fellowship that define our Rotary spirit. The cost is \$175/per person

There will be a Casino Night. Come out and roll the dice and try your luck. Enjoy a variety of classic games such as blackjack, roulette, and poker, all in a friendly and spirited atmosphere. Theme is speakeasy/roaring twenties.

What would a Rotary Conference be without Fellowship. Connect with fellow Rotarians and guests from both districts as we celebrate the bonds that unite us in service and friendship. There will be live music, dancing, and entertainment throughout the evening, creating moments of joy and celebration.

Go to <https://rotary5840.org/events/celebration-of-districts/> to register for the fun.

Join us as we come together to celebrate the spirit of Rotary and the power of friendship. See you there!