



President's Message



What a busy October we had!

First and foremost, our online auction is in full swing, and I encourage each and every one of you to actively participate.

At the time I'm writing this we are two days in and already 1/3 of the way to our total goal. The auction is not only an opportunity to secure remarkable items but also a chance to support our noble mission. So, let's bid generously, share the auction link with friends, and consider adding items to make this event even more exciting!

October was also loaded with fantastic programs. It's incredible how diverse topics can captivate us. A prime example was Dick Fisher's presentation on Wells Barns. Who would have thought that a talk about barns could be so captivating? Dick's passion for teaching was evident and led to a significant surprise moment as he became our club's newest Paul Harris Fellow. This recognition is well-deserved, given his tremendous impact on countless Avon students through his teaching and coaching.

Brock Thrasher, a former Avon Rotarian, also graced us with a presentation about the Mental Health Association of Rochester's new peer mentoring programs in Livingston County. His insights shed light on the critical work being done in our community to support those in need.

Lastly, we had the privilege of hosting SUNY Geneseo astronomer Anne Pellerin, who brought the cosmos closer to us with her talk about eclipses. Her presentation got us excited for the upcoming total eclipse that Avon will experience on April 8, 2024.

Amidst our enriching programs, we also had a taste of fellowship with our Halloween party at No BS Brew Company. Thank you to Cat and Katie for planning such a fun event. It's moments like these that remind us of the strong bonds and camaraderie within our club.

Lastly, let's not forget that November is Rotary International's Foundation Month. This month is a tribute to the incredible work of the Rotary Foundation, which is the driving force behind our service projects and global impact. Please consider contributing, attending Foundation-related events, and sharing the Foundation's message.

Thank you all for your unwavering commitment to Rotary's values. Together, we make a profound difference in our community and the world.

Yours in Rotary Service
President Mike Ford

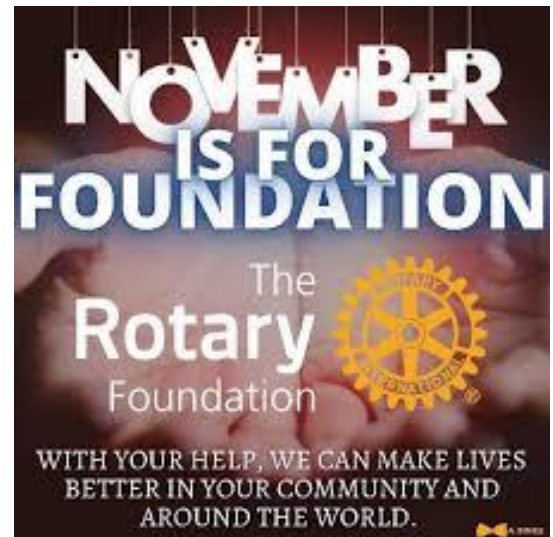
Inside this issue:

President's Message	1
Club Schedule & Celebrations	2
A Surprise for Dick Fisher	3
Mental Health Awareness	3
Astronomy Lesson	4
Halloween Highlights at No BS	4
Holiday Invitation	5
Rambling on Rotary	6
World Polio Day 2023	6
Polio Update & More	7

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

Board of Directors

- Mike Ford, President
- Karen Vanderbilt, President Elect
- Rob Lupisella, Senior Director
- Katie DeGraff, Director
- Rodney George, Member at Large
- Cat Jensen, Member at Large
- Nick Lovullo, Member at Large
- Steve Csapo, Past President
- Jaime Lovullo, Secretary
- Hans Koomen, Treasurer

