

**April 1, 2013**

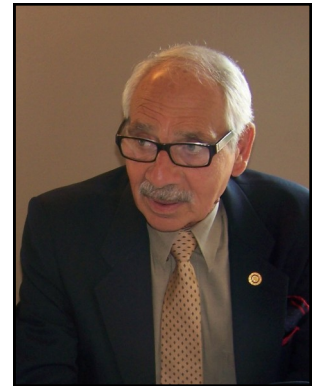
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Avon Rotary Club  
 Meets Tuesdays at 6pm  
 Peppermints Restaurant  
 Board of Directors  
 Laurie Vonglis, President  
 Marcia Cameron, VP  
 Tim Dickinson, Sr. Director  
 Dan Jones, Director  
 Jerry Dougherty, Sr. Rep  
 Kirk Vanderbilt, Past Pres.  
 Diana Williams, Secretary  
 Kelly Cole, Treasurer

***Saying Goodbye*** *By Laurie Vonglis*

1 On March 2nd Avon Rotary lost a good friend, Ben Siragusa..  
 1 Fellow Rotarian, husband to Lynne, father to Kyra and grandpa  
 to Camryn. At age 69 Ben left behind a legacy of service, love  
 2 for friends and family, kindness and gentleness that will be  
 missed by all who knew him. One of the most memorable  
 2 things about Ben was his extremely quick wit, timing and love  
 for golf. Ben served his country with pride and was a Rotarian  
 for 37 years. He will be missed by everyone in Avon Rotary.  
 Now, images of him hanging out over coffee or on the golf  
 course with good friend Tom Ippolito brings comfort to us all.  
 Rest in peace dear friend.



***PE Marcia at PETS*** *By Marcia Cameron*

On March 15 I woke very early to drive to Syracuse to attend my PETS training. For any of you who don't know what PETS is, it has nothing to do with animals. It stands for President Elects Training. One of the many things I have to do to become President of our wonderful club. I arrived at 8:00 in the morning and enjoyed a very lovely buffet breakfast. 3 meals today and I didn't have to prepare it or serve it, I'm enjoying this day already. We were officially told of our new theme for this year, from our Rotary International President-Elect Ron Burton, it is Engage Rotary Change Lives so expect to be engaged and know that we as Rotarians do change lives. We were awarded the opportunity to have some very good speakers and were inspired by them to be taking on our new roles of becoming new presidents. We broke off into different sessions, the first being learning about different leadership styles and learning soft skills. Then off to lunch and more speakers. Our next breakout session was finding out some different information on new ways to retain current Rotarians

and gain new ones. Off to some free time, get set up in our rooms and enjoy a few cocktails which we all certainly know how to do. Then a wonderful dinner and a very energetic and humorous motivational speaker named Michael Angelo Caruso who is President at the Troy Michigan Rotary Club. Then finally the end of the day and off to the hospitality suites. I didn't stay very long for that as we had to start again very early the next day. We began the next day with another lovely breakfast and a continuation of the speakers from Friday and more from our motivational speaker Michael. Everyone was very informative and I learned a great deal, at least I'm not wanting to run screaming from the room all the time now thinking what have I done. We finished up the morning meeting with District Governor Elect Ellen Hughes and her team giving us a lot of valuable information. So now to wade through all my new information and hope and pray that it helps me to do the job of hopefully being a good leader for our fabulous club that we call Avon Rotary. Marcia Cameron PE.

## Colon Cancer Awareness Month *by Helen Zamboni*

On March 12 Lynne Mignemi provided our program for the evening. Lynne, a volunteer for the Livingston Wyoming Cancer Action Center, came to our club on Tuesday, March 12, to talk about colorectal cancer. March is Colon Cancer Awareness Month nationally and our area is participating in a “Main Street Goes Blue” campaign to bring to community the importance of screening. This is very personal for Lynne, as both her mother and aunt died of colon cancer.

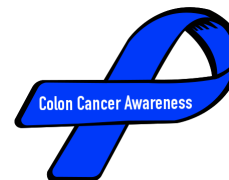
Colorectal cancer is the second leading cause of cancer deaths in the U.S.

Lynne explained that by the time symptoms develop (blood in the stool, abdominal pain, aches or cramping, unexplained loss of weight) the cancer is usually advanced and has spread. However, screening can detect polyps and lesions early and allow successful treatment.

Everyone should have a colonoscopy at age 50, or younger if there is a family history of colorectal disease or cancer,

and get re-screened at least once every ten years thereafter. A colonoscopy is not the awful procedure it’s made out to be, nor is the preparation for it.

Lynne asked members of the club to spread the word and left a lot of mate-



## Corn Festival Update *by Tom Vonglis*

The corn fest committee is well on its way putting things in place for another successful year. Decision about the logo was made at the February 26 meeting and handed off to Program and Arts & Crafts to use for their communications.

