



### Inside this issue:

President's Message	1
Meeting Recap	2
PolioPlus Update	2
Picnic Photo Highlights	3
Remembering RI PE Sam	4
Gilda's Club Service Project	5
Bike Race Service Project	6
August is Membership Month	7
Club Meeting Set-Up Schedule	7
Celebrations, Schedule & More	8
Rambling On Rotary	9
A Letter From Veerle	10,11
Sunshine? What Sunshine?	11
Exchange Corner	11
Save the Dates	12

## President's Message



What a great first month this has been. I can't even begin to tell you how happy and proud I was to be an Avon Rotarian as we gathered and accomplished our service project for Gilda's Club on July 19th.

Camp Open Arms which is for children who have had or still have cancer from ages 4 – 14 was a great success. We were able to team up with both the Penfield and Spencerport Rotary Clubs to provide lunch for all these kids (about 125) along with camp counselors and family members. All told we served about 250 people in the most efficient manner you can imagine. My gratitude goes out to Penfield and Spencerport and most importantly to all the Avon Rotarians who took time out of their day to help with this worthwhile service project.

To add to our list of accomplishments we were also involved and assisted with the bike race which was held on Sunday the 23<sup>rd</sup>. I'd like to thank Kirk Vanderbilt for coordinating and getting more Avon Rotarians involved in this service project. It's great to see that we are getting out into the community and showing that we really do want to be involved in "Making a Difference".

We now look forward to one of our most important projects which is the Corn Festival. I know I mentioned it before but this really is one of the most important things we do that allows Avon Rotary to support other organizations and charities in need of funding. This is always a great day for Avon Rotary as we showcase not only our club but the Avon Community. As I write this column I know there are still more spots to be filled on our sign-up sheet and it's critical we all give as much time as possible to ensure that our festival is successful.

I want to give a big thanks for all who attended our picnic at the Downs and enjoyed a night of fellowship with friends and family. There will be more plans for outings of this nature as the year goes on. I truly believe that the more time we can spend together having fun the more time we will want to work together for the good of our community and beyond.

Please continue to let me know if there is anything you are looking to do for a service project that Rotary can be involved in. Thank you to all club members for all you do and all your support.

Sincerely, President Tom

**Avon Rotary Club meets  
Tuesdays at 6pm at Avon  
Commons Clubhouse**

### Board of Directors

Tom Vonglis, President  
Heather Ayers, President Elect  
Dom Lalis, Senior Director  
Terry Lemen, Director  
Bill Wall, Member at Large  
Scott Holmes, Past President  
Laurie Vonglis, Secretary  
Kelly Cole, Treasurer



**ROTARY:  
MAKING A  
DIFFERENCE**

## Meeting Recap...

### President Tom's 1st meeting: July 11th



Many celebrations for our Change of Officers banquet, vacations, honors received at the changeover dinner—Julie Welch, Rookie of the Year, Dom Lalissee, Rotarian of the Year, Terry Lemen & Steve Csapo, our newest Paul Harris Fellows. Tom laid out his meeting agendas and the use of Rotary media resources for our education and inspiration.

Noteworthy fines:  
BILL WALL—

phone ringing violation! \$10 fine... whoa! Guess we all better make sure our phones are silenced before every meeting. (and no pretending not to hear it either—Ted)



Kelly Cole was given yet another Treasurers pin and welcomed to the Board of Directors, since he missed the changeover dinner. Shawn Rice was also 'pinned' as the new Sergeant of Arms. Jake A was doing the happy dance at this point passing the 'bed pan' over to Shawn.

Our program consisted of RI President Ian Riseley's welcome speech from the Atlanta convention. We are all on the same page and looking forward to a productive, rewarding year, fulfilling goals and dreams.

If you missed this meeting, that's a shame. Join us soon!

### July 18th Meeting

Abundant celebrations and a public service announcement to make sure your cell phones are silenced. Lots of club business happenings, preparation for Gilda's Club picnic lunch, bike race traffic control, corn festival and reminder for next weeks picnic and games at the Downs.

Our program was the speech Rotary International President Elect Sam Owori gave at the RI Convention. Tom announced Sam's sudden passing and tremendous loss to the family of Rotary. Memorials can be made in his memory to PolioPlus.

