



April 20, 2020

What have you done today to make you feel proud?



JOIN US VIA ZOOM for our weekly Rotary Club of Utica meeting at noon on Thursday (4/23) when our speaker will be Emily Albright, Director of Recycling for the Oneida-Herkimer Solid Waste Authority OHSWA).



Ms. Albright has been with the Authority since November 2015. She is responsible for planning and coordinating the Authority's recycling program, marketing processed recyclables, providing recycling education and information, and overseeing the enforcement of the Counties' Solid Waste Management Laws and the City of Utica Waste Code. Ms. Albright holds an A.A.S. degree in Fish & Wildlife Management, an A.A.S. in Ecology & Environmental Technology, and a B.S. in Natural Resources - Environmental Science from Paul Smith's College of Arts and Sciences.

To join us on Thursday noon, please [click here](#) for the meeting link (Password: 025071). Invite a friend; **SHARE ROTARY!**

Around the World with Rotary! Part II

LAST THURSDAY (4/16), we were delighted to be joined by several former inbound and outbound Rotary Youth Exchange alumni who shared with us updates on their lives, post-exchange. YE Chair **Deb Burke** extended the invitations, introduced the alumni, and moderated the program, which included **inbound** alums **Liesbeth Steenhuis** (2015, Netherlands); **Sara Majzik** (2016, Hungary); and **Paula Germerhausen** (2017, Germany); and **outbound** alums **Juliana Heselton** (2018, Hungary) and **Erik Smith** (2019, India).



The mutual affection expressed by our YE alumni and our Rotary members was truly heartwarming. **THANK YOU, ROTARIANS for making the Youth Exchange Program possible through your generous support!**




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. **For more information, see the flyer at the end of this newsletter.**



Oneida County Executive
Anthony J. Picente, Jr. 

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.





Your Weekly “Rotary Lift”: Community Folks Doing Good

Hats off to Thea Bowman House!

A number of pre-k and after school children Thea Bowman House serves are the children of essential workers, and so, several of the staff have stepped up to care for these families in need. And for the many who are home with their families during this time of quarantine, this week they delivered bags of school supplies and activities to their home. Love knows no quarantine. Thank you, Thea Bowman house!



Greater Utica Sunrise Rotary Club shows appreciation to first responders

“GUS Rotary is honored to support the firefighters throughout Utica. Today, Station #1 was the recipient of lunch on us. Thank you for keeping us safe always, and especially during these difficult times!”



From WKTV: Posted: Apr 16, 2020 6:34 PM Updated: Apr 16, 2020 6:42 PM Posted By: WKTV

UTICA, N.Y. – The Greater Utica Sunrise Rotary Club is delivering food to re stations throughout the community to show appreciation for first responders. Members of the club stopped by Station No. 1 Thursday to surprise them with the meal – while practicing social distancing, of course. “We're going to be bringing pizza and salad and wings off to each of the firefighters,” said Rotarian Judy Reilly The Sunrise Rotary Club is still holding Zoom meetings. For more information, visit the club’s Facebook page.



Central New York Conservancy

· April 16 ·

A welcome sight along the Parkway. Daffodils planted by the CNY Conservancy last fall are in bloom... just when we need them the most. [#itsthelittlethings](#) [#grateful](#) [#cnyconservancy](#) [#uticany](#)



A Word from District Governor Randy Wilson:

Dear District 7150 Rotarians,
Following is my weekly district message. In addition, please [Click here](#) for your April District Newsletter.

Inside you will find:

- ✚ news on the new COVID-19 Response Fund to help clubs with projects
 - ✚ an update on our fight against polio
 - ✚ awesome virtual meeting ideas
 - ✚ a new tree planting project
 - ✚ clubs connecting on zoom
-and much more!

Friends and Fellow Rotarians,

I enjoyed this funny meme, quoted from Michael Knight (Utica Observer Dispatch, page E2, Sunday April 5, 2020):

"They said a mask and gloves were enough to go to the grocery store. They lied. Everyone else had clothes on."

Now back to Rotary Service and Connectivity!

