# District 7170 Newsletter





www.rotarydistrict7170.org | www.rotary.org

Rocky Martinez – District Governor 2022-2023 Rotary Club of Johnson City, USA

**Jennifer E. Jones** – Rotary International President 2022-2023 Rotary Club of Windsor-Roseland, Ontario, Canada

**Water and Sanitation April 2023** 

# Governor's Message



In this issue...

Dear Fellow Rotarians,

Spring is in the air, and we are all getting excited to spend more time out of our homes. My year as your governor has been special in so many ways. In July, I shared exciting news of the birth of my first granddaughter, Lily.

Well guess what? I now have my first grandson. Dean Richard Burdick joined our family on March 7th and he is perfect in every way. JoAnne and I couldn't be more proud of him. Mom and Dad are doing great and learn-

ing what it is like to be parents but let me tell you the best role to play is Grandpa, and I'm making the most of this role.

This month we celebrate the newest area of focus: the Environment. Rotarians around the world share an interest in protecting our common legacy: the environment. We are committed to supporting activities that strengthen the conservation and protection of natural resources, advance

ecological sustainability, and foster harmony between communities and the environment. Rotary members are tackling environmental issues the way they always do: coming up with projects, using their connections to change policy

and planning for the future.

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I would like to encourage each of you to do something small or big in your community. Several clubs have well established events to celebrate April 22nd, as Earth Day. Some clubs in our District are planning a highway trash pick-up day. Some of our clubs have adopt-a-highway projects where this happens multiple times

throughout the year. A special thank you to the Franklin Rotary club for looking for ways to increase the public image of Rotary at the club and district level. They have involved more community members this year in order to increase their area of impact. We should all be proud of the difference we make in our communities. Thank you for all that you do.

Here are just a reminder of upcoming events:

- Global Grants Seminar April 1st, Zoom Global Grants Seminar | Rotary District 7170
- Chat with the DG Track April 5th Zoom Chat with the DG Track - April 5th - Zoom | Rotary District
- Our Joint District Conference Registration is May 5-7 https://rotary7150.org/page/conference-2023

- Rotary Paddle Event June 3, 2023
   Rotary Paddle Event | Rotary District 7170
- 2023 Pass the Gavel Dinner Ceremony June 15, 2023
   2023 Pass the Gavel Dinner Ceremony | Rotary District 7170
- Rotary Service Club Night at the Rumble Ponies June 16, 2023 Rotary Service Club Night at the Rumble Ponies | Rotary District 7170

Your District Governor Rocky Martinez Rediscover Rotary

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# Worldwide News

#### **Climate Action Notes**

Reduce ... Reduce

**Learn more:** What would you say if I could give you a *guaranteed* way to save money, improve your health, *and* reduce your carbon footprint with little effort? Yes, all three can be accomplished by reducing the amount of beef and dairy you consume.

This month's brief topic: Reduce beef & dairy for a better world

The costs of livestock.

#### Environmental

**Methane emissions:** Ruminant livestock account for between 7% and 18% of global methane emissions from human-related activities.

Land use: Pastures and cropland, required for livestock, account for about 77% of global farming land. Land that could be used for crops to feed people directly. Land that is damaged and made fragile by grazing.

Water: Raising beef and dairy uses significantly more water per pound than pork or chicken. One can go down endless rabbit holes arguing amounts and definitions BUT regardless beef ALWAYS take more!

**Health**: Beef per say isn't bad for you. Large amounts can cause issues.

- ♥ "If you eat red meat, limit consumption to no more than about three portions per week. Three portions is equivalent to about 350–500g (about 12–18oz) cooked weight. Consume very little, if any, processed meat." \*World Cancer Research
- ♥ "Red and processed meats *do increase health risks...*Dr. Hu says that an accumulated body of evidence shows a clear link between high intake of red and processed meats and a higher risk for heart disease, cancer, diabetes, and premature death. "The evidence is consistent across different studies," Harvard School of Public Health

**Financial:** This is a tough one as prices change with time and source, but beef is general around twice pork and 3.5 x chicken.

**Take Action:** It is pretty simple, eat less beef and dairy...for protein go with fish, pork, chicken. Regarding dairy, there are many plant-based products you can try instead of milk.

- Evan Kurtz

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#### **District News**

#### A Thank You from D3330

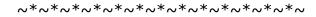
District 3330 in Thailand recently sent a "thank you" to Trumansburg Rotary Club and our District 7170 for their financial support which is providing mechanical CPR machines for two of their hospitals.