Thanks to Hans for all the website updates. Please check out all the details at [www.avonrotary.org](http://www.avonrotary.org)

We are happy once again to have J&A farm market supply us with the corn needed for this year’s festival.

We have also made the decision to sign up the Skycoasters for the 2014 festival. The committee will now be booking the band a year out to make the decision one that is not so rushed.

All committee chairs reported that all is on track.

## CLUB SCHEDULE

Apr 2	Reg Mtg—Michelle Drenzo re: Family Love Letter
Apr 8	Board of Directors Mtg 7 pm
Apr 9	Reg Mtg—Corn Festival Steering Committee Mtg
Apr 13	District Assembly 8am—1pm, Red Jacket School, Shortsville
Apr 16	Special Meeting—Rotary/Lions Steak Roast, Avon Commons
Apr 20	Roadside cleanup 8am
Apr 23	Reg Mtg—Barb McCormick with Avon for Nicaragua
Apr 30	Reg Mtg—Club Assembly
May 3-5	District Conference—Lake Placid

## Avon Rotary Literacy Projects *by Dan Jones*

March was Literacy month at Avon Rotary and at the March 5<sup>th</sup> meeting Dan Jones reminded the club about the importance of being involved in literacy locally, regionally and around the world. The Avon Rotary Club is doing a great job of promoting literacy in each of these three areas. By distributing dictionaries to Avon 3<sup>rd</sup> graders and supporting our local library we provide a visible role in keeping kids and adults reading. Last year we were able to finance the technology seminars which were such a big hit they are being offered again at the Avon Free Library with Rotary funding.



Regionally we are involved with school 33 in the city of Rochester. For the past several years we have been a leading supporter of the “Principal’s book of the month” program. Our support combined with the support of a few other District 7120 clubs provides copies of 10 different books for every student in the 4<sup>th</sup> grade class. These books become the foundation for multiple school projects impacting both the students and their parents.

Internationally we continued our support for building supplies for the school in Nicaragua. Having a personal connection through our own Rotarian Rob Lupisella has helped to bridge the distance between our club and the people of Nicaragua. We also added an additional international pro-

ject this year financing two pallets of text books through “Books for the World”. This program will send outdated textbooks to schools around the world where textbooks are non-existent.

Staying engaged in literacy activities has great benefits in our immediate communities as well as around the world. When literacy rates go up, crime goes down. There are even a few immediate benefits for those who are willing to read. Not only will your eyes be opened to the world around you, sometimes, you win cash – just ask Helen and Terry.



## Our New Space *by Laurie Vonglis*



We have a fresh new meeting room at Peppermints. No more multi-level room. No more low lighting and inconsistent heating/cooling. Gone is the old ‘sticky’ carpeting! Our new room is bright, clean and all newly remodeled. It’s a professional meeting space now and I for one am grateful for these improvements.

Although it has been challenging since January, not knowing what we were facing each Tuesday. For the

most part flexibility from club members has made the transition ‘uneventful’.

Now onto the topic of meals...

Seems to me, this has been an evolving topic over many years. There is probably never one set solution that makes everyone happy. With that in mind I request that we all look ahead.

We pride ourselves in supporting our community. We work hard to raise funds which in turn go back into this community to help various organizations. As residents of this and surrounding towns shouldn’t we also continue to be mindful of local businesses? Isn’t that how Rotary began? Local business people, networking, learning more about other businesses and supporting those. I feel a greater effort needs to be

made supporting our very own meeting place.

It’s time to make a habit of enjoying dinner at Peppermints each Tuesday night. \$12.00 for a meal, service, tax and gratuity is a fair value and that includes coffee (and flavored creamer!).

I welcome any dialog over the next couple months as the board of directors discusses this challenging topic.





## *Quad Cities 2013* by Laurie Vonglis

### SAVE THE DATE:

This year's event is hosted by Geneseo Rotary. Golf will be at Livingston County Club and tee times begin at 12:30. Of course golf is optional and the cost is TBD. When I receive more details from Geneseo I'll pass onto you. Dinner will be held at the Valley Oak Conference Center in Geneseo. Art Hatton is organizing this social event and working on Don Alhart for our guest speaker. This annual event is a great opportunity to share fellowship with our neighboring clubs and

find out what we're all doing for the good of Rotary.

Please consider adding to your schedule. This year's Quad Cities is on Monday, May 20th.

