



# THE WHEELHOUSE

*A Monthly Look Around Our District*



An Inside Look at Area 5's Clubs & Presidents from  
AG Kay Andberg:  
Attleboro, Foxboro, North Attleboro/Plainville,  
Norwood, Sharon



North Attleboro / Plainville MA

Rotary Club 

President Scott Jones  
Meeting: Thurs., 7am-Attleboro



Their weekly lunch meetings at Towne Tavern & Tap continue to feature dynamic speakers! Most recently, they hosted Emily Talentino, Executive Director of Give & Surf in Bocas Del Toro, Panama. They were excited to receive an update on this vital non-profit that their club proudly supports.

Give & Surf provides education, vocational training, after-school care, school lunches, and summer camps for the young people of Bocas Del Toro. Want to learn about their impact?



Visit: [www.giveandsurf.org](http://www.giveandsurf.org)

Upcoming Highlights include the Christmas for Kids program & the annual Club Holiday Party.



Email: [scott@sjonesregroup.com](mailto:scott@sjonesregroup.com)

Rotary Club of Norwood 

President Linda Strano,  
Meeting: Thurs., 7am- Norwood



The Norwood Rotary Club connected with thousands of residents at the Annual Norwood Day on Saturday, September 6, 2025! Their members welcomed visitors and shared their mission all afternoon.



Displayed prominently was their Club Banner as the Rotarians manned 2 tented booths with a photo booth, a raffle, and bookmarks for all ages. A mannequin wearing a winter coat promoted the club's annual Coat Drive during October to November for the Norwood Food Pantry.



Members, Martha Colamaria, Peter Strano, Wayne Zafft and Club President, Linda Strano celebrated the day; meeting newcomers, old friends, answering questions about Rotary, planting a tree and sending cascades of bubbles into the air for all to enjoy!

Email: [lsstrano1221@gmail.com](mailto:lsstrano1221@gmail.com)



**NEXT MONTH, AG Tina White introduces Area 6 clubs:  
Abington, The Bridgewaters, Brockton, Mansfield, Rockland/Hanson**





# Rotary Club of Sharon

President Monica Zgola,  
Meeting: Monday, 6:30 p.m. at CARE ONE



In September, the Sharon club had a unique opportunity to partner with non-profit organization, EcoLibria International, in welcoming delegates from the Republic of Georgia who were invited to Washington DC and Boston to explore AI best practices. The club's Sept 15th meeting was converted into a meet, greet and learn event between Sharon Rotary and the Georgians.

Moreover, Joe and Natasha Watson, Scott and Ann Marie Rosa as well as club President Monica Zgola and husband Zak Razumovskiy opened their homes as host families, for five of the six visiting professionals.

Programs like this remind us why Rotary matters - not only for the good we do locally, but also for the friendships and understanding we build globally!



On Sunday, October 5th, the Rotary Club of Sharon had a fantastic day connecting with the community at the 4th Annual Sharon Day (11 a.m. to 3 p.m. at Veterans' Memorial Park Beach), at beautiful Lake Massapoag!

With their friends from the Lions Club next to their table, they welcomed members of all ages from the community to learn about Rotary and paint Peace Rocks to take home.

Thanks to the phenomenal leadership of Interact Club President Neil Dutta, the club fair on September 19th yielded a remarkable 40 new student sign-ups.



Email: [monicazgola@hotmail.com](mailto:monicazgola@hotmail.com) for more details



# Foxboro Rotary Club



President, Karen Friend  
Meeting: 2nd and 4th Monday of the month at 6pm at Conrad's in Foxboro

The Foxboro club is proud to announce a new focus on the environment, launching a Community Environmental Action Group and inviting residents to join in two exciting public events this Fall and Spring. While Foxboro Rotary has been active in environmental service projects for years, the Club is stepping up its efforts to educate it's members and the community about how everyday choices affect the planet—and how collective action can lead to meaningful change

Don't miss the Documentary Screening: "2040"

Sunday, November 9, 2:00 p.m.  
Boyden Library, Bird Street, Foxboro

This uplifting, award-winning film explores practical and creative solutions already available to improve the planet's future. Far from doom-and-gloom, "2040" offers a hopeful vision of what life could look like for the next generation if we embrace change now.



Inspired by their late member Jacob Vinton (2016), the Foxboro Rotary Club and Interact students participated in the Neponset Valley Walk to End Alzheimer's on October 19th. The "Jogging for Jake" team carried flowers and raised nearly \$1,500 to fund research and local programs for families affected by the disease.



Email: [kfriend423@gmail.com](mailto:kfriend423@gmail.com) for more details.



President, Sean Carroll  
Meeting: TUESDAY AT 12PM.  
Check FB page for weekly meeting location

# ROTARY CLUB CHALLENGE

## CHALLENGE RULES

### 100 Years of Service Above Self



The Club had an incredible start to the fall season, marking its 100th year of service with powerful community action! The Club celebrated its century milestone with a lively Casino Night in October.



