

District 7090

Virtual Conference Kick-Off

Thursday, October 21, 2021

7:00-8:30pm



Rotary
District 7090



Best of Friends



ROTARY FAMILY
BEST LOVED



SIPS & APPS

Celebrating an evening of fellowship with our best loved sips & apps

Rotary



**SERVE TO
CHANGE LIVES**

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Message From District Governor Anne Bermingham



So excited to welcome Rotarians from throughout our District to our annual conference. It is a chance to celebrate successes, learn from each other and get re-charged. I am so appreciative to the Conference organizing committee who have moved with all the changing winds that have blown our way. I remain more in awe than ever of the many ways that Rotarians consistently deliver and over-deliver. You truly "serve to change lives".



Virtual Kick-Off Program

Gathering of Rotarians & Rotaractors

Master of Ceremonies: Jelaine Foster, Hamilton Rotaract & Vince Davis, Lockport

Welcome

Conference Chair: Michael Howes, Hamilton AM

District Governor's Remarks

Anne Bermingham, Hamilton AM

Rotary International President's Remarks

Shekhar Mehta, Calcutta-Mahanagar

Celebration of Club Citations

Frank Adamson, IPDG, Fonthill Rotary

Panel Discussion

Moderator: DGE Lisa Bishop, Delhi

Rotaract: Emma Correia, UB Rotaract

Environmental Service & Municipal Partnerships: Dick Mullaney, Lockport

Tale of 3 Satellite Clubs: Kevin Crosby, Buffalo Sunrise

Fellowship Discussion on Partnerships

District Governor Anne's Favorite App

Panel Discussion

Moderator: DGE Lisa Bishop, Delhi

Youth Services: Jennifer Schoenhals, Niagara Falls Sunrise

Foundation Dollars in Action: Sandi Chard, St. Catharines Lakeshore

Fellowship Discussion on Service

Assistant Governor Tommy's Favorite Sip

District Governor Closing Remarks

Anne Bermingham, Hamilton AM

D7090 Best Loved Apps

Spinach Sizzlers

Combine spinach, egg, bread stuffing and a few other yummy ingredients into a ball that everyone enjoys!

Estimated Prep Time: 10 Minutes

Estimated Cook Time: 20 Minutes

Ingredients:

- 1 (10 ounce) package of frozen chopped spinach - thawed and drained
- 2 cups dry bread stuffing mix
- 3 eggs beaten
- 1/4 cup grated Parmesan cheese
- 1/2 onion chopped
- 2 tablespoons melted butter

Directions for Preparation:

In a large bowl, mix all the ingredients together. Put in refrigerator for about 30 minutes. Then take it out of the fridge. Drop the mixture into rounded spoonfuls and place on lightly greased baking sheet. Put in 350 degree oven for 20 minutes until lightly browned. Enjoy!

Rotary Moment:

Was hosting a group of Rotarians and others who were sponsored by Rotary during this Fall's Ultra Monarch Marathon. There were vegetarians and non-vegetarians. Wanted an appetizer that was quick and full proof for hosting them for dinner. This did the trick!



The Yearwood's Roasted Pepper Feta Poppers

This is a tasty, pretty finger food appetizers for tailgating or holiday party.

Estimated Prep Time: 45 Minutes

Estimated Cook Time: 30-35 Minutes

Ingredients:

Nonstick cooking spray, for the pan
1 pound mini sweet bell peppers
4 cloves of garlic
8 ounces feta (I used Mediterranean spice feta)
2 ounces cream cheese, at room temperature
2 Tablespoons extra-virgin olive oil
2 pepperoncini peppers, stemmed, plus 1 Tbl juice reserved
2 Tablespoons fresh parsley, chopped
1 teaspoon dried oregano

Directions for Preparation:

1. Preheat the oven to 400 degrees F. Spray a Bundt pan with nonstick cooking spray. Wrap a 3 foot piece of foil around the center of the pan, scooting it down as best you can.
2. Cut the tops off the peppers and hollow out the centers to remove the membranes and seeds. Using a small spoon is easiest. Set aside.
3. Add garlic to the bowl of a food processor and pulse, add feta, cream cheese, oil, pepperoncini, and juice. Pulse until it is a smooth mixture. Sprinkle in the parsley and oregano. I was able to mix without a food processor by chopping the ingredients finely before adding to the bowl. Spoon the filling into the hollowed peppers.
4. Arrange the peppers so that they are standing up nestled side by side in a single layer in the prepared Bundt pan. Bake until cheese mixture is golden, about 30 minutes. Transfer to a serving platter and sprinkle with parsley. Let cool slightly before serving. These are just as good cold as warm.