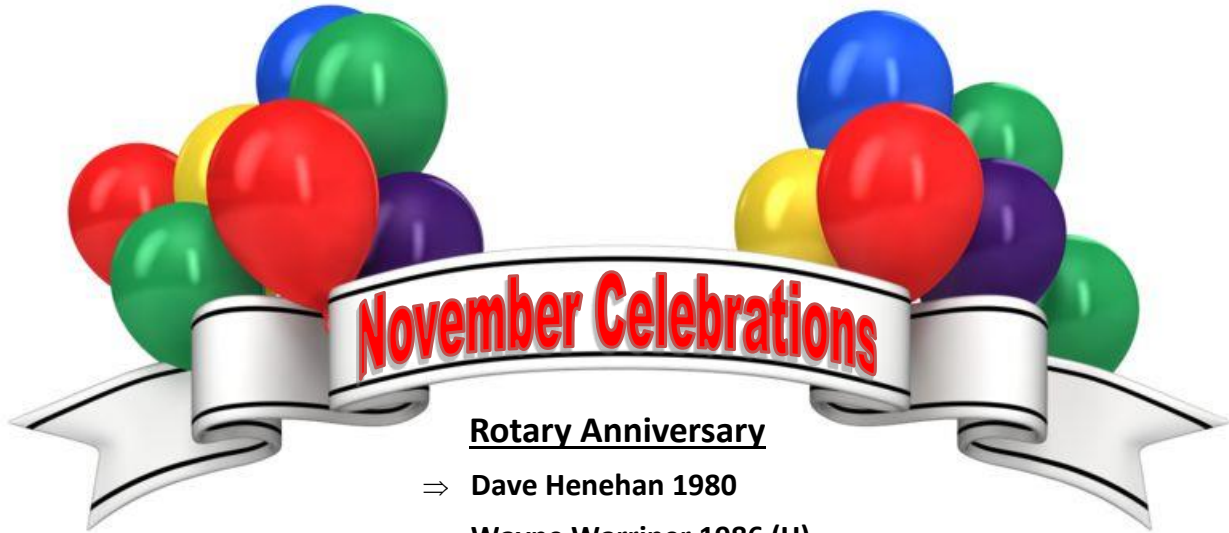




November

Club Schedule

Mon. Nov. 6	Board of Directors Meeting 6:00 at the Avon Circlevew Conference Room
Tues Nov. 7	Interact Runs the Regular Meeting 6:00
Tues. Nov. 14	EASTERN CITIES DINNER, please plan to attend. There will be no regular meeting
Tues. Nov. 21	Regular Meeting 6:00 Program: Santa Project by Kelly Tonra
Tues. Nov. 28	Regular Meeting 6:00 Program: Rotary Foundation



Rotary Anniversary

- ⇒ Dave Henehan 1980
- ⇒ Wayne Warriner 1986 (H)
- ⇒ Bruce Amey 2006
- ⇒ Shawn Rice 2016
- ⇒ Janis McMIndes 2016
- ⇒ Jeff Herberger 2016
- ⇒ Bob Mellen 2016
- ⇒ Kathy Shrestha 2017
- ⇒ Joe Yantachka 2020
- ⇒ Marcea Tetamore 2020
- ⇒ Ryan Pacatte 2020

Birthday

- ⇒ Heather Ayers
- ⇒ Steve Csapo
- ⇒ Katie DeGraff
- ⇒ Nick Lovullo
- ⇒ Kirk Vanderbilt
- ⇒ Jim Varner
- ⇒ Tom Vonglis

Wedding Anniversary

- ⇒ Bruce Amey
- ⇒ Colin Bruckel
- ⇒ Jeff Herberger
- ⇒ David LeFeber
- ⇒ Kirk & Karen Vanderbilt

A SURPRISE FOR DICK FISHER



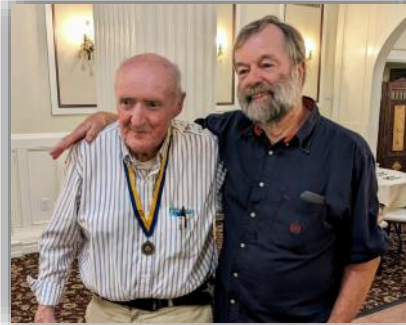
October 3: We had the privilege of welcoming retired Avon teacher and wrestling coach, Dick Fisher, to share his expertise on the fascinating world of Wells barns in Livingston County. These architectural wonders have shaped our local heritage, offering ingenious solutions for storage, animal care, and hay transportation, all while standing strong against fierce winds.

