



Rotary Club of Red Hook, New York

Weekly Bulletin

SERVICE ABOVE SELF

May 18, 2021

<http://www.redhookrotaryclub.org/>

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Marking the 62nd week of “stay at home” meetings required by the coronavirus outbreak, Jennifer Van Voorhis called the Zoom meeting to order at 8 am. We recited the Pledge of Allegiance and the Rotary 4-way test and Fred Cartier offered a blessing. Twelve Rotarians were in attendance including Jenn Van Voorhis, Susan Ezrati, Fred Cartier, Michael Shafer, Linda Greenblatt, Bud Weaver, Dave Wright, Susan Simon, Carl Dowden, Tim Lynch, Chris Chale, and Rebecca Kent. Our guests was Cait Guariglia, a Health and Wellness Coach.



Fred Cartier provided the above screenshot of participants at the Zoom meeting. By row, from top left to bottom right are: Jennifer Van Voorhis, Fred Cartier, Michael Shafer, Linda Greenblatt, Tim Lynch, Susan Simon, Cait Guariglia, Chris Chale, Carl Dowden, Dave Wright, Bud Weaver, blank screen, Susan Ezrati and Rebecca Kent.

The meeting started with the news that we will be sending two students, Charlotte Smith and Michelle Sales to the Rotary Leadership Academy at Holmes Camp and Retreat Center in Holmes, NY this summer at a cost of \$450 per student.

We also followed up on Carl's announcement that he will be unable to serve as advisor to the Interact club this year (following 32 years of doing so). We need either a Rotarian to commit to being the new advisor, or a teacher who would be willing to sponsor the Interact as a school club and serve as its school advisor. If we followed that pattern, we would still need a Rotarian to attend at least once a month. In Dutchess County, most of the Interact Clubs are school sponsored. We very much need a Rotarian to step up to sustain this valuable relationship.

Linda reminded us that today, May 18, is the day to vote on the school budget, five propositions and election of two of the seven candidates for the Board of Education. The election takes place at the Mill Road School from noon to 9 pm.

Susan Simon introduced our speaker, a Certified Wellness Coach. Cait started with a joke about her business name "Rebel Choice", which is her way of challenging us to recognize the importance of aligning our actions with our values. The need for this alignment is most evident in its impact on our health, she noted and cited the evidence that as a population our failure to achieve this alignment results in high rates of hypertension, diabetes and obesity in the overall population. She went on to tell us that wellness coaching is about helping us develop strategies for identifying when we are avoiding the behaviors that lead to these stresses on our bodies and our relationships. She illustrated some of the strategies that she uses to teach her clients how to recognize and avoid the stressors in their lives. For example, she uses "appreciative inquiry" as a way of refocusing on what is working rather than what is not. By doing this, the client can think about what they did to make the strategy work rather than focusing on failure. Similar strategies also work on finding ways to avoid the rubbing points in relationships by looking for the parts of relationships that are working. Good advice for those of us who have been home with a narrow family circle and/or a limited number of friends during the pandemic! She uses other strategies to work on our self-confidence. When asked, she noted that these strategies work on all age groups.

Thank you, Susan, for encouraging Cait to speak with us.

Jenn asked us if we wanted to continue to serve as a sponsor for the Red Hook Little League Team, and if we wanted to contribute to the painting of the sign. Tim and Dave chimed in to say that we had been doing this annually at a total cost of \$550. A motion and second followed and the club voted unanimously to continue the sponsorship. Jenn also asked if we should formally sign up for the Clynk program so that we could have a paper trail for donated cans and bottles and purchases of personal hygiene items. The cost is just under \$5 quarterly and helps us win a grant from RI for the food pantries. Again a unanimous vote followed a motion and second to sign up.

Good meeting.

Radio Rotary

Next weekend on Radio Rotary: Watch the website for further information.

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Stitcher: <https://www.stitcher.com/podcast/anchor-podcasts/radiorotary>

See our video at: <http://www.youtube.com/watch?v=1rzF-3SU-UA>

The Red Hook Rotary club currently meets every Tuesday online at 8:00 a.m. Check our website at www.RedHookRotaryClub.org or our Facebook page

at <https://www.facebook.com/RedHookRotaryClub/>