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MARCH 2011

La Rotariana

Rochester Latino Rotary Club

And a new year starts

Exciting things have taken place in the Club since the beginning of the year. A brief description of the accomplishments follows.

January

The distribution of toys at a daycare center served several purposes. First, the January 6th celebration of the Three Kings Day (Día de los Reyes) maintains a tradition that prevails in Spanish-speaking countries. Traditionally, this was the day when children received gifts, rather than on Christmas. It represents the Wise Men paying homage to the baby Jesus by bringing gifts of Gold, Myrrh, and Incense. Second, President Elisa read the story of the Wise Men to the children, and thirdly, family members were able to share in the joy of their children as they received the toys. These were obtained via the Marine's "Toys for Tots" program and the hard work of Yesenia Ramos, Service Projects Chair, and Angel Torres. Our thanks to them and the many club members who helped wrap, transport, and distribute the toys.

Stacy and Christine Wyant were guest speakers at the meeting on January 5th. They provided a general overview of the conference activities and registration information. The conference will be held on April 29 to May 1, 2011, and will take place in Gettysburg, PA. Individuals interested in participating at the conference should contact Elisa.

President Elisa talked about the 6 myths of stress. For instance, not all stress is bad. A certain degree of stress is needed for individuals to act. We all experience stress in our lives, and stress can affect you in many ways. Because stress is so common, it often comes up in conversation, and many ideas about stress are passed around. Some of these ideas about stress are accurate, and some are stress myths. When dealing with stress, the more you understand, the better, so it's best to have all the facts so you can maximize your health. Among the myths:

1. Having many friends, even those who are competitive and distant, is good for social support. In reality, it is better to have fewer but more supportive friends.
2. Stress can lead to psychosomatic illness that is when you think you are ill, but you are not. In fact psychosomatic illness is a real illness.
3. All stress is bad for you. There are many types of stress, that can be defined as any type of change that causes physical, emotional or psychological strain. However, not all types of stress are harmful or even negative. There are a few different types of stress that we encounter:

1. **Eustress**, a type of stress that is fun and exciting, and keeps us vital (e.g. skiing down a slope or racing to meet a deadline)
2. **Acute Stress**, a very short-term type of stress that can either be positive (eustress) or more distressing (what we normally think of when we think of 'stress'); this is the type of stress we most often encounter in day-to-day life (e.g. skiing down said slope or dealing with road rage)
3. **Episodic Acute Stress**, where acute stress seems to run rampant and be a way of life, creating a life of relative chaos (e.g. the type of stress that coined the terms 'drama queen' and 'absent-minded professor')
4. **Chronic Stress**, the type of stress that seems never-ending and inescapable, like the stress of a bad marriage or an extremely taxing job (this type of stress can lead to [burnout](#)).

4. Those with more money are usually happier and experience less financial stress. Research does not support this. Actually being smart about the management of the money you earn is more productive than the just having the goal of making more money.

The Four-Way Test:

*Of the things we think,
say or do:*

1. *Is it the TRUTH?*

2. *Is it FAIR to all
concerned?*

3. *Will it build
GOODWILL and
BETTER
FRIENDSHIPS?*

4. *Will it be
BENEFICIAL to all
concerned?*



*Watch your
thoughts;
They become
words.*

*Watch your words;
They become
actions.*

*Watch your
actions;
They become
habits.*

*Watch your habits;
They become
character.*

*Watch your
character;
It becomes your
destiny.*

Stress, continued...

5. As a rule, people in management positions experience more stress than those under them because they have more responsibility. People who cannot make changes in their job situation, have to follow rules and policies for which they had no input, feel trapped and powerless, which increase stress.

7. Working long hours causes burnout. In fact it is the other conditions like not feeling appreciated and recognized, not having the resources needed to complete tasks, not having a “say” on how to do your job, not being compensated adequately, among others, what will contribute to burnout.

On the other hand there are certain things about stress that are true. For instance:

There is a link between stress and infertility. Stress can hamper your sex drive. Stress can cause serious illnesses like diabetes and heart disease, obesity, hypertension. Having children may contribute to increases stress. Children need stress relief as they too can experience stress. Some people are more susceptible to stress than others.

Project Fair in Veracruz, Mexico

DG Jeff Krans received an invitation from DG Vicente Arbesú García, District 4190 in Veracruz, Mexico to attend a Project Fair in Veracruz. The invitation was extended to all Rotarians in District 7120. As a result five members of the club decided to attend, with Luisa Baars as a representative of DG Jeff. Besides President Elisa and husband Abdiel,, Secretary Diana I., PE Diana H., Treasurer Wim also made plans to attend the fair. They were accompanied by Megg Huff, Bloomfield; Brenda Keith, Naples; and Barbara Harper, Clyde. The trip left on January 27 and returned on February 2.

The group was warmly received at the airport in Veracruz by a lively group of Rotarians and their families. The group was hosted by several Rotarians in Veracruz, and various cities within the state of Veracruz. The hospitality, fellowship, and genuine friendship extended to the visitors by all were impressive. The Fair itself was very well organized, Twenty one clubs presented at least 23 projects to be considered by our District for potential funding via proposals to the Rotary Foundation. All the projects are geared to improve the lives of children, senior citizens, and adults who are experiencing the consequences of poverty, lack of education, and illnesses.

