



# Rotary This Week!

Utica, NY, USA

Aug. 7, 2023

## 'Kindness does make a difference'



President Linda Iannone

One might say technology “reared its ugly head” and delayed the start of the program meeting Aug. 3 at the Mid-York Library System headquarters. The big TV screen that displays virtual attendees as well as PowerPoint presentations remained dark. The computer and TV didn't appear to be communicating.

Not many Rotarians seemed to notice, just continuing their friendly banter.

But with help from library staff, and

with Jennifer DePasquale and Tina Pavlot hovering over the computer, the large TV came to life – and President Linda Iannone opened the third meeting of the 108th year of the Rotary Club of Utica with the inspiring thought that *kindness does make a difference*.

David Gregg, she said, is “the co-author of a study at Ohio State University which found that ‘performing acts of kindness

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Emily Mixon brings the Young Scholars mentoring program to Utica Rotary. SEE PAGE 3.

**WALK TO END  
ALZHEIMER'S**

Sept. 23rd Service Project  
SEE PAGE 5



**THEA  
BOWMAN  
HOUSE**

**GOLF OUTING  
TO BENEFIT  
THEA BOWMAN**

SEE PAGE 5

Deadline for next newsletter (8/7) is Sunday, Aug. 6 at noon; submit to [news@uticarotaryclub.org](mailto:news@uticarotaryclub.org).

Editor Robert Stronach

# 'Kindness does make a difference'

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seems to be one of the best ways to promote connections to others'. The research suggests what Rotary has known all along -- that doing good helps transform not just the communities we serve but helps to transform us."

As a prelude to introducing the Young Scholars program speaker, President Linda referred to another program called STRIVE at John Marshall High School in Rochester. Students there are matched with an adult mentor from one of the Rochester Rotary clubs or community. Mentors are not tutors but are there to offer support, encouragement, and assistance. Students and mentors meet once a month for about 50 minutes during the school day and talk about how school is going and what their plans are for the future. Meetings also include presentations on topics relevant to life after high school - college, careers, finances, etc. The goal is for

students to improve their grades.

President Linda added: "We are fortunate to have the Young Scholars group in Utica, and if you are interested in becoming a mentor, Dave Jones from our club will be your contact for this."

She also announced:

1. **Service Project this month** will be the Golf Tournament on August 20. Rotary will be directing the proceeds to the Thea Bowman House at the deSales Center. "They have many needs and are currently seeking donations and funding for an elevator in their facility. Jerry Kraus is leading this and is still seeking hole sponsors."

2. **Speaker on August 17** will be Lou LaBella who is president of the Peace Together Project.

3. **This month's Social Event** will be at the Saranac Biergarten at 5:30 p.m. on Thursday, August 27.

4. **Utica Rotary is looking** into applying for a \$10,000 Legacy Grant from Rotary District 7150. One idea is to work with the city on providing benches at the new skate parks.

5. **The board approved** sponsoring a social at Sculpture Space on November 15, 2023, for the *Artists Works in Progress* event. "This is an opportunity to visit with the artists and meet with other community members. We will also be able to set up a Rotary information table."

After the presentation by Emily Mixon, the new Mentor and Family Engagement Coordinator for Young Scholars LLP, President Linda brought the meeting to a close by reciting Rotary's vision statement:

*Together, we see a world where  
People unite and take action to  
Create lasting*

*Change across the globe, in our  
communities and in ourselves.*



Jennifer DePasquale and Tina Pavlot watch over the meeting's technology.

## LAST WEEK'S PROGRAM SPEAKER

# The importance of mentors for youth

The Young Scholars LLP is about providing resources and inspiring young people to reach their academic and social potential, explained Emily Mixon, the new Mentor and Family Engagement Coordinator for Young Scholars. The program is a partnership between Utica University and the Utica City School District. It provides tutors, social workers and community service opportunities for students, starting in junior high and continuing through high school.

Emily also spoke to Rotarians about another aspect of the program – providing mentors, adult

role models for these students.

