



Rotary This Week!

Utica, NY, USA

Feb. 10, 2025

Winter vs. Rotary: Guess who wins?

Despite best-laid plans, wintry weather forced the cancelation of last week's meeting at the ThINCubator where we were to enjoy a catered lunch and hear from HMJ Consulting.

"We will try to reschedule the meeting for a different week," President Travis Rabbers noted.

The next regular program meeting is on Thursday Feb. 20th. Instead of

gathering at Mid-York Library, we will meet at the new Children's Museum site (106 Memorial Parkway, Utica) to hear from Brandi Candido, ICAN'S director of engagement.

Let's celebrate Rotary's 120th birthday!

Members and guests are welcome to join CNY Rotary's Birthday Extravaganza from 2 to 4 p.m. Sunday, Feb. 23, in honor of Rotary's 120th birthday.

A series of concurrent

parties will occur across the district.

Clubs in the greater Utica area will gather at 2 p.m. at Gerber's 1933 Tavern, 16 Liberty Street, Utica. At 3 p.m. there will be a

special district-wide Rotary toast. Please register by Feb. 17 – it's free – by going [online here](https://cnyrotary.org/events/rotary-birthday-extravaganza/):

<https://cnyrotary.org/events/rotary-birthday-extravaganza/>

This month's social is soccer at the Aud

By Travis Rabbers

As we have done the past few years, our February after-hours social will be at the Adirondack Bank Center at the Aud for a UCFC soccer game on Saturday,

Feb. 22, beginning at 7 p.m.

We have a discounted group rate for tickets to the Biergarten on the field level.

Here is the link to pur-

chase tickets for the game under the group rate:

<https://empirestatetix.venue.net/promotions/URC>

Please let me know if you have any questions.

Deadline for next newsletter (2/17) is Saturday, Feb. 15 at 3 p.m.; submit to news@uticarotaryclub.org.

Editor Robert Stronach

New Member Proposed: Joe Johnson

The board proposes Joe Johnson for membership to Rotary Club of Utica. Per bylaws, club members have five days to submit a written objection to Secretary Jill Koch.

Joe Johnson is a triple career man.

He is a 26-year veteran of the U.S. Air Force, with assignments in Germany, Turkey, and Washington, D.C.

Joe is twice retired from the State of New York, having completed a 20-year career as a certified clinical social worker in the State Correctional System.

Then, just prior to retiring from the state, Joe developed a love for all things yoga and became a certified yoga instructor in 2016 at age 61. His home studio in Whitesboro is: *Move, Breathe, Live.*

Married to Rotarian Kathy Migliaccio—Johnson, Joe brought yoga to a Utica Rotary meeting in January 2024.

He earned a bachelor's degree in psychology from Columbia College and a Master's in Social Work from SUNY Albany.

Joe is certified in three types of yoga: Hatha Yoga, Yoga Nidra, & Kundalini Yoga.



He also teaches meditation techniques, In his Yoga practice, Joe has a special interest in helping veterans with PTSD, and in bringing yoga and meditation to underserved populations.

He has taught Yoga at a wide variety of organizations and programs in the area.

Joe volunteered as chairperson for the water stations at Falling Leaves Road Race for 20 years. Joe is also active in his church, Historic Old St. John's (Utica), where he volunteers in roles such as lector, eucharistic minister, and member of the parish council.

He also volunteers with Veteran's Yoga Project and The Rotary Club of Utica.

Joe has had a significant impact on the work of the Omeida County branch of the NAACP, serving several terms as branch treasurer & chair of the Freedom Fund Dinner Committee.

In his free time Joe enjoys traveling with his wife, exercising, and attending concerts.

Calendar of Events

2/15 Service | Feed Our Vets
8-11 am | 502 Board Street

2/17 Deadline to register for Rotary's
120th birthday party on 2/23

2/19 Meeting | Rotary board
noon | Greater Utica Chamber

2/20 Meeting | Brandi Candido, ICAN
noon | new Children's Museum

2/22 Social | UCFC soccer game
7 pm | Biergarten at Aud

2/23 B-Day Party | Rotary's 120th
2-4 pm | Gerber's 1933 Tavern
16 Liberty Street, Utica
(3 pm | district-wide toast)

3/6 Meeting | Carl Reistrom
president of Human Technologies
noon | Mid-York Library