



May 18, 2020

What have you done today to make you feel proud?

Unwind Body and Mind!

JOIN US VIA ZOOM for our weekly Rotary Club of Utica meeting at **noon on Thursday (5/21)** when **Audrey Ventura**, LMT, E-RYT, C-IAYT, Owner of **Universal Wellness** in Washington Mills, will present about the long-term negative effects of stress and poor posture. Be ready with a comfortable chair, or a mat, or a blanket, as Audrey will guide us through a short practice. **Please see the email in which this newsletter arrived for the Zoom link and password. Invite a friend; SHARE ROTARY!**



Obrigado brasileiros!

Thanks to PP Jim Turnbull for inviting and introducing members of the Group Study Exchange (GSE) Team from District 4570 (Rio De Janeiro, Brazil), who visited our District 7150 in 2008.

It was heartwarming to hear from the team members how the month in District 7150, twelve years ago, had such a profoundly positive effect on their lives – as it did for their American hosts! Obrigado amigos – please join us for our meetings anytime – and please visit in-person, soon! Thank you for demonstrating how Rotary forges lifelong friendships with people from around the world.



Upcoming Weekly Rotary Meeting Programs:

- 5/28: CNY Biz Talkers (presented by Tina Pavlot)
- 6/04: Outstanding Educators Awards (presented by Bart Gorman)
- 6/18: Club Changing of the Guard





“Quarantine Adventures”: Rotary Club of Utica Unveils Novel Fundraiser to benefit the MVCOVID-19 Fund; Apparel, mugs feature logo design by Rotarian Devon Hoffman

UTICA, NY - In an effort to support the Mohawk Valley COVID-19 Fund, The Rotary Club of Utica is selling its **“NEW YORK TOUGH”** t-shirts, long sleeve shirts, hoodies, and mugs. The fund is a joint venture of The Community Foundation of Herkimer and Oneida Counties, Inc. and the United Way of the Valley and Greater Utica. The shirts are available on the [Rotary Club of Utica Online Store](#).

The shirts are emblazoned with an image designed by graphic artist and Rotarian, Devon Hoffman, and includes five “word art” messages placed within the outline of New York State, including: “New York Tough”; “Stop The Spread”; “Save Lives”; “One Day At A Time”; and “Together We Can”.

In addition, the Rotary Club of Utica is sponsoring an online contest, **Quarantine Adventures**. Participation in the Quarantine Adventures Contest is open to anyone who has purchased one of RCU’s “New York Tough” items, and posts a photo of themselves posing with the item, either in front of a Utica area landmark, performing a handstand/headstand challenge, or doing something equally attention-getting, to the Rotary Club of Utica Facebook page facebook.com/uticarotary.

Those without Facebook can email the photo to Info@UticaRotaryClub.org.



A Rotary Club of Utica committee will review the submissions and post the finalists. The public can then “vote” on their favorites by “liking” them, and at the end of the contest, the top three photos will each receive a gift certificate to a Utica area business.

The Rotary Club of Utica is selling the “New York Tough” items through their online store; sales and the contest will run through June 30.

Winners will be announced during July 4th weekend. The Rotary Club of Utica encourages creativity but advocates for the participants to proceed with safety in mind.

For more information, contact the Rotary Club of Utica at Info@UticaRotaryClub.org or visit their Facebook page.

*Happy May Birthday,
Dear Rotarians!*



May 4: Tom Webb



May 21: Linda Allen



May 15: Lisa Wilsey



May 23: Mark Foresti



May 15: Joe Caruso



May 23: Dan Murphy



*Do you have a May birthday and we've missed you? Apologies!
Please contact Joe today at JPCaruso12@gmail.com*

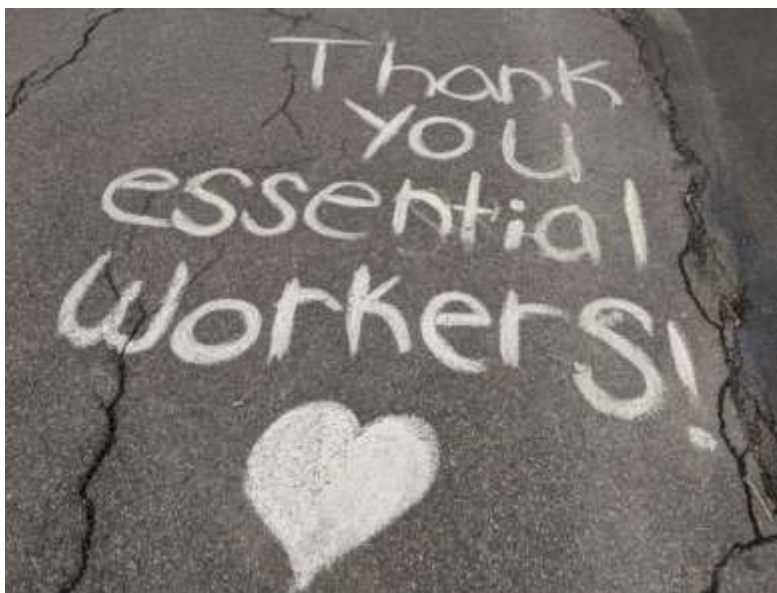
Boilermaker Road Race News



By now, you've probably heard that the Boilermaker Road Race has been postponed to **September 13th, 2020**. Rotary Club of Utica Boilermaker Water Station chair **Mary Joan Foresti** would like all Rotarians interested in staffing the



water station, located on Memorial Parkway by the tennis courts, to **email her (mj4st@yahoo.com) as soon as possible with your name, home address, and phone number**. Openings are limited, so contact MJ, ASAP! We had a great time at last year's race.