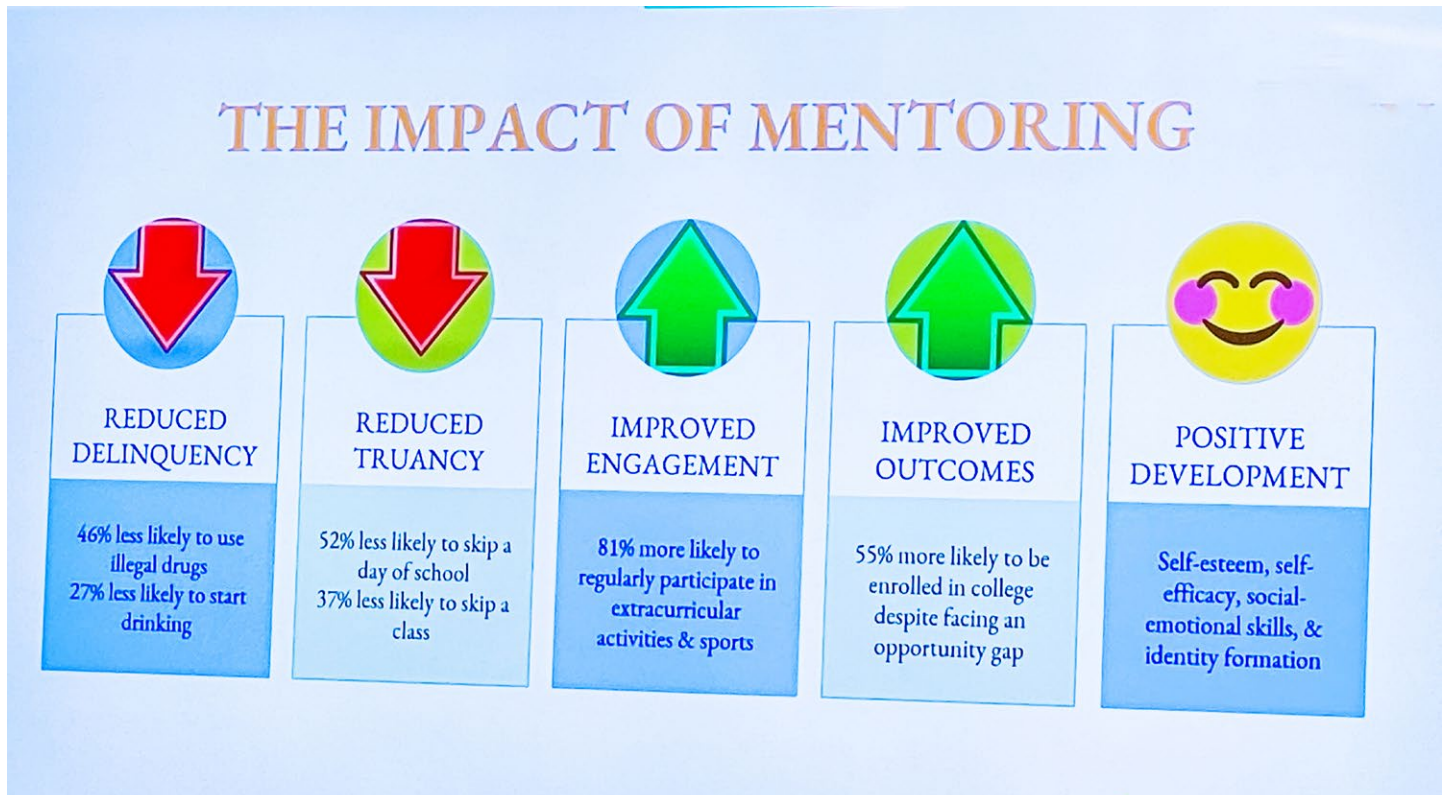
Mentors see the students about a couple of hours a month as well as at special activities. And the impact, she said, is significant: reduced delinquency, improved academics, increased engagement, and improved self-esteem and self-confidence.

Potential mentors are asked to commit for one-year, complete some video training, and undergo a background check.

She quoted Oprah Winfrey: “I think mentors are important and don’t think anybody makes it in the world without some form of mentorship.”



*Emily Mixon*



## New Member Proposed: Anthony LaPolla

*The board proposes Anthony LaPolla for membership to the Rotary Club of Utica. Per by-laws, club members have five days to submit a written objection to Treasurer Jill Koch.*

Anthony LaPolla says his passion is people. With over 14 years' experience in Human Resources, he founded Empower Business Strategies with a goal of helping businesses with consulting, leadership development, and organizational strategy.