### SAVE THE DATE.



Flashback to 2012 Quad Cities Event



## *Our Giving Continues*

Donations in March include:

1. \$1000 to the Avon Food Pantry
2. \$1000 to Honor Flight
3. \$900 to EARS-Noyes

## *Message from Avon Interfaith*

Linda Heeler from Avon Interfaith Council paid us a visit on March 19th. She invited us to join in the Avon Walk Against Hunger on May 4th at 9 am. All money raised stays local and helps in various ways; Avon Food Pantry, Martha's Kitchen, and support for the fight against youth substance abuse. For more information, contact Steve Vanderbilt.

## *Redemption for West-Of-Preemption* by Kirk Vanderbilt

Avon Rotary welcomed author and financial expert Chris Carosa to our regular meeting on March 19th. Chris has written a book titled *50 Hidden Gems of Greater Western New York*, and his aim is to make us aware of the many things that make our region so special and unique. For our program, Chris first explained what "Western New York" actually means. There is an actual North-South line which was surveyed as part of a colonial land deal called the preemption line (picture a line going north-south through Geneva). For our purposes, all points west are now considered "Greater Western New York"

Chris then went on to highlight a few of the "Gems", ranging from regional food, movie connections, famous peo-

ple, and Civil War history. He also spent a few moments to help us realize how important our region is as an economic force. If Western New York was considered a metro area (which is not unprecedented), we would be the 19th largest market in the country.

As for me, the most fascinating story was that of Audrey Munson, a Rochester native and possibly the country's first "supermodel". Not only the inspiration behind countless sculptures and statues, she was also the model for the image on the "Walking Liberty" half-dollar AND the first Hollywood actress to appear fully nude in a motion picture. She also lived for 65 years in the Ogdensburg psychiatric facility, where she died at 104 years of age. Now that's interesting.

For this and many other intriguing stories, check out Chris' website and buy his book!

<http://www.50hiddengems.com/>



## *Youth Exchange Weekend* by Julie Carney

Avon Inn wings, college tour, Glow Dance and bowling, and that's just the half of it! March 21st through 24<sup>th</sup> once again saw the Avon Rotary Interact Club playing host to 17 of the inbound exchange students of District 7120, representing 14 countries. Students arrived Thursday evening and were paired up with their host families for the weekend. The majority of them headed straight to the Avon Inn with their host siblings and other Avon students for wing night, where 35 students filled most of the tables in the main dining room. They also celebrated the birthday of Mila Koziarska of Poland, who was celebrating her 18<sup>th</sup> birthday.

Friday, the students went to school for first period and then—after a breakfast provided by Avon Central—they were off to RIT, along with the Interact members, for a tour of the school

and some very informative talks on international studies in college. After dinner with their host families it was off to the High School for the “Glow Dance”: lots of white clothes, neon color designs on shirts, and plenty of music made for a fun night for all. What was special about this dance, was that it was a fundraiser for a school in Rochester for Refugee students from all over the world. Saturday saw 40 exchange and Interact students enjoying an afternoon of bowling and pizza at Cougar Lanes (formally Brongo Bowl) in Honeoye Falls, and then the annual Casino Night at the Village Hall. Thanks to Casino Joe and the work of the Interact and Exchange committees and numerous Rotarian “Professional Dealers,” the kids spent the night laughing and having lots of fun playing Black Jack, Texas Hold-Em and Roulette. All of them were ***BIG WINNERS***, leaving with new friends from

around the globe. We had a talented “wait staff” who served the kids their drinks and snacks so as to not interrupt the games. The staff included President Laurie Vonglis, Pam and Doug Hayes, Julie Carney, Cathy Murphy and Ed Kime. The dealers were Ernie Wiard, Tom Vonglis, Jim Tompsett, Terry Lemmen, Kirk Vanderbilt, Scott Holmes and Jim Carney. Also assisting were Rotex members Hannah Kondofl and Devon Schmidt.

Sunday, the tired students came to the Village Hall for a delicious pancake breakfast prepared by Chef Ernie. Everyone received an Avon Rotary Exchange Weekend t-shirt and they spent the rest of the morning signing each other's shirts to add one more tangible memento to their memories of the weekend. Once again, another successful exchange weekend that Avon Rotary can be proud to be a part of.

***See page 7 for photos.***

## *March Madness* by Kirk Vanderbilt

Two great authors in as many weeks at Avon Rotary. Rotarians Karl Sawicki and Gladys Iler were kind enough to arrange a fantastic program by nationally recognized sports writer Scott Pitoniak for our last week of March. Many of us recognize Scott mostly from that postage stamp-sized photo of him next to his daily column in the *Rochester Democrat and Chronicle*, but in between his sports reporting, he also authored or co-authored over 15 books. Scott recently retired from the newspaper business after 35 years, but remains active in sports with his blog and a talk show on WYSL.

