



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

**UNITE
FOR
GOOD**



the Nor'easter



Rotary
Club of San Antonio
Northeast



June 9, 2026

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 Hannah Wood, M.S., CNS, LDN. Hannah will be speaking to us about Gut and Mental Health Nutrition. Hannah is a Clinical Nutrition Specialist based in Texas with a Master's degree in Functional and Biochemical Nutrition from the University of Texas at Austin. Her work blends biochemical understanding with functional, real-world nutrition care, using evidence-based strategies to support highly individualized, sustainable change. She is known for creating a collaborative, down-to-earth space where clients feel supported without judgment, and where progress is allowed to be imperfect, nonlinear, and very human. Her clinical style is practical and flexible, with an emphasis on meeting people where they are and helping them build routines that actually fit into real life, not idealized versions of it. She has a particular appreciation for neurodiversity and the different ways people experience food, structure, and motivation, and she brings a lot of patience and curiosity into that process.



Outside of sessions, Hannah has a playful side to how she thinks about behavior change and is often inspired by her love of board games, video games, and sports, finding ways to make everyday routines feel more engaging rather than overwhelming. She also values humor, warmth, and honesty in the therapeutic process, and believes that feeling safe and understood is just as important as any nutrition strategy.

UPCOMING PROGRAMS

June 16th Speaker from Natural Bridge Caverns
June 23rd Joshua Mair, San Antonio Toros, Continental Football League
June 30th Karon Cuellar and Veronica Caldron, Arms of Hope

SPECIAL MEETING AND LOCATION

District Governor Elect Bobby Martinez will be making his official visit to the San Antonio Northeast Rotary Club on **Tuesday, July 7, 2026**. 2026-2027 club officers will also be installed at this time. This special meeting will take place at **EI Chaparral Mexican Restaurant** in the Redland Trails Shopping Center located at 2838 N Loop 1604 E, San Antonio, TX 78232.



At the start of tonight our Happy Bucks pot is up to \$655. That means if your ticket is drawn tonight and you pull the joker out of the deck, you will leave with at least \$327.50.

Birthdays & Anniversaries

Becky Goering will be celebrating her 3rd Rotary Anniversary of her second stint of being a member of our club on June 14th. Becky originally joined our Rotary club in October 2011 before moving to Austin.

Preston McKinney will be celebrating his 27th Rotary Anniversary with our Rotary club on June 16th. Preston was a member in other Rotary clubs in Florida and Colorado and has been a Rotarian since 1978. Happy Anniversary, Preston.

Thomas Brainard will be celebrating his 2nd Rotary Anniversary on June 18th. Happy Anniversary, Thomas.

Flag Day is a holiday celebrated on June 14th in the United States. It commemorates the adoption of the flag of the United States on June 14, 1777, by resolution of the Second Continental Congress.



Many Rotary clubs participate in a "Flag Lease" fundraising program where Rotarians place an American flag in the subscriber's yard before major patriotic holidays, such as Memorial Day, Independence Day, Veterans Day, President's Day, Labor Day, and Flag Day, and pick it up afterwards. Proceeds generally go directly to local charities and community projects.



Rotary Fellowships are independent, international groups of Rotary members and friends who share a common passion or profession. While Rotary International does not publish exact member counts for every single group, one of the largest and most widely recognized Rotary Fellowships by membership is the International Travel and Hosting Fellowship (ITHF). This fellowships with over 1,000 members worldwide, connects globe-trotting Rotarians for meetups, cultural exchanges, and homestays.



International Travel and Hosting Fellowship



The mission of ITHF is to stimulate and facilitate connections and cultural sharing

throughout the Rotary world by contact, hosting, visiting, and travel. As a member of the International Travel and Hosting Fellowship, members are part of a vibrant global community of Rotarians who love to travel - and connect. Whether you're planning a personal getaway, a business trip, or heading to a Rotary International Convention, the ITHF offers unique opportunities to make your travel more meaningful.

While ITHF members often enjoy welcoming visitors, the fellowship is not a bed-and-breakfast service or a home hotel network. Hosting is entirely voluntary—but the connections you make can last a lifetime.

Looking for a fully guided experience with fellow ITHF members? Join one of our enriching tours, designed to align with Rotary International Conventions and other special events. Led by experienced and dedicated Rotarian hosts, these tours offer:

- Thoughtfully planned itineraries
- High-quality experiences at the lowest cost possible
- Travel alongside ITHF members and their companions only
- These tours are a perfect way to explore the world while building friendships that span continents.

Being a part of ITHF means more than just seeing new places - it's about building bridges, sharing stories, and creating lifelong friendships. Whether you're hosting, visiting, or joining a tour, every ITHF connection enriches your global Rotary journey.

For more information about the International Travel and Hosting Fellowship, please check out their website at: ithf.org

The International Travel and Hosting Fellowship along with many other Rotary fellowships will be present at the Rotary International



**TAIPEI
2026**

Convention taking place from June 13-17, 2026 in Taipei, Taiwan. More than 30,000 Rotarians and participants from over 120 countries are scheduled to attend. Taipei has hosted the Rotary International Convention before back in 1994. Taipei was selected as the site of the 2021 Rotary International convention, but the event was cancelled because of the COBID pandemic. The main events and ceremonies will be hosted at the Farglory Dome (Taipei Dome) and the Taipei Nangang Exhibition Center (TaiNEX). Nobel Peace laureate Malala Yousafzai is scheduled to speak at this year's event.

