



158th Edition

President's Message

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P.D. James once said "The world is changed not by the self-regarding, but by the men and women prepared to make fools of themselves." As we spring into April we should celebrate all we have accomplished and all that is yet to come. Rotarians prioritize their beliefs and the potential for positive change over their own ego or social standing. We are driven by a genuine passion for a cause or a belief and we are more likely to overcome the fear of looking foolish than those concerned with preserving their pride or image. We have shown that time and time again. Spending a rainy and cold Saturday morning to cover ourselves from head to toe, and every crevice in between, with sawdust. To smelling like smoke and vinegar. To making beautiful quilts to donate when you may not even have one yourself. All so a child can have a safe, warm and comfortable bed to sleep. It is with great pride that we can say we surpassed our goal of 20 and were able to complete 35 beds this past Saturday. What a great day to work alongside each other, fellow neighboring Rotarians, our youth (Interact and Exchange) and our Rotarians that made it a family event. And another opportunity is just around the corner, as we prepare for the Polar Plunge on Sunday!! Participating in a polar plunge often leads to some hilariously awkward and visually comical moments. The initial plunge often elicits a range of exaggerated facial expressions, from wide-eyed shock and contorted grimaces to open-mouthed gasps. These frozen faces are prime material for photographers. People's

bodies react in involuntary ways, leading to shivers, shakes, and awkward jerky movements. The waddling penguin appears as emerging from the icy water, people often exhibit a stiff, awkward waddle as they try to move with numb limbs or the frozen stiff where the sheer shock of the cold can leave people temporarily frozen in place with a blank stare. You would think that I have talked you out of participating but remember we are Avon Rotary and we have a great passion for our Rotary camps, our Rotex Rotaract and the Rotary Foundation. What is a few moments of slight discomfort to provide a fun weeklong summer camp to youth with various disabilities, to support our Rotex Rotaract, who provide scholarships to enable students from all economic backgrounds to participate in international youth exchanges, community outreach activities, events for inbound/outbound exchange students. And need we say more about our Rotary Foundation. The Avon Frozen Niblets need plungers and chickens. Donate to a plunger or collect donations from friends and family. So be a fool, take the plunge and change the world!!



Board of Directors

- Karen Vanderbilt, President
- Rob Lupisella, President Elect
- Katie DeGraff, Senior Director
- Tom Honan, Director
- Collin Hayes, Member at Large
- Mike Ford, Past President
- Jaime Lovullo, Secretary
- Hans Koomen, Treasurer



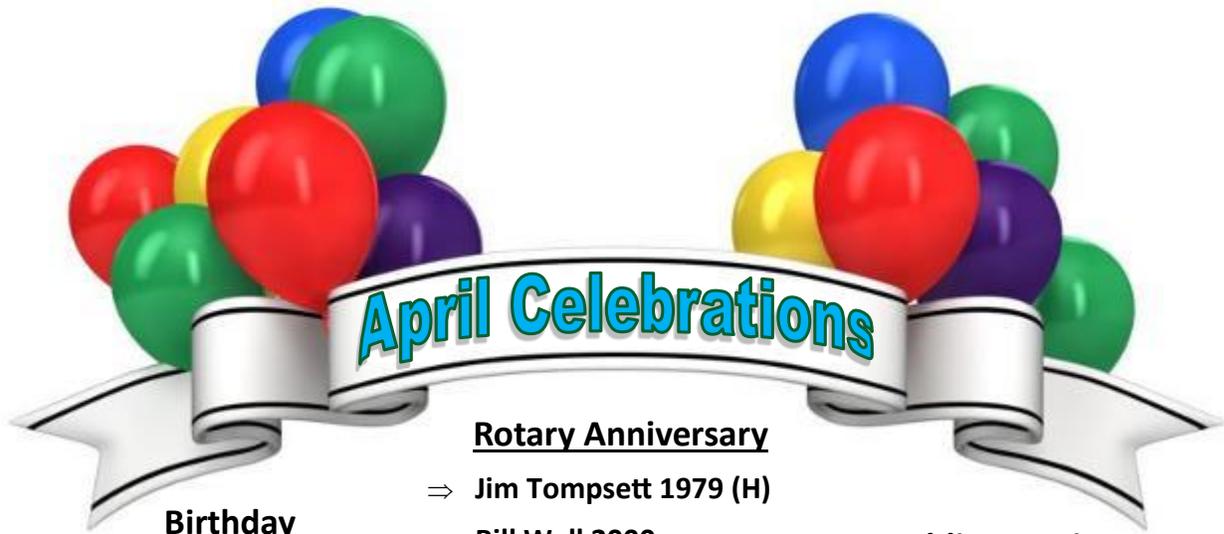
Avon Rotary Club meets Tuesdays at 6:30 pm



