

Rome Rotary Club News



President: Steve Mercurio
President- Elect :
Vice President: Carla Till
Past President: Nancy Neiley

Club established 1919
Club 4856 zone 29

Treasurer: Dave Burke
Secretary: Jeannie Packer
Dist 7150 Gov Cheryl Matt
ADG : Judy Reilly

Announcements:

Next week's program will be presented by Kari Procoppio/YWCA Mohawk Valley.

July 14, 2020



Followed by:



July 28: Kevin White from Hannaford Market.

Aug. 4:: Rebecca Stedman: the Fort Rickey Discovery Zoo.

Please note:

Masks must be worn at the Yacht club, but not when seated.

Meetings held here through Aug



Board of Directors meetings are on the 2nd Monday of each month at **5:30PM**. Location: First Presbyterian Church on Court St. The next meeting will be on **July 20**. **We will have the meeting at the First Presbyterian Church in the church basement. Use entrance at top of steps where double white doors are.**



The Thursday night Fellowship Rotary dinner meeting

Our once a month meetings are held at different restaurants on the 3rd Thursday of each month at **6:00PM**. The Fellowship Dinner will be held at El Jarocho restaurant, 1305 Floyd Ave. on ...?..



50/50

John Weber's ticket was drawn, he drew a card from the deck for the pot, but did not win. (Draw the queen of hearts to win the pot or Joker to win half)

Remembering our Rotarians

Donna Occhipinti is in room **516**. Cards & visits: **Bethany Gardens**, 800 Chestnut St. Rome, NY 13440. Remember her on holidays, etc with some cards.

Mary Winberg holidays, etc., cards to Mary at: 1700 Lincoln Lane, Rome NY 13440.

Shirley Waters, Rm. 252 Woodgate Unit/Health Care Pavilion, **Masonic Care Community** of NY, 2150 Bleecker St., Utica NY 13501.



Rotary Readers: Bellamy Elementary School

If you are interested in this program, please contact Jeannie Packer at: thepackers@tweny.rr.com or phone (315) 336-0675 to sign up. This includes reading with an elementary student once a week for a half hour at Bellamy Elementary School.



Club Program Scheduling



Pete Costianes invites members to suggest at least one possible program in the coming Rotary year. Please give contact information to him.

Reach Pete by phone: (315) 337-1409 or email:

petercostianes@gmail.com **Peter needs programs.**



The Youth Exchange Sam Pendergrast is retiring the end of August 2020. He is willing to train a new YEO and how to send in reports. There will be no youth exchange this year.

Facebook: Sam Pendergrast is looking for an Administrator for our Facebook page. Could this be you?

Contact Sam.

Rotary Foundation: RRC giving for 2019-21 to the Annual Fund was \$3620.00. The Polio Fund giving was \$605.15 as reported by Bill Tuthill.

Shoe project earnings stand at \$1,029. We can continue collecting shoes until the final pickup later in August. This will increase the earnings. A portion of the money earned will be given to Interact club and Utica Sunrise club for their assistance. We will be given an extra 25% from Funds2org when they have the final count. (Fonns Paulas is the contact person)

Dues are due for 2020-21. Second notices sent. Pres. Steve will make calls.

International Student Day: scheduled for **November 2**. August 1 has been selected as a go or no decision day. Spring of 2021 can be an alternative to the Fall if needed. There is an inquiry into gaining some help in transporting students as bussing is very costly.

Family Fun Day: Don't forget this event to be held at RACC, **July 17**. Children will move from station to station completing various games. They will receive a sticker for each completed game on a card to be presented at the end of the stations. They will be served ice cream donated by the Elks Club. Volunteers are needed at 8:30AM to stay until 11:30AM. Each child will choose a book of their choice from a table of books.

Member relocation: Nancy Neiley will move to her cottage located in Pennsylvania until her Air Loft apartment is completed in Griffiss Tech Park. She has sold her home. She hopes to be back in Rome by November 1. She can be reached by her phone or email address.

Changing of the guard photo and caption sent to Sentinel & Facebook page.