"A candle loses nothing by lighting another candle." (James Keller)

We Rotarians, as People of Action, will be "lighting another candle" when we:

- ✚ connect with other members in your Club Zoom meeting, or teleconference call, or with another local Club's meeting;
- ✚ call a neighbor or elderly acquaintance and "check in"
- ✚ donate blood; if you are healthy, make a local appointment at redcrossblood.org
- ✚ sew cloth masks for use by your family members and to donate to a local health care facility;
- ✚ remember that April 22, 2020, (Earth Day) has not been cancelled, so take a bag or bucket, wear a mask and gloves (and clothes!) and pick up trash along the road on your Earth Day walk! Wear a Rotarian At Work shirt. Take a picture and send it to Lizzy Martin for the May Newsletter.

Stay Home, Stay Safe, Stay Involved, and Live to Serve Another Day!

District Governor Randy Wilson

April 2020 Edition



**Yours in Rotary Service,
Randy
Randy Wilson,
District Governor,
2019-2020
RI District 7150**

Happy Birthday, Dear Rotarians!



April 11: Devon Hoffman



April 22: PP Dave Jones



April 13: Bob Dellecese



April 22: PP Mike Simpson



April 15: Amy White



April 25: Arnaud Deliege



April 21: Tom Serwatka



April 29: Karen Six



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
Rotary Club of Utica
DGN, DG2021-22
jerrarddana@gmail.com



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 **Disney's**

Christopher Robin. [Click here](#) for details on next week's feature. See you at the movies!



At its April 20th board of directors meeting, the Rotary Club of Utica voted to contribute \$1,000 to the District 7150 COVID-19 Response fund, \$500 to the MV-COVID Fund, and is looking into ways to support our essential workers.

Here's What Other Clubs in Our District Are Doing:

Baldwinsville Rotary Club

Providing over 500 bags of breakfast and snack items for children in need in their community each week. The project is in partnership with the school district and the bags are distributed when families pick up meals from the schools.

Greater Utica Sunrise Club

Is delivering lunches to all 6 Firehouses in the City of Utica, the Utica Police Department and the Oneida County 911 Center.

Syracuse Rotary Club

Donating \$60,000 to the CNY Community Foundation's Onondaga County COVID-19 Relief Fund, which supports agencies around the area who are seeing increases in needs for their services. Some examples include the Rescue Mission, Vera House, Clear Path for Veterans, Access CNY and more.

The Syracuse Rotary Club has offered to double another club's donation to this fund, up to another \$40,000!

Tully Rotary Club

This group is supporting their local food pantry with purchases and monetary donations.

Vernon Verona Sherrill Community Rotary Club

Donating regularly to their local food pantry to support increased need.



#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

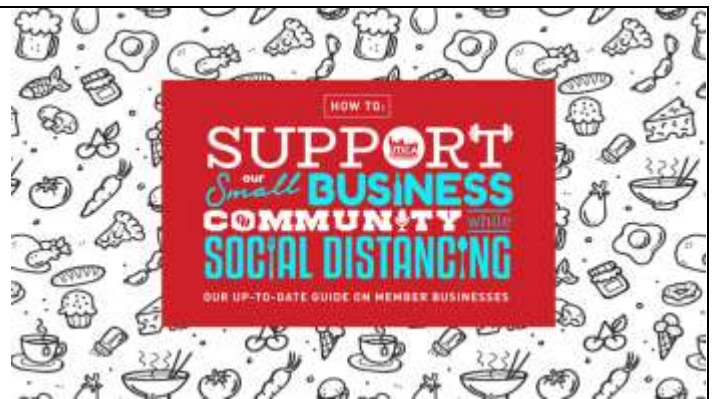
Imports, a founder/funder of this endeavor, for bringing this to our attention! Click [here](#) for more information.



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.



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



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!