Bruschetta and Crostini

Freshly cropped bruschetta atop crunchy crostini.

Estimated Prep Time: 15 Minutes

Estimated Cook Time: None

Ingredients:

8 roma (plum) tomatoes, diced
1/3 cup chopped fresh basil
1/4 cup shredded Parmesan cheese
2 cloves garlic, minced
1 tablespoon balsamic vinegar
1 teaspoon olive oil
1/4 teaspoon kosher salt
1/4 teaspoon freshly ground black pepper
1 loaf French bread, toasted and sliced

Directions for Preparation:

In a bowl, toss together the tomatoes, basil, Parmesan cheese, and garlic. Mix in the balsamic vinegar, olive oil, kosher salt, and pepper. Serve on toasted bread slices.

Keep bruschetta refrigerated when not in use. Stir well as ingredients will settle



The Best Hot Artichoke Dip

This recipe is a blend of three types of cheese, artichoke hearts, garlic and herbs , all baked together to a golden brown perfection. Quick and easy appetizer that always gets rave reviews.

Estimated Prep Time: 10 Minutes

Estimated Cook Time: 20 Minutes

Ingredients:

8 oz. cream cheese softened
1 cup sour cream
3/4 cup artichoke hearts coarsely chopped (canned, marinated in oil either can be used)
1 tsp. garlic minced
salt and pepper to taste
1/4 cup chopped roasted red pepper
1/2 cup grated parmesan cheese
1 cup shredded mozzarella cheese
1 cup Monterey Jack or sharp cheddar cheese

OPTIONAL ADD INS: 8oz spinach
can of drained crab meat or flaked chicken

Directions for Preparation:

1. Preheat oven to 375.
2. Coat a baking dish with cooking spray.
3. Place the 3 cheeses, artichoke hearts, sour cream, garlic, roasted red peppers and seasoning in a bowl.
4. Stir until well combined.
5. Spread the dip into dish and top with some more mozzarella.
6. Bake in oven until dip is bubbly and cheese is melted.
7. Turn oven to broil and cook for 2-3 mins until cheese on top begins to brown.
8. Serve immediately with bread, crackers, tortilla chips or veggies.



Roasted Red Pepper Triangles

Delicious red roasted pepper, cheese, and flaky crust to make your sensations dance!

Estimated Prep Time: 20 Minutes

Estimated Cook Time: 35Minutes

Ingredients:

2 tubes (8 ounces each) refrigerated crescent rolls
1-1/2 cups finely diced fully cooked ham
1 cup shredded Swiss cheese
1 package (3 ounces) sliced pepperoni, chopped
8 slices provolone cheese
1 jar (12 ounces) roasted sweet red peppers, drained and cut into strips
4 large eggs
1/4 cup grated Parmesan cheese
1 tablespoon Italian salad dressing mix

Directions for Preparation:

1. Preheat oven to 350°. Unroll one tube of crescent dough into one long rectangle; press onto bottom and 3/4 in. up sides of a greased 13x9-in. baking dish. Seal seams and perforations. Top with half of the ham; layer with Swiss cheese, pepperoni, provolone cheese and remaining ham. Top with red peppers.
2. In a small bowl, whisk eggs, Parmesan cheese and salad dressing mix; reserve 1/4 cup. Pour remaining egg mixture over peppers.
3. On a lightly floured surface, roll out remaining crescent dough into a 13x9-in. rectangle; seal seams and perforations. Place over filling; pinch edges to seal.
4. Bake, covered, for 30 minutes. Uncover; brush with reserved egg mixture. Bake until crust is golden brown, 20-25 minutes longer. Cool on a wire rack for 5 minutes. Cut into triangles. Serve warm.