AVON ROTARY MEETING SCHEDULE

*For more meeting details,
go to avonrotary.org*

- Tues. April 1 Regular Meeting 6:00 at Avon Inn, Corn Festival Meeting
- Sat. April 5 District Learning Assembly 8:30—12:30 at Clifton Springs
- Sun. April 6 Polar Plunge at Beachcomber, Noon
- Tues. April 8 Regular Meeting 6:00 at Avon Inn, Program: John Snyder—Vietnam Mem. moving wall
- Tues. April 15 Regular Meeting 6:00 at Avon Inn TBD
- Tues. April 22 Regular Meeting 6:00 at Avon Inn, Earth Day Project
- Tues. April 29 Regular Meeting 6:00 at Avon Inn, Red Wings Volunteers



Birthday

- ⇒ Kevin VanAllen
- ⇒ Mike Ford
- ⇒ Mike Giso
- ⇒ Collin Hayes
- ⇒ Liesl Schoonraad
- ⇒ TJ Vonglis

Rotary Anniversary

- ⇒ Jim Tompsett 1979 (H)
- ⇒ Bill Wall 2000
- ⇒ Kevin Van Allen 2019

Wedding Anniversary

- ⇒ Mike & Richelle Ford



EUCHRE SOCIAL WITH RUSH HENRIETTA ROTARY



March 4: A great time was had by all as several of our Avon Rotary members joined the Rush Henrietta Rotary Club for a fun social event filled with friendly competition and plenty of laughter over games of Euchre! A big thank you to President Janet Walker and the Rush-Henrietta members for their warm hospitality—we truly appreciate the camaraderie and the opportunity to connect with fellow Rotarians. Looking forward to more great events together in the future!



Submitted by Mike Ford via social media



AVON INTERACT EXCHANGE WEEKEND



March 6-9: Avon was the place to be for our Avon Interact Exchange Weekend! Avon Interact students—past and present—along with former outbound exchange students, inbound exchange students from throughout our Rotary district, Avon Rotarians, and District Exchange representatives came together for a fun-filled and enriching experience.



From an exciting visit to RIT to a lively dance, a thrilling scavenger hunt, a high-stakes casino night, and a delicious pancake breakfast, the weekend was packed with unforgettable moments. More than just fun, this event was an incredible opportunity to learn about different cultures, make new friendships, and strengthen global connections.



A huge thank you to everyone who helped make this weekend a success! We are so proud of the impact our Interact and Exchange programs have in fostering international understanding and lifelong friendships.

Submitted by Mike Ford via social media



ST. PATRICK'S DAY PARADE



March 15: Together Interact and Rotary walked in Avon's St. Patrick's Day parade. They gathered that morning at Rotary President, Karen Vanderbilt's home. There they worked together to decorate their ride to be in spirit of the holiday. Interact had priorly made goody bags to hand out, which they passed out to kid's as the parade made its way down Clinton street and towards the Circle. An overall successful event and good opportunity for Rotary and Interact to work together in bringing joy to the Avon community.

Submitted by Mike Ford via Social Media



OTHER MARCH HIGHLIGHTS

Collin Hayes visited the Penfield Club on **March 11** and was presented with a check for \$250 for the Sleep in Heavenly Peace project.



At our **March 11** club meeting we enjoyed an in-meeting project and put together tuna casserole meal kits to benefit the Avon Food Pantry.



March 15-16: While some club members participated with Interact in the St. Patrick's Day parade, President Elect Rob Lupisella, Area Governor Kirk Vanderbilt and incoming Secretary Laurie Vonglis attended the Multi District President Elect Learning Seminar. Sharing ideas, listening to inspiring speakers and breakout sessions, meeting other passionate leaders, energized us and provided some great take-aways. We look forward to our upcoming Rotary year!



March 18: We had the pleasure of hearing about Maggie Vanderbilt's recent trip to Nicaragua for her second school build with the Linking Hands for Learning team. She reflected on both trips, ten years apart and what an enriching experience it was.

President Karen presented the LHFL board members Rob & Tom with a check for \$2500 from the Avon Rotary Club in support of the next school build in 2026.



