



District 7090 Newsletter

JANUARY 2010

Happy New Year

DG Pravin's January Message

January is Rotary Awareness Month - A time to learn more about our organization, and a time to focus on our public image. Raising awareness of Rotary is an important part of the RI Strategic Plan and it should also be one of the priorities in every Rotary club. The more Rotary is known for its good work, the more good work Rotary will be able to do. On July 1, RI

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President John Kenny put "The Future of Rotary in Your Hands." What have you done with this assignment? I would like to urge every Rotarian in District 7090 to spend the remaining six months of this Rotary year increasing the awareness of Rotary.

As a Rotarian, increasing awareness of Rotary should start at home. There was a time when the weekly club bulletin was mailed to your home and everyone in your family looked forward to reading the bulletin. Much of the other Rotary information also came in the mail to your home. In the age of emails and electronic communications, most Rotary information now comes in your inbox. Do you share this with the members of your family? Please share what your club does and all

the good that Rotary does with your family, including your extended family. You will be pleasantly surprised to see an increase in support, both physical and financial, for Rotary programs from members of your family.

Beyond your family, you should work on increasing awareness of Rotary with your friends as well as business and professional associates. Rotary membership is a gift. As Rotarians, we have a duty to share this special gift with others. I believe there is nothing nobler in this world than to make a positive impact on the life of a human being. And this is what Rotarians do ... doing good in this world. Invite others to participate in all the good work you do in your com-



District Governor and RI President, John Kenny

munity and the world. They will be happy, and so will you.

Increasing awareness of Rotary is simple. One way is to wear your Rotary pin each and every day - a real easy way to create awareness and an opportunity to take action when someone asks you about the pin. Another is to dis-





DG's Message (continued)

play the Four Way Test and the Objects of Rotary in your office. Yet another is install auto license plate holder on your car. Whatever method you utilize, do it now. More than ever, people out there are looking to give back. Most of them have no idea where to go. They have not heard about Rotary.

As we embark on the second half of our Rotary year, and the beginning of a new calendar year, let

us all resolve to build awareness, share Rotary and take action. Please **JUST ASK**. Invite potential Rotarians to visit your club. Have an evening of Rotary information and fellowship. You may want to do this jointly with a neighboring club. Always display your club Rotary banner during these meetings and at all hands-on service projects. This will promote awareness in your community. Invite

parents of Rotaract, Interact and Early Act students to your club meeting. Also invite parents of RYLA and Youth Exchange students. They all make good Rotarians.

I would like to congratulate the clubs that are showing membership growth this year. I am counting on every club to make our district goal of a net increase of two members by June 30th.

District 7090 Announces New Editor

Please send your club's news to our new editor, as follows:

Ann Weidman

scoop505@roadrunner.com



ness, she currently does publicity for her Westfield/Mayville Rotary Club in Chautauqua County, Mid-County Habitat for Humanity, Westfield Memorial Hospital Foundation, which she serves as president; and several others.

Ann asks that you exercise patience until she learns the ropes and tries to find an inexpensive Publisher program for her computer. Currently, she is using what's available on Word, which she hasn't needed for 15 years and which has limited abilities to produce a newsletter of quality.

In the meantime, it would be very helpful if February news items are sent ASAP so she can get a head start. Send articles and photos to her at scoop505@roadrunner.com.

Please submit your articles in WORD and your photos in JPEG.

"Trying to follow in the footsteps of Elizabeth Biers will be a challenge," according to Ann E. Weidman of Mayville, who has volunteered to take over the responsibility of editing District 7090's newsletter. "She has been a great help, as has Penelope Hutton of Jamestown, a district officer."

A free-lance writer who is a former English teacher, journalist and owner of a public relations/advertising busi-

Earthquake Disaster Victims in Haiti Need Help

The Rotary Club of Ancaster, Ontario, has been working with the Albert Schweitzer Hospital, about 40 miles northwest of Port-au-Prince, to install wells, pipe clean water into remote villages, install sanitation systems and bring medical supplies and equipment to the hospital.

Another Rotary recognized group is the Shelter Box Foundation. These boxes, which contain a 10-person tent, dehydrated food, water filters, blankets and other necessities, are flown into the disaster area. More than 800 have already reached Haiti.

A trust fund keeps Hospital Al-

bert Schweitzer running.

In NY, clubs and individuals are asked to forward donations to The Rotary Club of Kenmore. Please make checks payable to Kenmore Rotary Charities and mail to Kenmore Rotary Club, 3200 Elmwood Avenue, Kenmore NY 14217.