Rotary Moment:

While hosting Australians from an in-bound VTT, we enjoyed these triangle bites while learning more about the Niagara region.



D7090 Best Loved Sips

Spicy Margarita

Easy, Refreshing & Delicious! Add a little spice to our life!

Estimated Prep Time: 5 Minutes

Ingredients:

1 lime wedge
2 jalapeno coins thinly sliced with seeds removed
1 oz. Triple sec
2 oz Blanco tequila
1/2 oz orange liqueur or orange juice
1 oz. lime juice freshly squeezed
1/2 oz. agave syrup or simple sugar solution
Garnish: salt rim & jalapeno coin, lime wedge

Directions for Preparation:

1. Rub the rim of glass with a lime wedge and dip the rim in salt to coat and set aside.
2. Fill a cocktail shaker half way with ice.
3. Add the jalapeno coin to a shaker and gently muddle.
4. Add the tequila, orange liqueur, lime juice and agave syrup plus ice and shake the "hell" out of it, until well chilled and shaker is frosty.
5. Strain into the prepared glass over fresh ice.
6. Garnish with a lime wedge and jalapeno coin.



Keto Lemon Drop Martini

The most amazing Keto Lemon Drop Martini that is perfect for weekend or date night sipping. This drink only has 3 NET CARBS and only requires 4 ingredients. Paleo and Keto compliant.

NUTRITION

Serving Size: 1 cocktail Calories: 170 Sugar: 0.2 Sodium: 0 Fat: 0.1 Carbohydrates: 3 Cholesterol: 1.2

Estimated Prep Time: 5 Minutes

Ingredients:

3 tbsp freshly squeezed lemon juice
2.5 oz vodka
1 tbsp Monk Fruit granulated sweetener
Lemon flavored sparkling water (La Croix)
sliced lemon peel for garnish

Directions for Preparation:

1. To a shaker, add the vodka, lemon juice and 1 tablespoon of Monk Fruit granulated sweetener.
2. Fill the shaker halfway with large ice cubes.
3. Close and shake vigorously for at least 40 shakes to dissolve sugar.
4. Strain into a glass and fill the rest of the glass up with sparkling lemon water.
5. Add a thinly sliced lemon peel for garnish.

Enjoy!



Tuscan Sangria

Who doesn't love Sangria!

Estimated Prep Time: 15 Minutes

Ingredients:

One 750-milliliter bottle Tuscan red wine, such as Sangiovese

3 cups fresh orange juice

3/4 cup Tuaca (a vanilla- and citrus-flavored liqueur)

1/3 cup Punt e Mes (a bittersweet Italian vermouth)

1/2 cup fresh lime juice

Fresh Limes

1/2 cup limoncello

1/4 cup sugar

Ice

Orange slices and cinnamon sticks, for garnish

Directions for Preparation:

In a pitcher, combine the red wine, orange juice, Tuaca, Punt e Mes, lime juice, limoncello and sugar. Stir well to dissolve the sugar. To serve, fill wine glasses halfway with ice. Add the sangria and garnish each glass with an orange slice and a cinnamon stick.



District Rotaract: Lessons Learned and Future Directions

Presenter: Emma Correia (emmacorr@buffalo.edu) UB Rotaract

The Rotaract Clubs in District 7090 have grown in independence and have strengthened their presence in the District over the past few years. While the pandemic disallowed the crossing of the border to collaborate with our fellow Rotaractors in-person, by no means did communication stop. Our membership numbers have generally remained stable and in some cases have grown tremendously. But our point of greatest excitement is the deepening relationships between Rotary Clubs and Rotaract Clubs as equal partners.

Our fantastic and highly capable District Rotaract Committee was grateful to be included in the development of this year's District Conference so that we could further our goal of Rotaract-Rotary equal partnerships. Additionally, we were graciously supported in the creation of a District Rotaract Retreat where Rotaractors from all over the District will collaborate to create a vision for our future as well as a plan of action to achieve this. Additionally, the District Rotaract Tree Planting Events set to occur across the District are being attended by Rotarians from various Rotary Clubs so as to gain enough manpower to efficiently plant the hundreds of trees provided by the grant received by Rotaract. At the club level, The Niagara Rotaract Club participated in the annual Pedal for Polio Event coordinated by Immediate Past Governor Frank Adamson. The University at Buffalo Rotaract Club recently aided the Grand Island Rotary Club at their bi-annual Highway Clean-Up, the Kenmore Club at their Shred-It event, and Buffalo Sunrise with their Feedmore service day. These collaborations have set the groundwork for future years of mutually beneficial aid.