AVON ROTARY BLOOD DRIVE RESULTS



On Tuesday March 25th, our club sponsored its 21st Red Cross blood drive. I'd like to thank the Avon Wesleyan Church for allowing us to use their hall for the event and a special thanks to the 10 Avon Rotarians who made successful donations.

The Red Cross challenged us to collect 26 units of blood during the drive. The drive went smoothly, and 27 units were collected that has the potential to assist up to 81 people. Over the seven years that our club has conducted blood drives, 585 units of blood have been collected! Congratu-

lations to all who have helped make this possible.

Do you know the only part of a human body that does not need blood? Our Cornea's. The cornea gets its oxygen directly from fresh air.

Our next drive is on July 15th at the Inn from 12:30—5:30. Hope you will join me.

Gratefully, Rotarian Karl



ROTARY AND PARTNERS BUILD BEDS FOR LOCAL CHILDREN IN NEED



On Saturday, March 29th, the spirit of "Service Above Self" was in full swing as the Avon Rotary Club spearheaded a service project in collaboration with Sleep in Heavenly Peace – Rochester (SHP). A dedicated team of 45 volunteers came together to construct 37 beds for local children who currently lack a safe and comfortable place to sleep.



The event, held in Macedon, saw enthusiastic participation from Rotarians representing not only the Avon Club but also the Geneseo, Honeoye Falls-Mendon, Penfield, Rochester Southwest, and Spencerport Clubs. Their efforts were further bolstered by the generous involvement of friends and family, all united by a common goal.

Throughout the day, the volunteers worked in teams at specialized stations to assemble each of the components of a twin bed. One station was dedicated to assembling and sanding the side rails; another to fastening strapping tape to rolls slats; and another to sanding and constructing headboards and footboards, which were then drilled with holes to facilitate easy bolt assembly upon delivery of the beds. As a final touch, each completed headboard and footboard was branded with the SHP logo.



SHP is an international nonprofit organization, founded in 2012, that is driven by the motto "No Child Sleeps on the Floor in Our Town." With over 300 chapters across the United States and Canada, SHP recognizes that a good night's sleep is fundamental to a child's healthy growth and development. Their core mission is to build and deliver beds to families in need, ensuring that no child has to endure the discomfort and insecurity of sleeping on the floor.

BED BUILD, CONTINUED



The importance of this work is underscored by scientific research. A study published in *Lancet Child & Adolescent Health* on July 29, 2022, highlighted the critical role of sufficient sleep in healthy brain development. The research indicated that children who consistently get at least nine hours of sleep experience better mental health and exhibit fewer behavioral challenges compared to those with insufficient sleep.

The Rochester chapter of SHP was established in 2019 by Donna and Shawn Ritchie. Their hard work and dedication has resulted in the delivery of over 1,150 beds to families in need throughout Monroe County. Despite their significant impact, the need remains

substantial, as evidenced by SHP's waitlist of over 400 families.

The successful bed build event was supported by our Club's \$5,000 donation to Sleep in Heavenly Peace for building supplies. This contribution included \$2,910 in District Grant funding from the Rotary Foundation. The Rotary Foundation invests funds donated by Rotarians and channels them back into communities through District Grants, which local Rotary Clubs like ours can apply for to finance projects that create meaningful change both locally and internationally. This collaborative support within the Rotary network underscores its commitment to service and community betterment.

Beyond the construction efforts, Rotarians also rallied to donate essential bedding items, which will be delivered alongside the newly built beds. Adding an extra layer of warmth and care, the Henrietta Quilt Club contributed handmade bedding, ensuring that each child receives not just a bed, but also the comfort of cozy blankets and linens.

This collaborative service project exemplifies the dedication of the Avon Rotary Club and our partners to addressing critical needs within our community. By providing these 37 beds, we are not only offering a place to sleep but also contributing to the health, well-being, and brighter futures of local children.

Submitted by, Collin Hayes



Rambling On Rotary—April



By Bruce Amey

The theme for Rotary month of April is the Environment. April also is the usual home of Earth Day, this year April 22.

In the April Rotary Magazine, past RI President Mark Maloney who is the current Foundation Chair reflects on his RI Presidential year 2019-20 when he promoted that the Environment become an Area of Focus for Rotary, as it now is. President Maloney challenged every club to plant trees that year, I recall that year when our club planted about a hundred spruce samplings at Heather and Jake Ayers property on Hogmire Road, where they are now building their new home. It was a great project to work on together. As I drive south on Rt. 39 towards Geneseo and I glance west towards the construction of their new home, I wonder how the trees are doing.

