



CLUB NEWS

FEBRUARY 22, 2024

Inter-Club Meeting

Area 12 will hold an inter-club meeting at noontime on **March 13th** at Flanders Fish House in Niantic. Guest speakers from Safe Futures will address the attendees. President Val is accepting nominations for an Unsung Hero award that each club will name at the meeting. This award is for someone that this year has quietly supported the club without praise and deserves recognition.

Send your nomination and RSVP for the luncheon to President Val @ westv8804@gmail.com by 3/4.

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. We begin at 4pm and are done by 6:15pm. Your help is always appreciated.

Waterford Rotary

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

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! To donate to Rotary International, please go to myrotary.org/donate or scan the QR code below.

If you have not yet registered, you will need to log in with password. Choose amount of donation and Fund you would like it to go to. Please be sure to include Club number 6741 and your Rotary membership number. If you do not have it, please contact Ed Cramer at winetalk177@aol.com.

Thank you for supporting the Rotary International Foundation.



TODAY'S PROGRAM

Emmet Cosgrove
Mediation

Weekly Meeting

12:00 Noon
at THE THAMES CLUB
290 State Street, New London

Feb 29 **Victoria Mueller**
Club Foundation

Mar 7 **Kris Magnussen**
Public Health Update

Mar 21 **Rich Lisatano, CEO**
LMH Update

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

Feb 15 Pam McNulty

INVOCATION

Feb 15 Val West

SONG LEADER

Feb 15 Chris Neilan

BIRTHDAYS

Feb 24 Leon Lehrer

Feb 24 Ted Rossi

Feb 28 Jeanne Sigel

ANNIVERSARIES

Feb 22 Leon & Jan Lehrer



TRI-STATE DISTRICT Conference



Together We Are Better

May 3 – 5, 2024

Districts 7890, 7910, 7950 and 7980

All District Conference events will occur at the **Southbridge Hotel & Conference Center**. Most attendees will stay at the hotel on Friday and Saturday nights. We have arranged a special nightly rate of **\$129 + tax** at this fabulous hotel.

Register today: <https://nepets.regfox.com/rotary-multi-district-conference-2024-final>

Rotary District 7980 ~ Area 12

People of Action



Area 12 Inter-Club Luncheon / Social



*Area 12 ~ Assistant District Governor ~ Michael Barnett
Cordially invites you to our joint Inter-club luncheon*

Area 12 Clubs

Groton

Niantic

New London

Mystic

Waterford

Our Guest Speakers will be Kathy Verano, Marie Kenny, Ken Edwards ~
Safe Futures started in 1976 as the Women's Center of Southeastern CT
for Information, referral, rape crisis hotline for women. It has become
so much more to this community.

It will become "The Center for Safe Futures" implementing the family
justice center model of operation.

Join us to hear their plans for the new center to be built on Route 85 in
Waterford and how it will impact the people of Southeastern CT.



Each club in Area 12 will be
honoring a member from
their club with the

"Un-sung Hero Award"

We hope everyone
will attend!

Buffet Lunch will be \$15.00

RSVP to your club President by
March 8

Questions?

Call Michael 860.463.7634 or
Deb Fountain 860.303.0968

Wednesday
March 13, 2024
At 12:15 pm
Flanders Fish
22 Chesterfield Rd
East Lyme, CT
Parking is limited ~
carpool is encouraged

**All members are encouraged
to attend. Please try to sit
with those from other clubs!**

CLUB REPORT

FEBRUARY 15, 2024

by Gail MacDonald

Verbal communication consists of the choice of words used, the tone in which they are said and the body language behind the message. While each component is important in its own way, research has shown that the body language behind the message packs the most impact, while tone is a close second.

Liz Binger, who has worked in conflict resolution for more than 30 years, told members of the New London Rotary Club on Feb. 15, that the actual words used account for only about 7% of the overall reception and importance of the message.

Binger illustrated her point by conveying a simple message such as: "Put your books on the table." Saying the words in a calm, softer tone sends one message, but if the words are shouted, it sends quite a different message, she said.

Binger told a story from her past about a busy Saturday when she had a long list of errands to run with her then 4-year-old daughter in tow. When they got to Wal Mart, her daughter refused to cooperate and get into the shopping cart, Binger said. But when the Wal Mart greeter knelt down on her daughter's level and asked her if she wanted some help getting in the cart, her daughter immediately acquiesced.

It was the tone and body language that mattered most to her daughter.

"After that, I calmed down," Binger said. "My family reaped the benefits of that small interaction for the rest of the weekend. That's the power of effective communication."

Binger then asked Rotarians to pair off, face one another, and try using only non-verbal communication to get their partner to step over an imaginary line running between them. In the end, she said there are five ways to resolve this type of situation: avoidance, competition, accommodation, compromise or collaboration. There is no right or wrong choice, but all choices must be made consciously.

In any situation involving some type of conflict needing resolution, Binger said conscious decisions should be made that will guide which type of resolution will work. For example, individuals usually think about the relative importance of the particular issue, as well as the relative importance of the relationship with the other individuals involved. If the relationship is more important than the issue, for example, individuals may choose accommodation or avoidance, she said.

"Success and satisfaction of daily transactions depend on effective communication," she said. "Conflict arises if we don't listen to one another and understand their reality."