The key to successful collaboration between Rotaract Clubs and Rotary Clubs is effective communication. The best method is to have a specific liaison who is in constant contact with a nearby Rotaract Club. It is important to find a common means of communication whether that be call, text, email, or some other agreed upon means. Even more essential are in-person meetings as this solidifies relationships and can help new Rotaractors to understand the breadth of Rotary International. Inviting Rotaractors to attend your club's Rotary meeting will help us to gain more contacts within the Rotary Community and will allow us to stay up to date with each other's happenings. Alternatively, attempt to attend a Rotaract meeting yourself as you may find yourself inspired by the zest of the youth and could potentially offer guidance or mentorship as many fantastic Rotarians such as Larry Coon or Mike Taylor have done in the past.

Finally, we ask you to reflect upon the differences between Rotarians and Rotaractors; many Rotaractors are students or just beginning their careers and therefore have schedule limitations. Please be willing to accommodate their needs if you have a more flexible calendar.

We, the Rotaractors of District 7090, look forward to further collaboration and open communication with Rotarians, our friends and equal partners, over the coming year.

Market Street Trail Project: Environmental Service & Municipal Partnerships

Co-Presenter: Dave Kinyon (drkinyon@roadrunner.com) Lockport Rotary

Co-Presenter: Dick Mullaney (rpmullaney@hotmail.com) Lockport Rotary

As part of the two-county Niagara River Rotary Greenway Initiative of 12 Rotary Clubs in Erie and Niagara Counties, the Lockport Rotary Club has designated the Market Street Trail as its target area for upgrading waterfront access and recreational facilities as well as offering community wellness programming.

The Market Street Trail is a narrow, $\frac{3}{4}$ mile section of land on the south shore of the Erie Canal and is owned by the City of Lockport, which re-developed the formerly deteriorated commercial corridor as parkland in the 1980's. Over the past 30 years, the canalside park had suffered from neglect and deterioration.

The Lockport Rotary Club began its efforts to upgrade the Market Street Trail in 2020 with a series of three clean-up programs, involving 14 different Rotarians and a number of Lockport Interact Club members. Over the winter of 2020-21, the Club and the City of Lockport collaborated in developing a five-year Master Plan for the Trail, which was endorsed by the Club's Board of Directors in March, 2021.

In the spring of 2021, the Lockport Rotary Club participated with the Greenway collaborative in applying for and receiving a Rotary Cluster Grant, enabling it to purchase and install four attractive Rotary park benches, which have been strategically located along the Trail. In addition, the Lockport Rotary Club applied for and received a District Grant in 2021 that will enable it to purchase and install four heavy duty waste receptacles within the canalside parks. The Club concluded its schedule of four clean-up efforts this year on October 16.

Notable among the accomplishments of the two-year series of clean-up efforts is reclamation of an extensive flagstone pathway in Scalzo Park, re-opening of Erie Canal vistas in Scalzo and Carveth Parks, and removal of overgrowth in Betsch and Pecoraro Parks. In 2021, the City of Lockport and the NYS Department of Transportation initiated a transformational project in the vicinity of the Adam Street Bridge. Additional future projects include pedestrian safety improvements/crosswalks, renovation of the Carveth Park Gazebo, refurbishment of a deteriorated restroom facility and the development of a wellness loop. The signature project is the construction of a new outdoor Rotary Pavilion to be located between Betsch and Pecoraro Parks.

The Tale of Three Satellite Clubs: Lessons Being Learned

Presenter: Kevin Crosby (kevin@d7090.org) Buffalo Sunrise Rotary

The formation of new Rotary clubs is critical to sustaining the vitality of our district and reversing the steady decline in Rotary membership across North America. Satellite clubs, requiring only eight members to form, are one of the easier ways to grow new Rotary clubs. But that doesn't mean they are easy to organize. Here are some lessons being learned from efforts to start three satellite clubs. One is up and running, one is just about to be chartered, and one is still in the pre-formation stage.