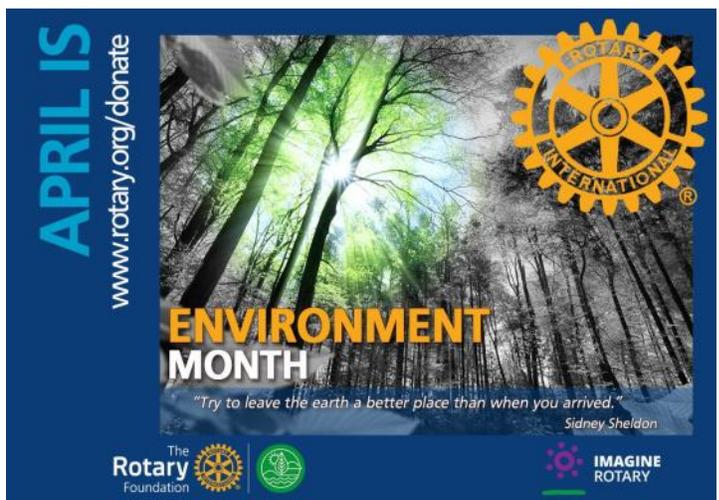
Other articles in the April Rotary Magazine reference our stewardship of the earth considering the amount of food that is wasted and how it contributes to the methane in our atmosphere which is contributing to global warming. On page 26, "As it rots, food releases methane, the supervillain of greenhouse gases ... reducing food waste throughout the supply-to-consumption chain is recognized ... as one of the single most effective ways we could slow our planet's heating." And then, as the article continues, considering the number of persons who do not have enough food for healthy nourishment and diets, is incredible. "A third of the food that's sold in the U.S., goes to waste, and about half of all wasted food comes from our homes." The article continues to explain some food waste reclamation programs have been started in communities and schools. As I read the article, at times I felt like I was holding a mirror reflecting that amount of food my home has wasted and is wasting. "The most wasteful households were wasting over 80 percent of their food [that is purchased] ..." The article is worth your time to read and for us, as Rotarians upon which to reflect, especially given RI's area of focus on protecting the environment along with providing clean water, promoting peace and fighting disease. Clearly, if people are not well nourished and well fed, they are more inclined to seek avenues to feel fulfilled, it is a basic need and lack of it can lead to conflicts.

The Rotary Magazine also discussed best practices to support the areas of natural disasters, such as supporting shelter box and the Foundation. When products (such as cloth-

ing or bedding are sent) the devastated areas have difficulty storing the products. Funds can be used as best supported by those "on the ground" focusing on the immediate needs of the community. This month we also recognize World Immunization Week April 24 - 30 to promote vaccines and disease prevention and given the reemergence of measles in our country, the conversation must continue. Also, April 19 is the 157th anniversary of Rotary Founder Paul Harris' birth in 1868.

Repeating past RI President Maloney's comments, "We know how much we can achieve TOGETHER [emphasis added], so team up ... to support an environmental project. As we celebrate Environmental Month this April, I invite you to consider how you can make an impact." I recall club member Kevin VanAllen helping lead our club with some "clean up activities" around Earth Day in the past. March 22 was World Water Day with a focus on expanding water resource management and conservation. "When the environment overlaps with other areas of focus, consider approaches that foster equitable access and benefits from clean air, clean water, sustainable agriculture, green spaces, and climate adaptation."

And, as usual, I have Rambled on Long Enough.





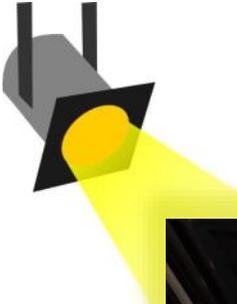
**END
POLIO
NOW**

2025 Wild Polio Case Counts as of March 31, 2025

<u>Country</u>	<u>2023</u>	<u>2024</u>	<u>2025</u>
Afghanistan	6	25	1
Pakistan	6	73	6
Total	12	98	7



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



SPOTLIGHT ON...

**Geneseo Rotary Club
100th Anniversary!**

Congratulations!

*Countdown to Avon's
100th on May 10, 2027*

AVON FOOD PANTRY

- ⇒ Grocery items needed in April will be sent to us soon.
- ⇒ Watch for an email from David Kilgore.
- ⇒ Place in the bin at our meeting.
- ⇒ Thank you!



Is a fellow Rotarian ill or in need?

Please contact the club
Sunshine Liaison

**Barbara Herman
226-6735**

