District 7170 Newsletter



www.rotarydistrict7170.org | www.rotary.org

Wendy Deis - District Governor 2023-2024 Rotary Club of Owego, USA

Gordon R. McInally - Rotary International President 2023-2024 Rotary Club of South Queensferry, Lothian, Scotland

Vocational Service Month ----- Happy-New-Year-2024!-----

January 2024

Governor's Message



Dear Fellow Rotarians,

I can't believe it's 2024! Did you make a New Years resolution? My husband Tim handed me an article from Katy Milkman today. She's a professor at the University of Pennsylvania's Wharton School of Business. In the article she talks about setting goals and why a clean slate matters. You can read it here: https://www.strategy-business.com/article/00266

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January is Rotary's Vocational Service month. Vocational Service calls on us to encourage others by using our unique skills and expertise to address community needs. Over the next couple of months, CNY Foundation Chair, Don Reese, will be holding the grants seminars for the 2024-2025 grant cycle. Please make sure someone from your club attends (via Zoom) so you can apply for District Designated Funds (DDF) as a way to amplify your impact.

A reminder: if your club hasn't chosen a President-elect now's the time to get it done. Pre-PET's begins in February (via Zoom) and President Elect Training is March 15th – 17th in Syracuse at the DoubleTree. Your club has already paid for PET's so if for some reason the PE can't attend, please send an alternate. Please go to the Empire Multi-District PET's website for additional information and to register:

https://www.rotaryempiremdpets.org

Let's use the opportunities we have, to learn, grow and further impact on our world locally and globally. My hope is that our dedication to service continue to inspire and unite us to make a brighter future for all.

Wishing you a happy and healthy New Year!

Wendy

Your District Governor 2023-2024 Wendy Deis Owego Rotary Club





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International News

Completed Bomb Shelter in Lviv, Ukraine

The bomb shelter at School #39 in Lviv, Ukraine has been completed and now offers a safe space for 700 students and community members during daily air siren raids. Funding for the renovation of the 800-square-foot basement at the Lviv high school was funded in part by the **Ithaca Rotary Club**, which raised \$31,000 for the project. The club's contribution included a \$25,000 disaster response grant from The Rotary Foundation.



The Ithaca Rotary Club then launched a fundraising campaign that generated another \$9,000 to pay for the renovation of a bomb shelter at a second school in Lviv enrolling nearly 50 children with disabilities and special needs. Ithaca Rotary hosted a benefit concert last February featuring local musicians and artists, which helped raise money for the project.

On Thanksgiving Day, Olexiy Gusev, former president of <u>Rotary Club Lviv International</u>, gave Rotarians from around the world who helped raise money for the high school bomb shelter a video tour of the project. Attending the meeting were Rotarians from Ithaca, the United Kingdom, the Netherlands and Germany. Gusev, who worked with Ithaca Rotary on the project, said when the war is over, the bomb shelter will become a welcoming student and community space.

- Sherrie Negrea

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CNY Rotary News

CNY Rotary President for 2026-27

The CNY Rotary nominating and executive committees are excited to announce that our CNY Rotary President for 2026-27 will be Pamela Baker Gratton. Pamela has been a member of Auburn Rotary for over a decade, is a Past Club President, and she has a lot of experience working with volunteers through in her professional life as well. If you get a chance on our Facebook page www.facebook.com/cnyrotary or in real life, please give Pamela a warm welcome! Below is her full bio:



Pamela Baker Gratton has been an active member of Auburn Rotary for ten years, where her leadership skills have thrived. She has served as the Club Program Chair from 2014 to the present, Club Vice President in 2021-2022, and recently held the position of Club President.

the present, Club Vice President in 2021-2022, and recently held the position of Club President during the 2022-2023 term. She is a Paul Harris Fellow. Pamela is poised to continue her journey with Rotary, eagerly anticipating her role as the CNY Rotary President in 2026-2027.