### July 25th Picnic & Games Meeting

Approximately 50+ club members and family joined together at the Avon Downs for fellowship, picnic dinner and lawn games. Tom thanked the organizers and all for attending. After a bit of business, recapping the two service projects, he announced our new member proposals, Katie DeGraff and Charlene Masten. Stay tuned for their induction.

See photo highlights of our picnic including mysterious missing member.



Plan your giving today. Support the Foundation's PolioPlus drive and help end Polio.

#### Update as of August 1, 2017

#### Wild Polio Case Counts

<u>Country</u>	<u>2015</u>	<u>2016</u>	<u>2017</u>	<u>Date of last case</u>
Pakistan	54	20	3	10 June 17
Afghanistan	20	13	5	18 June 17
Nigeria	0	4	0	20 Aug 16
<b>Total</b>	74	37	<b>8</b>	



## July 25 Picnic Photo Highlights



*A fine night for  
fellowship*



# Remembering Rotary International President Elect Sam Owori

Rotary International President-Elect Sam F. Owori died unexpectedly on 13 July due to complications from surgery. Sam was a member of the Rotary Club Kampala, Uganda, for 38 years.



Sam's term as Rotary's 108th president would have begun on 1 July 2018.

“Please remember Sam as the outstanding, hardworking Rotarian he was,” said Rotary International President Ian Riseley. “In this difficult time, I ask you to keep his wife, Norah, the Owori family, and Sam's millions of friends around the world in your thoughts.”

Under Sam's leadership, the number of clubs in Uganda swelled from nine to 89 over the course of 29 years.

Sam saw in Rotary members "an incredible passion to make a difference," and wanted to "harness that enthusiasm and pride so that every project becomes the engine of peace and prosperity."

Sam was the chief executive officer of the Institute of Corporate Governance of Uganda, whose mission is to promote excellence in corporate governance principles and practice in the region by 2020. Previously, he was executive director of the African Development Bank, managing director of Uganda Commercial Bank Ltd., and director of Uganda Development Bank. He has also served as corporate secretary of the Central Bank of Uganda.

He served as member and chair of several boards including FAULU (U) Ltd., (now Opportunity Bank), the Uganda Heart Institute, the Centre for African Family Studies, Mulago Hospital Complex, Mukono Theological College, and the Kampala City Council.

Sam also was the vice chair of Hospice Africa Uganda, and board member and chair of the Audit Committee of PACE (Programme for Accessible Health, Communication, and Education) in Uganda.

“Sam was a special person in so many ways, and his unexpected death is a huge loss to Rotary, his community, and the world,” Riseley said.



## July 19 Service Project—Gilda's Club Camp Open Arms

On a warm, sunny Wednesday, 16 Avon Rotarians, 4 Spencerport Rotarians & 4 Penfield Rotarians, joined together and served a picnic lunch to 250 campers and counselors. All in all this project had about 75 volunteer hours and financial contributions of \$900. This was the first of several service projects our club will accomplish this year. As mentioned in other articles in this publication, our experience was extremely gratifying and just what so many of us have been wanting to get involved in.

Many thanks to the Avon Rotary Volunteers:

Tom & Laurie Vonglis, Bruce Amey, Kelly Cole, Julie Carney, Jeff Passerall, Greg Deragon, Jake Ayers, Mike Ford, Barbara Herman, Bill & Jill Wall, Ernie Wiard, Jerry Dougherty, Jeff Herberger, Hans Koomen, Karl Sawicki



*Avon Rotary  
Making a Difference*



# July 22 Service Project—Rock Road Race



By: Helen Zamboni

On Sunday, July 22, the Livingston Cycling Club held its first annual Rock Road Race in Avon, and also its third Gran Fondo (they offered a Medio Fondo and a Piccolo Fondo, too), following a Criterium on Saturday at the Warsaw-Perry Airport.

So, what is a Criterium? Even though it didn't happen here in Avon, many of the racers on Sunday participated in the Criterium (or "Crit") the day before. Understanding what they did on Saturday will give you a greater appreciation for what they did on Sunday. A Crit is ridden on a course no longer than 2 kilometers that the racers go around 100 times (usually). However, if a racer is lapped, he or she must drop out.