In Ontario, please send donations to The Rotary Club of Ancaster. Make checks payable to Ancaster Rotary Club and mail to The Rotary Club of Ancaster, 3-35 Stonechurch Road, Ancaster ON, L9K 1S5.

Both clubs will issue charitable receipts and forward your donations so that Hospital Albert Schweitzer can continue caring for the onslaught

of injured.

Donations can be also be made through this secure website:

<http://www.ancasterrotary.com/>

If paying by check, please indicate Haiti Disaster Relief as the reason for the check.

Those clubs wishing to support ShelterBox should send funds directly to that organization at either ShelterBox USA, 8374 Market Street #203, Lakewood Ranch, FL 34202.

<http://www.shelterboxusa.org/>

or

ShelterBox Canada, 1272 Misty Woods, Victoria BC, V8Y 3G6.

<http://www.shelterbox.ca/>

Westfield/Mayville Club Paul Harris Recipients

The Westfield/Mayville Rotary Club named Susan A. Hammond, Donald D. Dowling and John J. Skahill, Jr. Paul Harris Fellowship recipients in 2009.

Dowling taught English for 12 years in

Grades 7-12 for Ripley Central School and is a club past president.

Ms. Hammond is former principal of Grades 7-12 for Ripley Central School. She currently is vice president and an Executive Board member.

An active member, Skahill is superintendent of Brocton Central School and plans to retire this year from that position.



Susan Hammond and Donald Dowling



District to offer Rotary Leadership Institute (RLI)



You can get more information about RLI in general on the www.rli-shiningwaters.org site. If you have any questions, ask our discussion leaders and the participants of the I-9 session or send an e-mail to richardearne@yahoo.com.

The mission of RLI is to help future club leaders with their knowledge of Rotary and to help them develop leadership skills necessary for volunteer groups like Rotary Clubs.

Think about your Rotary Club and answer the following questions:

- Are your club leaders knowledgeable about what the world of Rotary can offer you outside your club?
- Do your leaders have enthusiasm about making your Rotary club better?
- Do they understand and have the ability to lead your Rotary club?
- Is your club involved in worthwhile and interesting service projects?
- Is there a feeling of inclusion and fellowship in your club?
- Do they conduct meetings which are interesting and have good programs?
- Do they grow and retain the membership of the club?

In the early 1990s a DG in New Jersey thought this was not happening in his district's clubs, and so he

This group of AGs, membership and foundation REPs and other district leaders just completed D 7090's first Rotary Leadership Institute session. Please feel free to talk to them about their experience and find out how you can participate on either March 6th or April 10th sessions.

started a program that has grown into the Rotary Leadership Institute, RLI, which has

spread to more than 200 of the 530 Districts that make up the Rotary world. District 7090 has joined with two other districts, 7070 and 6330, to form the Shining Water Division of RLI with several other districts that may join in the future.

You may ask if we have District Assembly and PETS, why do we need RLI?

These training sessions are Job Specific, whereas RLI focuses on potential leaders and not on specific Rotary positions. Many club presidents, when attending PETS and preparing for their year as president, wish they had a better foundation in Rotary before going to PETS, which is why we have added PETS1 - but it is still intense. A lot of material is given to you in a relatively short period of time without having the opportunity to develop the areas of knowledge and leadership skills.

RLI is a start. During the day you work on skills, develop an understanding of Rotary topics and find out about resources that you can work with both during and after the RLI sessions. **The RLI program is broken into three parts and each part is a day long divided into six sessions.** Normally they are taken over two to three years, but if participants wish, they may at-

tend sessions in other participating districts, which would involve some travel and could be completed in as little as one year.

District 7090 has scheduled two Part I's, one on March 6 in Hamburg and the second on April 10 in the Hamilton area. Although RLI is open to everyone, we are suggesting that each club president select two potential leaders from the club's membership to participate. We are allowing every club to nominate two candidates for RLI. If more than two register from a club, we reserve the right to ask the club to relinquish a spot or spots if other clubs are unable to participate due to lack of space. We also strongly recommend that the club pay the registration fee for the members they nominate. This can be paid before or reimbursed after the nominee has attended. There is also a session on February 6 that District 7070 is running in the Toronto area. You can get information about the Toronto and our two sessions from the RLI Division website www.rli-shiningwaters.org website.