Originally from Rochester, NY, Pamela has dedicated her professional life to making a positive impact in the non-profit sector. With a Bachelor of Science in Education from SUNY Fredonia and a Master of Science in Education from SUNY Buffalo, Pamela has been an unwavering advocate for education and community service. In her capacity as a Non-profit Manager, Pamela has played instrumental roles at various local organizations, including Upstate Medical University, The American Red Cross of Cayuga County, Junior Achievement of CNY, and, for the past 5

years, the Alzheimer's Association of CNY. Her commitment to working with volunteers has been a driving force in creating meaningful change and support for others.

Away from her professional and Rotary commitments, Pamela enjoys life in her 100-year-old farmhouse in Cayuga County that she shares with her husband Charlie. Their lives are enriched by the presence of their three accomplished adult children—RC (31), Phillip (29), and Olivia (27)—and the laughter of their four amazing grandchildren; Ali (9), Axel (5), Winston (3), and PJ (2). Their family is set to welcome a new little girl in March 2024, bringing more joy into their loving family.

Pamela's life is a testament to the power of community, service to others, and the enduring strength found in family bonds. Pamela hopes her journey is an inspiration to those she crosses paths with as an educator, leader, and compassionate community advocate.

Learn more about our region at www.cnyrotary.org https://cnyrotary.org/>.

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You Can Still Get Involved with CNY Rotary - Start Today!

If you missed the call for volunteers last summer, fear not! The time to join committees for the 2024-25 Rotary year is now. Many key roles have been filled, but there is plenty of room for all collaborative and passionate members who wish to volunteer as part of a committee. To learn more about the positions still open, visit www.cnyrotary.org. Click on the Get Involved tab to see details. Roles are still being defined and some committee structures are being finalized. As that happens, the "job openings" will be posted with updates shared on the website and social media channels - @CNYRotary on Facebook https://www.facebook.com/cnyrotary and Instagram https://www.instagram.com/cnyrotary/">https://www.instagram.com/cnyrotary/.

When you visit the Get Involved tab, you will see who to contact if you have questions. You can use the form on the right side of the page to reach out and let us know what roles interest you. Not sure where you would be a good fit, but interested in helping? Contact us through the form and we can help you find a role that would be rewarding and fun.



DIVERSITY

This committee will

for provide support to

providing

learning

members.

opportunities

details and let us

know

interested.

you're

While there will always be opportunities to hop on a committee in the future, now is the best time to get involved because committees are starting their team-building work and preparing for our training season ahead. Committees will be part of training events like Empire Multi-District President Elect Training Seminar (MD PETS) March 15-17 and our District Training Assembly on April 6. These are key opportunities for members to learn more about the new committees, meet CNY Rotary leaders, and for us to get direct feedback from all around the region.

We hope members with time and talent to offer will consider getting involved at the CNY Rotary level in roles big and small. Everything we do is to support our fellow clubs and members. It is valuable work that ensures success in membership, grants, youth programs, public image, diversity, service, events and so much more! Visit www.CNY-Rotary.org for more information about our future region, to connect with leaders and to get involved.

- CNY Rotary Communications



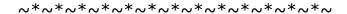
JOIN THE CNY BOOK CLUB

contact Glenn Ivers, Syracuse club ghivers1991@gmail.com

The next book we're reading

All The Light We Cannot See, by Anthony Doerr



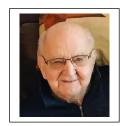


District News

In Memory of Sam Koury

Remembrance of Sam Koury's Life in Rotary

- Thursday, January 18, 2024
- Quality Inn, Oneonta, NY
- Meeting start 12:00 pm
- Remembrance: 12:15-1:00 pm
- Lunch 1-1:30 pm, Cost \$13



- RSVP: Sunday, January 14th: Attending in person or attending via zoom (Include your email.)
- Be sure to include your email address—especially if you are attending on Zoom
- RSVP to Co-Presidents, Paul or Sarah Patterson, <u>president@oneontarotary.org</u> or <u>secretary@oneontarotary.org</u>

Special edition Oneonta Rotary Roundhouse newsletter in Memory of Sam Koury, publication date, Monday, January 22, 2024

- Please submit comments and/or photos no later than Friday, January 12, 5 pm to Lynne Sessions, <u>info@one-ontarotary.org</u>
- Special edition will include any additional comments or photos from the January 18 meeting.
- We will give Sam's family a copy of the special edition.