On March 1<sup>st</sup>, they trained more than 100 people, including nurses and rescue teams, to work the machines. The Rotary Club of Thavaravadi and their community are grateful for our support, which will save many lives.

- Lana Rouff



#### **Club News**

#### Ithaca/Ithaca Sunrise Rotary

#### **Spring Highway Cleanup!**

**Date:** Saturday, April 22nd **Time:** 9:00 AM - 11:00 AM

Meet: Tops Market, 2300 N. Triphammer Rd, Lansing; look for the people with hard hats and vests!

**Provided:** Personal safety equipment (vests, hard hats, gloves) and supplies for trash pickup

Volunteers should bring: sturdy shoes & water bottle; Volunteers may bring their own large bags (e.g., dog food, garden soil), in place of the highway bags, if desired

Registration and questions: Mary-Lynn Cummings, mlcummings101@gmail.com, 607-227-5790

**Note:** There are several roles for volunteers who may not want to be involved in direct trash pickup, such as driving the support vehicle, and monitoring supplies and equipment at the gathering point. Please contact Mary-Lynn if you are interested in one of these roles.

- Mary-Lynn Cummings



# **Johnson City Rotary**

The JC Rotary Club and the JC Your Home Library are hosting a free document shredding day on Saturday, April 29th in the JC Your Home Library parking lot, 107 Main Street, JC, from 9am-11am. Attached is a half-page poster at the end of this newsletter for this event.

- Sue Paredez

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#### **Nimmonsburg Rotary**

Hello, District 7170 Rotarians. When you look [at the half-page poster at the end of this newsletter], you'll find that Chenango Forks High Students presented a Cultural Hour and Coffeehouse on March 9th, an evening program. Although this was not identified as an CFHS Interact Project, Interact Advisor Jason Motell and several Interact members worked on this project for over a month. It's a good example of what members of Interact and Rotary Clubs do to advance international understanding.



- Russ Sanaeko



#### **Oneonta Rotary**

Oneonta Rotary's busy winter schedule continues with a service project, new members and two fundraising events.

Oneonta Rotary marked Valentine's Day by delivering personalized Valentine cards to residents of A.O. Fox Nursing Home and Chestnut Park Nursing and Rehabilitation Center along with personalized thank you cards to staff at both places. Rotarians, friends, and family completed over 400 personalized cards. Meghan Sheehy chaired the project and Cesily Secoolish organized the volunteers.

Now in its third year, the card project started in 2021 during COVID as a way of reaching out to community members who were in quarantine and to say thank you to staff who went above and beyond again, again and again to care for some of our most vulnerable citizens.



Oneonta Rotary was pleased to welcome three new members to the club -- Dr. Darren Reisberg, President of Hartwick College, Dr. John Dudek, Professor of Chemistry, also from Hartwick College and Kathy Varada, RN.

The First Annual Oneonta Rotary Club Wine Tasting Fundraiser was a big success! Held on February 11 at Social Eats Café-Project 607, the club raised over \$800 to support the work of Rotary. Guests enjoyed a five-course wine tasting with amuse bouche. Featured wines came from Youth Exchange countries and Wyatt Ambrose provided music.

The event was the brainchild of fundraising chair, Meghan Sheehy, who wanted to replicate similar events that she attended when studying at the University of Southern Mississippi. Meghan and Cindy Struckle organized what is sure to become a highly anticipated annual event. In addition, the club also held a successful Dine and Dash fundraiser at Panera Bread on March 10<sup>th</sup>.

Finally, it is with great sadness that we announce the passing of Oneonta Rotarian William Davis, father to Oneonta Rotarian Scott Davis. Bill was a celebrated community leader and past president and 50 plus year member of the Oneonta Rotary Club. It is hard to imagine the club without him. Please read about Bill's extraordinary life at <a href="https://www.dignitymemorial.com/obituaries/oneonta-ny/william-davis-11169359">https://www.dignitymemorial.com/obituaries/oneonta-ny/william-davis-11169359</a>

- Lynne Sessions



#### **Sydney Rotary**

The Sidney Rotary Club presented a Community Service Award to Andy Matviak, Mayor of Sidney, at its club meeting held on March 10. The plaque was presented by Club President Dennis Porter with the inscription "...whose dedication to others exemplifies the Rotary motto "Service Above Self" for years of dedicated service to various community organizations."

Andy was present at the Club's meeting as guest speaker. He has devoted 40 years to the community, leading many organizations over the years. He has served for 24 years in government with the last 12 years as Mayor. Matviak spoke of his work during the two floods



in Sidney and securing Amphenol Corporation to stay and finding a new site to build. The three major issues are the Water improvement project, a new wastewater treatment facility, and the green project to start in mid-June. Grants have been received which will cover most of projects with some bonding also in place.