And what is a Fondo? This is a bicycle ride that is usually, but not always, NOT a race – it's ridden on challenging terrain (meaning hills). A Gran Fondo is long (in this case, 75 miles); a Medio Fondo is shorter (in this case, 50 miles); and a Piccolo Fondo is even shorter (in this case, 25 miles).

Sponsored by American Rock Salt, the event came to Avon quite by happenstance. It turns out that the LCC's Crit couldn't be held on its traditional course in Mt. Morris because the roads were just chip-sealed. You can't have a bike race like a Crit on newly-stoned roads, after all – that would be far too dangerous. So LCC found a new location at the Warsaw-Perry Airport for the Crit, and came to Avon for the road races and Fondos.

Holding these events requires a lot of volunteer effort. Because the races are held on public roads, traffic control is crucial, and there are often water stations along the way. Somehow, someone contacted Kirk Vanderbilt to ask if the Avon Rotary Club could help and 14 Avon Rotarians answered the call. We thought we were going

to staff a water station on West River Road, but ended up doing traffic control at the circle and the top of Genesee Street, and at the intersections of Rochester and West Main Streets and River and West Main Streets. There were several Avon Police vehicles with us, who pulled into the roads with their lights on. Volunteers from St. Agnes School were also on hand for traffic control in town and in Rush.

The Gran Fondo riders were the first to set off, south on Genesee Street and out of town, at about 8:15 a.m. The route included the monster climbs of Vista Hill (east of Dansville) and Mead Hill (west of Springwater). All three courses offered beautiful country roads and routes that included West Lake Road along Conesus Lake, on course rest stops at Deer Run Winery, and roving mechanical support.

Three different groups of racers rode the road race loop, which started in front of Community Bank, went south on Genesee Street to Spring Street, west on Spring Street to River Street, north on River to West Main Street, west to West River Road, then north to Rte. 251, east on Rte. 251 to East River Road/Rochester Street, then back into Avon and up the hill on West Main Street to Genesee again, for about 17 miles. "Masters" racers (over 50 years old) and others did this route twice, starting at about 8:30. At about 10, amateurs rated in Categories 1, 2 and 3 (Category 1 being the highest rating for amateur racers) then started – a group of about 25 men, followed a short time later by a group of about 15 women. The men did the route four times; the women twice. Boy, were they fast! The fastest men covered each route in about 40 minutes.

As the men were racing, Fondo riders started returning to Avon on East Main Street. By about 2 p.m., it was all over.

The race organizers were very grateful for the response from Avon, and we expect this event to return next year. Hopefully, there will be more spectators, too. Overall, it was an exciting day.



Many thanks to the Avon Rotary race volunteers: Kirk Vanderbilt, Janis McMIndes, Marcia Cameron, Tim Dickinson, Helen Zamboni, Jerry Dougherty, Jim Tompsett, Mike Ford, Greg & Jean Antkowiak, Bob House, Shannon DiFranco, Jeff Herberger, Bob Mellen



## A Message From Our Membership Chair



I am pleased that we already have two prospective new members for our club; Katie DeGraff and Charlene Masten. Our goal this year is to increase our club by 4 new members. To this end we will be having our first membership drive on August 29th. I would like to encourage all Rotarians to invite at least one person to join us to learn more about what it means to be a Rotarian and to learn about what we, as a club, do for our community, the region and the world. There will be more information to follow as the date approaches.

Yours In Rotary Service,  
Terry Lemen

*Show Your Pride!*

### Club Meeting Set-Up Schedule for August:

- Aug. 1—Jean & Greg Antkowiak
- Aug. 8—Ernie Wiard & Jerry Dougherty
- Aug. 15—Ernie Wiard & Jerry Dougherty
- Aug. 29—Katie DeGraff & Ernie Wiard



## *August Club Schedule*

Tues. Aug 1	Regular Mtg—Program: Ayers on In-Mtg Service Projects
Tues. Aug 8	Regular Mtg
Sat. Aug 12	CORN FESTIVAL—ALL HANDS ON DECK
Sun. Aug 13	Corn Festival Celebration Picnic @ George's 2 pm
Mon. Aug 14	Board of Directors Mtg. 7 pm @ Hurricane
Tues. Aug 15	Regular Mtg—Program: Henry Lemen's Exchange
Tues. Aug 22	5:30 Dine at Charcoal Corral in Perry, then visit GVRC
Tues. Aug 29	Membership Night @ The Commons 6 pm