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Climate Action Notes

Reduce ... Reduce

Now is frequently a time we reflect on the past year and make resolutions for the coming one.

So, what have you changed in your life to help our climate? What might you do in the coming years? Below are **some actions taken or planned by Rotarians** from around Central New York. Hopefully many of these are known to you and are becoming part of your life, too. If not, perhaps you can find some inspiration!

- o Helped plan and start a Micro Forest in New Hartford. (planting is on Sat 20 Apr if you want to help)
- o Attended a demonstration (in Sep I did the "March to End Fossil Fuel" in NYC)
- o Reduced beef consumption (you can't lose: its healthier, saves money, AND reduces CO2 emissions)
- o Switched from a gas stove/oven to electric (we are still in a learning period)
- o Talk with family, friends, and neighbors about the various climate issues and that we all must act.
- o Bring the issues of climate change up in your clubs. Get club Leadership involved.
- o Move investments into Environment Social Governance (my ESG had a 7.5% return this past year).
- O Join a group such as ESRAG to learn more about what you can do and to keep current.
- o Take one of many courses on-line.
- o Understand and use your local recycling agency, make the effort.

o Commit to fewer items of clothing with an awareness of what "fast fashion" has done to our planet.

These are some actions Rotarians are taking, or are committing take, right now. Join us as we try to minimize the negative impact climate change is having on every one of Rotary's "Areas of Focus."

- Evan Kurtz

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Empire MD PETS

2024-25 Club Leaders - Save These Dates & Get Prepared to Lead

Happy New Year everyone! With it now officially 2024 on the calendar, it's even more important that club leaders who will take office on July 1 are preparing to lead. A vital part of that prep is attending both the virtual Pre-PETS sessions in February and the in-person MD PETS weekend March 15-17. PETS stands for President Elect Training Seminar. These are courses and learning opportunities designed specifically for our incoming Club Presidents.

Virtual Training

Pre-PETS is designed to cover the nuts and bolts: planning a great meeting, putting together a budget, making sure you have a logo, and reviewing many of the functions of running a club. It's not wildly entertaining, but it's very important stuff to know! We hold these sessions on zoom and they do not require pre-registration. We'll post the zoom link on our website and email it to you for easy access. Please note that the date of the sessions rotates through the days of the week to hopefully make them accessible to all (see graphic for details). The sessions will be recorded in case they are in conflict with your club's meeting, but we encourage all to attend live if you can so you can ask questions and engage.

What to know about Pre-PETS:

-Held on Zoom and link will be provided

-Four 1-hour sessions held once per week in February

-No registration necessary

-Learn important basics about running a club

In-Person Training

Our big training weekend at the DoubleTree in Syracuse, March 15-17, is going to feature phenomenal speakers, many social opportunities for networking, and a lot of great take-aways to inspire you. Been a Club President before? That doesn't get you off the hook! There is always more to learn, new initiatives to know about, and, of course, new people to connect with. We are excited to be welcoming the Rotary International President for 2025-26 Mario Cesar Martins de Camargo from Brazil!

Please don't wait to register. It may seem a ways away, but your fellow volunteers who put this together for you will have a much easier time planning if you register sooner rather than later! Plus, the hotel room block ends a whole month before the event, which means we cannot guarantee the discounted rate or room availability after February 13th. It pays to plan ahead.

Have questions? <u>Click here</u> < https://www.rotaryempiremdpets.org/page/faqs> to check out our new Frequently Asked Questions page!

To learn more and connect with the Empire MD PETS team, follow them <u>on Facebook</u> or visit <u>www.RotaryEmpireMDPETS.org</u>. See you soon!

- Empire MD PETS Committee

(*Please see the half-page graphic at the end of this newsletter for more information.*)

Club News

Cortland Breakfast Rotary



On December 13 the Cortland Breakfast Rotary was proud to welcome Ariel Corl as a member, sponsored by Steve Cinquanti.