- Norman Ritchey

Leagues may be winding down, but we've still got a few great tournaments on the docket, including the Rotary Club of Sidney No-Tap Tournament which will be held at 2:30pm on Sunday, April 16<sup>th</sup>. Get your entry in today to help support Sydney Rotary!



(See the end of this newsletter for the entry form.)

- Anna Ritchey

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### **Trumansburg Rotary**

Peggy Haine and the Lowdown Alligator Jass Band benefit concert . . .

... is SOLD OUT, I am pleased to say, but I am also very sorry if you did not get your ticket and were waiting for more details from me. The Trumansburg Conservatory of Fine Arts only seats about 300 and, a few days after the March district newsletter came out, tickets went on sale.



Peggy's performance will be quite the event with ten of the musicians who played in the band over the years making appearances. Peggy has been tuning her voice and arranging for new costumes—she was known for her feather boas. When describing her style she says it was, "...jolly and, at times, very sexy, tough mama stuff... a real red hot mama!"

The last time the band played together was 1992 and the reason for coming out of retirement is to benefit the Conservatory. TCFA has received a \$279k matching grant from the NY State Council on the Arts to repair and restore the historic building it calls home. The foundation and building exterior need work as well as an ADA compliant building entrance and an ADA compliant restroom, plus the lobby will be renovated and the building interior improved.

Peggy loves music and supporting the arts is very important to her. A year ago, she obtained a Rotary District Grant to provide performer lighting and this year she hopes her band's performance will raise many thousands of dollars for the Conservatory.

- Frank Zgola





### The Last Page . . . for reference

#### Chat with the DG Track



Chat with the DG Track on the 5th of every —this month, Wednesday, April 5<sup>th</sup>—at 7:00 PM. This is an opportunity for any Rotarian in District 7170 to ask questions and talk with members of our District leadership.

Visit the D7170 Events Calendar

for the Zoom link: Events | Rotary District 7170



#### Getting club events on our District Calendar is easy!



If your club uses ClubRunner: While creating the event post for your club's calendar, look toward the bottom of the page and you will see a radio button labeled 'Show Event in District Calendar?'. Select 'Yes' to make your event visible on the District calendar! If your club does not use ClubRunner: Send an email with all the pertinent information to 7170Calendar@gmail.com. Include title, date, times, location, costs, event description, and a point of contact. If a point of contact is not provided, the default will be the club

president. It may be several day's before this gets seen and posted, so please allow time.

#### And remember Social Media!

Do you have a large collection of photos to share? Send an email to Brian Steele (bzps@icloud.com) to get them posted to the D7170 website and the D7170 Facebook page along with your story! Copy 7170newsletter@gmail.com on the message to have it cross-referenced in the newsletter.

MONTH	ROTARY MONTHLY THEMES	
April 2023	<b>Environment Month</b>	
May 2023	Youth Service Month	
June 2023	Rotary Fellowships Month	
July 2023	Maternal and Child Health Month	

**Source:** https://my.rotary.org/en/news-media/calendar

## Submission and publication schedule for this newsletter

Soft Deadline – Send content to 7170newsletter@gmail.com by the 15 <sup>th</sup> of the month if possible.	Hard deadline – <u>By noon</u> on the 3 <sup>rd</sup> to last day of the month to allow time for final editing.	Publication!
Wednesday, March 15	Wednesday, March 29	Saturday, April 1, 2023
Saturday, April 15	Friday, April 28	Monday, May 1, 2023
Monday, May 15	Monday, May 29	Thursday, June 1, 2023



Published newsletters can be found on the D7170 website on this path after being posted online: https://rotarvdistrict7170.org/ → District 7170 ▼ → District Newsletters ▼

#### Are you a writer?

Do you like expressing yourself with the written word? Did you attend or participate in a club or district event, face-to-face or virtually? **TELL US ALL ABOUT IT!** Write up a report about it and send it to: 7170newsletter@gmail.com!

Here's what to include for a good story: Who is involved/invited? What is the event/activity? When did/will it happen? Where did/will the event/activity take place? Why did/will it happen? How did it happen? Other details? Other people to contact?

Remember to include your name and your club in the subject line! And attach photos if you got 'em! 👄



District Governor: Rocky Martinez Johnson City Rotary rockymartinez7170@yahoo.com Log into ClubRunner for more info.



