

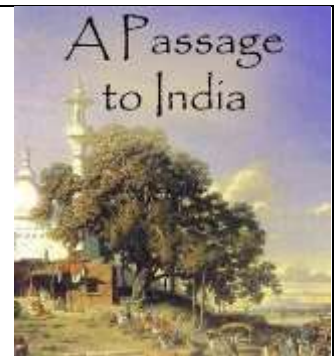


January 6, 2020

What have you done today to make you feel proud?

Fellow Rotarians, RSVP today for this week's Rotary meeting with the link that follows below to confirm a) that you are attending; b) whether you wish to order lunch; and c) whether you will be bringing a guest. In this way, we can provide our gracious meeting hosts at the Yahnundasis with a number and limit waste of food and resources. Click [Thursday Meeting Lunch RSVP](#) today! We look forward to seeing you!

THIS WEEK (Jan. 9), our speaker will be **Drs. Ellen and James Smith**. The Smiths, both professors at Utica College, are also the parents of Erik Smith, our 2018-19 outbound Youth Exchange Student to India, and were host family to our Belgian exchange student, Arnaud. They will present on their trip to India at the end of their son's year. (*shh: we might even have a surprise visit from Erik!*). Another great opportunity to **bring a guest**, and **SHARE ROTARY!** **See you (at the Delta Hotel) on January 9th!**



LAST MEETING (Jan. 2), we received a great pep talk from **John Bartholomeo**, owner and head coach of [Mohawk Valley Wellness](#) in Marcy. Opened in 2011, Mohawk Valley Wellness, the first CrossFit affiliate in the Utica area, leads its members to wellness with group classes, personal training, nutrition coaching, massage therapy, and chiropractic care. Thank you, John, for helping us start off the year right with mindfulness and goal-setting!



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 Affairs Committee; 2) Weekly Program Committee; Weekly Set-Up Committee; 3) Outstanding Educators Committee. Contact Joe at JPCaruso12@gmail.com

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

Upcoming Events: *Great opportunities to invite a guest and SHARE ROTARY!*

PLEASE NOTE: On January 9 and 16, we will be meeting at the Delta Hotel (formerly Radisson) at 200 Genesee Street in Downtown Utica. Please be sure to RSVP with the link at the top of this newsletter, or we cannot promise you lunch. Thank you.

- ✚ Thurs., Jan. 9th: Rotary Luncheon Presentation: “Passage to India” with Utica College professors Drs. Ellen and Jim Smith (*at Delta Hotel*)
- ✚ Thurs., Jan. 16th: Rotary Luncheon Presentation: “Daniel Barden Mud Run” with Dan Williams (*at Delta Hotel*)
- ✚ Sat., Feb. 8th: Super Saturday Rotary Training, VVS School
- ✚ Sat., Feb. 22nd: Rotary District 7150 Gala Dinner, The Craftsman Inn, 7300 E Genesee St, Fayetteville

From President Joe:

Dear Rotarians: It doesn't seem possible to me, but we're halfway through the Rotary year. And before that, I set off as your envoy to the RI Convention in Hamburg in search of the inspiration that I would then attempt to impart to you.

*When I returned and inaugurated my year's catch phrase – “**What have you done today to make you feel proud?**” – it was a real departure for me. I like to think of good works done quietly and without fanfare, but I realized that if our 104-year-old club were to continue its good works through this new century, we had to toot out club's horn and let our community know, so that they might join us and we might have a future. And so, the segment of our meetings when we reflect on those proud moments; and so, the video that Mark Simon and I put together to celebrate the Rotary Club of Utica's place in our community. And so, the campaign to “**Share Rotary**” everywhere we can. Well, I am proud of you, of what we've accomplished together this year, and what we've planned for the months and years to come. I do have a favor to ask, though: please look inside and ask yourself if you might have something more to give to Rotary. Whether it's helping out with an activity or committee, or taking on the chairpersonship of the Outstanding Educator Program (hint), or helping with my stated goal of reaching out to the community of new Americans/former refugees through Rotaract, you are needed! I'm looking forward to seeing you soon.*

In Rotary Service,

Joe Caruso

President, 2019-2020

Rotary Club of Utica, NY USA

Share Rotary!