Guest speaker, Liz Binger, concludes her remarks on conflict resolution. President Val presented Liz with our club banner in recognition of her address to the club.

As an example, she recalled a conversation she had while living in Iowa and working trying to find resolutions between lenders and farmers who were facing foreclosure. The conversation she was having was with an elderly farmer who was telling her at length of the importance of his farm, which had been in his family for multiple generations.

Her reply was to say: "I understand," a simple utterance frequently used by people listening to heart wrenching stories from others. In this case, she thought it sent a sympathetic message.

Instead, the farmer stopped her and told her there was actually no way she could understand what he was going through because she hadn't experienced it herself.

"I've never forgotten that," she said.

Conflict arises when we don't listen to one another and strive to understand each other's realities, she said.

Stephen Covey, the author of "The Seven Habits of Highly Effective People," said, "Seek first to understand, then to be understood," Binger said.

In replying to a question about applying lessons from conflict resolution techniques to help mend the divisions in contemporary America, Binger said she believes it can be accomplished.

"I have to believe there's hope for that to get better," she said. "What it takes is really skilled leadership on all sides."

Club Officers, 2023-2024

President	Valerie West
President-Elect	Mel Foti
Vice President	Mary Lenzini
Secretary	Andy Russell
Treasurer	Alan Lyon
Sergeant-at-Arms	John Bysko
Immediate Past President	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*

Student Of The Year	Barry Neistat
High School Awards	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*

Audit	John Bysko
Awards	
Paul Harris	
Carl Wies	
Tom Wetmore	
Phil Turner	
Nominating	Ed Cramer
Anchor	Todd Gipstein
Music	Chris Neilan
Program	Mary Lenzini
Fundraising Committee	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
WINES & LIQUORS

Edward Cramer
177 Colman Street
New London, CT 06320
Telephone: 860-443-5937
E-mail: winetalk177@aol.com

RE/MAX ON THE BAY

Kathryn L. Schargus, Broker/REALTOR®
61 Pennsylvania Ave • Niantic, CT 06357
Cell: 860 608-6743 • KSchargus@aol.com
CT Magazine Five Star Award 2018, 2019, 2020

BOUVIER INSURANCE

Mark S. Spinnato, CIC
Insurance Advisor
mspinnato@binsurance.com

local 860.859.9821 x313
toll free 877.859.9821
fax 860.561.8778
mobile 860.625.7702

1020 Hartford Turnpike, Waterford, CT 06385
www.binsurance.com
Certificate of Insurance - Submit online www.binsurance.com or Fax 860.561.8778

Financial Planning, Investment Management and Advisory Services

JOHN A. BYSKO, CFP®, CPA
100 Halls Road, Old Lyme, CT
(860) 434-3632 • (860) 227-7564 Cell
Certified Financial Planner Certified Public Accountant

Marketing Promotions, LLC

Leon Lehrer
860.510.0419
lehrer529@gmail.com

98.7 WNLC

(860) 887-3511
www.wnlc.com
40 Cuprak Road
Norwich, CT

Byles Memorial Home
New London - Groton

WHALING City

EXCEEDING YOUR EXPECTATIONS EVERY DAY!
475 Broad Street, New London, Connecticut 06320

MUDDY WATERS CAFE

Featuring
Coffees • Hughie's Original Love Salad
Soup & Sandwiches
42 Bank Street, New London 860-444-2232

MUELLER GREENE
ATTORNEYS AT LAW

VICTORIA S. MUELLER
300 State Street, Suite 209
New London, Connecticut
860-442-2252 | Fax 860-442-2253
victoria@muellergreene.com

Barry's
Cleaners and Launderers

Full Service Dry Cleaning & Laundry
Expert Tailoring

~Three Locations To Serve You~

565 Colman St. New London, CT (860) 447-8220
79 Pennsylvania Ave. Niantic, CT (860) 739-7867
308 Flanders Rd. East Lyme, CT (860) 691-1680
www.barryscleanersct.com

Conway, Londregan, Sheehan & Monaco, P.C.

Eric J. Garofano
Attorney at Law

38 Huntington Street • P.O. Box 1351
New London, Connecticut 06320-1351
Phone: (860) 447-3171 • Fax: (860) 444-6103
E-Mail: egarofano@clsmlaw.com • www.conwaylondregan.com

THE DEWART BUILDING
AT 300 STATE STREET
Center for Arts & Business

300StateStreet.com
(860) 443-3545
info@300statestreet.com

Dime Bank
EST. 1869 | MEMBER FDIC

Community Banking Lives Here™

dime-bank.com / 860.859.4300

Proud supporters of the
Rotary Club of New London.

YaleNewHavenHealth
Lawrence + Memorial Hospital

12 Ocean Avenue
New London, CT 06320
860-443-1871

Thomas L. Neilan & Sons
Funeral Homes
Family Owned & Operated

Gourmet Galley
CATERING
CELEBRATING 20 YEARS
860.415.9589 • www.gourmet-galley.com

www.secorauto.com

SECOR AUTO

Broad Street • New London, CT 06320 • 860.442.3232

A BEAUTIFUL CO.
Builders & Remodelers

860-437-3668
abeautifulco.com