



April 27, 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 (4/30)** when our speaker will be our own **JOHN BARTHOLOMEO** of Mohawk Valley Wellness. John will be talking to us about ***“How to stay happy and healthy during challenging times: 5 simple things to do each day to maintain a positive mindset during the quarantine.”***



Please see P. Joe's emailed newsletter for meeting link and password.



**LAST WEEK**, we celebrated **50 Years of Earth Day** with a most informative presentation by **Emily Albright**, Director of Recycling for the Oneida-Herkimer Solid Waste Authority (OHSWA). Thank you, Emily, for valuable tips and for raising our awareness of how our modern life effects the planet!



## Boilermaker Road Race News



By now, you've probably heard that the Boilermaker Road Race has been postponed to **September 13<sup>th</sup>, 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](mailto: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.



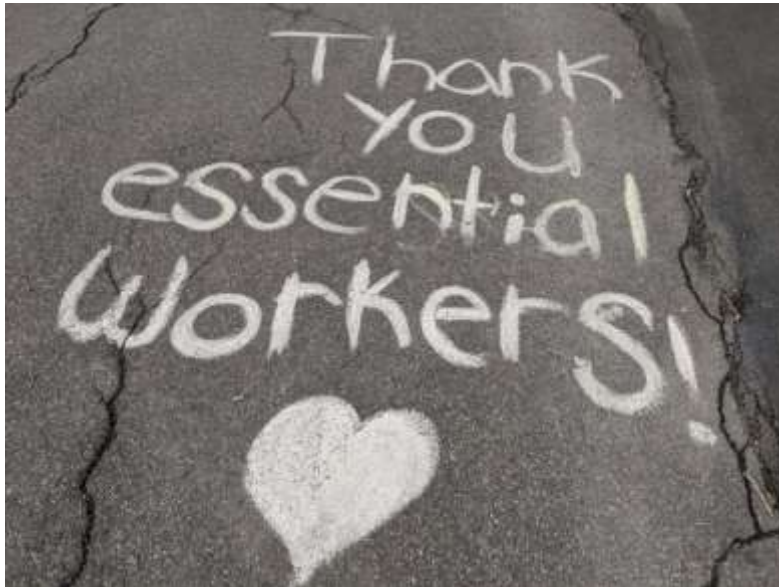


## ***Rotary Peace Fellowships Applications Due May 31***

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](mailto:rotarypeacecenters@rotary.org). **For more information, see the flyer at the end of this newsletter.**



### ***Flashback Fotos:***

Spring, 2019: Rotarians enjoying a happy hour at The Beer Hub.

Clockwise from left:  
Jim Turnbull, Deb  
Burke, Linda Iannone,  
Joe Caruso, Michelle



Brandstadt, Stevie Karbo, Mark Simon, Tina Pavlot, Stephen Turnbull, Jim Day.

*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**  
[jerrarddana@gmail.com](mailto:jerrarddana@gmail.com)



## 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](mailto: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 **Mary Poppins Returns**. [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.



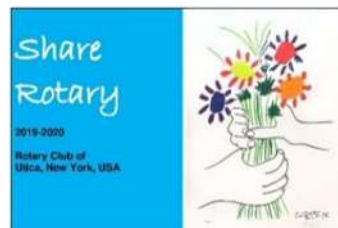
**DIY  
No-Sew  
Face  
Mask**



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

*Looking forward to “seeing” you (via Zoom) this THURSDAY (4/30) noon, from the comfort of your own home, for our next Rotary Club of Utica online weekly meeting!*

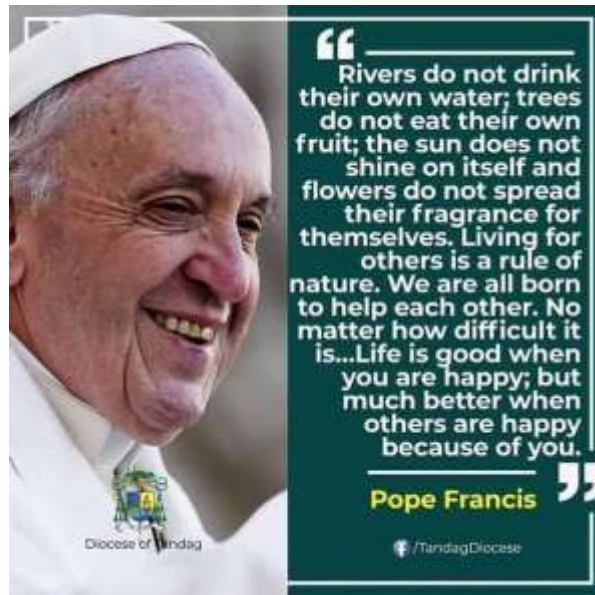
*In Rotary Service,  
Joe Caruso  
President, 2019-2020  
Rotary Club of Utica, NY USA*



***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 ”

[/TandagDiocese](#)

### 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

**“ 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