- Minimum 10% club member attendance at each event
- Members can rotate – no need for the same attendees each time
- Clubs that meet the challenge unlock a chance to win Rotary-branded jackets for their members!



They hosted the 6th annual Fall Fest in September and received a generous \$10,000 donation from Plainridge Park Casino to support its mission.

Heritage & History: The club donated \$500 to the Woodcock Garrison House (1669) and the Adamsdale Schoolhouse (1850) to support local preservation efforts.



Providing holiday assistance, the Club participated in the Adopt-A-Family fundraiser for Transfiguration of the Lord Parish, providing toys, winter clothing, and financial aid to local families in need.

Long-Standing Tradition: Continued its 50+ year tradition of hosting the annual dinner to honor the senior football players and staff from North Attleboro High School.



Stand out and show off your club pride with official jackets that honor your commitment to service and fellowship.



The Power of Purpose with Ramesh Ferris,  
Rotarian, Donor, Polio Survivor, Global Health  
Advocate & Friend of our DG Nicole Brien!

**Rotary**  
District 7950



The  
**Rotary**  
Foundation

Join us for the D7950  
Foundation Luncheon

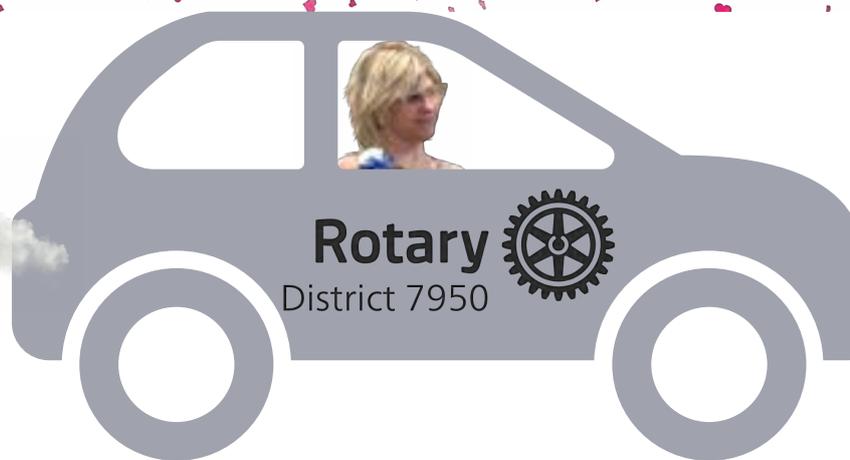
Nov 15, 2025 at 11:30 AM - 02:30PM  
SAVINI POMODORO, Woonsocket RI

**REGISTRATION  
CLOSES  
TOMORROW!**

<https://rotary7950.com/event/foundation-luncheon-2/>



**DG Nicole's  
POP UPS**



November: Areas 1, 2, and 4 (Cape Cod)

No pop up in December.

January: Areas 5, 7, and 9 (Date and location TBD)



# DON'T HIDE YOUR IMPACT! GET YOUR EVENTS ON THE DISTRICT CALENDAR

November 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27 DG Club Visit - Foxboro Club	28	29 DG Club Visit - Middletown Club	30 DG Club Visit - Woonsocket Club Blood Drive @ Braintree Town Hall - BCH (Braintree)	31	1
2	3 DG Club Visit - North Kingstown Club DG Club Visit - Weymouth Club	4 Good Works and Operations Board Meetings (Nauset (Orleans))	5 DG Club Visit - Norwood Club DG Club Visit - Randolph/Avon/Canton Club	6 DG Club Visit - Metro Providence Club DG Club Visit - Bourne-Sandwich Club	7	8
9	10	11 DG Club Visit - Fairhaven Club Veterans Day Breakfast Social (Nauset (Orleans))	12 DG Club Visit - Scituate MA, Club DG Club Visit - Cranston Club	13 DG Club Visit - Scituate RI, Club DG Club Visit - Plymouth Sunrise	14	15 D7950 Foundation Luncheon
16	17 DG Club Visit - Sharon Club DG Club Visit - Newport Club The Rotary Foundation Presentation PDG S. Albright (Nauset (Orleans))	18 DG Club Visit - Falmouth Club DG Club Visit - Bridgewater Club	19 DG Club Visit - Pawtucket Valley Club	20 DG Club Visit - Jamestown Club	21	22
23	24	25	26	27	28	29
30	1	2	3	4	5	6

**KEY:**

- - Board Meeting Event (Club)
- - Club Event (Club)
- - Club Meeting (Club)
- - Committee Meeting (Club)
- - Deadline (Club)
- - District Event (Club)
- - Fundraiser (Club)
- - General (Club)
- - Official DG Visit (Club)

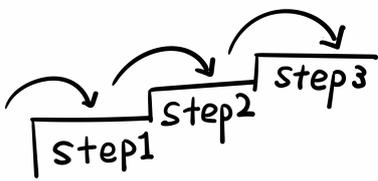
Is your club hosting a fundraiser, a powerful speaker, or a unique service project? If it's not on the District Calendar, other Rotarians can't find it! Adding your event is the quickest way to boost visibility, attendance, and fellowship across D7950.

