



SERVE TO CHANGE LIVES

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**Avon Rotary Club meets
Tuesdays at 6:30 pm**

Board of Directors

Tom Vonglis, President
Steve Csapo, President Elect
Mike Ford, Senior Director
Karen Vanderbilt, Director
Bruce Amey, Member at Large
Julie Carney, Past President
Laurie Vonglis, Secretary
Katie DeGraff, Treasurer

President's Message



The month of March has come and gone and we now look forward to spring and summer. Warmer weather will be welcome for everyone.

Last month was once again very busy for Avon Rotary. We started out with our building awards for Pure Body Day Spa and Pride and Joy Child Care. We are very grateful for their investment in our community and the services they offer.

With the conflict and devastation happening in Ukraine we were able to help in a small way with the collection of items that will be sent to help those refugees in need. We can only hope this conflict will end soon and the people of Ukraine will be able to return to their country.

Our St. Patrick's Day celebration was a fun time for those who attended. We enjoyed a great buffet put on by the Avon Inn and then had a good time with the shenanigans coordinated by Katie DeGraff. Many thanks to her for helping to make our meeting a good time.

Thank you to Kirk Vanderbilt for running the meeting on the 22nd while I was out of town. We had a program with guest speaker, Lynne Mignemi, Livingston County Suicide Preven-

tion Taskforce. Lynne was very informative and provided very important information to our club. Thanks to Lynne for taking the time to come present to our club.

Lastly in March, Cat Jensen coordinated another "Party in a Bag" service project to help supply the Avon Food Pantry with much needed supplies for those in need. This in meeting service project has proved to be a great help to those in our community.

We have many upcoming events in the month of April. On April 5th we will hold our next blood drive. If you have not yet signed up please consider doing so. Saturday April 9th is the District Training Assembly. I know we have a good crew heading to that event as well. The Eastern Cities Dinner will be held on Tuesday, April 19th. With this event landing on a Tuesday, we will not be having our regular meeting at the Avon Inn. If you have not signed up for the Eastern Cities Dinner, there may still be spots available. Check it out on the district website.

Thank you to all who made the month of March successful, and we look forward to April as we have very exciting programs to go along with everything else happening in our district. Enjoy the better weather.

Yours In Rotary Service,

Tom Vonglis, President 2021-2022





Club Schedule

Tues. April 5	American Red Cross Blood Drive 2:00—6:00 at Avon Inn (No Regular Meeting!) Corn Fest Mtg 6:30 @ Circlevew Conference Room
Sat. April 9	District Training Assembly 7:30 Registration & Breakfast, 8:30 Opening Session Honeoye Central School
Tues. April 12	Regular Mtg 6:30 Program-Susan B. Anthony House, Deborah Hughes, CEO & President
Mon. April 18	Board of Directors Mtg 6:30 @ Circlevew Conference Room
Tues. April 19	Eastern Cities Dinner 5:30—9:00 @ Riverside Convention Center \$75pp (Register online) (No Regular Meeting!)
Sat. April 23	Roadside Cleanup 8:00 am—Earth Day Service Project
Tues. April 26	Regular Mtg 6:30 Program-Rob Lupisella, Nicaragua
April 29-May 1	District Conference Oswego NY (Register online)

Join the 2022 CORN FESTIVAL COMMITTEE

Make A Difference



Committee meetings are the
1st Tuesday of the month

For more information, contact Mike Ford 447-1511



April Celebrations

Wedding Anniversary

⇒ Mike Ford

Rotary Anniversary

⇒ Bill Wall 2000

⇒ Kevin Van Allen 2019

⇒ Brock Thrasher 2020

Birthday

⇒ Mike Ford

⇒ Mike Giso

⇒ Bob Hayes

⇒ C.A. Krenzer

⇒ Kevin Van Allen

⇒ TJ Vonglis

March Highlights

Meeting Program: Building Awards

March 1: Avon Rotary awarded two local business with our Avon Rotary Building Award. Our Building Awards are presented to local businesses for their hard work, building renovations, and their investment in Avon's future. After two years of delays due to Covid, we were finally able to award Pure Body Day Spa with our renovation award and Pride and Joy Child Care of Avon with our new building award. Thank you to these two great Avon businesses for their investments into our community and congratulations on your success!



