



# CLUB NEWS

## DECEMBER 21, 2023

### TODAY

We are planning some holiday cheer and fellowship at this weekly meeting. Join in as Jerry Fischer leads us singing some holiday classics.

Do you have that holiday sweater, antlers, tree ornament earrings or light-up necklace? Put on your holiday wear — a prize will be awarded to the “most festively” dressed!

It's the holidays, so let's share some desserts. Let Val know if you would like to bring in some cookies or other dessert to share.

### Thursday, January 25, 2024

Victoria Mueller will once again host a **Post holiday party** at her home. This is a pot luck event from **6pm to 8pm**. Victoria is always a wonderful host and this is a great opportunity to share fellowship outside our meetings. Spouses and families are welcome. Get the date on your calendar.

We will have a lunchtime meeting that day. Our guest speaker will be New London Public Schools Superintendent Cynthia Ritchie.

### Community Meal Center

Our club volunteers on the **2nd Thursday of each month** to serve at CMC. Please let Anna Lathrop know if you can help, [anna@gourmet-galley.com](mailto:anna@gourmet-galley.com). We begin at 4pm and are done by 6:15pm. Your help is always appreciated.

### Little Free Libraries

The Little Free Library project is a daily club initiative to locate books, secure, label and distribute them throughout the city. Please bring books to our meetings or let one of our stewards (Gail, Christine, Mel, Ray or Julia) know if you need someone to pick them up. Good sources of material are family, libraries, schools, friends, neighbors, places of worship and workplaces. Contact Julia Kushigian-Secor with questions [jakus@conncoll.edu](mailto:jakus@conncoll.edu).

### Rotary International Foundation

Giving to the Rotary International Foundation is a great way to make a difference in the lives of millions. Programs in the United States and around the world benefit from your generosity. It's easy to give through automatic withdrawals and there is no minimum—every donation matters! Contact Foundation chair Ed Cramer for more details.

### Waterford Rotary

Meetings First and Third **Tuesday** of the Month, beginning November 21, 2023 at Filomena's in Waterford.



## TODAY'S PROGRAM

### HOLIDAY PROGRAM

#### Weekly Meeting

12:00 Noon

at **THE THAMES CLUB**

290 State Street, New London

Dec 28

No Meeting

Jan 4

Town Hall

For those unable to attend in person, please join us for our weekly Rotary meeting via Zoom. Go to [ZOOM.COM](https://zoom.us) and click “JOIN A MEETING” and enter the info below.

ID=895 9471 7490  
PW=512184

#### GREETER

Dec 14 Pam Hennessey

#### INVOCATION

Dec 14 Val West

#### SONG LEADER

Dec 14 Jerry Fischer

#### BIRTHDAYS

Dec 26 Pam Akins

Dec 30 Andrew Gilday

#### ANNIVERSARIES

Dec 28 Ivan & Andrea Sadler

**Rotary**

Club of New London



## THE FOUR-WAY TEST

of the things we think, say or do...

Is it the **TRUTH**?

Is it **FAIR** to all concerned?

Will it build **GOODWILL**  
and  
**BETTER FRIENDSHIPS**?

Will it be **BENEFICIAL**  
to all concerned?

*“The Rotary way is to light a candle.  
I light one, you light one, 1.2 million  
Rotarians light one. Together, we  
light up the world.”*

– Rotary International President-Elect  
Gary C. K. Huang,  
in the April 2014 issue of *The Rotarian*

## Rotary Around the World

### Italy



A rising number of young people with eating disorders prompted the Rotaract Club of Terre Cremasche and the nonprofit Consultorio Insieme Crema to conduct workshops for people ages 20 to 35. Beginning in April, the series covered three topics: body image, mindful eating, and wellness and sustainable dining. The sessions were developed in collaboration with counseling centers and psychologists. “The aim is to guide participants in critically examining their eating habits and the emotional and historical significance of meals,” says club member Emma Prévot. The club funded much of the program with a gala cocktail reception in the town of Crema’s civic museum, housed in a 15th century convent.

### Philippines



With two club leaders being registered nutritionist dietitians, the Rotary Club of Lucena University District takes healthy eating seriously. The club paired with the Quezon chapter of the Nutritionist-Dietitians’ Association of the Philippines to offer lessons at a jail on how diet can prevent disease, the importance of exercise, sleep, and drinking enough water, and other topics. Club President Joey

Kathlyn Samonte and Past President Bella Castro also explained a food chart on optimal portion sizes for various food groups. And aspiring chefs tested their skills in a cooking contest using the organic vegetables grown at the jail. Club member Jasper Panganiban lauds the pair’s devotion. “These types of projects to encourage healthy lifestyles and diets in the community are close to their hearts,” Panganiban says.

*This story originally appeared in the December 2023 issue of Rotary magazine.*



# CLUB REPORT

## DECEMBER 14, 2023

by Gail MacDonald

### NEW CLUB OFFICERS ELECTED AT ANNUAL MEETING

**Carmelo L. Foti** will be New London Rotary's president for the 2024-2025 year. At its annual meeting Dec. 14, the New London Rotary Club elected new officers for the new Rotary year that begins July 1, 2024.

