



La Rotariana

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We are called to serve in a world often affected by violence, misunderstanding, hate, poverty, discrimination, intolerance, and so many other calamities, it is reinvigorating to remember that Rotarians raise above all these to serve without expecting recompense, to extend a helping hand without regard for color of the skin, language, or ethnic origin. Yes, we are called to serve, and to serve selflessly. Let us look forward with great hope and the satisfaction that stems from serving others.

New board is installed

With bright blue sky and the gentle breeze coming from Lake Ontario, the new board members of the Rochester Latino Rotary Club were installed. It was a perfect day for the event that has taken place for three consecutive year at the home of club member Hilda Escher and her husband Doug. Family members were present to celebrate the club's accomplishments under the inspired guidance of Immediate Past President Diana Hernández. She thanked all the members for their contributions to the club's success in providing humanitarian services to the local and international Latino community.

As is customary with the club, special pins and certificates of appreciation were handed out by Diana to the board members. The club in turn presented Diana with a plaque and a lovely Rotary pin set in the form of a star. Incoming President Abraham Hernández presented all members with the pin with the year's theme Engage Rotary, Change Lives. He talked very eloquently, as is typical for him, about how he got involved in Rotary and how this involvement has impacted his life in so many positive ways.

Attendees were able to enjoy a delicious dinner prepared by club members who brought dishes they had prepared at home. This occasion was highlighted by the presentation of a Paul Harris Award to Charol Ríos-Davis. Charol is the President Elect as well as chair of the Service Projects Committee. She is a dedicated Rotarian who has given countless hours to the club. Under her direction, the club has carried out local and international service projects that earned three awards for the same during the District Conference held in Lake Placid. Congratulations Charol for a job well done!

Another highlight of the day was the induction of Orlando Rivera as the newest and first member of the 2013-2014 Rotary year. A native of Rochester, NY and a graduate of Bishop Kearney High School in Irondequoit, Orlando went on to attend the State University of New York at Potsdam with a concentration in Spanish Literature. Currently holding a New York State License in Life, Accident and Health insurance, Orlando's career began in 2002 with The Research Foundation of S.U.N.Y. as an ESL tutor and Outreach Recruiter across New York State. The challenge to grow as a non-profit professional led to a position with PathStone Corporation as the Placement and Career Services Developer and soon after the Regional Administrator with the PathStone Farmworker Training and Employment program's Wayne County office. A focus on assisting others and being active has led to many volunteer opportunities in the community. Orlando also received a certification in teaching "Native Language Literacy" from the Literacy Volunteers of America, Inc.



Orlando Rivera, first member of the 2013-14 year (top left); Charol Ríos-Davis is presented with a Paul Harris Award by President Diana Hernández prior to passing on the presidency to Abe Hernández (top right); DG Gaven passes on the district's governorship to Ellen Hughes (bottom left); and Roselyn Cisnero-Sansone, prospective member (bottom right)



Dance for Health celebrated

On July 28, 2013 several Latinos and non-Latinos met at the Maplewood YMCA to enjoy an afternoon of Zumba, Yoga, Senior Fitness Exercises. Nine instructors brought a lot of energy and enthusiasm to the crowd. Several agencies and vendors distributed healthy drinks, information, measured body fat and body mass index as well as blood pressure. Attendees enjoyed also healthy snacks, fruits, and water donated by Wegmans. There were 30 volunteers who paid \$10.00 to purchase a shirt with the event poster printed in the front and big letters in the back indicating they were volunteers. Rotarian Orlando Rivera was in charge of recruiting volunteers and selling the shirts to them. Rotarian Antonia Scott recruited the Zumba instructors and coordinated with Anja Jabs-Davins from the YMCA to have her and her staff assist in the event. The club is very appreciative to the Maplewood YMCA for lending the facilities and staff for the event. They provided support and made everyone feel welcome. Having the opportunity to use the beautifully renovated facilities certainly was a major contributing factor to the event's success. THANK YOU ALL!