He shared with us some details of his latest projects, including a departure from sports to co-author an autobiography of Rochester's own Hall-of-Famer rock star Lou Gramm, and a book of essays for the 75th Anniver-

sary of the Baseball Hall of Fame. Scott convinced me that while he loves sports and writing about them, it is the personalities and their inside personal stories that he loves the most. He shared his own personal story about how Gannett assigned him to cover Figure Skating in the 1994 Winter Olympics, and how he found himself in the middle of the media circus surrounding the Nancy Kerrigan/Tonya Harding scandal. He had no clue that Skating would be the biggest news story of the event.

So for me, a few of my preconceptions were reinforced:

#1. sports guys have the most amazing memory in the world (Scott remembers the name of the trainer for the Buffalo Bills when Jack Kemp was the quarterback)

#2. Jim Boeheim is sorta grumpy

#3 I won't need to worry about getting play-off tickets for Bill this next season (again)

But one completely **new** and **mind-boggling** thing I learned: Steve Stephenson not only has opinions about football, but he knew who Marshawn Lynch was, that he was a first-round draft pick, and that like so many other Buffalo players, left the Bills and went on to have tremendous success at their next team.

Who knew????



## April 1, 2013 Special Report *by Kirk Vanderbilt & Mark Evans*

### ENTERTAINMENT SPOTLIGHT:



Avon Rotary is looking forward to the joint meeting with the Avon Lions' Club on April 16, where new Rotarian

couple Pam and Doug Hayes will perform their long-hidden accordion/pantomime act. Many of us weren't aware that Doug and Pam first met in '94 at the Downstairs Cabaret Theater where Doug was working as a usher

and staying late to perfect his man-in-a-box and tug-of-war standards. Pam was there playing the low harmony 2nd accordion as part of the Cabin Jammers, a Polka tribute band for The Polskie Swingmasters, and they met after a Sunday matinee. "We've never left each other's side since," says a smitten Pam. "We sort of shelved the whole act when the kids were growing up," says Doug, "but with more "us" time now, we've dusted off the old bits and can't wait to share with our new Rotary Friends!"

Doug tells me they've made a few changes to make the act more contemporary, like Pam's unplugged and haunting version of *Hotel California*,

and the Fact that Doug has moved to a more subtle grey face-paint rather than the old clown-white.



I know we'll all be anxiously awaiting the performance, and hope to see you all there. The flawless acoustics of the Veterans' Hall will only make it that much more special. Break a leg Pam and Doug!

Avon Rotary pianist Gladys Iler will present an instrumental medley of Lady GaGa's greatest hits. "We have to come up with some tunes that our younger Rotarians will recognize," Gladys said.

### CORN FESTIVAL NEWS:

In an effort to cut expenses for the annual Avon Corn Festival, the Corn Festival Steering Committee has decided to discontinue renting tables and chairs for the event. The Committee also announced the theme for the 2013 Festival: "*Corn-on-the-Curb!*"

In other Corn Festival news, a full case of the 1999 Cornie Babies has turned up. "They must breed over the winter," a former Souvenir Chairman speculated.

**Special thanks to our April 1st guest writers—Kirk & Mark for their undercover "spoo" reporting!**

## Happy Spring



### AVON ROTARIANS IN THE NEWS:

The District 7120 Nominating Committee has invited Avon Rotarian **Mark D. Evans** to serve as Rotary District Governor for the 2016-2017 Rotary year. Mark has respectfully declined the opportunity, stating that he will be far too busy working on the Hillary Clinton presidential campaign. "I will, however, be available immediately after the Inauguration," he said.

Avon's Senior-most Rotarian **Ted Coyne** welcomed his wife **Dorothy** home from rehab (hip replacement surgery) by replacing all the dish towels in the couple's kitchen. "I spared no expense!" Ted announced!

Bicycle enthusiast **Helen Zamboni** is forming a new bike club made up exclusively of female attorneys. She will be in charge of the group, and it will be known as "*Helen Wheels!*" Congratulations are also due to Helen, who will be joining the Cellino & Barnes Law Firm on their billboards and phone book covers. Helen will specialize in personal injury hockey lawsuits.

California strawberries are hitting area stores and Avon Rotarian **Kathy Jo Murphy** shared her famous Strawberry Shortcake recipe: "Simply fill a bowl with heavy sweet cream and beat it! No one can complain if you're not there."

Avon Rotarian and Wesleyan minister **Dan Jones** was conducting his annual Easter Children's Sermon and all the kiddies were up front. "Who can tell us about the Resurrection?" Pastor Dan asked. A local lad raised his hand and offered "If you have a resurrection that lasts more than 4 hours, you're supposed to call the doctor." Twenty minutes later, Pastor Dan was able to resume the service.

Special thanks to **Ed Kime** for organizing the first "*Avon Rotary Breakfast with the Easter Bunny*" event. Ed came up with a super costume, although some of the children found it terrifying.





# *Youth Exchange Casino Night*