On December 15 the Cortland Breakfast Rotary distributed Holiday Food Baskets at Loaves and Fishes. Participating members were Dianne Higgins, Bob Martin, Mark Roberts, Jim Dempsey, Jami Bistocchi, the Interact Club, and Mike Shafer (not pictured).



- Conrad Janke

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Franklin Rotary

We may be in the middle of winter, but it's never too early to start planning warm weather activities. Each year, many clubs across our district participate in a spring highway clean up – last year several clubs attempted to arrange their clean ups on the same day.

This year, Earth Day is Monday, April 22, 2024 – if your club is flexible on highway clean up dates, it would be beneficial to hold our spring clean ups around Earth Day. Holding the clean ups near Earth Day takes advantage of the public's heightened environmental awareness around this national celebration.

The goals of performing highway clean ups at approximately the same time:

- 1. protecting our wildlife and ecosystems from pollution
- 2. raise awareness of Rotary and our environmental efforts
- 3. dissuade individuals from littering as they see our presence across the highways and the efforts documented on social media or in the newspapers don't forget to share photos!

The overall impact of coordinating clean ups around the same date is that no matter where someone goes in the district, they see Rotary members picking up litter. A sight like that is hard to ignore, especially if someone were to drive through multiple towns over a couple of weeks and see Rotary members out in each one or see multiple social media posts about clean ups around the same time.

Franklin Rotary will be scheduling our highway clean up soon – we hope your club will consider the impact of Rotary members out in force and schedule yours around Earth Day 2024!

- Amber Gray

Hobart Rotary

Nothing brings a community together like good food and, in that spirit, the Hobart Rotary has made serving meals to neighbors a happy mission in recent years, with huge success! "Our club has gotten a reputation for being a bunch of great cooks after bringing together over 1,000 friends and neighbors for delicious dinners and breakfasts in just the past year alone, " said Rotarian Mary van Valkenburg.





Most recently in November, 140 delighted guests were treated to a Free Turkey Dinner with all the trimmings at the Hobart Community Center. Turkeys were donated by local company Mallinckrodt, Inc. and club members roasted the birds, baked the pumpkin and apple pies, and cooked up a feast. The spontaneous theme of the day was *gratitude*, as diners used crayons to fill the paper tablecloths with pictures and poems expressing thanks for the simple gift of food and friendship.

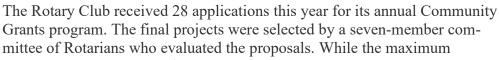
Next up: delivering holiday cheer to local senior citizens by way of baskets brimming with fruit and chocolates.

- Mary van Valkenburg



Ithaca Rotary

The Rotary Club of Ithaca has awarded \$10,000 in grants to 11 community nonprofits for projects ranging from cleaning up litter along Cayuga Lake to purchasing an accessible picnic table at a public park.





amount of each grant was \$1,000, directors of several nonprofits said they would not have been able to complete their projects without the funding from Ithaca Rotary.

Jan Bridgeford-Smith, executive director of the Women's Opportunity Center, said the \$950 grant her agency received will allow it to run radio ads tying in with a United Nations' campaign to end gender-based violence against women, starting later this month. "This is the first time that we're doing a campaign like this," said Bridgeford-Smith, a member of Ithaca Rotary. "Even though it's not a lot of money, it kind of seals the deal with our ability to create this program."

Ithaca Rotary's Community Grants are intended to promote the quality of life in Tompkins County and the greater Ithaca area. The grants support organizations in the community that have special projects or needs which are not funded by general funding sources. "Our goal is to fully fund a local agency's project," said Kelly Buck, an Ithaca Rotary member who cochairs the program. "The grants are not huge, but they really help our nonprofits meet their mission."