Left: Dan Freeman, building owner & Kaitlin Freeman-Gutzmer, owner of Pure Body Day Spa with Steve Csapo, Building Awards Committee

Right: Char Masten Building Awards Committee, Rachel Aycock, Ashley Westmiller, Laura Martin—Pride & Joy Child Care, Steve Csapo



Donations for Ukraine Relief

March 8: Avon Rotarians donated several item as part of InterVol's Ukraine Relief drive. Items collected included sleeping bags, socks, underwear, baby diapers and wipes, adult diapers, feminine hygiene products, toothbrushes, and medical gloves.

InterVol is a nonprofit organization dedicated to connecting the world's neediest to materials, people, and opportunities. By recovering and redistributing medical supplies, hygiene supplies, and equipment, and through the provision of volunteer opportunities for medical professionals and aspiring educators, InterVol is able to further its mission to engage humanitarian efforts worldwide. Submitted by: Mike Ford via social media



St. Patrick's Meeting Shenanigans



March 15: The Avon Inn provided a delicious traditional Irish buffet and fun was had by those attending. Many thanks to "Game Show Host" Katie with her Irish limerick relay race game. It was good to have Bill with us, freshly back from Florida and nice to see Jerry on Zoom still in Florida. Kudo's to President Tom for embracing his Irish for the occasion.



March Highlights *continued*

Meeting Program: Lock and Talk Livingston

March 22: At this meeting, our club was treated to a presentation by Lynne Mignemi, the Chairperson of the Livingston County Suicide Prevention Taskforce. She shared information about a new program entitled Lock and Talk Livingston.

Lock and Talk Livingston is a program aimed at preventing self-harm by limiting access to firearms, medications, and other potentially dangerous items during a mental health crisis by safe storage and not by taking them away. The program provides gun owners and retailers with evidence-based suicide awareness and prevention training, free safety devices such as gun and medication locks, and disposal pouches for unused medications in the home. Promoting safe storage practices for weapons and reducing the stigma around discussions of mental health are at the core of Lock and Talk Livingston.

Lynne emphasized that talking about the problem and with others saves lives. "Suicide prevention is about hope. Conversations and programs are about hope in an effort to save lives."

More information about Lock and Talk Livingston is available at: www.lockandtalklivingston.org.

If you or someone you know is thinking of suicide, contact the National Suicide Prevention Lifeline at 1-800-273-8255 or text "Hello" to the Crisis Text line at 741741. *Submitted by: Bruce Amey via social media*



In Meeting Service Project: Party in a Bag

March 29: Our March 29th meeting saw the return of one of Avon Rotary's favorite in meeting service projects. Our members and guests assembled party bags that include cake, frosting, sprinkles, candles, balloons and party favors. These "Party in a Bag" kits were donated to the Avon Food Pantry and will be available to members of the community that are in need. *Submitted by: Mike Ford via social media*

Many thanks to Cat Jensen for organizing this for the club and all who donated items!



Rambling On Rotary—April



By: Bruce Amey

I look forward each month to receiving my copy of the Rotary Magazine. There are always some great articles that can assist us all in our businesses and our lives.

This month's edition has a great article on collaboration, Rotary's Membership Society for New Member Sponsors, and a phenomenal article "Strength in times of Crisis" relating to the power of Rotary in Ukraine. Read your Rotary Magazine to get a better understanding of what Rotary does as our international service organization.

These past few weeks, President-elect Steve has been very engaged in prepping and planning for his Rotary year. Steve's plan for our club's District Grant project for next year is helping to enhance the opportunities for the medical professionals of the new UR Medicine Noyes Health Mental Health & Wellness Center in East Avon by proposing to build a pergola with seating and landscaping for outside visits and consultations in a tranquil environment. April is Rotary's Maternal and Child Health Month. The new center in East Avon is designed to assist with mental health situations for mothers, children, and all residents in our region. As we learned from Lynne Mignemi at our March 22nd meeting, Livingston County had the highest rate of suicide in the State in 2013 so the center is much needed in our region. It has been stated that an all-too-common flaw in philanthropic endeavors is "the people at the center of the problem were not sufficiently consulted." Steve has done a wonderful job communicating with the Senior Operations Director of the mental health center as to their needs and how our club, through a district grant project, might help. Our service does the most good when we accurately understand the needs of those we are trying to serve and including them as we make our plans.