- The **lunch menu** offered by Lake Delta Yacht Club is below. **Call ahead to (315)-337-5040 Tuesday morning after 10:00 a.m.** to place your order
- Lake Delta Yacht Club Menu for RRC lunch meeting 6/30/2020 (prices include tax and tip)
- *1. Roast Beef w/Provolone - \$9.50
- *2. Burger w/American cheese, lettuce, tomato, and onion - \$10.75
- *3. B.L.T.- Bacon, lettuce, tomato, and mayo-\$8.25
- *4. Chicken sandwich w. lettuce, tomato, and mayo - \$10.25
- 5. Buffalo Salad-crispy or grilled chicken, celery, tomato, olives, and mozzarella-\$12.50
- 6. Caesar Salad-grilled chicken over Romaine w/parmesan and croutons-\$12.50
- *[these meals Include side of French Fries, chips, mac. salad, or side salad]

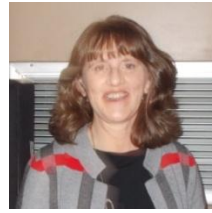
Birthdays: this month we have 5



Victor DiPerna



Roger Houle



Tamalin Martin



Bill Tuthill



Rocco Versace



Guests

Jeff Knight



Rotary Minute

The following Rotary History bites are from a booklet published by Clifford L. Dochterman who was Rotary International President from 1992-3 called, "The ABC's of Rotary."



Rotary Volunteers

You can find them working in remote clinics, refugee camps, makeshift hospitals, primitive villages, and their own communities. They are experts in administration, community development, education food production, health care, and water and sanitation. They are Rotary volunteers.

The Rotary Volunteer program encourages and facilitates volunteer service, putting Rotary's ideal of Service Above Self into action. The program is administered by Rotary Volunteers communities at the club, district, and international levels. Rotary volunteers have shared their expertise in a multitude of humanitarian projects around the world.

Rotarians and non-Rotarians who wish to serve as international volunteers can register with RI World Headquarters and are included in the Rotary Volunteers Database at www.rotary.org. resources for finding volunteer opportunities and special needs include the Rotary Volunteers International Site list Database and the Rotary Volunteers Resource list, both available at www.rotary.org. These tools can help volunteers locate their own projects and make arrangements directly with project coordinators

Program

Today's program was presented by Thomas Colucci from the National Grid.

Delivery <https://callmepower.com>

Your local utility company delivers your energy supply regardless of who your supplier is. You don't have a choice of utility.

Supply (same site as Delivery)

Your energy supplier buys energy on your behalf and charges you accordingly. You can choose your supplier.

Electricity and natural gas markets in New York State have been **open to competition** since 1998, meaning that residential or commercial customer can choose an alternate Energy Supply Company (ESCO) or stick with their local utility for electricity or natural gas service. Lowest rates in your area: call: **347-410-8789** or **832-460-0233**

Rural power with National Grid

Thomas stated that when there is a power outage, it may take anywhere from one hour to days to restore power due to storms. He also went on to say that National Grid knows that businesses who are shut down will have trouble paying their bills but did not say if there was anything being done about it. However, there are assistance programs through National Grid.

Rural areas may require more time to restore power. National Grid maintains their infrastructure and electrical poles regularly. They may go to underground power lines in the future. The reliability standard to be followed are set at 98%. Networks in downtown areas are more reliable. There is a battery station in Pulaski, NY which is



within the substation there. It is kept charged at all times. If the feeder is locked out, crews have the outside battery to provide energy for 2-8 hours. The Public Service Commission requires 10 megawatts of storage. The Old Forge circuit starts in Booneville.

Third party firms who own and operate the storage units must be operation by Dec. 2020. There must be approved storage for batteries.

Thomas said that RFP identified locations include North Lakeville, Old Forge, Menands, and Zone F. (RFP is a business document that announces and provides details about a project, as well as solicits bids from contractors who will help complete the project. Most organizations prefer using *RFPs*, and, in many cases, governments only use requests for proposal)

National Grid is going with bigger batteries for power supply. Newer technology is starting to be used. Power charges are by kilowatt hours, especially with solar power. A partnership with NYSEG is happening currently in some places. there is a device during power outage problems that tries to reclose twice and then it locks out the power. Nearest office

Location: 221 old Campion Rd. New Hartford, 13443.

Phone: 800-642-4272

Website: www.nationalgrid.com

Community Activities

From Frank Fazekas on the environmental point 7 of our Rotary areas of focus

The new 7th point of Rotary focus is the Environment. Some things to consider:

- Refuse – Don't replace unnecessary items. Refuse to purchase items in excessive packaging.
- Reduce – Downsize what you purchase, opting to be more mindful of what you really need.
- Reuse – Always find a way to keep an item out of the landfill by keeping it in great condition, repairing or up cycling it when it breaks.
- Rot – Set up a compost system for your food scraps, or find a food scrap drop off center (like a farmers market, or community garden) near your house.
- Recycle – Properly recycle any plastic, paper, glass or metal that comes into your life you cannot refuse, reduce, or reuse by researching your state's recycling laws.

Rome Community Theater



Order deadline for coffee July 25, 2020.

Mail order to: Rome Community theater, P.O. Box #91, Rome NY 13442

Make checks payable to: Rome Community Theater. **The order form can be printed from the RCT website at:** www.romecommunitytheater.com

Freshly roasted Rome Roasters coffee – 10 foil lined, re-sealable bags at **\$10.00** per bag.

