

Rotary This Week!



Utica, NY, USA

Jan. 22, 2024

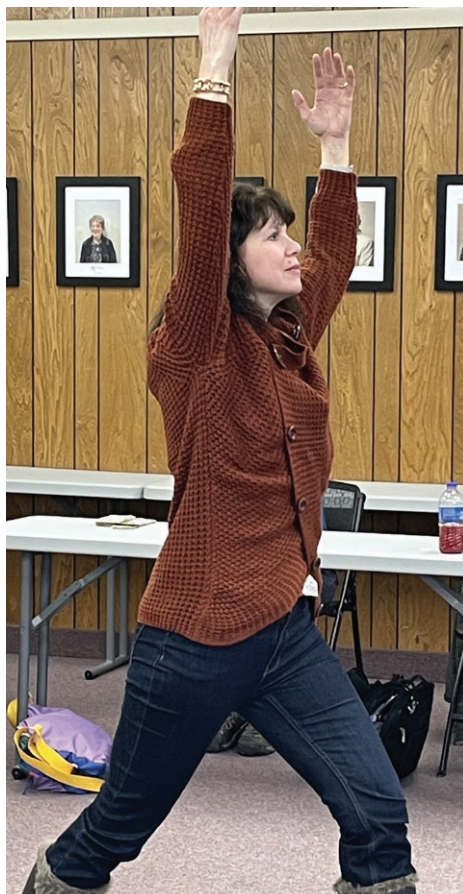
Not a stretch: Rotarians learn about yoga, meditation

By Joe Abraham

Rotary meetings often offer a stimulating environment, more often than not of the intellectual variety, due to a number of interesting programs and speakers presented. Last Thursday, however, not only did Utica Rotarians learn a lot, but they were also encouraged to get out of their seats and move!

The guest speaker was a familiar face and friend of the club, Joe Johnson, husband of Utica Rotarian Kathy Migliaccio-Johnson. He is a 26-year veteran of the United States Air Force, having had assignments in Germany, Turkey, and Wash., D.C.

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Photos by Linda Iannone and Tina Pavlot.

Deadline for next newsletter (1/29) is Saturday, Jan. 27 at 3 p.m.; submit to news@uticarotaryclub.org.

Editor Robert Stronach



TAKE ACTION: www.uticarotary.org

Not a stretch: Rotarians learn about yoga

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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.

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

As part of Thursday's presentation, Joe gave a brief intro to yoga and the benefits of consistent yoga practice. He also explained the eightfold path of branches/subdivisions of yoga. He also defined meditation and some of its forms. With both yoga and meditation, Joe led our club in a brief practice.

ROTARY BRIEFS

Vocational Service Month

President Linda Iannone shared that January is Vocational Service Month. Paul Harris once stated: "Of all the 100 and one ways in which men can make themselves useful to society, undoubtedly



the most available and often the most effective are within the spheres of their own occupations. So ask yourself, how can I be most effective in the community, in my profession, to my family... Am I following the 4-Way Test of being fair to all concerned?"

Metamorphosis

President Linda also discussed words from RI President-Elect Stephanie Urchick, who is "looking for a metamorphosis in Rotary." She reflected on the number of Rotarians worldwide who have left their clubs because they did not find value in the experience. That data can serve as a chance for self-reflection within our own club, as we continue to move forward.

Upcoming meeting

Our club returns to Mid-York Library on February 8, where we will be joined by Hawa Peters of Utica Royalties, an organization that helps inner city youth. February 22's meeting will

feature a student presentation on the Children of the American Revolution.

Soccer Social

This month's social will be at the Biergarten in the Adirondack Bank Center this Sunday [January 28] for the soccer game between Utica City FC and Kansas City Comets. The game is at 3 p.m. President Linda has to reserve tickets in advance so please email her at ianlinhope51@gmail.com if you will be attending. Tickets are \$30 and include your ticket, food and soft drinks.

Boilermaker

The Boilermaker Road Race is gearing up for another year. Thank you to Drew DeBlasiis for spearheading the water station last year. This year he will be running the course so we are seeking a NEW water station coordinator. Let President Linda know if you would like to handle this and she and Drew will get you what you need. Also, anyone who volunteered last year should have received an email to return this year. If you are new to this and would like to sign up, please let President Linda know.

Slate Approved

Secretary Jill Koch presented the proposed slate of officers for 2024-2025. A vote was taken and passed unanimously to accept the slate. Thank you to the Nominating Committee for the diligent work to keep our club vibrant.

MEMBERS MAKE A DIFFERENCE

Meet Roger Breslow, MD

By Joe Abraham

It hasn't been a Utica Rotary meeting without Dr. Roger Breslow's *Rotarians in the News* update, where he shares the latest info about some of our club's members, mixed with some good humor.

You'll be hearing a lot more from him in the not-so-distant future as he has agreed to be our club's President-Elect in the 2024-25 Rotary Year.

Dr. Breslow has been a Utica Rotarian for over 40 years, joining in the fall of 1980 when late Slo-cum-Dickson Business Manager Arthur "Jack" Mahoney was a member.

"I used to see him and a couple of the doctors going off to Rotary meetings and Jack invited me to come as his guest one week," said Dr. Breslow. "The speaker was F.X. Matt. I found I knew many of the members and Jack proposed me as a member, and the rest is history."

When asked his reasons for joining, Dr. Breslow said he was interested in the fellowship aspect of Rotary, but also wanted to help support the club's community service efforts. He has served on the club's board of directors on two separate occasions.

"My favorite memories of Rotary are meeting new people, especially foreign visitors, such as stu-



dents," Dr. Breslow explained. "We used to deliver Thanksgiving and Christmas dinners for shut ins and that brings back good memories also."

He enjoys learning from the speakers at our twice-a-month meetings. Hope you'll be able to make our next meeting, whether in-person or by participating virtually, for more Rotary news and the always special update from Dr. Breslow.

Calendar of Events

**1/28 Social | Soccer at Biergarten
3:30 | Adirondack Bank Center**

**2/8 Meeting | Hawa Peters of
Utica Royalties
noon | Mid-York Library**

**2/21 Board Meeting |
noon | Chamber of Commerce**

**2/22 Meeting | Children of the
American Revolution
noon | Mid-York Library**