



Rotary Club of West Chester Quarterly Outreach - Winter 2025

Recent Club Events



Rotary Club Rings in the Season with Service and Sparkle

The West Chester Rotary Club is making spirits bright this holiday season with projects that blend cheer, service, and deep community pride.

We begin with the beloved Stockings for Soldiers initiative. Thanks to generous donations of nonperishable snacks, personal items, and beautifully hand-sewn stockings,

volunteers gather to sort and pack gifts destined for deployed U.S. military personnel. Each stocking serves as a

Upcoming Club Events



UPCOMING CLUB EVENTS

The holiday season was, as usual, a busy time with members participating in preparing an eye-catching float, and marching in the West Chester Christmas parade in the borough. Members also rang bells for the Salvation Army as we have done for more years than we can remember at Shop Rite and the Amish Market, always a popular location which attracts members to shop at the market after bell ringing.

Looking ahead, the club's new Mental Health Committee will hold a First Aid Training in two evening sessions. The sessions will cover recognition, understanding and response to signs of mental health issues.

The first two Thursdays in January will find us meeting at the West Chester Senior

heartfelt reminder that our armed forces are honored not only during the holidays, but every single day.

Across town, the Chester County History Center is glowing with its annual Season of Lights. Among more than 30 shimmering trees stands our dazzling Rotary Around the World tree, proudly decorated with banners collected from Rotary clubs across the globe—a brilliant testament to international fellowship.

Our legendary Chili Cook-Off also remains close to our hearts. While we no longer run the event, we enthusiastically support Fiorenzo's Food for Friends as they keep the spicy tradition alive. Memories of 10,000 attendees, costumed teams, bustling vendors, and the iconic Pepper Drop still warm us like a perfect bowl of chili.

Adding adventure, Chester County Rotarians rappelled down a 30-story Philadelphia skyscraper to raise funds for the Outward Bound School. Our own Charles Streitwieser, his son Charlie, and Michael Karwic proved that service sometimes means stepping off the edge—literally.

From stockings to skyscrapers, chili pots to twinkling trees, the West Chester Rotary Club is celebrating the season with joy, purpose, and plenty of sparkle.

Written by Rita Brouwer-Ancher

Center, while the country club does its annual cleaning.

A special dinner and entertainment night will be held at 9Prime, as members gather for a prix fix dinner and “True Crime Trial,” mystery event put on by the Chester County History Center.

To top off the month, we will gather at the home of Mickey and Bob Hall for our annual holiday party. Neat that we will gather *after* the December holidays which get so very busy!

Join us for new adventures and fun!

Written by Cathy Palmquist





Club Member Personality

Meet Steve Brown — “Mr. Rotary”

Steve Brown grew up in Mechanicsburg, Pennsylvania, the only one of four siblings to pursue college. He graduated from Thiel College and later earned a Master’s in Healthcare Administration from Penn State. A 1973 summer job at a rehabilitation hospital shaped his future: he met his wife, Mary, and was inspired by a patient whose perseverance sparked his path toward healthcare leadership.

After completing his master’s degree, Steve launched a 41-year career at Penn State Hershey Medical Center, forming lifelong mentorships. He later held key leadership roles at a major teaching hospital in Akron, Ohio, and then served 18 years as a CEO in what is now the Inova Health System in northern Virginia. After 9/11—when Fairfax Hospital received patients from the Pentagon—Steve accepted the CEO role at Evergreen Health in Kirkland, Washington, where he served eight years and became Rotary Club President in 2006.

In 2009, he became President and CEO of Mount Nittany Health in State College, retiring in 2016. He soon joined the Rotary Club of West Chester, later

serving on the Board and as Club President.

Steve’s Rotary journey began in 1986. A Rotarian for 39 years, he has led, mentored, and embodied “Service Above Self” ever since. For Steve, serving others isn’t a choice—it’s who he is.



A Bit of Club History

The History of Our Communications Committee

The Rotary Club of West Chester’s Communications Committee was born in late 2020, when incoming President Steve Brown asked longtime member John Schwab to lead a new strategic effort. Guided by the Board’s Strategic Plan, the goal was clear: strengthen the way the club communicates its mission, activities, and impact to the wider community. Rotary was doing important work—now it needed a unified voice to help others see it.

The committee launched with a forward-thinking vision: *Our community knows Rotary because our good work permeates the community.* Rather than focusing on membership growth, the Communications Committee aimed to raise awareness, highlight service, and support fundraising by telling Rotary’s story with clarity and purpose.