RLI is not comprised of lectures, but rather different techniques, including: discussion, role playing, exercises in building solutions and much more. The topics in Part I deal with Leadership Characteristics, a session on The Rotary Foundation, Membership Retention, Rotary Beyond the club, Team Building and Service Projects. On January 9, 2010, District RLI faculty, who have been trained by RLI trainers, had a dress rehearsal where many of the districts' assistant governors, membership reps and Rotary Foundation reps participated in a Part I session, and experienced RLI. It was a full day program that included a continental breakfast, lunch and breaks. The response from all participants was enthusiastic and positive. We asked this group to participate, because they are leaders and come in contact with all of you, and we would like you to ask them about their experiences, rather than just hearing about it from us.

Jamestown: Stronz Joins Rotary



Stacey Hannon, left, president of the Rotary Club of Jamestown, welcomed Jason Stronz, center, into membership.

Jason Stronz, director of the Urban Design Plan for the Jamestown Renaissance Corporation, was inducted into the Rotary Club of Jamestown recently by President Stacey Hannon and his spon-

sor, Lee Harkness.

Stronz, a Jamestown native, returned to the city in August from his most recent responsibilities as an assistant Sports Information director for Central Connecticut State University in New Britain. While in Connecticut, Stronz also served as the Media Coordinator for numerous CIAC Championships.

Prior to his four-year stint in Connecticut, he was the Sports Information director at Lake Erie College in Painesville, Ohio.

Stronz earned his Bachelor of Arts

degree in English from Allegheny College in 2003 after graduating from Jamestown High School in 1999. He also earned an MBA from Lake Erie College.

Stronz commented on his "great pride and pleasure in returning to his hometown and is looking forward to helping to improve our community."

Stronz said he "is also very proud to be following in his grandfather's (Michael Stronz) footsteps with his long association with the Rotary Club of Jamestown and the programs of this outstanding international service organization."

Jamestown: Prostate Cancer, Disease, Diagnosis, Treatment

Dr. Peter Walter presented information about Prostate Cancer to the Rotary Club of Jamestown recently.

Dr. Walter explained that prostate cancer is a disease in which malignant (cancer) cells form in the tissues of the prostate, a gland in the male reproductive system located just below the bladder and in front of the rectum. It is about the size of a walnut and surrounds the urethra (the tube that empties urine from the bladder). The prostate gland produces fluid that is one of the components of semen. Prostate cancer is the most common malignancy in men and is responsible for more deaths than any other cancer, except for lung cancer.

Diagnosis of prostate cancer consists of digital rectal examination (DRE); prostate specific antigen (PSA) blood test; prostate ultrasound and biopsy. Dr. Walter discussed the importance of staging prostate cancers using the Gleason scale, the patient's age and general health and several other

tools. The size, location and whether the cancer has spread aids in the choice of treatment plan for the patient.

Treatment includes radical surgery to remove the entire gland and minimally invasive (robotic) surgery. Radiation treatments include: brachytherapy, the insertion of radioactive seeds into the prostate; external beam radiation therapy including IMRT (intensity modulated radiation therapy) where the radiation conforms to the shape of the tumor allowing the delivery of a higher dose of radiation with fewer side effects; IGRT (image guided radiation therapy) gives a picture of the tumor and everything around it, allowing the technician to make adjustments for treatment every day; and RapidArc an advanced form of IMRT that allows the radiation to better conform to the complex shape of the tumor.



Dr. Peter Walter, left presented a program at the Robert Jackson Center on Prostate Cancer to the Rotary Club of Jamestown, introduced by Stacey Hannon, right, president of the local club.

Dundas Valley Sunrise Celebrates 10 Years



Several of the original members of the Dundas Valley Sunrise Rotary Club were present for the anniversary event. Front from left, Robert Morrow, Randy Abel, Sharon Lacey, Mary Lou Emmett, Charter President Ralph Montesanto; back from left, Kevin Crouse, Kurt Schlange, Sheldon Gurevitz, Paul Clifford, Carl Fraser and David Matchett.

We all remember the anxiety of Y2K and the dawning of the new millennium on January 1, 2000. On the same day, the Dundas Valley Sunrise Rotary Club was established. During a 30-month period beginning in 1997, the club was developed as a "sister" club to the Dundas Rotary Club, a fixture in community service in Dundas for more than 60 years. The club has grown from its initial 25 members to 48 members today.