 Quarantine Daily Checklist:

- ✓ Check in with friends/family
- ✓ Send an unexpected thoughtful note
- ✓ Post something positive/optimistic
- ✓ Read/watch/listen to something inspiring
- ✓ Do something physically active
- ✓ Eat something healthy
- ✓ Spend a few minutes in complete silence
- ✓ Focus on something you're thankful for
- ✓ Get outside for some fresh air
- ✓ Enjoy sleeping in or an afternoon nap
- ✓ Find something that makes you laugh
- ✓ Check one thing off your To Do List
- ✓ Encourage someone

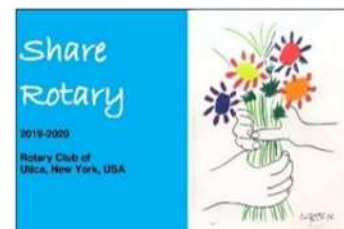
**DIY
No-Sew
Face
Mask**




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

Looking forward to “seeing” you (via Zoom) this THURSDAY (4/23) 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



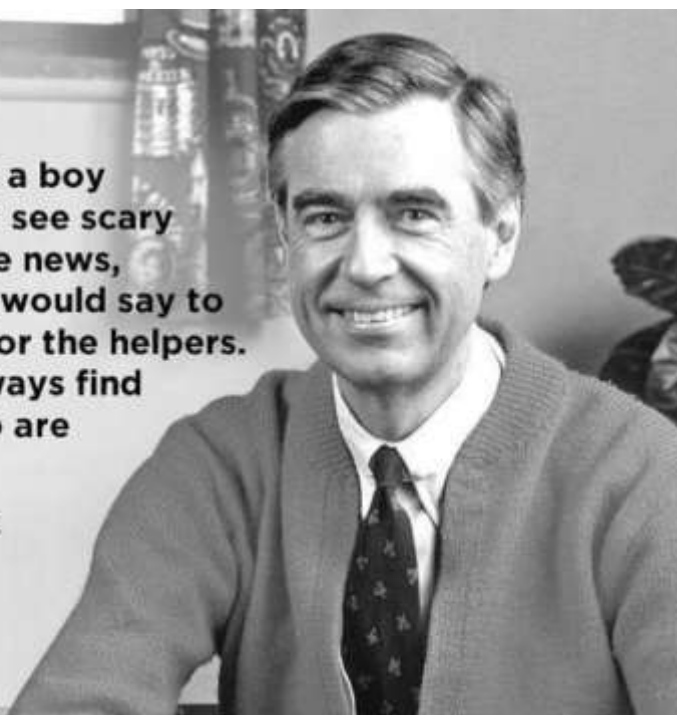
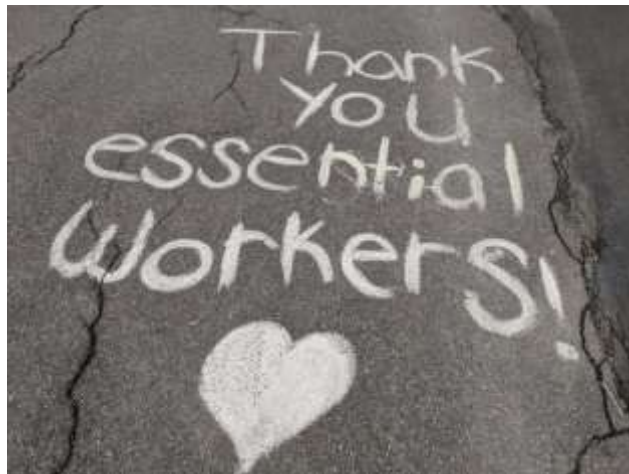
Please forward this email/newsletter to friends and colleagues whom you would like to SHARE ROTARY!



Rivers do not drink their own water; trees do not eat their own fruit; the sun does not shine on itself and flowers do not spread their fragrance for themselves. Living for others is a rule of nature. We are all born to help each other. No matter how difficult it is...Life is good when you are happy; but much better when others are happy because of you.

Pope Francis

Diocese of Tandag
/TandagDiocese



“When I was a boy and I would see scary things in the news, my mother would say to me, ‘Look for the helpers. You will always find people who are helping.’”

-Mr. Rogers