The charter outlined ambitious strategies for 2021–2022, including developing a comprehensive Marketing and PR Plan and coordinating all messaging under one umbrella. Objectives centered on continually evaluating outreach efforts, expanding Rotary’s visibility, and consolidating marketing, PR, and storytelling into a single, effective team.

The original members laid the foundation for today’s Communications Committee:

- **John Schwab**, Chair
- **Cathy Palmquist**, Print Materials
- **Judi Bell**, Website Design
- **Mark Sammarone**, Website Posting
- **Danielle Mortimer** and **Ebbie Alfree**, Social Media
- **Arlene Adams**, Strategic Direction

Their founding work lives on today.



Cocktail of the Quarter by Howard Sundwall

“Cheers”

My wife and I were recently in Peru and we got to sample (on several occasions) the national cocktail of that country, namely the Pisco Sour. The foundation of the drink is Pisco, a grape brandy produced in the wine regions of Peru and Chile. Like all sours, it contains an acidic element – in this case either lemon or lime juice, which should be freshly squeezed – balanced against a sweetener, usually simple syrup in a 1:1 ratio of sugar to water. To this is added a portion of egg whites. In Peru, we saw the bartenders’ cracking eggs and separating the white to put in the drink; when I make this at home, I always use supermarket egg whites which are available in container

form and have been pasteurized: better safe than salmonella. The Pisco Sour is shaken twice, once without the ice, which is called a “dry shake,” then a second time with the ice added. This will produce a nice foam when poured into a cocktail or sour glass. Two or three drops of aromatic bitters are then dropped on top to produce a drink that appeals to the eye as well as the palate. Enjoy this one before or during



Non Profit of the Quarter

La Comunidad Hispana

La Comunidad Hispana (LCH) believes in person-centered, integrated, quality and affordable health care for all. LCH was founded in 1973 by residents of Kennett Square, clergy, and supporters to serve the needs of primarily the Latino population drawn to the area by jobs in the mushroom industry. Vulnerable families needed a place to go for help, to ask questions, and seek resources. At LCH patients can communicate safely, conveniently and confidentially.

This bilingual social services agency, headquartered in Kennett Square is a Federally Qualified Community Health Center associated with the PA Association of Community Health Centers. They also have sites in

Oxford and West Grove.

LCH’s mission is to improve patient health and wellbeing through innovative delivery of high quality, whole person care. Their services include primary care, pediatrics, a dental center, Women’s Health Center and Center for Behavioral Health. Over 41% of their patients live in poverty.

Their vision is a community in which all people have access to the health care

a meal of fresh seafood, another staple of the cuisine of Peru.

Pisco Sour

2.5 oz Pisco

1 oz lemon (or lime) juice

1 oz egg white

1/2 oz simple syrup

Dry shake 8-10 seconds (no ice)

Add ice and shake again

Strain and pour

Top with 2-3 drops of Angostura Bitters

Can also be served in a rocks glass over ice cubes

they need, and the knowledge, motivation and resources to adopt and maintain healthy lifestyles. Records show LCH has recently served over 7,000 patients: 1,100, ages 0-17; over 6,000, ages 18-64; 600+, over age 65.

Written by Cathy Palmquist



**The West Chester Rotary Club
meets weekly on Thursday @noon
at the West Chester Country Club.
Visitors are always welcome.
Join us for lunch and see what we're all about!**

[Visit our Website](#)

The following members of the Rotary Club of West Chester contributed to this newsletter: Cathy Palmquist, Anne Driscoll, Bill Friedmann, Howard Sundwall, Rita Brouwer-Ancher, and Jeff Cantwell



SERVICE ABOVE SELF

The Object of Rotary

The Object of Rotary is to encourage and foster the ideal of service as a basis of worthy enterprise and, in particular, to encourage and foster:

First: The development of acquaintance as an opportunity for service;

Second: High ethical standards in business and professions, the recognition of the worthiness of all useful occupations, and the dignifying of each Rotarian's

occupation as an opportunity to serve society;

Third: The application of the ideal of service in each Rotarian's personal, business, and community life;

Fourth: The advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service.

The 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 I build **goodwill** and better friendships?
4. Will it be **beneficial** to all concerned?

Rotarian Code of Conduct

As a Rotarian, I will

1. Act with integrity and high ethical standards in my personal and professional life
2. Deal fairly with others and treat them and their occupations with respect
3. Use my professional skills through Rotary to: mentor young people, help those with special needs, and improve people's quality of life in my community and in the world
4. Avoid behaviors that reflects adversely on Rotary or other Rotarians
5. Help maintain a harassment-free environment in Rotary meetings, events and activities, report any suspected harassment, and help ensure non-retaliation to those individuals that report harassment.

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