

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:

July 21, 2020

Next week's program will be presented by Kevin White from Hannaford Mkt.



Followed by:

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

Aug.11: ?

Aug. 18: ?

Aug. 25: ?



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 **Aug. 10**. **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 ...?..



50/50

Keith Butters' ticket was drawn, he donated his half of the ticket sales to the Polio Fund. (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@twcny.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: Nigeria has been free of wild polio virus for 3 years and will be removed from the list of countries still plagued by polio. The two remaining countries not virus free are Pakistan and Afghanistan. As reported by Bill Tuthill.

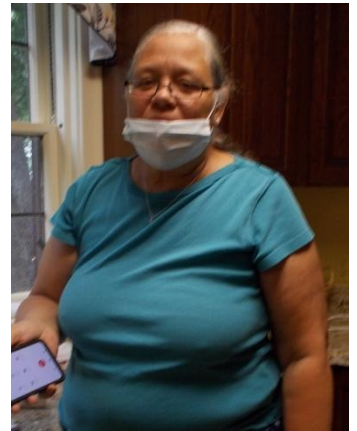
Shoe project earnings stand at \$1,029. We can continue collecting shoes until the final pickup later in August. This will increase the earnings. A portion of the money earned will be given to Interact club and Utica Sunrise club for their assistance. We will be given an extra 25% from Funds2org when 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: This event was held at RACC, **July 17**.





Nancy Neiley, Tamalin Martin, & Mary Gilby (Elks) sign-in area: Barb Welch (top R)
Tuesday meetings at the Delta Lake Yacht club.

- 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]

Possible Fund raisers: Tony Recco spoke enthusiastically about fried dough sales and BBQ Chicken dinners that CCCC had. They made \$2,000.00 from the fried dough sale and twice that from the BBQ Chicken dinners. He recommends that our club do the same. He offered the CCCC location.

Rotary Face Masks: these are available for purchase. Interested parties should let the Secretary know if they want one. She will pass this on to Pres. Steve.

Thank you letters for sponsorships: YWCA/Utica, Rotary Foundation for Polio, Boy Scouts of Leatherstocking Council ,and Abraham House.

Budget: Proposed budget 2020-21 passed with stipulation to modify as needed.

- **Nominating committee** needed for board members and vacant officer positions (Pres Elect)
- **Donation to Rome First Responders:** \$500.00. A mention of teddy bears and a camera as some needed items, but money to go into their fund)

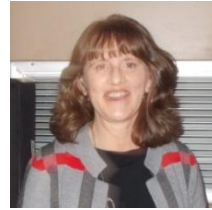
Birthdays: this month we have 5



Victor DiPerna



Roger Houle



Tamalin Martin



Bill Tuthill



Rocco Versace



Guests

No guests today



Seventh area of focus

Please see the information on tree planting under community activities later in this issue.

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 Rob Tracy who filled in for the cancellation of Kari Procoppio's program.. Rob's talk was on the City of Rome's business through the Common Council. Rob stated that he has always had an interest in politics and did intern with the 31st District delegate starting out years ago.

Rob won a seat on the Rome city Council and mentions that council people must deal with Administrators, other councilors, and the constituents. Committees within the common council can sponsor legislation but do not have line vetoes over what the Mayor proposes.

Rob is the chair of the Finance committee working with Dave Nolan who is the treasurer. Polling of the members of the council determines support for issues.

Constituents can call City Hall and ask questions of council members. It is important to be a good listener. If a council member does not have the answer, her/she may know who to go to get clarification.

This year the Rome city budget is \$45 million. Two variables in the past year include the city tax levy through County sales tax. If there is a 0% tax levy, it means more money for the city. The other variable, the city's self insurance program, will produce less spending in a healthier year leaving revenue . The city has a fund balance at this time.

Aid to municipalities from the state gives aid to cities through Aid Funding.

Mayor Izzo negotiated with unions to use the shared work program in which people work 3 days from their organization and use NY state unemployment for the other two days salary.



All projects are on track with the money Rome was given through grants. The anaerobic waste processor has been upgraded and a biodigester added to deal with city waste. Chobani yoghurt sends it's whey waste to our biodigester, producing methane which in turn produces power.

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.

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

Chicken Barbecue

July 25 at the Henry P. Smith Post #24 American Legion on Erie Blvd. West from 12:00 Noon -4:00 or until gone. Cost is \$10.00 per dinner. \$2.00 extra per 8 oz additional side of cowboy beans.



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

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>

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 Conference

Please continue to save the date of **October 17, 2020** for this year's District Conference, but plan on attending from where ever you are as this will be a virtual conference. More details will be coming soon, but we hope many more Rotarians will plan on attending as this makes it extremely affordable and convenient.

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.

Monty Python



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	Dave Kobernuss
Kris Dombeck	Tony Recco
Roger Houle	Don Schlueter



Membership Committee Co chairs:

Pat DeMatteo & Don Schlueter
Membership Development,
Mentoring, & Orientation: Keith



The Rotary Foundation
 “Doing Good in the World”

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

