

Rotary This Week!



Utica, NY, USA

Jan. 15, 2024

Learn all about yoga at this week's program

Joe Johnson will join us at our January 18th meeting, with his wife, Kathy, where they will discuss yoga and meditation with some practice for the group.

The program gets under way at noon Thursday at Mid-York Library System, 1600 Lincoln Ave., Utica.

Joe is a 26-year veteran of the United States Air Force. He had assignments in Germany, Turkey, and Washington, D.C. Joe is also twice retired from the State of New York, having completed a 20-year career as a Certified Clinical Social Worker. As a social worker, he has worked with children, adolescents, the elderly and adult male inmates in the correctional system.

He earned a bachelor's degree in psychology from Columbia College and a master's in social work from SUNY Albany. 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.

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



is Universal Wellness Yoga in New Hartford; he teaches two classes each week.

Joe is married to Rotarian Kathy Migliaccio-Johnson.

In his Yoga practice, Joe has a special interest in helping veterans with PTSD, and in bringing yoga and meditation to underserved populations in the community.

He has taught yoga at Munson Williams, SUNY Poly, Griffiss Gym in Rome, Sitrin Military Rehab; New York Mills Summer Youth program, Little Falls High School, and MVILR (Mohawk Valley Institute for Learning in Retirement).

Joe is currently the treasurer for the Utica NAACP. He is also active in his church, Historic Old St. John's (Utica), where he volunteers in roles such as lector, Eucharistic minister, and parish council.

A former runner, Joe ran for 30 years, until his knees began troubling him. He is a member of the Utica Roadrunners Club and has completed 11 Boilermakers and four full marathons (26.2 miles each). Of the marathons, Joe ran two in Chicago, one in Metz, France; and the last one in Washington, D.C., the Marine Corps Marathon.

Deadline for next newsletter (1/22) is Saturday, Jan. 20 at 3 p.m.; submit to news@uticarotaryclub.org.

Editor Robert Stronach



ADIRONDACK BANK CENTER

— AT THE UTICA MEMORIAL AUDITORIUM —

SOCCKER SOCIAL AT BIERGARTEN ON JAN. 28



This month’s social event is on Sunday, Jan. 28 at the Biergarten in the Adirondack Bank Center as we take in a soccer match between Utica City FC and the Kansas City Comets. The game is at 3 p.m. President Linda has to reserve tickets in advance, which are \$30 and include admission, food and soft drinks. So please RSVP. Her email is: ianlinhope51@gmail.com.

COMING UP IN FEBRUARY

Meetings in February will be on the 8th and the 22nd, to accommodate the speakers’ availability. On Feb. 8 we will be joined by Hawa Peters from Utica Royalties, which helps inner city youth and Feb. 22 will be a program about Children of the American Revolution, with student speakers.

BOILERMAKER COORDINATOR

Our club will once again be volunteering to hand out water during the Boilermaker Road Race.

Please let President Linda know if you are interested in being the club’s water station coordinator. She and Drew DeBlasiis, last year’s coordinator, will provide guidance leading up to the event.

QUOTABLE QUOTE: ‘Simply irresistible’

“That’s what I want Rotary to be: *simply irresistible*,” notes Rotary President-elect Stephanie Urchick. “I’m hoping Rotary and Rotaract clubs will be simply irresistible to community members who have a heart for service and fellowship. They will use the Action Plan to assess where they are and figure out where they need to go. Hopefully the outcome is clubs that are more attractive and will retain more people.”



Calendar of Events

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| 1/17 | Board Meeting
noon Chamber of Commerce | 2/8 | Meeting Hawa Peters of
Utica Royalties
noon Mid-York Library |
| 1/18 | Meeting Joe & Kathy Johnson
noon Mid-York Library | 2/22 | Meeting Children of the
American Revolution
noon Mid-York Library |
| 1/28 | Social Soccer at Biergarten
3:30 Adirondack Bank Center | | |

RCIL invites Rotary to celebrate Dr. Martin Luther King Jr.

The Resource Center for Independent Living (RCIL) is inviting Utica Rotarians to a *Celebration of Dr. Martin Luther King, Jr.* being held at RCIL on Friday, January 19, 2024.

The event is a joint effort with the NYS Mohawk Valley Hate and Bias Prevention Regional Council through the Department of Human Rights.

Link to Register: <https://bit.ly/41MNQiH>



**FREE ADMISSION
REFRESHMENTS WILL BE SERVED**

NEW YORK STATE
CELEBRATES **DR.
MARTIN
LUTHER
KING, JR.
2024**

**Panel Discussion & Film Screening
Friday, January 19, 2024 at 5:30 PM**
Resource Center for Independent Living
1607 Genesee Street, Utica, NY 13503



Join New York State, the Mohawk Valley Hate and Bias Prevention Regional Council, and the Resource Center for Independent Living for a screening of the State's Dr. Martin Luther King, Jr. Memorial Observance and panel discussion on the pillars of his work. Register by visiting <https://bit.ly/41MNQiH> or scanning the QR code.

 **RCIL**
RESOURCE CENTER FOR INDEPENDENT LIVING

 **NEW YORK STATE**

**Office of
General Services**

**Division of
Human Rights**

Hate and Bias Prevention Unit
Mohawk Valley Regional Council