



Canaltown Crier

Rotary Club of Palmyra-Macedon



Club President:

Mark Clement

Ass't District Governor:

Pam Dean

District Governor:

Bill Gormont

Rotary International President:

K. R. Ravindran

Speakers

May 18, 2016

[Relay for Life: Jillian Ferrence](#)

May 25, 2016

[Club Assembly and Auction](#)

Jun 01, 2016

[Mindfulness - Inga Rojas,
Catholic Charities](#)

Jun 08, 2016

[Harbor Hosts with Vicky Daly](#)

Jun 15, 2016

[Rotary Camp ONSEYAWA -
Kevin Cowles](#)

Meeting Minutes - May 25, 2016

Posted by Jim Bush & Dave Read on May 25, 2016

MIA: Tom Breen, Brian Brooks, Bill Dean, Gary Haigh, Debbie LeMoyné, Anne Morrell, Peter Park, Dave Pray, Chris Santelli, Andy Wahl

Guests: Grant Voges (Jenn Preston), Dave Nagel, Lucille Hamlin,

Students: Brittany Baker, Amanda Shifflet, Josh Durant
DG Bill Gormont & wife Helen

Birthdays: Jenn Preston

Anniversary: Lucille Hamlin

Happy Bucks:

- Bob Yost was happy to announce his mother had returned home following a rehab stint at Wayne County Nursing Home.
- Margaret Brooks enjoyed 2 weeks visiting family in North Carolina and Washington.
- Maurina Schmidt is celebrating her 13-year old nephew's acceptance into Eastman School of Music.
- Nancy Schrader participated in the Chase Corporate Challenge with 66 of her Garlock co-workers.
- Prez. Sparky was quite fetching as he wore Kim's sequined glasses.
- Cindy Surline was happily anticipating a quick cemetery clean-up and flower placement after the meeting.
- Jim Bush was happy that Governor Bill brought his wife, Helen with him to lunch.
- Governor Bill was happy to report a public kiss from Kim at the Conference.

Please pay Attention to:

Hill Cumorah schedule - it's shaping up, but we still need to fill in some vital spots. See Kim for details.

Annual Picnic - Tues. June 28th - Gravino Park - \$6.00 adults, \$3.00 kids 6-12, dish to pass if you can. Social: 5:30; dinner 6:30 p.m.

Camp Onseyawa golf tournament - Saturday, June 11th, looks like 6 foursomes from our club for this worthy fundraiser. Check w/ Bob Sloan.

Jun 22, 2016

[Communication - It's Magic!](#)

Jun 28, 2016

[Club Changeover Picnic](#)

[View entire list](#)

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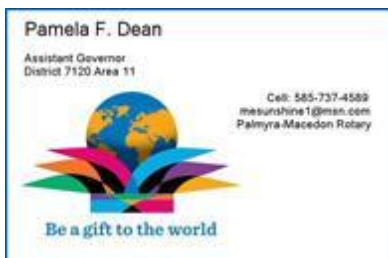
[Joining Rotary](#)

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[For New Members](#)

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Food Pantry Awards - were presented by President Mark to Lucille Hamlin and Dave Nagle - in the amount of \$600 each.

New Members inducted:

Stacey Wicksall and **Mark Kramer** were warmly welcomed and inducted into club membership in a ceremony with additional remarks from District Governor Bill Gormont. Here's a short bio on Stacey - in her own words:

Stacey Wicksall directs the Macedon Public Library. She will celebrate her second year as Director of the Macedon Public Library on July 1, 2016. Originally from Massena, NY (as far north in New York State as it is possible to venture before entering Canada), Stacey originally studied Education and English Composition at SUNY Potsdam.

She taught autistic children briefly before becoming a mother. She has a son, Jay, and a daughter, Tori, who are both presently teenagers only two years apart in age. Her husband, Bob, is a Geneva native who was thrilled to move back to the Finger Lakes region after serving approximately sixteen years in what may as well have been Siberia. She and her family enjoy hiking at New York State Parks, traveling to Disney World and patronizing any ice cream stand in the area. On her own, Stacey enjoys reading nonfiction, dreaming up ideas for the next great American novel and scouting out cute clothes hiding on clearance racks.