1. On June 30, 2016, the Rotary Club of the Tonawandas turned in its charter after serving the communities of Tonawanda and North Tonawanda for 99 years. Approximately one year later, we began a coalition of Rotary clubs to collaborate with the Niagara River Greenway Commission to provide stewardship of segments of the Greenway trail system on the New York side of the Niagara River. This provided the impetus to form a new satellite Rotary club in the Tonawandas as this area is a major intersection of the Greenway trail system. So, in early 2018 we began recruiting members for a satellite club that would focus on restoration and preservation of the natural habitat around the Niagara River and its watershed and promotion of the trails for walking and biking. This effort combined two appealing areas of focus: protecting the environment and promoting healthy communities. We made a presentation to the Rotary Club of Kenmore (Kenmore is adjacent to Tonawanda) and they agreed to sponsor the new satellite club. With the active support of four Rotarians, Jerry Kelly of the Rotary Club of Buffalo, Phil Haberstro of the Rotary Club of Buffalo Sunrise, Larry Coon of the Rotary Club of Kenmore, and myself, we recruited a key "champion" for the new club - Jim Jones, a soon-to-be retired Town of Tonawanda Engineer who was an avid user of the local bike trails and active environmentalist. Through Jim's networking and a few "information sessions" we finally got eight applications for the club and the **Rotary Satellite Club of Kenmore-Tonawandas** was chartered on May 6, 2019. The club has a solid core of members who are enthusiastic about its mission, but the club has struggled to grow. The COVID pandemic didn't help, but the club has now resumed in-person meetings and is getting back on track.

Key lessons learned: (1) When replacing a club that has folded, long-time members of the expired club are not necessarily interested in joining a new satellite club – none have done so in the Tonawandas. (2) We believe it helps to have a focus or mission for the new club – particularly a local cause that people can easily relate to. (3) It helps to have a local champion, or group of champions, with a good network of friends and colleagues in the community to help form the nucleus of a new club. (4) It's important to find ways to raise the visibility of the club in the local community using signage at events and stories in local media outlets. (5) Support of the sponsoring club is important. It's equally important that members of the satellite club pay their dues to the sponsoring club on time. Failure to collect payment when due from satellite members can cause friction with the sponsoring club, which must pay these dues to RI and our district. (6) It's

important to have at least one, and preferably more, experienced Rotarian advisors to serve as mentors to the leaders and members of the new club, most of whom are new to Rotary.

2. In October 2019, PDG Bob Artis recruited a new acquaintance, Karen Saxon, to become a champion for the formation of a **Buffalo East Side Satellite Rotary Club**. Karen is a music teacher in the Buffalo Public Schools and very active in music programs in local churches, as well as the co-owner, with her husband, of a funeral home on Buffalo's East Side, which has a predominately Black demographic. Bob and I met with Karen on several occasions to orient her to Rotary and we proposed the formation of a satellite club, which the Rotary Club of Buffalo Sunrise agreed to sponsor. Over 18 months, Karen slowly gathered potential members through networking in her community. Over the last six months, the club elected officers, established a regular online meeting schedule, written club by-laws, and began to undertake local community service projects. They expect to have 8 completed membership applications within a matter of weeks, with hopes of being chartered by the end of November. On October 12, 2021, Buffalo Sunrise and the Buffalo East Side club held a joint "get acquainted" Zoom meeting to begin the process of building a strong relationship between the two clubs.

Key lessons learned: (1) It's important to have a champion who is an established member of the community. (2) Forming a new club in a community with a largely non-white demographic requires a deliberate effort to counteract the stereotype of Rotary as an organization of "old white guys." The active participation of DG Bob Artis and use of recent RI videos and images that emphasize diversity (ethnic, gender and age) were important elements of this effort. (3) It's important to forge a strong, positive relationship between the members of the sponsoring club and the new satellite. As a sponsoring club, we need to demonstrate our commitment to supporting the satellite club's fundraising and community service projects and encourage their participation in our projects. (4) It's important to have at least one, and preferably more, active Rotarian advisors to serve as mentors to the leaders and members of the new club, most of whom are new to Rotary.