On Saturday, January 9th, the club celebrated its 10th anniversary in grand style at St. James' Anglican Church in Dundas. Charter President Ralph Montesanto chaired the event attended by 100 Rotarians, friends and family. Governor Pravin Suchak and Sheela, PDG Bob Bruce and Nan were in attendance. Present for the evening were past presidents Sharon Lacey, Kurt Schlange, Kevin Crouse, Bill Armstrong, Carl Fraser and Mary Lou Emmett. Although unable to attend, the club recognized past presidents Fred Amalfi and Carl Lehman. One founding member, Ken Turner, will celebrate his 100th birthday in early February. Ken still

attends meetings and has perfect attendance for 41 years. Unfortunately, Ken could not attend. No, not because of his age... or illness ... but because he was in Florida playing bridge!

The Dundas Valley Sunrise Rotary Club has contributed much to both the local and world communities in its short life. The crowning achievement is the development of the Dundas Rotary Skating Rink in the Driving Park. This could not have been accomplished without the assistance of many others, including the Trillium Foundation, the City of Hamilton, the Dundas Rotary Club and many other individuals and companies. In total, the club raised more than \$800,000 to complete the project – a huge undertaking for this small club just getting underway. Carl Fraser of Fraser

Financial Consultants championed the project.

In addition, the club has helped many local groups, including The Little Hats That Grew, St. Matthews House, Dundas Community Services, City Kidz, Ronald McDonald House, Out of the Cold, St. Joseph's Villa Foundation, the Salvation Army and local hockey and baseball teams, literacy programs in the area and many others.

The club's efforts, using money raised at a number of fundraisers every year, also have resulted in funds being sent to assist development overseas – water wells in Haiti, water projects in Paraguay and orphanages in the Ukraine, Mexico and Paraguay.

The club looks forward to many more years of community service. The 10th anniversary celebration provided the opportunity for the club members to look back on their first few years and appreciate the time and talents in assisting with these projects.



The Dundas Rotary Ice Rink serves as a popular location for family outings. A celebration of the first anniversary of the rink will be held on Saturday, February 6, from 1.00–4.00 p.m.



Rotary International Convention: Montreal 2010 Sunday, June 20 to Wednesday, June 23, 2010

Register by March 15, 2010 and save \$50US.

The 2010 Convention marks the 100 year anniversary since Rotary became International, with the formation of the Rotary Club of Winnipeg. Rotary International Conventions can be an exciting, memorable few days with passionate Rotarians with the Montreal Convention closer than ever!

Why Attend: If you have been to a Rotary International Convention, you will already know the quality of the program, speakers, breakout sessions and entertainment. You will also know how much fun it is to be part of an RI Convention and how easy it is to meet Rotarian friends from all over the world. If you have not been to one yet, this will be a great introduction. There will be a lot of Rotarians and familiar faces coming from our District, and as well, you have the opportunity to experience one of the most multicultural and historic cities in Canada.

Remember: the next deadline to save \$50 per person on the Convention registration expires March 31, 2010. Even if you leave other details until later, please register for the Convention and book your hotel now. **Early Registration Discount:** if you register before March 31, 2010 the cost is \$345USD, and then rising to \$395USD. Save \$\$s now!

How To Register For The Convention: you can choose which way to register, check out the following options,

1) Online at www.rotary.org --If you want to use the online registration, you'll have to register with the RI website first by giving a user name and password. It's pretty straightforward after that.

2) email the writable PDF online form to ri.registration@rotary.org

3) Download the form and FAX to RI Registration Services 1 847 866 3064

4) Mail to Rotary International at 14244 Collections Center Dr., Chicago, IL 60693 USA

Hotel Reservations: For current rates and availability go to <https://resweb.passkey.com/go/ri2010>.

Discount Rail Travel: Via Rail has agreed to give a **10% discount** to Rotarians if you want to travel by rail to or from the Convention. The discount code is **11762**.

Discount Flights: WestJet Airlines is offering a 20% discount off our best available regular fare and 10% off seat sale fares at the time of the booking. Quote booking account **QC6045**. This offer cannot be used in combination with other discounts and promotional fares. You can either contact WestJet's Convention line at 1-877-952-4696 or go to this website to email a request: http://www.westjet.com/index_redirect.html?uripath=/guest/conventionBookingForm.shtml. Discounted rates are available for travel up to 3 days prior and 3 days after the Convention (so June 17 to June 26). For travel outside of these dates, WestJet will offer the best available fare at the time of booking. For groups of 10 or more traveling together, please contact WestJet's Group Sales for fare information at 1-888-493-7853