Besides Foti, club members elected **Mary Lenzini** as president-elect, **Mark Spinnato** as vice president, **Andy Russell** as secretary and **Alan Lyon** as treasurer. In addition, three new members were elected to the Rotary

board: **Gigi Gonzalez-Cottrell**, **Gail B. MacDonald** and **Kristin Magnussen**.

Congratulations to all and a huge thank-you to the nominating committee, headed by **Ed Cramer**, for its work pulling together a strong slate of officers.

"The club's future is in good hands," President **Valerie West** said.

### SPREADING HOLIDAY CHEER TO SHUT-IN SENIOR CITIZENS



New London Rotarians packed up a bit of holiday cheer for the city's shut-in senior citizens on Dec. 14. Goody bags with sweet treats and useful items were delivered to the New London Senior Center Dec. 15 and will be distributed before Christmas by Thames Valley Council for Community Action drivers, along with regular Meals on Wheels deliveries.

The new Rotary project resulted after Community Service Committee Chairwoman Gail MacDonald, seeking to rejuvenate the club's long-standing service to local seniors, discussed possible project options with the city's Senior Center director and the TVCCA Meals on Wheels coordinator.

While the Senior Center offers many programs for those older residents who are more mobile, shut-ins are often quite isolated. Some of them see few people beyond the person who delivers their Meals on Wheels.

Loneliness and isolation among older residents poses a serious public health risk, according to the Centers for

Disease Control and Prevention. More than one-third of adults aged 45 and older feel lonely and a quarter of adults aged 65 and older are considered socially isolated, according to a study by the National Academies of Sciences, Engineering and Medicine. Social isolation is associated with a 50% increased risk for dementia and other serious medical conditions, according to the CDC.

Working to combat loneliness and isolation also is in concert with the year's Rotary goal of improving mental health.

A proposed budget of about \$650 to produce 55 goody bags was presented to the club to cover the cost of the project. In addition to this initial project, the club hopes to provide items such as birthday cards, a flower and special treats to the shut-ins throughout the year.



The bags included a coloring book for adults, a set of colored pencils, a holiday ornament, blank note cards and envelopes, a pen, an emergency telephone number card and holiday cookies. Special thanks to club members Brian Cole for the note cards, envelopes, emergency numbers cards and Rotary stickers; Anna Lathrop for the cookies; and Mary Lenzini for the holiday ornaments.

## Club Officers, 2021-2022

<b>President</b>	Valerie West
<b>President-Elect</b>	Mel Foti
<b>Vice President</b>	Mary Lenzini
<b>Secretary</b>	Andy Russell
<b>Treasurer</b>	Alan Lyon
<b>Sergeant-at-Arms</b>	John Bysko
<b>Immediate Past President</b>	Brian Cole

## Board Of Directors

2024	John Bysko, Kate Lee, Mark Spinnato
2025	Lee Cole-Chu, Pam McNulty Hennessey, Todd Gipstein
2026	Andrew Gilday, Mirna Martinez, Tracee Reiser

## Club Committees

### Rotary Youth Service

Todd Gipstein, *Director*

<b>Student Of The Year</b>	Barry Neistat
<b>High School Awards</b>	Barry Neistat

### Rotary Membership

Mel Foti, *Director*

Fellowship/RAH	Reid Burdick
Classification	Andy Russell
Information	Kris Magnussen
Sunshine	Millie Devine
Diversity/Membership Dev.	Jerry Fischer

### Rotary Community Service

Gail MacDonald, *Director*

Camp Rotary	Tracee Reiser
Centennial Playground	Rick Gipstein
Holiday Book Drive	Anna Lathrop
Community Meal	Anna Lathrop
Service Person/ Veteran's Day Program	Mary Lenzini
Little Free Libraries	Julia Kushigian Secor
Yale Harvard Regatta	Lee Cole-Chu
Thanksgiving Turkey Fund	Pam McNulty-Hennessey

### Rotary International Service

Julia Kushigian Secor, *Director*

### Rotary Club Service

Lee Cole-Chu, *Director*

<b>Audit</b>	John Bysko
<b>Awards</b>	
Paul Harris	
Carl Wies	
Tom Wetmore	
Phil Turner	
<b>Nominating</b>	Ed Cramer
<b>Anchor</b>	Todd Gipstein
<b>Music</b>	Chris Neilan
<b>Program</b>	Mary Lenzini
<b>Fundraising Committee</b>	Mel Foti
Golf	Kate Lee, Alex Marku
Brewfest	Keith Turner, Victoria Mueller
By-Laws	Lee Cole-Chu
Picnic	Val West/Ted Rossi
Anchor Ad Sales	Mark Spinnato
Installation Committee	Victoria Mueller
Public Relations	Brian Cole
Website	Catherine Foley, Gail MacDonald
RI Foundation	Ed Cramer

**Gordon's Yellow Front**  
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E-mail: winetalk177@aol.com

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