Rotary Peace Fellowships Applications Due May 31

Rotary Peace Fellows study at Rotary Peace Centers located in countries other than their own. Through a rigorous program of academic study and practical training, the Rotary Peace Centers develop leaders who become catalysts for peace and conflict resolution in their communities and around the globe. The program relies on Rotarians to help identify potential candidates, with a goal of selecting approximately 50 master's degree fellows and 50 professional development certificate fellows each year.

The Rotary Peace Centers operate in partnership with seven premier institutions of higher learning. These institutions have changed as the program has evolved.

Candidates have until 31 May to submit applications to their district. Districts must [submit endorsed applications](#) to The Rotary Foundation by 1 July. General inquiries regarding the fellowship program may be sent to rotarypeacecenters@rotary.org.

Looking for a Few Good Rotarians:

New to Rotary and looking for an avenue to service? Been with Rotary awhile but want to re-engage? Have we got opportunities for you!

Looking for committee chairs or committee persons for the following: 1) Urban Concerns Committee; 2) Weekly Program Committee; Newsletter. Contact any committee chair, board member, or Joe at JPCaruso12@gmail.com



#Take Out the Virus (!)

So proud of our **Greater Utica Chamber of Commerce** and local businesses who have pledged themselves to reimburse their employees for buying takeout meals, and thus helping sustain our great local restaurants in this challenging time of social distancing. And thanks Rotarian **Joann Fornino** of Casa

Imports, a founder/funder of this endeavor, for bringing this to our attention! Click [here](#) for more information.



What's Your thing?

Do what you wanna do! Rotarians are people of diverse interests and talents. Share yours in your own program at a weekly meeting. For more information, contact [Israel](#) or [Travis](#) today!



If it's Monday, It's Rotary Movie Night!

Every Monday night (8 pm), District 7150 Rotarians are invited to pop up the corn and join in to a virtual movie party – a Netflix Party – with their fellow Rotarians. This week, Rotarians enjoyed **The Boy**

Who Harnessed The Wind. [Click here](#) for details on next week's feature. See you at the movies!

Please look to the Rotary Club of Utica [Facebook page](#) and/or [website](#) for a more complete recap of previous meetings.

FROM THE GREATER UTICA CHAMBER:

With mandated closures and restrictions to slow the spread of COVID-19, a variety of businesses are experiencing a drastic change to their daily business operations. We've been working hard to help our Members during this time. [Click here](#) for more information.



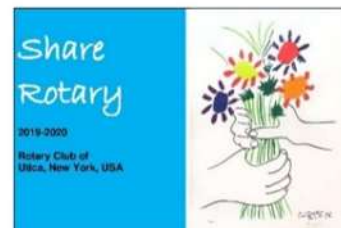
**DIY
No-Sew
Face
Mask**



[Check out the easy instructions on YouTube, here!](#)

Looking forward to “seeing” you (via Zoom) this THURSDAY (5/21) noon, from the comfort of your own home, for our next Rotary Club of Utica online weekly meeting!

*In Rotary Service,
Joe Caruso
President, 2019-2020
Rotary Club of Utica, NY USA*



Please forward this email/newsletter to friends and colleagues whom you would like to SHARE ROTARY!





A message from:
Dana Jerrard
District Governor Nominee (2021-22)
RI District 7150

Dear Fellow District 7150 Rotarian,

We have established a District 7150 COVID-19 Response Fund for the purpose of rapidly reimbursing clubs that have initiated COVID-19-related projects in their communities. The District Finance Committee has agreed to seed this fund with known surpluses from the 2020 International Convention and PDG accounts. This, along with several major personal donations from District leaders, gives us a very good start toward our goal of \$10,000 for the fund.

In "traveling" around the District via Zoom, I have found many clubs stepping up to meet the needs of those adversely affected by the pandemic. Food banks, backpack meal programs for students, nursing homes, facemasks, hygiene products..... the needs are real and D7150 Rotarians are finding a way to help.

In addition to these unplanned expenses, many clubs have had to cancel or postpone major fundraisers. This fund is designed to quickly reimburse clubs for their unforeseen expenses related to COVID-19. The more we raise, the more we can help our fellow Rotarians.

Please consider a donation to the COVID-19 Response Fund, and give at the level you feel is appropriate. Click the Donate button below to go the donation page.

Because the District is not registered as a 501(c)(3) with the IRS, these donations are not tax deductible.

Thank you for your consideration. I am convinced that we will emerge from this crisis a more connected and effective Rotary district.

Yours in Rotary Service,
Dana Jerrard
jerrarddana@gmail.com