3. In July 2019, DG Bob Artis suggested I meet with former Rotarian Cas Rodriguez to discuss the formation of a **Hispanic Rotary club on Buffalo's West Side** – an area with a large Hispanic population. Cas is a prominent leader in this community and is leading the effort to build a large Hispanic cultural center in the city. Cas and I met with the leaders of a Hispanic Rotary club in Rochester to learn from their experience. Since then, Bob Artis and I have been gently prodding Cas to help identify some additional champions from his network to help drive the formation of a Hispanic satellite club. We are still waiting for Cas to take this next step.

Key lesson learned: While it's important to have a strong champion from the target community to drive the formation of a new club, it's also important to have additional champions. In this case, the primary champion is extremely busy and has not been able to devote the time or attention required to recruit a core group of members for a new club. Given the prominence of this leader, we have chosen to wait for his personal involvement rather than attempt other paths. We believe this primary champion has enough influence in the target community to organize a group of members quickly, once he gives his attention to it. His direct involvement in the formation of the club will improve the chances of its success.

Rotary Club of Niagara Sunrise

Youth Portfolio

Presenter: Jennifer Schoenhals (poyd1985@gmail.com) Niagara Falls Sunrise Rotary

Our Club has had a strong youth program for at least 10 years. In 2012, two of our members met with the Principal and Guidance counsellor at Stamford Collegiate and launched the first Interac club with advisor Bonnie Brady (who we gave a Paul Harris to September 2021). I can honestly say that this step was the first on the pathway to inducting seven new members on September 8, 2021 of which 6 were under 30. I can not stress enough how important creating this program is for the succession plan for your club, its volunteer base and overall longevity.

Creating a youth portfolio for your club will require a dedicated lead. Someone with an interest in young adults. From there it would need several people that can donate their time. Our club has the following in place, but Covid 19 created some obstacles and hence we had to regroup and relaunch this year.

Every year our club sponsors four scholarships at two high schools which we call the Rotary Medalists awards. These scholarships are given to 1 female and 1 male in each school and the award winners need to demonstrate the Rotarian characteristics of service above self. The recipients are chosen by the high school staff. This was created before I took on the portfolio, but the idea is important because that brings awareness to the staff and students about the value to Rotary. The scholarship is \$800 each student, plus a plaque with their name on it, and a plaque is at the school with all award winners. This program has been going on for approximately 20 years. The students and 2 staff members are invited to breakfast where their awards are presented. We also request that this award is given at their graduation and the criteria plus their accomplishments are read to the graduating class and all of the parents. This is a grass roots method of promoting Rotary. These recipients are important to keep track of because they make excellent RYLA candidates.

We have sent 2 young adults to RYLA for the last 4 out of 5 years (no RYLA last year) and usually 5 SLAPSHOT candidates per year. Last year, we had two virtual SLAPSHOT recipients. We invite these award winners to come and speak to the club about their experience. This is an excellent method to introduce them to a Rotary meeting and it is very inspiring for the membership to see the impact their dollars have made in each of the lives that we have touched.

For the last several years, we have tried to send an exchange student abroad every other year. Solicitating for candidates happens in October and November for an exchange for following August through June. The district has a website for youth exchange and for every student you send abroad one comes back to you, so you will need to find host students. They don't always have to be Rotarians. I placed an exchange student in the home of a student I had sent abroad. Although the host mom has not yet joined, I am hoping that she will sometime in the future. I have personally hosted 7 students, four from district 7080 for one night, and three at my home for 3 to 5 months.

This is a life changing experience for the incoming, outgoing and host families. I have also had the opportunity to bond closely with other host families.

The Pandemic has put a hold on this long-term exchange, so we are setting our sites on a short-term exchange sometime in the spring or summer next year and we have two potential candidates in mind.

