



# 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 28, 2020**

Next week's program will be presented by Rebecca Stedman, Ft. Rickey Discovery Zoo.

**Followed by:**

**Aug.11: ?**



**Aug. 18:** Christian Mercurio from EDGE

**Aug. 25:** Mary Bielby from the Elks club

**Sept. 1:** OPEN

**Sept. 8** Steve Mercurio Rome Rotary club vision.



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. (Double white doors)**



## The Thursday night Fellowship Rotary dinner meeting

Our once a month meetings are held at different restaurants on the 3<sup>rd</sup> Thursday of each month at **6:00PM**. The Fellowship Dinner will be held at the Delta Lake Yacht Club on August 20. **See the menu under club news.**



**50/50**

Bill Tuthill's 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: holidays, etc

Donna Occhipinti is in room **516**. Cards & visits: **Bethany Gardens**, 800 Chestnut St. Rome, NY 13440.

Mary Winberg: 1700 Lincoln Lane, Rome NY 13440. Cards & visits.

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](mailto: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](mailto: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:** Bill Tuthill states that he has \$76.00 toward the Polio Plus fund. He wants to make the donation of \$100.00 to send in. He will double today's donations for the Polio fund.

**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.

**Tree Planting:** Our District 7150 is encouraging clubs to have a tree planting this year. Chuck Tomaselli is the District chair for this new 7<sup>th</sup> area of Rotary club focus. Jeannie Packer has collected 8 Tamarack deciduous pine saplings, 4 Frazier Firs, and 2 Spruce for planting in the Rome area. Pres. Steve mentioned that Tom Jones handles tree plantings in Rome. This would fulfill the new environment focus project for our club.

**Club Flag:** Joel Gray has returned from Florida with a club flag from the Sun City Center Rotary club to add to our visitor flag collection.

**Service Above Self:** John Zygmunt has received the Service Above Self Award from District 7150 for his selfless work.

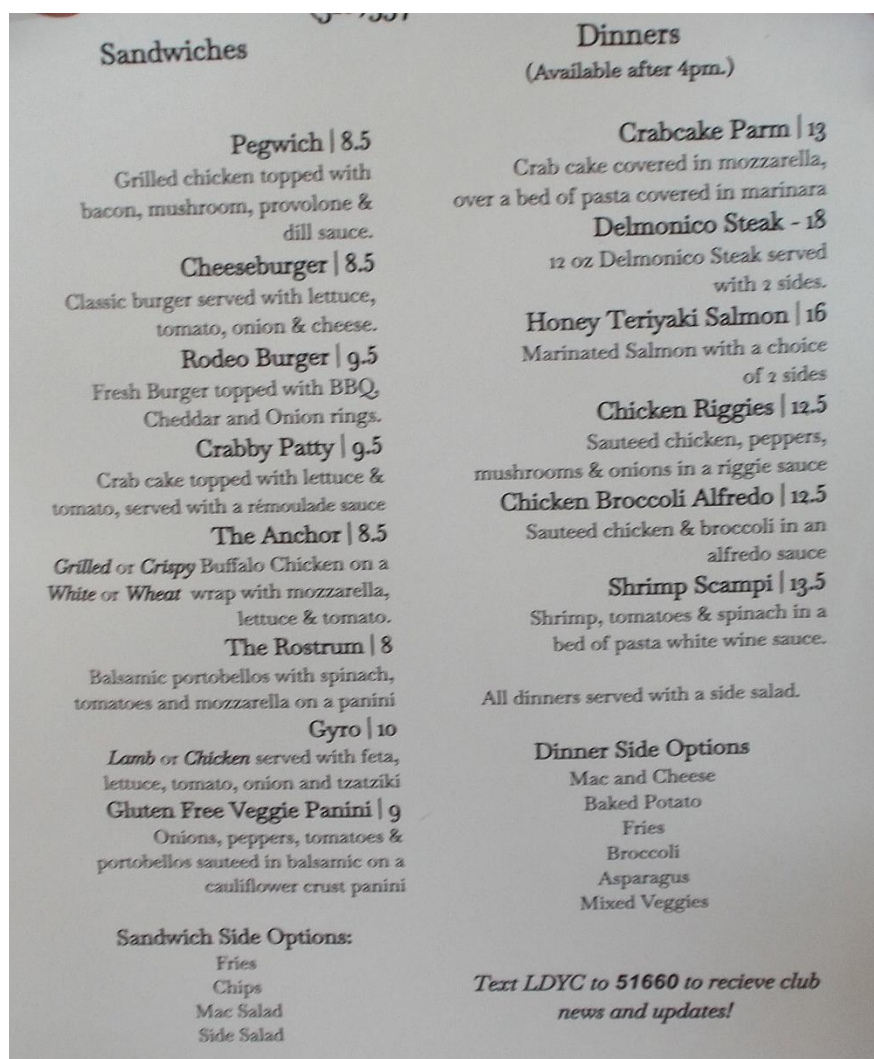
**Masks:** The Onondaga North Rotary Club is taking orders for face masks with the Rotary emblem on blue cloth. Pres. Steve has ordered 20. Members have requested a total of 14 so far. Masks are \$4.00 each.

**Rotary Shirts:** Pres. Steve showed his blue Rotary shirt with emblem and says that they are 3 for \$37.00 from Russell Hampton. Members may order from the catalog if they want one or see Steve.