But what made this presentation truly special was Dick's unwavering passion, infectious excitement, and timeless humor. Just like in his classroom, he captivated us all with his dedication to teaching.

Throughout his career, Dick touched the lives of countless students and student-athletes. Some of them surprised him after the presentation, expressing their gratitude for the profound impact he had on them.

For his enduring passion, the friendships he forged, his influence on students, and his service to the Avon and Caledonia communities, Dick Fisher was honored with a well-deserved Paul Harris Fellow award. Thank you, Dick, for your commitment to education and your inspiring presence in our community!

Submitted by Mike Ford via social media



MENTAL HEALTH AWARENESS



October 10: World Mental Health Day coincided with our meeting and featured guest speakers from the Mental Health Association of Rochester.

Our first speaker, Andriana Lozier, the Vice President of Operations at MHA, provided a comprehensive overview of the vital services they offer. She delved into the mental health continuum, highlighting factors that influence one's mental health and the various coping mechanisms people employ. It was a fantastic opportunity to gain a deeper understanding of the spectrum of mental health.

Our second speaker was a familiar face to many, Brock Thrasher is a former Avon Rotarian and MHA's program director for Livingston County. He shed light on the invaluable approach of peer mentoring and networking in the realm of mental health. He explained that individuals dealing with mental health conditions sometimes face challenges when interacting with medical professionals. They might feel like they are the problem, not their traumatic experiences, or battle anxiety when addressing their concerns.

Peer mentoring provides a safe and supportive space for individuals to connect with those who have experienced similar challenges. These connections are nurtured through mentoring groups, engaging in physical activities, exploring art and music, and so much more. The aim is to guide individuals through their unique mental health journeys, fostering a sense of community and understanding.

The Avon Rotary Club is grateful to have had the opportunity to host these speakers and support the discussion around mental health. Let's continue the conversation and work together to make a positive impact on our community's well-being.

To learn more about MHA Rochester visit their website at: <http://www.mharochester.org>

Submitted by Mike Ford via social media



ASTRONOMY LESSON

Our October 17 meeting was an astronomical delight!

In preparation for the upcoming April 8, 2024 total solar eclipse, we had the pleasure of hosting Dr. Anne Pellerin, a professor of physics and astronomy at SUNY Geneseo.

Dr. Pellerin took us back to school, guiding us through the captivating differences between lunar and solar eclipses, shedding light on the distinctions between partial, annular, and total eclipses, and enlightening us about the contrast between eclipses and transits.

We also learned how astronomers have been using deep space telescopes to observe transits, and in doing so, scientists have unveiled the existence of thousands of planets in other star systems throughout the vast universe!

Dr. Pellerin's passion for her field of study was evident and she could have gone on for hours, but alas our meeting had to be cut short, but we'd love to have her back!

Stay tuned as we continue our cosmic journey towards the 2024 solar eclipse!

Submitted by Mike Ford via social media



HALLOWEEN HIGHLIGHTS AT NO BS

October 24: Many thanks to Cat Jensen for making the arrangements and Katie DeGraff for managing the party shenanigans, once again. Good times, good fellowship!



You Are Invited

To A Very Merry Avon Rotary
Holiday Celebration

Saturday, December 16

Kindred Ground

THE FARMHOUSE
2393 Pole Bride Rd. Avon

- ◆ *gathering begins at 6:00*
- ◆ *holiday attire is suggested*
- ◆ *please bring a dish to share*
- ◆ *there will be a small cover charge to help defray cost of bar & venue (tbd)*
- ◆ *holiday games may occur*
- ◆ *Questions? Contact Laurie*

Rambling On Rotary—November



By: Bruce Amey

In the October issue of the Rotary Magazine there was an interesting article entitled “A Fair Chance at a Cure”, relating to becoming a stem cell donor and to Be The Match. Stem cells can lead to cures for cancer and other diseases. Rotary’s mission has been to eradicate polio. But there are other diseases which we can help to cure. Reading

the article caused me to gratefully thank Karl Sawicki for his commitment to our club hosting blood drives to secure blood required by many during various medical procedures. Blood donations are also used to research cures for various diseases. Stem cells have the ability to replace damaged cells, regenerate tissues, and cure certain medical conditions. This is why stem cell therapy is considered such a promising area of research and treatment. I believe each of us has been touched by someone we know having been impacted by various cancers. I can only hope that research will one day find a cure or prevention for dementia and Alzheimer’s disease, which each of you know is very important to me. Again,

thank you Karl for your work impressing blood donation drives on our club and community. Our next blood drive is scheduled for December 5; please register to donate, if you are able to do so.