***Reminder... Food Pantry  
Collections 3rd Tuesday  
Of The Month... 8/15***

***This months list of needs:***

**Cereal, Peanut Butter and  
Jello**

## *August Member Celebrations*

### **Birthdays**

- ⇒ Greg Deragon
- ⇒ Jeff Herberger
- ⇒ Bob Mellen
- ⇒ Bill Shaw (H)



### **Wedding Anniversary**

- ⇒ Jake & Heather Ayers
- ⇒ Tim Dickinson
- ⇒ Bob House
- ⇒ Aaron Johnson
- ⇒ CA Krenzer
- ⇒ Chris Masten
- ⇒ Bob Mellen
- ⇒ Shawn Rice
- ⇒ Carmine Simone (H)
- ⇒ Tom & Laurie Vonglis
- ⇒ Wayne Warriner

### **Rotary Anniversary**

- ⇒ Scott Holmes (2011)
- ⇒ Steve Vanderbilt (2011)



## **ROTARIAN CODE OF CONDUCT**

As a Rotarian, I will:



1. Act with integrity and high ethical standards in my personal and professional life.
2. Deal fairly with others and treat them and their occupations with respect.
3. Use my professional skills through Rotary to mentor young people, help those with special needs, and improve people's quality of life in my community and in the world.
4. Avoid behavior that reflects adversely on Rotary or other Rotarians.



# Rambling On Rotary—August 2017



By: Bruce Amey

The August 2017 edition of *The Rotarian* had an article, "Why I Joined Rotary." The author initially explained why he had not previously joined a Rotary Club. That answer is likely the #1 reason why more community members don't join Rotary ... "Nobody ever asked me." I can identify

with this as I have had difficulty asking others to join Rotary. I really did not need to be asked to attend. As part of my role as School Superintendent, I had visited the club on several occasions. But, having attended I could see that this club had a purpose and knew how to have fun together while serving others so my joining in 2006 was fairly easy.

On July 19, our club had the first of many service activities for this year when we helped a day camp experience for Gilda's Club at the Penfield High School by providing lunch for approximately 250 campers and counselors. That experience is why I stay in Rotary. I have helped with roadside cleanups in the past serving our community, but nothing was as gratifying as seeing the faces of the children to whom we were serving lunch; approximately 16 Avon Rotarians were there to help. On Sunday July 23, there were approximately 14 Avon Rotarians that served our community assisting with a bicycle race.

Rob Lupisella has spoken repeatedly about the feelings evoked being a part of serving the several communities in Nicaragua as our club has provided some funds to support that project. However, as Rob, President Tom, Kirk Vanderbilt, Laurie Vonglis, Jim Tompsett, and Marcie Williams have all shared, the experience of serving face-to-face, hand-in-hand with those we are trying to help is what makes the real difference. They have each been changed more by experiencing the experience than by just giving monetary support.

Past President John Germ had a theory that Rotary turns words into deeds. I have always felt that my contributions in time and money have helped create deeds but actually doing the deeds is truly what Rotary should be about. I understand that all members cannot participate in all activities due to health, work, etc. But in addition to participating in our club's fund raising activities which allow our club to generously support worthy activities that serve our community and our world, it is essential that every one of us in some way act to serve ... to do the deed!

The theme for this year is "Rotary: Making a Difference". I would expand that to say "Rotarians Making a Difference". When I am actually part of the activities, I am made a better person; I gain much more when I am part of the activity than the time or money it may have cost me to give.

Why did you join Rotary? Why do you stay in Rotary? What do you need to do to make our club more inviting/welcoming to others? President Tom has challenged each of us to be more active in our community. He has challenged each of us to be more visible as Avon Rotary in our community. He has challenged each of us as Rotarians to make a difference in our world and our community not only through our monetary support but more importantly by being involved in service activities. I am excited. The Gilda's Club service activity got my juices going for service. Get your service juices going. Let's all commit to serve as our Rotary motto directs us to and then our community will truly know that Avon Rotarians DO make a difference. But, as usual, I have rambled on long enough.