**Possible Dinner:** The Rotary club of New Hartford is planning a dinner event scheduled for 5:00PM. No other details available at this time. They are extending an invitation to our members.

**Nominating Committee:** Pres. Steve is looking for volunteers to fill a committee looking for a President-Elect and a Youth Exchange Officer for our club.

## Dinner menu from the Delta Lake Yacht Club





## **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)

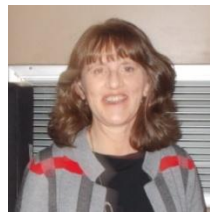
**Birthdays:** this month we have 5



Victor DiPerna



Roger Houle



Tamalin Martin





Bill Tuthill

Rocco Versace

## Guests

No guests today



## 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](http://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](http://www.rotary.org). These tools can help volunteers locate their own projects and make arrangements directly with project coordinators

## Program

Today's program was scheduled for Kevin White from Hannaford Market, but he canceled.



## 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](mailto:chuck.tomaselli@gmail.com)

### Rome Community Theater



When they can open again.

### 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

**The following information and excerpts from various Rotary sources**

**Rotary District Websites**

Official Website, [Rotary7150.org](http://Rotary7150.org).

Rotary International Website, [Rotary.org](http://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](mailto:phyl7150@gmail.com)

**Rotaract** chair: Jonathan Yost: [jonathanm.yost@yahoo.com](mailto:jonathanm.yost@yahoo.com)

**Interact Chair:** Dorene Gortner: [dorene.gortner@yahoo.com](mailto:dorene.gortner@yahoo.com)

**Youth Exchange chair:** PDG Phyllis Danks: [phyl7150@gmail.com](mailto:phyl7150@gmail.com)

**District newsletter information and articles**

Please send future newsletter inputs directly to editor Lizzy Martin at:

[emartin@advancemediany.com](mailto:emartin@advancemediany.com)

**From District 7150 FYI: District group leaders:**

**District Governor:** Cheryl Matt: [CherylMatt7150@gmail.com](mailto:CherylMatt7150@gmail.com)

**District Secretary:** Peter Cardamone: [peter7150@gmail.com](mailto:peter7150@gmail.com)

**District Treasurer:** Laverne DeLand: [laverne7150@gmail.com](mailto:laverne7150@gmail.com)

**District Foundation Chair:** Mark Matt: [mmatt7150@gmail.com](mailto:mmatt7150@gmail.com)

**District Youth Exchange Chair:** PDG Phyllis Danks : [phyl7150@gmail.com](mailto:phyl7150@gmail.com)

**District Membership Chair:** Janet Joslyn: [jmjoslyn83@hotmail.com](mailto:jmjoslyn83@hotmail.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](mailto: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.

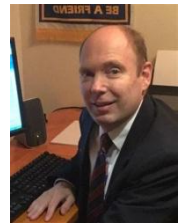
Question about RYLA Phyllis Danks chair: [phyl7150@gmail.com](mailto:phyl7150@gmail.com)

**ROTARY GLOBAL REWARDS PROGRAM** For more information visit:

<https://www.rotary.org/myrotary/en/member-center/rotary-global-rewards/offers#/offers%OD%OAJust>

### **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](mailto: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 Team**

Our district is using a different strategy to address our membership needs this year. We are no longer using Area Membership Coaches. We have established a District Membership Team. I've attached a list of the team members and contact information.

Janet Joslyn, District 7150 Membership chair.

Janet Joslyn (District Membership Chair)  
Rotary Club of Baldwinsville  
[jmjoslyn83@hotmail.com](mailto:jmjoslyn83@hotmail.com)  
C 315 391-8157  
H 315 303-4552

Bernard Bregman (Bernie)  
Eastwood Rotary T 12:10  
[bernardbregman@gmail.com](mailto:bernardbregman@gmail.com)  
C 315 430-5249  
H 315 446-5736



Joe Caruso

Utica Rotary Th 12:00  
[jpcarus012@gmail.com](mailto:jpcarus012@gmail.com)  
C 518 542-7814  
H 315 732-8129

Patricia Talaba (Pat)

Little Falls Rotary W 6:30  
[i4evropt@hotmail.com](mailto:i4evropt@hotmail.com)  
C 315 717-4915

Sheree D'Agostino

Liverpool Rotary Th 4:00, F 12:00  
[sheree7150@gmail.com](mailto:sheree7150@gmail.com)  
C 315 278-2549  
H 315 251-2164

Jonathan Yost (District Rotaract Chair)

Eastwood Rotary T 12:10  
[jonathanm.yost@yahoo.com](mailto:jonathanm.yost@yahoo.com)  
C 607 207-0225

Lizzy Martin (District Public Image Chair)

Baldwinsville Rotary T 7:00 PM W 12:00  
[ebrown@advancemediany.com](mailto:ebrown@advancemediany.com)  
C 315 470-2107

Alicia Zaret

Eastwood Rotary T 12:10  
[alicia.zaret@yahoo.com](mailto:alicia.zaret@yahoo.com)  
C 680 800-7578

## International president 2020-21

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

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.

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](mailto:RomeRotaryNewsletter@gmail.com)  
Questions – Secretary:  
[RRC\\_secretary@yahoo.com](mailto:RRC_secretary@yahoo.com)  
Facebook:  
<https://www.facebook.com/RomeRotary/>

From your editor  
Jeannie L Packer