Whoever adds your club events to your club website, please take a minute right now to ask if someone else wants to learn from you how to do this!?!?!? WHEN YOU BUILD AN EVENT ON YOUR CLUB PAGE, JUST TOGGLE THE "ADD TO DISTRICT CALENDAR" BUTTON.

Then submit your upcoming Club Events, Speakers & Fundraisers to the District Calendar!

Let's make every week as full as November 2025!

Need help? Just reach out to [district7950publicimage@gmail.com](mailto:district7950publicimage@gmail.com)



**Stay Connected:  
Ensure You're  
Following the  
Official D7950 Page**

**step 1: What FB page are you on?**

You may be following an old page for Rotary District 7950. It has the Hope theme, as pictured to the right. The old, inactive page with Hope Theme is here: <https://www.facebook.com/profile.php?id=100064870710796>



**step 2: If it is the wrong page....  
Please Unfollow it!**

**step 3: Find the correct D7950 FB page**

<https://www.facebook.com/RotaryDistrict7950>

**step 4: If it has the above image in the heading, it is the correct page! Please follow the correct D7950 Facebook page! Our FB header changes based on what is happening.**

**step 5: Once you are on our page, comment on anything and we can shout out your club!**



**WHERE'S THE  
DG  
THIS MONTH?**

- Foxboro, MA
- Middletown, RI
- Woonsocket, RI (her home club)
- North Kingstown, RI
- Weymouth, MA
- Norwood, MA
- Randolph/Avon/Canton, MA
- Metro Providence, RI
- Bourne-Sandwich, MA
- Fairhaven, MA
- Scituate, MA
- Cranston, RI
- Scituate, RI
- Plymouth (Sunrise) MA
- Sharon, MA
- Falmouth, MA
- Newport, RI
- Pawtuxet Valley, RI
- Bridgewater, MA
- Jamestown, RI

JOIN US

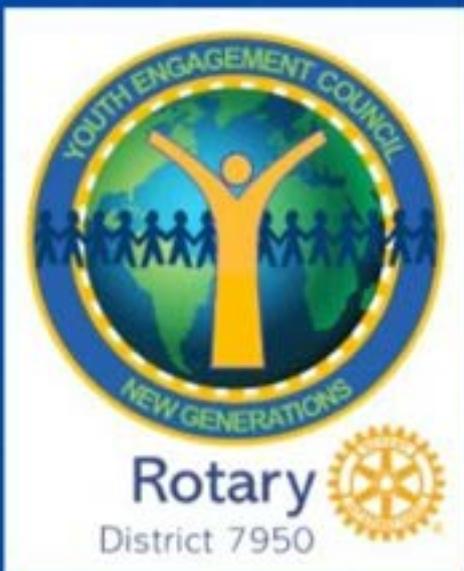
# MONTHLY



## YOUTH ENGAGEMENT COUNCIL TRAINING WORKSHOPS



[ROTARY7950.COM](http://ROTARY7950.COM)



11/07/25

Youth Engagement Webinar:  
Youth Exchange

1/14/26

Youth Engagement Webinar: RYLA

2/24/26

Youth Engagement  
Webinar: Funding & Grants



# "Debunking Food Myths for Your Health and the Planet"

Rotary has officially named Protecting the Environment as our 7th Area of Focus. To make a sustainable impact, we need to ensure our actions are based on reality, not widespread misinformation.

Our own District Environmental Committee Chair, **Joan Gagnon**, highlights this crucial issue and shares powerful, evidence-based responses written for the October Environmental Sustainability Rotary Action Group (ESRAG) Newsletter.

In today's information overload, misconceptions about food and the environment spread quickly, and they can derail meaningful change. Whether it's doubts about nutrition or beliefs that "local meat is sustainable," myths can hold people back from adopting healthier, planet-friendly habits. That's why knowing how to gently correct misinformation with friendly, well-sourced responses empowers us to drive awareness and action.

Sneak Peek: Can You Debunk These Common Food Myths?

Here are just three of the myths you'll learn to address:

Myth: "You won't get enough protein on a plant-based diet."

Friendly Fact: Lentils actually deliver more protein per calorie than steak!

Myth: "Local meat is sustainable."

Friendly Fact: Even the "greenest" beef has a bigger carbon footprint than beans shipped somewhere else.

Myth: "We can solve climate change without changing diets."

Reality Check: Animal agriculture is a leading contributor to human greenhouse gas emissions—more than all forms of transportation combined.

Get the Facts & The Recipe: Read the Full Article and Get the Facts:  
<https://esrag.org/blog/2025/10/13/debunking-food-myths/>



**Want to invite Joan to speak to your club?**  
**d7950ecochair@gmail.com**