In my October Rambling on Rotary article, I wrote about the Rotary Foundation Polio Fund as October 24th was Rotary World Polio Day. Well November is Rotary Foundation month. I believe it is no secret for any of our club members about my commitment to the Rotary Foundation and the work that it does. As Kirk regularly reminds us it is the Rotary Foundation that allows Rotary to do its good work in our communities and around the world.

What service can we advance through our club and the Rotary Foundation? The Linking Hands For Learning Nicaragua project is planning its next project for the end of January which will build another school building in an impoverished area. Foundation projects address many Rotary areas of concern around the world. I would love to see our club be able to get involved with another club in a global grant project. Let us consider to being the match for others and, as usual, I have rambled on long enough.

WORLD POLIO DAY 2023



To celebrate this year’s World Polio Day, supporters from over 30 countries, across every region of the world, joined the Make Polio History campaign to tell global partners, donors, and polio-affected country governments that eradication is possible and urgently needed now.

The Global Polio Eradication Initiative (GPEI) has the knowledge and tools to end polio for good, but we cannot do it alone. Throughout the campaign, polio champions around the world built a long list of some of the greatest wins for humanity—from the creation of the first vaccine to the harnessing of electricity—and shared why polio eradication can and must be added to this list.

Well-known figures like Bill Nye, Adina Porter, Prue Leith and Itzhak Perlman voiced their support for a healthier future for children everywhere. Health workers in Afghanistan and Cameroon joined in as well, along with Fiocruz President Mario Moreira, Dr. Naveen Thacker of the International Pediatric Association, GPEI Gender Champion Minister Andrew Mitchell, and other doctors and researchers from India, Brazil and the United Kingdom.

We know that eradicating polio is not easy, but making history never is. The polio eradication effort—from global partners to country governments to local frontline health workers—has a long history of innovating and adapting in the face of adversity.

GPEI partners know this well, from WHO leadership in the Eastern Mediterranean and African Regional Offices to UNICEF teams in Sudan and Ethiopia, who also participated in the campaign. Rotary International has been there since the beginning, as CEO John Hewko was proud to share, and will continue to be until the end. And finally, members of the GPEI’s Polio Oversight Board recognized the global support shown throughout the campaign, and committed their efforts to delivering a polio-free world.

Today, there are proven strategies and new tools to deliver vaccines in the highest-risk areas for polio, which are also some of the world’s most challenging and hard-to-reach settings. Promising trends in polio-affected countries that have been seen in other places now polio-free suggest that today, the virus is truly on its last leg. With continued attention and support from donors, partners and affected country governments, polio eradication is within reach.

It will take all of us, but together, we can make history again and end polio for good.

Visit the Make Polio History website to hear more perspectives from polio champions from around the world, and to lend your voice to the effort. Source: <https://polioeradication.org/>



**END
POLIO
NOW**

2023 Wild Polio Case Counts as of October 31, 2023

Country	2021	2022	2023	Date of last case
Afghanistan	4	2	6	Sept 2023
Malawi	1	0	0	Nov 2021
Mozambique	0	8	0	November 2022
Pakistan	1	20	4	Oct 2023
Total	5	30	10	



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



VOLUNTEER OPPORTUNITIES...

- ◆ Assist at a weekly meeting as a greeter or 50/50 sales.
- ◆ Look for community service projects and join a team to help.
- ◆ Help our Auction be a success, bid often.

Is a fellow Rotarian ill or in need?

Please contact the club
Sunshine Liaison

Barbara Herman
245-2637



Avon Food Pantry

Grocery Items Needed in November are:

**Cereal, Tuna, Peanut Butter, Chicken Noodle or
Tomato Soup**

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