**Avon  
Rotary**



## Mission of Rotary

The mission of Rotary International is to provide service to others, promote integrity, and advance world understanding, goodwill and peace through its fellowship of business, professional, and community leaders.

# A Letter From Veerle—Inbound Exchange Student



Dear host families and club,

I am so exciting and grateful for this whole experience and I cannot wait to meet you. In this letter I'm going to tell you over myself and how I live my life.

In my free time I like sporting. I play korfbal, that is a team sport with boys and girls mixed. Korfbal is a typical Dutch sport. I train mostly one, sometimes two times a week and on Saturday there is a match. In my free time I also like to do my make-up, to take photographs and writing. I combine these things with a blog. Watching movies, (romantic comedy ☺) and meet up with my friends is also always a good idea. Brit and May are my best friends.

I am going to a theatre school in Rotterdam, the 'theaterhavovwo'. This means I have eight hours theatre a week. Four hours acting, two hours dancing and two hours singing. This is quit more difficult and serious than you might think. We do contemporary dance, Greek drama etcetera. I also do exam in these courses. This is so nerve-racking. As a twelve years old girl I loved theatre, but since two years the theatre courses making me very nervous and it did costs much stress. I do like singing (especially in the shower ☺). But I learned so much of it, performing and presentation skills, associate with criticisms, appreciating and accepting yourself. With acting class, I have done one exam in acting, the second exam I am going to do is direction, so I am directing and making my own play. This is quite difficult, but I am learning so much of it.

Let's go further, because except the theatre courses, I also have a normal schedule. I do the following courses: Economics, Math, History, French, Dutch, English, Cultural Artistic Education and I already finished Social Studies. My favorite courses are history and Dutch. Math is really hard for me, but I chose it, because I thought it maybe would be necessary for my education in the future. On a normal day of school, my alarm clock wakes me up at 7 AM, but I am not very great with waking up in the morning, that most of the time I continue my sleep and come out of bed at 7:30 AM. Then I am in a hurry and at 8 AM (or mostly ten minutes later) I go on the bike with a few of my friends. 9:55 AM the class starts. One lesson is 50 minutes. The days of school are very long at my school and most of the time, the courses are done at 16:30 PM. This year I have many free hours, so that is annoying, but most of the time I do my homework or other schoolwork.

I live in Rhoon, a small village among Rotterdam, which is a major city. I go to school on the bicycle with a few of my friends. It is 40 minutes with the bicycle. If the weather is really bad, I can take the subway, the subway is very near my home. In my mom's house (currently, later this year we have to move, because of my parents' divorce) I live with my sisters and dog. I have my own room. I do my homework in my own room or sometimes in the living room. I'm quit chaotic, but I can't work well in a mess, so I always first clean up the mess I made, before I do my homework. In my father's house I live with my little sister and dog every other weekend. I share a room with my sister. He already bought a new house, so within a few months, I also have to move with my father. I love my mom's house and my own room. My father's home is temporary, so I don't feel much at home there.

My mother works as a pain consultant at 'DC Klinieken' in Rotterdam. She also worked very long as a nurse in very different positions in a hospital. My father is a sales executive (account manager) at the company: 'Coopervision'. This is a company that does business in contact lenses. My mother works part-time and my father works fulltime.

I like art, especially photography and fashion. It gives me inspiration and creativity. I like to visit a museum or exhibition. I always have many creative ideas and plans. I like reading nice books, blogs (articles) and quotes, which can inspire me also. As I have already told I blog and play korfbal. When I have some 'me-time' I also like to take a long hot bath, while watching a movie.

The trips I have taken were all vacations with my family or school. I have been to the following country's: Belgium, Luxembourg, Spain, Italy, France, Slovenia, Switzerland, Austria, Germany, England. My mom has a fear of flying so that's why I have never been out of Europe. So when I am going to America or Chile it will be very thrilling, because I am also quit afraid for flying. My favourite type of vacation is a city trip or a sun vacation. Vacation is for me pure relaxing, but as well as I like doing some cultural things, like visiting a museum or building.

I can't stand people who believe in their own lies, because they won't change and you cannot argue with them. Also, I hate judgement. It is okay when you don't know something, but why do people always judge? It is not always what it seems like. Some another dislikes of me: washing my hair, horror movies (I can't look at them), dishonesty and people without empathy. I do not really like a lot of meat, I am actually not a big eater at all. So if I don't eat much or decline something to eat it is not to be rude or disrespectful.