The Convention Committee has announced some of the speakers - including **Dolly Parton** (the Imagination Library), **Greg Mortenson** (Central Asia Institute; author Three Cups of Tea; humanitarian and international peace-maker), **Jo Luck** (President/CEO of Heifer International - creating sustainable communities to end world hunger and poverty) and **Bob Mazucca** (Chief Scout Executive - Boy Scouts of America)

Pre & Post Convention Tours: Highlights include a visit to Quebec City on June 19 and various tours of Montreal, including walking tours and museum tours. Everyone who has been to the Province of Quebec that I've talked to has said that a visit to Quebec City is a real highlight. For more information on the tours, go to this link: <https://rotary2010.com/events>

Hospitality events include an evening with the **Cirque du Soleil** performing in its home city, on Saturday, June 19, as well as local area Rotary clubs holding various hosting events for visitors on Monday, June 21.

Volunteer Opportunities: If you would like to be more involved with the RI Convention, the Host Organizing Committee is looking for volunteers. Go here for more information: <http://rotary2010.com/volunteersa.php>

Please consider this wonderful opportunity to celebrate in the 101st annual Rotary International Convention in Montreal, Quebec, Canada.

SEE YOU THERE!

Rotary International Convention in Montreal

June 20-23, 2010

Join the Excitement of the Convention in 3 Simple Steps.

1. Register for the Convention.

You can register for the convention online at www.rotary.org/convention.

2. Make your hotel reservations.

For your convenience we have reserved a block of rooms at the beautiful Grand Plaza Montreal Centre-Ville. Reserve your room today by contacting Christine Weeks at 716-625-9211 or cweeks@grsbuses.com.



3. Sign up for transportation.

Reserve a seat on our deluxe 56 passenger motor coach by contacting Dave Greenfield at 716-439-9186 or dngreenfield@verizon.net.

Important Travel Note

Proper identification is required to cross the U.S./Canadian border. This includes:

1. U.S. Passport
2. Enhanced Drivers License
3. U.S. Passport Card

Enjoy the convenience, comfort and safety of motor coach travel to the beautiful city of Montreal.

**\$125 USD Per Person
For Round Trip
Transportation**

Itinerary:

June 19, 2010

Depart Buffalo at 6:00 AM*

Arrive in Montreal at 3:00 PM

June 24, 2010

Depart Montreal at 8:00 AM

Arrive in Buffalo at 5:00 PM*

**Additional pick-up points will be announced based on registration.*



Transportation provided by Grand Tours, Lockport, NY ** www.grsbuses.com

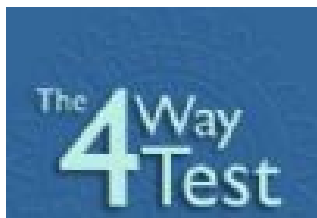
Office:
800 Lakeview Avenue
Jamestown, NY 14701
716.484.8814

The Four Way Test

The Object of Rotary

The Object of Rotary is to encourage and foster the ideal of service as a basis of worthy enterprise and, in particular, to encourage and foster:

- FIRST. The development of acquaintance as an opportunity for service;
- SECOND. High ethical standards in business and professions, the recognition of the worthiness of all useful occupations, and the dignifying of each Rotarian's occupation as an opportunity to serve society;
- THIRD. The application of the ideal of service in each Rotarian's personal, business, and community life;
- FOURTH. The advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service.



Rotary Club Hears About Moving Wall Project

Brocton's September Moving Wall project was described for the Westfield/Mayville Rotary Club recently by David Travis, a member of the club.

Travis, who spearheaded the project, began his vision of bringing the Vietnam Veterans' Memorial wall to Chautauqua County two and a half years ago and engaged the American Legion Post 434 of Brocton as its sponsor. A rather expensive project, Post 434 raised \$54,000, Westfield/Mayville Rotary contributed \$500, Chautauqua County Legislature gave \$5,000 and additional support came from various organizations and individuals in the region and across New York state, as well as Ohio and Pennsylvania.

The traveling wall is half the size of the Washington, D.C. original – 215 feet long – and contains the 58,262 names of fallen and still missing soldiers of the Vietnam War. After Sept. 10 opening ceremony, thousands visited the site.



Westfield/Mayville Rotarian David Travis, left, receives thanks from Ben Spitzer, Rotary president, for his presentation about The Moving Wall, which came to Brocton this summer. Travis spearheaded the project with sponsorship from American Legion Post 434 of Brocton.

For more information visit the memorial's Web site, www.TheMovingWall.org.