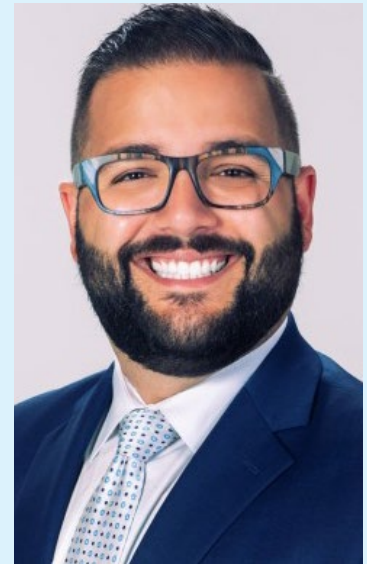
His mission is to build strong and long-lasting relationships with his clients and to help startups with foundational support for their teams.

He says one of his greatest passions is support and service to his community. He is currently a volunteer firefighter with New Hartford Fire Department and a member of the

Board of Directors at CNY Quest.

He has held leadership positions at other community organizations including serving as a member of the Board of Directors at The ARC Oneida-Lewis Chapter and as secretary for The Abraham House of Utica.

Other boards Anthony has served on include the Board of Education for the Utica City School District; director of Scholarships and Awards for the Genesee Valley Chapter, Society of Human Resources Management (SHRM) in Rochester, N.Y., and The College-Works Program.



## Calendar of Events

- |      |  |       |  |
|------|--|-------|--|
| 8/11 | Social   Adirondack Railroad<br>Sip & snack while riding the rails<br>6:30 pm   Depart Union Station | 8/27  | Social   Saranac Biergarten<br>5:30 pm                     |
| 8/16 | Board Meeting<br>noon   Greater Utica Chamber  | 9/20  | Board Meeting<br>noon   Greater Utica Chamber              |
| 8/17 | Program   Lou LaBella, president<br>Peace Together Project<br>Noon   Mid-York Library                | 9/23  | Service   Walk to End Alzheimer's<br>11 am   MVCC          |
| 8/20 | Fundraiser   Golf Tournament<br>Noon   Hidden Valley   | 11/15 | Service   'Artists Works in Progress'<br>  Sculpture Space |

# Rotarians urged to join the ‘Walk to End Alzheimer’s’

By Joe Abraham

Our club will be participating in the Utica/Rome Walk to End Alzheimer’s event at MVCC on September 23. The expo begins at 10 a.m., while the opening ceremony starts at 11 a.m. The walk itself follows and is relatively quick.

The Rotary Club of Utica, NY team page has been launched. All teams are suggested to have a fundraising goal of \$2,000. I set our team goal at \$1,000 to start, and can always lower or increase that amount. There are individual fundraising incentives as well. While fundraising is encouraged, it

DOES NOT cost anything to participate in the walk, but registration is required. To register and join our team, click on the “Join Our Team” box at the link below. For details and FAQs about the walk, click on the *info* link below. It includes some important info regarding child participants (who need to fill out a waiver), pets, etc. The walk is a rain-or-shine event.

If you have any questions about the walk or registration process, feel free to email, call or text me at [josephabraham2011@gmail.com](mailto:josephabraham2011@gmail.com) or 252-532-2293.

REGISTER: [https://act.alz.org/site/TR?fr\\_id=16734&pg=team&team\\_id=824429](https://act.alz.org/site/TR?fr_id=16734&pg=team&team_id=824429)

INFO: [https://act.alz.org/site/TR?sid=23932&type=fr\\_informational&pg=informational&fr\\_id=16734](https://act.alz.org/site/TR?sid=23932&type=fr_informational&pg=informational&fr_id=16734)



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## Golf outing to benefit Thea Bowman House

Proceeds from this year’s Rotary Golf Outing will benefit The Thea Bowman House, a local organization serving low-income, at-risk children and families in the Utica community for nearly 37 years.

The Rotary Club of Utica Golf Outing takes place Sunday, August 20 at Hidden Valley in Whitesboro, starting at noon. The tournament is a scramble format, with all levels of golf skills invited.

Tee sign sponsors are still needed (\$100) along with door prizes (gift cards, etc.). If you would like to sponsor, donate or volunteer, contact Jerry Kraus at: [JKrausUtica@aol.com](mailto:JKrausUtica@aol.com)

Look for golf event registration and sponsor forms on <https://uticarotary.org>