## A Letter From Veerle (continued)

My strongest characteristics are my empathy and creativity. I am tender and kind to people. I also hear often that I am funny, regardless I laugh at my own jokes.. Maybe my laugh is just rather contagious. 😊 I always have many plans and creative ideas.

My weakest characteristic is actually also my empathy. Because problems and opinions of people attracts me and then I am really concerned about it and I worry a lot, and have many fears. I can't stand up for myself really well as well as I find it hard to say no. But I am working on it. And this exchange year will hopefully help to let grow my confidence and strengths.

I have many plans for the future. I want to be a wedding planner with my own company and I want to combine it with working as a child nurse on the compartment neonatology. After my exchange I want to do the study nursing and after that study, I will work as a nurse and setting up my wedding company. I am quit obsessed with weddings and I just love making plans, being creative and I would love to organise one of the best days of people's lives. My tenderness and careful side and love for children will becoming great for my future as a child nurse. I have this plan for like three years and I am so excited about it.

I hope this exchange year will become the best year of my life so far. Learning a new language, be with all different new inspirational people, visit new amazing places and having a really great time. I hope I will bridge over some of my fears and that I will feel less pressure surround me than the last year. Enjoying this whole experience, inhale courage and exhale fear. Not only learning a new language, but learning from the world.

Best regards and I hope to see you soon,

Veerle

## Sunshine?? What Sunshine??



Here's some information from the Club's new **Sunshine Liaison Agent**:

Following the club's tradition of taking care of our own members, I'll be taking over this assignment from Jerry Dougherty. It seems that Jerry is abandoning this assignment in order to spend more time traveling the world.

Please let me know when any club member is ill, hospitalized, or facing personal crises. We will be sending wishes to support that club member -- maybe just a greeting card, perhaps some flowers, or another appropriate "thinking of you"

message.

Many of you were able to sign a "get well quick" wish for Doctor Hayes last week, and a card for former Rotarian (still a Rotarian spouse) Pam Hayes. We can continue to let our absent members know we care about them -- just send me an e-mail or give a quick phone call (226 - 6735) to let me know who needs a note.

Yours in Rotary, Barbara Herman



## Exchange Corner



By: Terry Lemen

On July 12, 2017 at 10:35 pm Henry Lemen stepped back onto American soil after being on exchange for 11 months and one week. He was enthusiastically met by a large contingent of family and friends who were thrilled to have him return home. He has started to acclimate back in to life in Avon, although every once in awhile he can't think of the English word and begins speaking Finnish. He has resumed his job at Fratelli's and is preparing to begin University at RIT at the end of August. Henry thoroughly enjoyed his time in Finland and will be presenting to the Rotary Club on August 15th.





# Save The Date

## 2017-2018 Rotary Calendar of Special Events

Sunday, August 13, 2017	Corn Festival Picnic @ George's—2:00
Tuesday, August 22, 2017	Dinner @ Charcoal Corral & Visit <b>GVRC</b> —5:30
Friday, September 8, 2017	District Golf Tournament @ Lima CC, Noon Reg.
Tuesday, September 12, 2017	Avon Rotary Honors Program—7:00
Saturday, September 16, 2017	Clambake @ Dougherty's
Tuesday, October 24, 2017	World Polio Day Service Project—6:00
Tuesday, October 31, 2017:	Halloween In The Community—6:00
Tuesday, November 28, 2017:	Thanksgiving Dinner—6:00
TBD 2017:	Eastern Cities Dinner
Saturday, December 16, 2017:	Christmas Party
Tuesday, January 2, 2018:	Happy New Year Party—6:00
Tuesday, February 13, 2018:	Sweethearts Dinner—6:00
Tuesday, March 13, 2018:	St. Patrick's Dinner—6:00
Friday, May 4– May 6, 2018	District Conference—Saratoga, NY
Tuesday, May 29, 2018	Quad Cities Golf—Mt. Morris
Saturday, June 2, 2018	Blue Jean Ball
Tuesday, June 19, 2018	Change of Officers

Be the reason  
someone smiles  
today.

