

ROTARY IN THE NEWS

CREATING OUR IMPACT

DISTRICT 7210, 1.5.24
INTERACT MINUTE

Have Interact news to share?
 Send your updates and pictures to rotary7210@gmail.org.

2023-2024 Interact Club List

Arlington HS	Brewster HS
Cairo-Durham	Carmel
Circleville MS	Clarkstown South
Crispell MS	Elfdorf
Goshen	Greenville HS
Highland HS	Hudson
Hyde Park	Ichabod Crane HS
James I. O'Neill HS	John Jay HS
Liberty	Mahopac HS
Millbrook HS	Monroe-Woodbury
Nanuet HS	New Paltz
Northern Academy	North Rockland
Nyack HS	Pawling
Pine Bush HS	Red Hook
Rhinebeck	Roy C Ketcham HS
Suffern	Valley Central HS
Warwick Valley HS	

Applications are open until January 15th for the Interact Advisory Council. Advisory Council members will participate in meetings via zoom quarterly to help plan projects and events for the entire region!
<https://forms.gle/9r7S3u0wRtSS9y9>

STAY CONNECTED!
 @rotarydistrict7210

STAY UP TO DATE

Our District Interact Co-Chairs have designed an “Interact Minute” to keep us up to date with everything going on. The information is to help educate, grow, and share the program. Recently they have developed an interact advisory council and are also looking to bring back “Interact Days”, with more information to come out in the next month. We have over 30 Interact Clubs, if your club does not have one, look to start one today.



Interact In Action - Around the Valley!

Greenville Interact brought holiday fun to their school with their Holiday Hooligans Spirit Week! This week of fun and good works included a daily trivia contest (complete with prizes), fun dress up/down days, food drives, toy collections and more!

Northern Academy Interact showed up in force for the walk for Alzheimer's! They also purchased gifts for 4 kids living at the county's homeless shelter this holiday season.

Mahopac Interact has been helping people stay warm this winter with their Winter Coat Drive!

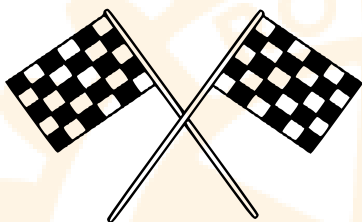
Ketcham Interact teamed up with Wappingers Falls Rotary to decorate a tree for the Habitat for Humanity auction.

Brewster Interact hosted a Holidays Around the World event for the Pre-K students and partnered with the Brewster Rotary for a Pancake Breakfast with Santa.

STAY UP TO DATE: WWW.ROTARYDISTRICT7210.ORG

DGE Leo Kaytes is in Florida finishing up his last training with other DGE's throughout the world. His training sets him up for success as he starts his District Governor year on July 1st, 2024. We are excited to announce the new Rotary Theme, “The Magic of Rotary”!





START YOUR ENGINES

NEW LEADERSHIP OPPORTUNITIES AHEAD...

District Team Learning Seminar:

February 3, 2024, 8:45am - 2:15pm at Roy C. Ketcham High School, Wappingers Falls, NY (*invites to come*)

Rotary learning and team building for the District's leadership, will include District Executive Board, Assistant Governors and District Committee leadership.

Learning Center Live:

March 2, 2024, 8:30am - 3pm at Roy C. Ketcham High School, Wappingers Falls, NY

Rotary learning for ALL members, from recent members to our most experienced Rotarians. Sessions will include programs on Service, Membership, Public Image, Rotary Foundation, and Youth, at three levels of knowledge (Basic, Intermediate & Advanced).

District Learning Assembly:

April 27, 2024, 8:30am - 3pm at Roy C. Ketcham High School, Wappingers Falls, NY

Rotary learning for ALL members, with programs focused for Club Committee leaders on Service, Membership, Public Image, Rotary Foundation, and Youth.



PETS PRESIDENTS-ELECT TRAINING SEMINAR

MARCH 21-23, 2024

PRE-PETS TRAINING

January 22, 2024, at the Residence Inn, Kingston NY and January 23 at the Hampton Inn, Harriman-Woodbury. Both events start @ 6:30 pm

February 6, 2024 (zoom)

February 20, 2024 (zoom)

March 5, 2024 (zoom)

March 19, 2024 (zoom)



Returning Presidents 7:00 pm

First Time Presidents 8:00 pm

Questions? Contact DGE, Leo Kaytes

REGISTRATION OPENS
JANUARY 15, 2024

REGISTER



Hanover Marriott, Whippany, NJ

WHAT IS PETS?

A great experience is being planned for you. Mid-Northeast PETS – a partnership of five Rotary districts and one non-districted area – will be your first opportunity as a President-Elect or Assistant Governor to network and share fellowship with other PE's and AGs outside your district and to learn from some of Rotary's prominent leaders. You will gain practical information to prepare you for your year as a Rotary Club President or Assistant Governor.