Many of the projects deal with lack of clean water, inability to prevent cancer or to detect and treat the same, particularly cancer of the cervix that kills a woman every 2 1/2 hours. Other projects deal with schools, senior care centers, and equipping neonatal areas in a hospital with incubators, among others.

After the Fair, the group was divided in three groups that traveled to the North, Center, and Southern parts of the state. The groups had an opportunity to visit projects sites, cultural attractions, as well as many mayors and other functionaries. One thing that called the attention of the group was the involvement of government in Rotarians projects. For instance, land where schools, community centers, and housing Rotary projects are located is donated to Rotary clubs by the government. Thus, when a groundbreaking ceremony for a multi-use community building took place, the mayor was represented by his wife, an advocate for the poor.



Watch your thoughts;

They become words.

Watch your words;

They become actions.

Watch your actions;

They become habits.

Watch your habits;

They become character.

Watch your character;

It becomes your destiny.

Project Fair, continued

February

Upon returning to Rochester, the group met with DG Jeff to provide him with a summary of the projects. Although all the projects are much needed, it is unrealistic to expect the District will be able to sponsor the 23 projects. It would be worthwhile to explore the possibility of involving a larger number of the clubs in the projects, as well as districts in New York .

Given the short time left to submit requests for funding from the RF, it was decided to choose a project submitted by the Tuxtepec Cuenca club. This is center for indigenous children (250) built in 1967. The children, age 6 to 12, live in the center that provides housing, clothing, food and academic and vocational education. The children arrive at the school speaking a dialect and must learn Spanish in order to be prepared for their secondary education and/or jobs after leaving the center. The project consists of the purchase of sewing machines, computer, table woodwork saw, refrigerators, fans, printer, water dispenser, and blackboards among other. DG Jeff has supported the project and has provided direction in the preparation and submission of the grant request to RF. The Clyde and Bloomfield clubs are sponsoring the project and the Latino club is taking the lead position.

Charter Schools

Dr. Miriam Vazquez, Literacy Committee Chair, did an excellent presentation on the topic of Charter Schools. She was the first Principal of the Eugenio María de Hostos Charter School, which has been recipient of bilingual dictionaries for fourth graders, reading materials and instruction for Parents as Partners in Reading, and readers for kindergarten students, as well as book donations.

Miriam provided a description of the school and how it is administering the admission process.

These educational organizations have provided urban populations with a choice or options for the education of their children. They are public and receive public funds. Charter schools that do not perform well face the consequence of closing. In contrast, regular public schools that do not perform well are not closed and may receive more funding in order to improve. Student admission for all charter schools is accomplished via a lottery arrangement and is not done via a screening or selection process. Miriam shared with the group information regarding the Eugenio Maria de Hostos Charter School. The school operates from 8:30 am to 4:30 pm and has a longer academic year than public school districts. It utilizes a team approach to learning associated with the belief that kids learn best in groups. The school will be adding an 8th grade next year.

Oratorical Contest

Diana H., Oratorical Contest Chair, indicated that the club will submit the names of two students to participate un this year's contest. They are Leila Bocanegra, Mexican, a student at Mercy High School and Mariany Baquero, Honduran, a student at Wilson Magnet High School.

The students are being helped by Mr. Michael McDermott, who coaches volunteers for Dale Carnegie and leads a Toastmaster Club at MCC. Mr. Douglas Escher, CEO of Dale Carnegie, has also volunteered his services to help the students prepare for the contest.



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The Pictures



Rotarians from District 7120 and District 4190 pose after listening about a project to equip a house for elderly individuals who do not have a family to care for them



The Cordoba Rotary Club is proposing a project to provide wheelchairs to individuals who have limited mobility and lack funds to purchase them

Upcoming Events and Announcements

March 11-12 — PETS — Syracuse

March 16 — Dr. Constantino Fernandez—PathStone—Presentation on Hispanic Women Health

March 23—Emily Casey and Douglas Parker from Sage Ruddy and Company—PathStone—SWOT Analysis

March 25—Distribution of reading materials for Parents as Reading Partners at Ibero American Action League Day Care Center

March 29—Board Meeting - Ibero American Action League

April 2— District Assembly—Bloomfield High School

April 3— GSE Team arrives from Mexico

April 8— Roc City Uncork—Convention Center

April 29 - May 1—District Conference—Gettysburg, PA

May 13— Club's Second Anniversary Celebration—Diplomat Party Center—6:00 PM—Dinner/Dance

May 14—District Advisory Council Meeting

May 21-25 — Rotary International Convention—New Orleans

MAY 13, 2011

SECOND ANNIVERSARY CELEBRATION

SAVE THE DATE.THERE IS MUCH TO CELEBRATE AND WE WANT EVERY CLUB MEMBER TO ATTEND.AND BRING FAMILY AND FRIENDS!

Elisa Dejesús President

Maribel Torres Membership

Diana Hernández Vice President/PE

Yesenia Ramos Service Projects

Diana Irizarry Secretaries

Raquel Pedraza Public Relations

Wim Baars Treasurer

Roberto Burgos Administration

Miriam Vázquez Literacy

Liliana Crane Program

Abe Hernandez Fund-raising

Pablo Henríquez Sergeant-at-Arms