Mark Kramer is co-owner (with wife, Cheryl) of Anytime Fitness Health Club in Macedon. He is involved in boating and other outdoor activities, went to Fairport High School, lives in Farmington, studied graphic design at FLCC, has been involved with Relay for Life, and looks forward to participating in our many club activities. This short description is subject to change in upcoming reports. Welcome to Pal-Mac Rotary, Stacey and Mark!





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Stacey Wicksall and Mark Kramer, center, are officially welcomed into Pal-Mac Rotary by (far left) DG Bill Gormont and (far right) Pres. Mark Clement.

Meeting Minutes - June 1, 2016

Posted by Dave Read & Jim Bush on Jun 01, 2016

MIA: Tom Breen, Eric Chapman, Kim Clement, Marie Fessler, Gary Haigh, Debbie LeMoyne, Tina Medina, Marty Medina, Anne Morrell, Peter Park, Arnie Pechler, Dave Pray, Jenn Preston, Chris Santelli, Cindy Surline, Leslie Vecchiotti, Andy Wahl, Bob Yost.

Guests: Shirley Bassage, Inga Rojas

Students: Lindsay Howell, Jose Nunez, Sofia

In our thoughts: Chris Santelli; John Deisenroth; Maurina's sister-in-law battling cancer; Jane Culver (home from hospital.)

Happy Bucks:

- Stacey Wicksall forgot her ABC's book (don't forget to sign it when you can!)
- Bob Sloan & clan spent a great weekend in the Adirondacks (at a private lodge and lake)
- Mark Kramer expressed his gratitude for veterans, the cemetery clean-up campaign, time on Keuka Lake

Remember - Bill Dean announced July 16th as Rotary Night at the Red Wings game, vs. Norfolk Tides.

Also that night - still some spots needing filling at Hill Cumorah. (Please!)

"When, Where, I'll Be There!" Leslie Vecchiotti soliciting signatures for list of people needing help on jobs/projects too demanding for them to complete alone. Fellow members will volunteer to assist on such projects. "Members helping Members", she says. Great idea for Rotarians! See Leslie to get your name on the list - in both capacities, if need be.

Brian Brooks introduced guest speaker, **Inga Rojas**, who enlightened club members on the topic of "Mindfulness" - or, "paying attention on purpose". Google the term and you'll be amazed at how comprehensive this practice has become. Inga has been employed by Catholic Charities of Wayne County, and presents mindfulness sessions to kids as young as UPK, Kindergarteners, and on up through 8th grade. She demonstrated one tool of the art, a singing bowl. When she circled the lip of the bowl with a wooden mallet, the bowl sang and resonated harmonics for many seconds. The idea she uses with the children is to invite them to listen intently and see how long they can hear the bowl sing. In practice, the effects can regulate anxiety, pain and depression. With the kids, it almost immediately helps them focus their attention, energies, and, well,

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"mindfulness".

An online description says "Mindfulness means maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment.

Mindfulness also involves acceptance, meaning that we pay attention to our thoughts and feelings without judging them—without believing, for instance, that there's a "right" or "wrong" way to think or feel in a given moment. When we practice mindfulness, our thoughts tune into what we're sensing in the present moment rather than rehashing the past or imagining the future.

Though it has its roots in Buddhist meditation, a secular practice of mindfulness has entered the American mainstream in recent years, in part through the work of Jon Kabat-Zinn and his Mindfulness-Based Stress Reduction (MBSR) program, which he launched at the University of Massachusetts Medical School in 1979. Since that time, thousands of studies have documented the physical and mental health benefits of mindfulness in general and MBSR in particular, inspiring countless programs to adapt the MBSR model for schools, prisons, hospitals, veterans centers, and beyond."

A very interesting program. Thank you, Brian and Inga.



Last but not least -

Dues! Dues! Dues! That means they're due!