- Sherrie Negrea

(*Please go to the back of this newsletter for a list of grant recipients.*)

Oneonta Rotary

The Oneonta Rotary Club rang in the month of December by marching in the Oneonta Holiday Parade on December 2nd with our very own Rotarian, Sean Lewis, as Santa Claus. On December 16, a strong contingent of Oneonta Rotarians and family members manned two entrances at the Southside Mall from 10 am-4 pm to Ring the Bell for the Salvation Army. Oneonta Rotary also put up a display for Oneonta's Festival of Lights in Neahwa Park. Throughout December, Rotarians also supported several families by shopping for gifts for their children. Looking ahead, we are eagerly anticipating the 39th Annual Ross Cordell Wrestling Tournament on January 5th and 6th and another Wine Tasting in February.

While the month was filled with service, joy, and anticipation, we ended December on a very sad note with the passing of long time Rotarian Sam Koury on December 23rd. Sam, who exemplified Service Above Self, had been a staunch Rotarian for over 50 years, serving in many capacities including club president and District Governor. We are grateful that we had a chance to honor him at our regularly scheduled club meeting on December 21st. We also want to thank District Governor Wendy Deis for letting District 7170 members know of Sam's passing.

Oneonta Rotary will hold a remembrance of Sam's life in Rotary at our regularly scheduled meeting on Thursday, January 18, 2024. Members of District 7170 are invited to attend either in person or via Zoom to share memories of Sam. Details are listed under District News above.

- Lynne Sessions

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Owego Rotary

Sunday, November 19th brought the annual Owego Rotary Craft Fair with dozens of vendors filling the rooms of the Owego Elks Lodge displaying their handmade goods. There were hundreds of holiday shoppers, and everyone was eased into the holiday spirit by festive music from Curt Osgood on the hammered dulcimer. The Rotary 50/50, silent auction and extensive basket raffle helped Rotary raise \$2,200 for donation to PolioPlus.





On Friday night December 1st, Owego's local merchants' association coordinated the annual celebration of winter and the official lighting of the street decorations. It was an Owego party complete with fireworks! There were singers, parades, jugglers, a book bus, magicians and more. Owego Rotary always sets up a booth in front of Riverow Bookshop to offer free warm spiced cider to passersby, cordially served by members of Owego Free Academy Interact Club. Fortunately, the rain stopped, it stayed dry for the rest of the event and this night proves that winter can be fun!

Coming on Wednesday January 31st, Owego Rotarians will be on hand to assist seniors to create personalized Valentine greeting cards. Rotary crafters will bring all the supplies, ideas, and encouragement for lunch goers at the local community center. This promises to be a lively work time of transforming plain paper into special Valentine cards. With shaped cutouts, stickers, pens in bright colors, a little glue, maybe some themed rubber stamps and a worktable, everyone can be part of this easy and fun activity. Watch for photos in the next edition.

- Carolyn Wright

Trumansburg Rotary

The Village of Trumansburg has hosted a holiday Festival of Lights as long as anyone can remember and, these past few years, the Trumansburg Rotary club's participation has been to give away 300 or so cups of soup to the festival goers. We devote our prior club's Thursday evening meeting to soup preparation; think vegetable scrubbing, peeling, chopping, and packaging separately for timely ingredient adding to the soup. Rotarian Peggy Haine opens up her home and generous kitchen for this purpose and we have FUN!



The day of the festival the soup is cooked at the local American Legion, this year by Mary Bouchard and Kathleen Overbaugh, who devoted their morning and afternoon. Then many hands transport the pots, set up the table, tent, warming burners, cups and spoons and dole out the broth to appreciative festival goers.

This year it was hot vegan borscht with all ingredients donated by two local CSA's, Sweet Land and Stick-and-Stone farms. The serving crew: Zoren and Shelly Bullock, Michael Jimenez, Pat Jung, and club president Durand Van Doren. It was so yummy one young mommy requested the recipe because her otherwise fussy-eater three-year-old daughter loved the soup!

- Frank Zgola



https://rotary7150.org/page/district-conference-2024



The Last Page . . . for reference

Chat with the DG Track



Chat with the DG Track is cancelled for January 2nd. This is an opportunity for any Rotarian in District 7170 to ask questions and talk with members of our District leadership.