The second annual Dance for Health event certainly was a success. One of the main concerns regarding the Latino community in general is the lack of exercise, the high incidence of heart disease and diabetes as well as obesity. The Zumba dance appeals to the great sense of rhythm and the love of music and dance that are present among many Latinos. It is a fun way of incorporating exercise doing something that comes almost naturally to so many. The day's activities were geared to meet different skill levels and age groups. Children as young as two showed incredible energy that got some of the older participants tired just by looking at them! Zumba Tonic for the younger crowd (and some of the older ones who could not keep up with the regular Zumba dancers) got them fully engaged. Some of the children, particularly the boys, initially were reluctant to participate but soon began to display very good moves. The 45 minutes long session extended to about twice the time due to the interest of the participants. Special expressions of gratitude go to the following Zumba instructors: Antonia Scott, Sue Niesnazki, TY Gemini, Sierra Harris, Courtney Ann Lussier, Alyssa Smith, Joan Rodríguez, and Tamara Schove. Also to Anja Jabs-Devins, yoga and silver sneakers exercises instructor. The following agencies/vendors/sponsors provided valuable information and/or products to participants. By purchasing a table to present their wares, they helped the club continue its service projects. To them our deeply felt gratitude. Gold Sponsor once more was Wegmans and Silver Sponsors were the Catholic Family Center, Borinquen Dance Theater, Maplewood YMCA. The list of vendors included: MVP, represented by Victor Antonetti; Organ Coffee represented by Merlita Snow; DaVinci Whitening System represented by Roselyn Sansone; National Kidney Foundation represented by Elisa Rowley; HCR represented by Deysi Reagan; Canandaigua VA represented by Kathyryn Cosgrove and; CURVES Irondequoit represented by Aida Veras; Fidelis Care represented by Diane Santos, and Advocare represented by Terra Rivera.

Any activity of this type requires many months of planning and the dedication of many individuals who attend weekly meetings after work hours to insure that all the details are taken care of. The Fundraising Committee under the able guidance of its chair Abe Hernández showed that it has what it takes to carry out successful events. Other members of this committee were Joe Cipolla (now chair of the committee); Antonia Scott, Charol Ríos-Davis; Orlando Rivera; Merlita Snow; Idalia Chang; Luisa Baars; Wim Baars; and Miriam Vázquez. Whether meeting at a restaurant or a Rotarian's home, the meetings were fun and everyone got very involved contributing in specific ways according to their talents, time, and expertise. Many thanks to all. As promised, there will be a celebration at Miriam's home!

Above all, the goals for the event were achieved. The main purpose was to provide exercises in a fun way and inform the community about the dangers of a sedentary life. Healthy options in terms of diet and exercise were presented by the vendors and instructors. Knowing your blood pressure numbers as well as body fat and Body Mass Index (BMI) is very important for everyone and may become an incentive to change lifestyle if those numbers are out of the healthy range. Information about the Catholic Family Center Restart Program for the treatment of alcohol and drug addiction was a welcome addition to the vendor's list this year. The health insurance alternatives presented by MVP and Fidelis Care were very welcome as well. Needless to say we can all benefit from all the other services present at the Dance for Health 2013 event.

More photos



Friendly faces welcome participants to Zumba event. (top left) and little tykes enjoy a few moves on the dance floor (top right)



Yoga poses helped participants keep flexible as instructor Anja Jabs-Devin guides them (bottom)



Photos and more photos



Zumba dancers (top) were energized by the instructors, many danced for almost 4 hours; Aida Veras, from Irondequoit Curves, shows the offerings at her business to participants (bottom)



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SERVICE ABOVE SELF

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FUTURE EVENTS

1. August 3—Advisory Council Meeting
2. August 4—5K Walk/Run with Puerto Rican Festival
3. August 9-10—Summer Seminar Series
4. August 12—Evening Meeting at Airport Holiday Inn

Board of Directors

Diana Hernández, Immediate Past President—Membership Committee Co-Chair

Fernando Santiago, Membership Committee Co-Chair

Peterson Vázquez, New Generations Committee Chair

Abraham Hernández, President

Joe Cipolla, Fundraising Committee Chair

Roberto Burgos, First President/Club Administration Chair

Elisa DeJesús, Past-President/Foundation Committee Chair

Wim Baars, Treasurer

José Santana and Diana Irizarry, Secretaries

Miriam Vázquez, Literacy Committee Chair

Charol Ríos-Davis, Service Projects Committee Chair

Diana Irizarry, Oratorical Contest Chair

Antonia Scott, Program Committee Chair

Luisa Baars, International Projects Committee Chair/Editor La Rotariana