Nicaragua medium roast, whole beans or ground, no. of bags _____

Organic Nicaragua – dark roast whole beans or ground, no. of bags _____

Papua New Guinea – light roast whole beans or ground, no. of bags _____

Columbia Decaf – medium roast, whole beans or ground, no. of bags _____

No. of 10 ounce bags at \$10.00 each _____ Total cost of coffee _____

Total order _____. Print your name, phone, email, and address.

Cinema Capitol

When they can open again.

District 7150 & RI News Rotary Month Celebrations

Rotary Month Celebrations

January: Rotary Awareness month.

February: World Understanding month

March: Literacy month.

April: Magazine month

May: Promote Internat'l. Convention mo.

June: Rotary Fellowship month.

July: Literacy and New Year month

August: Membership & extension mo.

September: New generations month

October: Vocational service mo.

November: Rotary Foundation/World

Interact month

December: Family month

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Rotary District Websites

Official Website, Rotary7150.org.

Rotary International Website, Rotary.org.

Rotary Leadership Institute, <http://www.rlinea.org>

Youth Exchange calendar:

<http://www.rotarydistrict7150youthexchange>

D7150 Calendar of Events – list of events from Newsletter

RYLA Conferences: Cazenovia College

<http://www.rotary7150.org/sitepage/ryla>

RYLA: PDG Phyllis Danks chair: phyl7150@gmail.com

Rotaract chair: Jonathan Yost: jonathanm.yost@yahoo.com

Interact Chair: Dorene Gortner: dorene.gortner@yahoo.com

Youth Exchange chair: PDG Phyllis Danks: phyl7150@gmail.com

District newsletter information and articles

Please send future newsletter inputs directly to editor Lizzy Martin at:
emartin@advancemediany.com

From District 7150 FYI: District group leaders:

District Governor: Cheryl Matt: CherylMatt7150@gmail.com

District Secretary: Peter Cardamone: peter7150@gmail.com

District Treasurer: Laverne DeLand: laverne7150@gmail.com

District Foundation Chair: Mark Matt: mmatt7150@gmail.com

District Youth Exchange Chair: PDG Phyllis Danks : phyl7150@gmail.com

Youth Service Leadership unfilled at this time.

Interact Club is a club for young people in their community or school.

Interact Chair: Dorene Gortner: dorene.gortner@yahoo.com

Youth Exchange is a program that gives young people exposure to new cultures and customs and promotes global understanding and peace. Students spend time in another country living with different host families and attending classes at the local schools.

Rotary Youth Leadership Award is an intensive training program for young adults ages 14-30. The program usually involves seminars, camps, or workshops organized by Rotarians and held over 3-10 days.

Question about RYLA Phyllis Danks chair: phyl7150@gmail.com

ROTARY GLOBAL REWARDS PROGRAM For more information visit:

<https://www.rotary.org/myrotary/en/member-center/rotary-global-rewards/offers#/offers%0D%0AJust>

Upcoming District 7150 Governors

The DG for **2020-21** will be Cheryl Matt. (DeWitt) District **2021-22:** Dana Jerard.

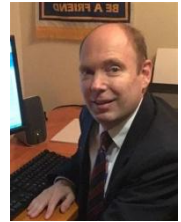
Treasurer position will be held by Laverne DeLand. (Deland: Fulton Sunrise)

District **Youth Exchange** chair will be held by Dave Bauer. (Bauer: Sauquoit)

Meet your new District Governor designate 2021/2022): Dana Jerrard

Dana Jerrard has been a Utica Rotarian since 1986, and in that time has held most of the offices available to a member. Board service in 1989, three Years as club Sergeant-at-Arms, with a natural progression to club VP, PE, and, in 1994-95, club president under the leadership of PDG Joe McCarthy.

jerrarddana@gmail.com



Meet your new District Governor designate 2022-2023: Gerald Seguin of Fulton Rotary Club



Gerald retired from Fulton City School District June 2018. Served as Fulton Rotary club Pres. 2009-10, 13-14, and 17-18. He is now Dist 7150 Asst Gov for Area 5. Has been Club Secy, Treasurer, Foundation Chair. (Also participation chair Dist Assemblies, District Training and MD-PETS)

District 7150 Membership committee

District 7150 now has membership coaches for each area of District 7150. They will be visiting their designated clubs to share membership updates and strategies and one-on-one work with club presidents and chairs.

Our **Area 6** coach is Blessed Sikhosana

Other areas:

Area 1: Wendy Muccica

Area 2: Judy Reilly

Area 3: Jim Cook

Area 4: Elise Hereth

Area 5: Jerry Seguin. And Charlie Smith

Area 7: Bill Conole

International president 2020-21

Holger Knaack, member of the Rotary Club of Herzogtum Lauenburg-Molla, Germany will be the Rotary International president in 2020-21.