Editor: Christine (Chris) Haase Ithaca Sunrise Rotary P.O. Box 6565 Ithaca NY 14851 | USA 7170newsletter@gmail.com



# Supplement: Flyers, Forms, Reports, etc.



https://rotary7150.org/page/conference-2023?fbclid=lwAR1hmHf5kJk0epbzOszSnzkIEm5jGfhw L4Lum9Y5E94dlqwwxVz8h5vek





your home public library

WHERE: JOHNSON CITY LIBRARY PARKING LOT

WHEN: **APRIL 29, 2023** 

WHAT TIME: 9AM TO 11AM



# Shredding

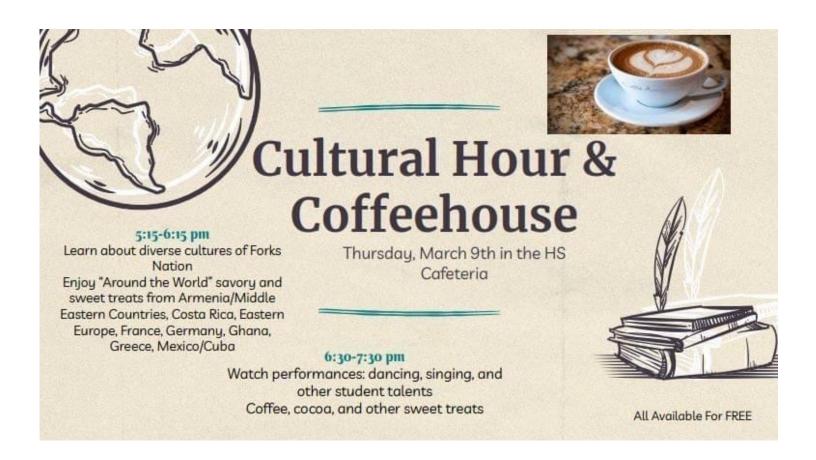






- Shred your Confidential paper work
- · Rotarians and Library staff will be there to provide assistance
- Shredding by Roger's Service **Shredding Truck**







# **Rotary Peace Fellowship**



# Applications for the 2024 Rotary Peace Fellowships are now available!

You can help promote peace in the world by encouraging peace and development leaders in your community to apply for the Rotary Peace Fellowship.

Each year, Rotary awards fully funded fellowships for peacebuilders from diverse backgrounds to study at one of our peace centers located at premier universities around the world. This year, we'll select 50 peace fellows to study in our master's degree programs and 40 fellows to earn a professional development certificate.

Rotary Peace Fellows use their training to amplify their work at the local, regional, or global level. Clubs and districts can partner with them on peacebuilding initiatives before, during, and after their fellowships.

But we need your help finding candidates. Rotary and Rotaract members can get involved by:

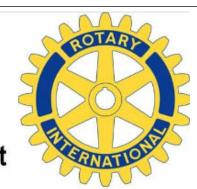
- Taking the <u>All About the Rotary Peace Fellowship</u> course to learn about the qualification criteria, eligibility restrictions, the application process, and more
- Forwarding the <u>fellowship announcement</u> to your contacts and including it in club and district communications
- Using our <u>referral form</u> to tell us about potential candidates so we can contact them
- Sharing a <u>PowerPoint presentation</u> about the fellowships with your club members and community
- Following the Rotary Peace Centers Facebook page and sharing our posts

Candidates have until **15 May** to <u>submit applications</u> to The Rotary Foundation.

Thanks to generous support from donors and the dedicated participation of Rotary members, the peace fellowship program has more than 1,600 alumni working to make positive change in more than 140 countries.

To learn more about how you can recruit the next generation of peace fellows, contact your district Rotary Peace Fellowship subcommittee chair or write to <u>rotarypeacecenters@rotary.org</u>.

# **Rotary Club of Sidney** Pins for Polio Fundraiser **No-Tap Tournament** \* Cash Prizes, 50/50 Raffle & 300 Jackpot



# Sunday, April 16th @ 2:30 PM

Maximum 15 Teams -Get your entry in early!

□ \$ 90 Base Entry
☐ \$ 25 Optional Handicap Boost (40 pins per game)
Total Due: \$
Entry fee breakdown: \$30 bowling fee (includes shoes), \$30 prize fund, \$30 Rotary Donation Handicap boost goes directly to Sidney Rotary
Team Members
1
2
3
Contact #:
Return paid entries to: East Main Lanes Attn: Rosemary Fisher 1 E. Main St.

Sidney, NY 13838 Questions: (607) 563-BOWL



1 East Main Street Sidney, NY 13838