RECAP FROM LAST WEEK

We had a good turnout for our meeting last week. Club President Trina Forcey reminded everyone to make a contribution to Petunia the Purple Pig, our club's Rotary Foundation mascot. All funds deposited with Petunia will be sent to The Rotary Foundation. Because we did not have the deck of cards with us the week before last, we had two drawings for our weekly raffle last week. First Becky Goering drew because her ticket was drawn May 26th, and then Elizabeth Monsivais' ticket was drawn last week. Unfortunately, neither lady drew the joker, so our happy bucks pot continues to grow. We were pleased to welcome Eric Anderson as our guest speaker last week. Eric gave us a very inspiring presentation on "Respect and Trust". Eric's mission statement is "To Bring out the Best in You". Eric was joined by Becky Smith, and Dr. Tessy Kadavil. After his presentation, Trina presented a speaker's certificate of appreciation and an edition of the *Rotary* magazine to Eric. Eric said that he would love the opportunity to speak to other Rotary clubs. Thanks go out to Cathy Criado for arranging for Eric to speak to our club.



Members in the 16 World Cup host cities in North America plan events to showcase Rotary and foster international understanding

By Arnold R. Grahl

Wing-Kai To grew up watching international soccer and idolizing its stars. As a child in Hong Kong, he followed players like Pelé, Franz Beckenbauer, Johan Cruyff, and Diego Maradona.

Now living in the United States, To is a member of the Rotary Club of The Bridgewater, Massachusetts, USA, and no less enthusiastic about international soccer. He hopes he'll be selected as one of hundreds of volunteers when the 2026 FIFA World Cup comes to Gillette Stadium near Boston.

"I will be excited to take on one of the two dozen roles supporting the tournament," says To, a professor of history at Bridgewater State University. "I have already secured tickets to the match between Scotland and Morocco and am getting ready to cheer for both teams."



The World Cup, the most-watched sporting event in the world, will be hosted by three countries for the first time. An expanded field of 48 teams will play from 11 June to 19 July in the metro areas of 16 cities in Canada, Mexico, and the United States. In Canada, those areas are Toronto and Vancouver. In Mexico, they are Guadalajara, Mexico City, and Monterrey. And in the U.S., they are Atlanta, Boston, Dallas, Houston, Kansas City, Los Angeles, Miami, New York/New Jersey, Philadelphia, San Francisco, and Seattle.

The games provide a unique opportunity for Rotary clubs to offer hospitality and promote Rotary's work on the global stage.

Larry Lunsford, Rotary International's president-nominee, began connecting Rotary leaders across host cities in late 2025 in an effort to promote Rotary-led events before and during the tournament. Since then, a host city leadership committee made up largely of past district governors has been meeting to ensure that Rotary has a strong, coordinated presence in every World Cup host city.

Offering hospitality

Lunsford is encouraging districts to use Rotary Friendship Exchanges to connect Rotary soccer fans from around the world with local members willing to host them.

"It's the top of the mountain of the way Rotary districts in the World Cup cities can engage with this exciting event," says Lunsford, a member of the Rotary Club of Kansas City-Plaza, Missouri, USA. "I am proud of what we have going on in Kansas City, and I am hopeful that districts in each of the areas will get involved."

Rotary Friendship Exchanges support Rotary's peacebuilding efforts through in-person and virtual visits. The exchanges offer Rotary members and their family and friends the opportunity to visit and host one another in their homes and clubs. Rotary Friendship Exchange chairs in each district decide on the details. (Download a quick guide to Friendship Exchange.)

Ben Martin, the Rotary Friendship Exchange chair for District 6040, which includes part of the Kansas City metro area, began contacting his counterparts in Argentina, Austria, Algeria, Curacao, Ecuador, the Netherlands, and Tunisia — countries whose teams will either play in the Kansas City area or have set up training facilities nearby. So far, 20 members from two districts in Argentina plan to participate in exchanges. The district has found about two dozen members willing to host them.

Not every district has a Friendship Exchange chair, but clubs have other ways of showing hospitality to visiting members. Local and visiting members can join community-led viewing parties and attend the many World Cup-related events together.

"It's going to be fascinating for us. Argentina is the defending World Cup champion," said Stephanie Meyer, a member of the host city leadership committee and a past governor of District 5710, which includes part of the Kansas City metro area. "We're expecting a lot of excitement around the game."

Promoting peace

Some members are working with community leaders to erect peace poles before or during the World Cup. The city government of Atlanta has agreed to install a pole there, with state and city officials in attendance. Rotarians in all three World Cup venues in Mexico are also planning peace pole ceremonies. In District 7950 (Rhode Island and Massachusetts, USA), Rotarians have formed a peace and World Cup committee to organize events in conjunction with the seven matches being held near Boston.

Fighting human trafficking

Large sporting events like the World Cup can lead to increased incidents of human trafficking. Ending this practice has been the focus of groups like the Rotary Action Group Against Slavery.

With help from the action group, the Rotary Club of Roswell, Georgia, USA, near Atlanta, is training local law enforcement officers and service providers to recognize the signs of trafficking and assist people who may be trafficked. A candlelight vigil is planned in a major Atlanta park, and volunteers from the shipping company UPS will join Rotary members and other participants in packing 50,000 bags of essential supplies for people who have been trafficked.

In Seattle, Rotarians are partnering with Businesses Ending Slavery & Trafficking to provide specialized training and support to companies located near matches and other events around the state. In Mexico, members in Guadalajara, Mexico City, and Monterrey are collaborating with the Rotary Action Group Against Slavery to train service providers and prevent trafficking.

"Human trafficking is just one component of our World Cup planning," says Dave McCleary, global chair for the action group and past president of the Rotary Club of Roswell. "We see the World Cup as a real opportunity to showcase Rotary, whether it's having an event, having a peace pole installation, or helping protect vulnerable individuals from trafficking."



Wing-Kai To, a member of the Rotary Club of Bridgewater, Massachusetts, USA, holds a soccer ball after trying out to be a volunteer for the 2026 FIFA World Cup games near Boston.