



March 9, 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 limit waste of food and resources. Click [Lunch Meeting RSVP](#) today! We look forward to seeing you!

THIS WEEK (3/12, Yahnundasis, noon), our Rotary Club of Utica Luncheon Meeting program is:

The 2020 US Census: Make it count!

Please [RSVP your attendance TODAY](#). Another great opportunity to bring a guest, and **SHARE ROTARY!**



LAST WEEK, YOU were the program as Utica Rotarians gathered to answer the question, "**HOW DO YOU ROTARY?**" - and discussed the ways that will grow the Club's future, finding new ways to assure that **Service Above Self** remains the order of the day. After President Joe shared an overview of the club's accomplishments over the last 105 years, Baldwinsville Rotarian **Lizzy Martin**, also communications officer for District 7150, shared information on her own club, and President-elect **Israel Acosta** led a brainstorming session on the future of our club, to the enthusiastic response of our members. **Thank you, Lizzy, Israel, and all participating Utica Rotarians for helping envision the future of our club!**

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



And the Utica Rotarian for the Month of February is... Tina Pavlot!

...surprised no one, ever! In the less than a year and a half that she has been a Rotary Club of Utica member, Tina has shown true Rotarian spirit, jumping in wherever needed, including Youth Exchange, Membership, and Gala committees, park clean-ups and Hope House days, to name a few. She was a recipient of the **Quiet Givers** award last year, and this year she was selected as **club president for 2022-23**.

In addition to her Rotary service, Tina, financial administrator for the *Sotera Investigative Group*, is a mainstay of Business Networking International (BNI), and the Greater Utica Chamber's Catalyst Group, among others, and can often be found with her husband Ryan enjoying a golubki or a fish fry at the Polish Community Club.

What motivates Tina to give back as she does, and to do so through Rotary for much of it? No one says it better than Tina did recently on her Facebook page:

"I'm truly honored to have received Rotarian of the Month by the [Rotary Club of Utica, New York](#). Your job, education, status, does not define you - what you do when you're not being told what to do, does. You have the power to make a difference in your community.

Want to be a part of something bigger than yourself? Searching for your purpose? I highly suggest Rotary. I look forward to my weekly lunch hour with Rotary. I get to leave the bubble of the four walls of my office to share in camaraderie with fellow members. Young, wise, in between - we each have a gift to share with one another and our community.

Curious about Rotary? Ask me, or any of our members their 'why' for joining Rotary."

Take her up on it. Ask Tina, "Why Rotary?"



Figure 1 Tina & friends at the station she organized for the Heart Run

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; Weekly Set-Up Committee; 3) Outstanding Educators Committee. Contact and committee chair, board member, or Joe at JPCaruso12@gmail.com



Local Bhutanese refugees now in a position to give back

(article as it appeared in the Utica Observer-Dispatch, 3/9/2020)

Utican Rotarians will remember the inspiring presentation made to our club two years ago by Bikash Regmi, who came to Utica as a refugee and later distinguished himself academically and professionally. Here's an update to his story.

By [Amy Neff Roth](#)

Posted Mar 9, 2020 at 5:51 PM

When Bikash Regmi first came to this country as a Bhutanese refugee in 2009, somebody gave him \$20 to buy boots.

The small gift made a big difference to his cold feet, he said. Others also helped him financially, drove him places, taught him and welcomed him "with a very open heart," he recalled.

"When I came to this country, many warm-hearted people helped me," he said.

Regmi married another Bhutanese refugee, Kumari, and they have both become nurse practitioners, moving from Utica to Syracuse last year after their second daughter was born. Now they want to help someone else.

So, they have awarded a \$400 scholarship, using money Bikash Regmi raised by recycling co-workers' water bottles, to another refugee hoping to go into health care.

The recipient is Nan Han of Utica, a senior at SUNY Polytechnic Institute in Marcy who hopes to attend medical school in 2021. The money will help to cover the cost of applications and taking the MCAT entrance exam, she said.

Han, who came to this country when she was 11, has wanted to be a doctor ever since she saw doctors helping people in the Thai refugee camp where she lived for several years.

She said she wants to work overseas someday.

"It doesn't have to be in my country," Han said. "It could be any country with need."

During a gap year, Han will work as a medical interpreter, play the keyboard for her church's worship band, give piano and keyboard lessons to kids, volunteer at a local hospital and stay busy "helping out in the community however I'm needed," she said.

The Regmis plan an annual scholarship and hope it will grow, Bikash Regmi said.

"So now I am in a position that I can give back to someone and help him achieve the goal of their life," he said. "I know \$400 is not that much, but maybe \$400 is a lot for someone."



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!



Utica Rotary Calendar:

Great opportunities to *invite a guest* and **SHARE ROTARY!**



- ✚ Thursday, March 12th: The US Census
- ✚ Sunday, March 15th: Rotary Club of Utica turns 105!
- ✚ Mon., March 16th: RCU Board Meeting, Ft. Schuyler Club, 1 pm
- ✚ Thurs., March 19 luncheon: Club Assembly
- ✚ Thurs., March 26 luncheon: CABVI's New Wellness Center (**offsite**)
- ✚ Thurs., April 9 luncheon: Rotary at the FX Matt/Saranac Brewery! (**offsite**)
- ✚ Thurs., April 16th luncheon: Update from the Oneida/Herkimer Solid Waste Authority
- ✚ Mon., April 20th: RCU Board Meeting, Ft. Schuyler Club, 1 pm
- ✚ Thurs., May 7th: Outstanding Educator Awards Luncheon
- ✚ Friday, June 19th: Rotary Club of Utica "Service Above Self" Gala Evening

ISO...In Search OF...Creative Rotarians/Rotaractors to help produce this weekly newsletter. Your assistance is greatly needed, either as a writer/contributor or editor. Please contact President Joe for more info: JPCaruso12@gmail.com or 518-542-7814. Thank you!



Save the date: Friday, June 19th:
Rotary Club of Utica
"Service Above Self" Gala

Delta Hotel Utica

For 105 years, Utica Rotarians have given back to their community, individually and collectively, in ways large and small. At this end-of-the-Rotary-year celebration,

we'll honor those in our club *and in the larger community* who have lived the Rotary motto of "Service Above Self." And, we'll pass the gavel to the next leader of our club. More on the award nomination process at a later time, but for now, save the date – June 19th - you won't want to miss it! Featuring Utica Rotarian/Past President/ District Governor Nominee **Dana Jerrard** and his band, **Soul Injection**. It's going to be one great night! We'll be selling tickets at our Thursday lunch meetings and on our [website](#) until they sell out. ***Tickets are limited, so get yours today!***





Outstanding Educator Program News

Bart Gorman, Chair; Jessica Merrell (RCIL) and Marie Masca (Total Solutions), committee

Last week, we welcomed back **New York Mills High School** seniors **Nina Fellone** and **Holly Simon**. **THIS WEEK**, be prepared to provide a warm welcome to our student guests from Utica's Proctor High. PS: There's always room for one or two more on the committee if you'd like to help, especially with the end-of-the-school-year (May 7) awards luncheon. **Contact Bart, Marie, or Jessica for more info.**



Looking forward to seeing you this THURSDAY (3/12) noon at the Yahnundasis for our Rotary Club of Utica weekly luncheon!

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!