Our club has three Interac clubs currently. The pandemic has taken its toll on this program. However, our chair of the Interac Club program sent out letters to the schools and their teacher contacts. This has been successful. If you have a choice of what type of staff support, a grade 9 or 10 teacher is the best as they are able to communicate with the students early on in their high school life and they tend to stay with the group throughout their four years. Our St. Paul's staff support is off on sick leave, so this will be something that requires more attention, but Westlane had their first meeting October 14, 2021 and their first fundraiser in coming at the end of October. Stamford has so many students this year, with COVID protocols they are considering splitting their club into a Junior and a Senior Interac club. Their first meeting had to be outdoors to allow for distancing. That brings a huge smile to my face. Currently Non-staff, non-students are not allowed onto school property, so they are allowing us to meet virtually while the students are in person to provide support and guidance. I have heard that Ross Durdan frequently buys pizza for his group, so I think this may be a great way to bring them out to a meeting. Food works for teenagers!

The entire youth program met September 23 to discuss a strategy for bringing this to fruition. Our new younger members are very keen to be involved with this program, so I can say this year is going to be exciting. The concepts of Rotary, goals and objectives are covered during the first meetings of the year.

The opportunity to attend a virtual Rotary meeting in Florida gave me an idea that our current New Generations chair Andrea Waters and I plus committee member, Past president and former teacher BJ Romans are going to launch. We are creating a Four Way test essay contest for the grade 8s in the feeder schools of our Interac clubs. This is our way of introducing the concept of Rotary to the grade 8s with the hope that they will consider joining the Interac program in Grade 9. (materials available upon request).

If you are looking for some ideas about clubs at your high schools, check out their websites. They list the clubs and activities that the school is offering. AN Myer has the Key Club, this is the Kiwanis club program. I started following them last year on Instagram. This was the only group that was active at the school during COVID, they had a virtual conference and talent show that was attended by the school. I was very impressed with what that group of students had achieved and felt we needed to bring that type of energy to our Interac program.

The Interac club is a source of volunteers for all of your Rotary events. Students had to have 40 hours of volunteer work (some school boards may have adjusted this due to COVID), to be able to graduate. David Berry had an excellent idea to provide certificates for our Rotary Volunteers, we call them Friends of Rotary. I have attached the templates also. Since my son is currently in Grade 12 and plays football, I have a large source of male volunteers, which we call "the Muscle". This group was very appreciative of this certificate because it gives them something they can add to their resume.

We asked one of the support staff at the schools to comment on why she thinks our program has bounced back this year. She commented that Students are looking for something to do and positive activities to list on their applications. So now is the best time for you to go out and create your own Interac program because the Window is Open.



Presented to

In appreciation for their
tireless volunteerism in service
to our Community

Jennifer Schoenhals
President 2021-22

Rotary
Niagara Fall Sunrise



Editable certificate available upon request to Jennifer: poyd1985@gmail.com

Food4kids Niagara Service Project

Presenter: Sandi Chard (sandichard@gmail.com) St. Catharines Lakeshore

Rotary Club of St Catharines Lakeshore has been supporting Food4kids Niagara for the past two years. Food4kids provides healthy food packages for children up to the age of 14 who have limited or no access to food on the weekend.

We started with an initial monetary contribution and pilot project of the occasional hands-on packing of food. Over time we have expanded this service to packing almost once per month and have added some deliveries. We started doing club food drives every 3-4 months focusing on the most needed food items. The other St Catharine's Rotary clubs were invited to participate with one of them. Currently we are working on a District Grant to provide help to even more at-risk children. As a result of our involvement and raising awareness, the Rotary Club of St Catharine's has also taken an interest in supporting Food4kids.

Our affiliation with Food4kids Niagara has been engaging and successful. Our members have the opportunity to participate in a hands-on service project that is ongoing but not overwhelming. Our club has had a consistent focus and almost all our members have been engaged in some capacity. We are making a difference in the community as evidenced by the fact that the Food4kids program has been able to expand, adding more children to its program.

Lessons learned as a result of this project include the great need that exists in our community for many children; far greater than most of us might imagine. Another lesson is that if a service project is clearly outlined to club members, is properly organized, and addresses a real need, Rotarians will act. They will help. "If you build it, they will come".

Advice to other Rotary Clubs would include to collaborate with other clubs when possible; take an idea, start with a pilot project, and then open your minds to the endless possibilities. Be passionate about what you do- it's contagious!