See you Febuary 6th!

Visit the D7170 Events Calendar for the Zoom link: Events | Rotary District 7170



Is your Club Growing?

Let us know! Send new member(s) name, club joined, and sponsor to 7170newsletter@gmail.com.

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 <u>7170Calendar@gmail.com</u>. 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 days 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 Wendy Deis at wendygirl201@gmail.com to get them posted to the D7170 website and the D7170 Facebook page along with your story!

MONTH	ROTARY MONTHLY THEMES		
Jan 2024	Vocational Service Month		
Feb 2024	Peacebuilding and Conflict Prevention Month		
Mar 2024	Water, Sanitation, and Hygiene 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 th of the month if possible.	Hard deadline – By noon on the 3 rd to last day of the month to allow time for final editing.	Publication!
Monday, January 15	Monday, January 29	Thursday, February 1, 2024
Thursday, February 15	Tuesday, February 27	Friday, March 1, 2024
Friday, March 15	Friday, March 29	Monday, April 1, 2024



Published newsletters can be found on the D7170 website on this path after being posted online: https://rotarydistrict7170.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: Wendy Deis Owego Rotary 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.

Ithaca Rotary's 2023 grant recipients are:

Brooktondale Community Center Inc. - \$1,000

Construct an awning to protect the center's handicapped ramp and make it safe and accessible in winter.

Cayuga Lake Watershed Network - \$1,000

Extend a litter cleanup program by offering cleanup kits on loan to community groups so that they can pick up trash along the shoreline and waterways in our watershed.

Community Science Institute - \$1,000

Purchase a new printer to produce materials for volunteers and lake monitoring programs as well as educational materials for the public.

Enfield Community Council - \$930

Construct a rainwater irrigation system that will support its community garden.

Family & Children's Services - \$1,000

Purchase a mobile play therapy kit that will expand treatment for all of its clinical offices.

Foodnet Meals on Wheels - \$520

Purchase equipment to aid in the packaging and delivery of food as well as two security cameras to support security at its facility.

Free Science Workshop - \$1,000

Support outreach programming to bring science discovery to area youth.

Jacksonville Community Association - \$1,000

Buy an ADA-compliant picnic table for the Jacksonville park.

The Learning Web - \$1,000

Purchase men's bathing and hygiene supplies and staples for emergency food needs.

Tompkins Learning Partners, Inc. - \$600

Purchase an iPad and digital practice tests for students preparing to take the GED test.

Women's Opportunity Center - \$950

Support local activities to end gender-based violence against women, as part of the United Nations' 16 Days of Activism Campaign

Contributions to Rotary's Community Grants program are gratefully accepted at any time. Donation checks may be made payable to Ithaca Rotary Club and mailed to P.O. Box 306, Ithaca, NY 14851. Please note "Community grants" on the memo line.

Rotary's motto is "Service Above Self." Membership to the Ithaca Rotary Club is open to all community members who share in this belief; new members are accepted year-round.



March 15-17, 2024 DoubleTree Syracuse

Training for President Elects, Assistant Governors and members of Rotary Districts 7120, 7150, 7170 and 7190

Four Pre-PETS Sessions Featuring The Basics

Monday Feb 5 at 7pm Learn what you need to do in

> Consider inviting your Club Secretary!

Tuesday Feb 13 at 7pm

Financial Awareness: Budgets & Insurance

Consider inviting your Club Treasurer! Wednesday Feb 21 at 7pm

Come learn about Rotary's Brand and get a better Public Image

Consider inviting your Club Public Image Chair! Thursday Feb 29 at 7pm

Get ideas for fantastic meetings and wrap up with some motivational inspiration

> Yes! You can invite others to these virtual sessions!

In addition to these main topics, we'll sneak in some more helpful tidbits at each session, making them really jam-packed with helpful guidance and tools to prepare you for club leadership!



No registration for the virtual sessions (zoom link will be posted), but registration is required for our in-person training weekend. Sign up now at

www.RotaryEmpireMDPETS.org