Following the resignation of Sushil Gupta due to health reasons, Holger has been selected to serve as president 2020-2021.

Holger wants to build a stronger membership by increasing the number of women members and making a smoother transition from Rotaract to Rotary.

A Rotary member since 1992, He has been treasurer, director, moderator, member and chair of several committees, representative for the Council on Legislation, zone coordinator, and training leader.

Holger is the CEO of Knaack KG, a real estate company. He was previously a partner and general manager Of Knaack Enterprises, a 125 year old family business.

He is a founding member of the Civic Foundation of the City of Ratzeburg and served as president of the Golf club Gut Grambek. He was also the founder and chair of the Karl Adam Foundation.



District 7150 sustainable action group



A tree planting project for the coming year is being promoted. Chuck Tomaselli is the chair for this project and his email is: chuck.tomaselli@gmail.com

Featured article Rotarian July 2020 The bright side (condensed)... Nancy Shepherdson

In these difficult times, the proportion of disbelievers seems to be increasing. There are troubles and tragedies all over, and many of us are experiencing more extreme difficulties than we used to. Nancy discovered some time ago that she was happier, more productive, healthier, and more at peace by practicing something she calls “conscious positivity.” In other words, she could choose to look on the bright side of life as the Monty Python song goes.

Research has shown that people with generalized anxiety disorder can learn to worry less by adopting positive ideation and that stress can be reduced among medical workers by teaching them positive thinking skills.

A Yale School of Public Health study of more than 4,000 people age 50 and older found that having a positive view of aging can actually help you live longer. Bad times prompt people to learn to cope in more or less adaptive ways to stress. They can become more optimistic or more pessimistic. A friend recommended Norman Vincent Peale’s, “The power of positive thinking.” Peale drew from stories he had heard from troubled people and recommended techniques such as visualization, affirmative statements, and prayer. I also learned about more modern tips to increase positive thinking, like starting a gratitude journal, listing your personal strengths, and practicing small acts of kindness every day. A documentary called “Inner world, outer worlds” says that meditating can strengthen the physiological changes that our thoughts create in the brain, a concept called neuroplasticity. They are all great ideas but, like many good habits, tough to stick with over the long haul.

Instead, I started small. Whenever I found myself having a negative thought, I tried to focus on something positive about the situation in front of me. Whenever I was nervous about a work deadline, I imagined how I would feel if it came out well. If I was procrastinating, I would promise myself a reward for just getting started. It worked often enough.

Later, I found out that I had stumbled upon the Buddhist concept of mindfulness. I learned to focus on what my unconscious was delivering under the surface of my mind. If your mind is always nattering that you’re going to fail, you’re halfway to accomplishing that. The trick is to hear that negative voice and tell it to hit the road. Take a deep breath and concentrate on one positive thing about the situation.

When you feel stressed, concentrate briefly on what you are thinking and feeling at that moment, what is causing these emotions. Determine whether you can do anything about what is bothering you. If you know that nothing you can do will help, with practice you can put the situation out of your mind. On the other hand, if you can move toward a solution by taking action, that’s the signal to do something besides

worry. Make a plan and do something. Accomplishing something, anything, is its own reward, especially if you congratulate yourself for taking action.

Rotary Club of Rome Organization and contact information:

Board of Directors

Pat DeMatteo
Kris Dombeck
Roger Houle

Dave Kobernuss
Tony Recco
Don Schlueter



Membership Committee Co chairs:
Pat DeMatteo & Don Schlueter
**Membership Development,
Mentoring, & Orientation:** Keith



Rotary Foundation
Bill Tuthill chair



Rotary Readers
Jeannie Packer chair
With Glen Bahr



Scholarships: Ryan Tuggey chair



Nancy Neiley



Veteran's Affairs
Steve Mercurio,
chair



Dictionaries: Carla Till chair



International Student Day Co-chairs:
Pete Costianes & Emily Gifford
With Keith Butters



RYLA Ryan Tuggey, Jen
Meisenhelder, Nancy Neiley
Rotary youth Leadership Award



Interact Club: Ryan Tuggey
& Jen Meisenhelder



Polio Fundraising
Bill Tuthill



Programs: Peter Costianes



Science Fair: Keith Butters

Rome Rotary:

PO Box 655 Rome, NY 13442-0655

Rome Rotary website:

<http://www.romerotary.com>

Newsletter email:

RomeRotaryNewsletter@gmail.com

Questions – Secretary:

RRC_secretary@yahoo.com

Facebook:

<https://www.facebook.com/RomeRotary/>

From your editor
Jeannie L Packer