In the next few weeks, President Tom's District Grant project will come to fruition as we build some raised gardens at the school that can be used to grow fresh produce to enhance the school's backpack program which, in the past, our club has supported through Stone's Community Resource Closet. The project also has the educational goal of helping teach students the value of composting food waste in agriculture. This project was designed after conversations with the school district, which was very instrumental in the location and design of the garden. Healthy, nutritional food enhances the health of mothers and children all year, not just in April. Be looking for Tom's emails and

announcements as to the dates to come together to complete this year's District Grant project.

Upcoming on Saturday, April 23rd is date of our District 7120's Great Lakes Watershed Cleanup project, which is our local project addressing RI's 7th area of focus, the environment.

At our March 22nd meeting, Steve, Julie, and Kirk commented as to how their Rotary spirit was inspired by hearing some of the presentations at the President Elects Training (PETs) held in Syracuse the weekend of March 19th. Seeing the projects and programs of other Rotarians inspires me to want to serve more. Attending the District Conference (this year held in Oswego, NY April 29-May1) gives all attendees the opportunity to be inspired and to interact with Rotarians beyond our club. I am very much looking forward to hearing the message from our RI President Shekhar Mehta at the Eastern Cities dinner on April 19th and being inspired. In his President's Message in the April Rotary Magazine he said, "As we Serve To Change Lives, remember that we are also changing ourselves. We are becoming the world's great change-makers and peace-builders. The world is ready for us. It's time to rise to that call." Let us continue to change lives through our service for others and let's rise to that call. And, as usual, I have rambled on long enough.



Foundation Moment



March 29: At tonight's meeting Rotarian Julie Carney was presented with her Paul Harris Fellow plus 2 pin for her continued support of the Rotary Foundation. Her generosity is helping improve lives all over the world. Congratulations Julie!

We also recognized Hans Koomen for his continued history of contributions to the Rotary Foundation. He was given his plus 6 pin which was 'missing' until recently. Hans received his plus 8 pin earlier this Rotary year. Thank you Hans for your continued generosity!



American Red Cross

Our next blood drive is Tuesday:

April 5 2:00—6:00

Sign up to donate today!

For questions contact: Karl Sawicki



Avon Food Pantry

Pantry critical needs in April are:

Candy & Easter themed items

Collection is the 3rd Tuesday each month. Place in bin at our meeting. For questions contact Cat Jenson or David Kilgore.



96th Eastern Cities Fellowship Dinner



This year's Eastern Cities Fellowship Dinner promises to be a very special evening. Rotary International President Shekhar Mehta and his wife Rashi will join us- LIVE- on **April 19th**- at the Floreano Riverside Convention center.

Tickets are \$75- and will be limited to 250 people. Don't miss out on this wonderful opportunity for Rotary fellowship- and a chance to greet the

current international president.

Contact President Tom for the link to register if you no longer have it.



2022 Wild Polio Case Counts as of March 31, 2022

Country	2020	2021	2022	Date of last case
Malawi	0	0	1	Feb 2022
Afghanistan	56	4	1	Jan 2022
Pakistan	84	1	0	Feb, 2021
Total	140	5	2	



For more information go to: <https://polioeradication.org/>

SAVE THE DATE



You are cordially invited to attend the annual Quad Cities event.

This year Caledonia Rotary has set the occasion for Monday, May 23rd.

Golf & dinner will be at Caledonia Country Club. Please sign up and join in the fun!

More details to follow.

Is a fellow Rotarian ill or in need?

Please contact the club
Sunshine Liaison Agent—

Barbara Herman
226-6735



TIME TO REGISTER & JOIN THE FUN

DISTRICT 7120 CONFERENCE

April 29, 30, and May 1, 2022



26 E. First St., Oswego, NY 13126

Visit Rotary7120.org to register!

For more information: 2022Rotary@gmail.com