Contact Us

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Rotary District 7210

@RotaryDistrict7210 · ★ 5 6 reviews · Nonprofit organization



rotarydistrict7210

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Rotary District 7210

People of Action in 56 Rotary clubs throughout the Hudson Valley and Catskills, NY. ©
www.rotarydistrict7210.org/Stories/register-for-the-district-7210-service-symposium



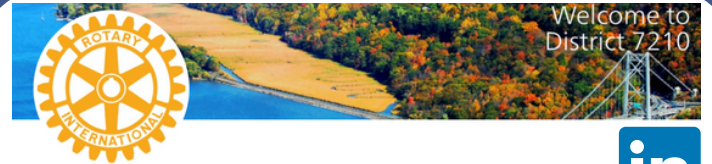
FELLOWSHIP. MEMBERSHIP

 rotarydistrict7210
Rotary District 7210



100k views

View all 1065 comments
1 DAYS AGO



Rotary (Hudson Valley, New York) District

Together, we see a world where people unite and take action to create lasting change — across globe, in our communities, and in ourselves.



DISTRICT 7210 PRESENT STORYTELLING CONTEST



ZOOM TRAINING
JANUARY 8 & JANUARY 11 AT 7 PM



REGION & FINAL COMPETITIONS (SITES TBA)
REGION A (1 AND 2) : JANUARY 18
REGION B (3, 4 AND 7) : FEBRUARY 1
REGION C (5 AND 6) : FEBRUARY 8
REGION D (8 AND 9) : FEBRUARY 15
FINAL: MARCH 7

THEME:
CREATE HOPE IN THE WORLD

RULES/
OBJECTIVES



ABOUT TRUE OR MOSTLY TRUE EVENTS
5 MINUTES OR LESS IN LENGTH
SPOKEN ALOUD, NOT READ



PRIZES: 1ST:
2 NIGHTS AT RESORTS WORLD CASINO FOR TWO
2ND: \$100; 3RD AND 4TH: \$50.

District Governor Peter Sullivan is inviting all Rotarians to participate in the Rotary District 7210 Storytelling Contest! As announced earlier last month, this is planned as fun and fellowship for Rotarians and their friends. He has asked for us to consider sharing your funny, touching or embarrassing stories that in some way touches on this year's theme about HOPE. Registration is now open (see link below) and we have some dates planned ahead to ensure all can be part of this experience.

LINK TO SIGN UP: <https://forms.gle/VkdmYnNd7DSHnNSc9>

Contest Dates & Locations (All events scheduled for 7 PM start)

January 18 -

Ulster, Greene & Columbia Co. clubs at Best Western Plus in Kingston

February 1 -

Duchess and Putnam Co. clubs at Daddy - O's in Hopewell Junction

February 8 -

Orange and Sullivan Co. clubs at Aspire Brewing in Middletown NY.

February 15 -

Rockland Co. clubs at Location TBD

March 8 -

District Finals at Location TBD

Contact Us

www.rotarydistrict7210.org

WAY TO GO!

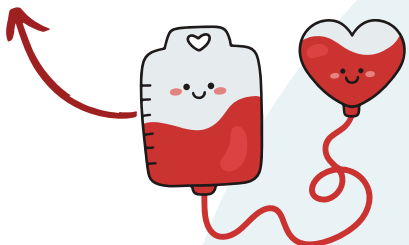



Rockland Rotary Means Business connects Rotarians Businesses to the communities!



Rhinebeck Rotary is sending another group of students to Costa Rica on a service trip! Good Luck!

Kingston Rotary Club held a major blood drive in conjunction with the Red Cross and Ulster Savings



Coxsackie gave \$2000 to the Coxsackie Area Food Pantry.



Catskill started a scholarship at Columbia Greene Community College in honor of Robert Lane, a 40 year Rotarian.

SHARE YOUR CLUB SUCCESS

The PI Committee has resources you can now use. Here is how we can help you:

- Create marketing materials for events or recruitment
- Help with Social Media training and content.
- Support with Graphic Design
- Provide examples of successful marketing strategies to grow members and Rotary events

Contact our chair of the Public Image:
Beau Loendorf, beauloendorf@gmail.com

What is Rotary?
Rotary is a global network of 1.4 million neighbors, friends, leaders, and problem-solvers who see a world where people unite and take action to create lasting change – across the globe, in our communities, and in ourselves.

Did you know?
There are more younger members, women, and a diversity of people joining Rotary now, more than ever before.

Most our clubs give back over \$10,000 a year in support back into the community?



Come help us— Support children in n
Create community projects

Promote peace
Fight disease #EndPolio

Network
Protect environment
and so much more...
what would you change?

Rotary 

Making our community a little bit better each day



- SERVICE
- LEADERSHIP
- DIVERSITY
- NEW ERA

Walkkill East—
your local Rotary Club

CONTACT US

walkilleastroty@gmail.com

facebook.com/WalkillEastRotary



FOLLOW US



PROFILE OF A ROTARIAN!

NAME: Bjarne "BJ" Mikkelsen

PROFESSION: Tour Operator, Great Dane Journeys

ROTARY CLUB: Highland

ROTARIAN SINCE: 2014

ROTARY POSITIONS HELD: Membership Chair, International Committee Chair



REASON FOR JOINING ROTARY: "When Rotary was explained to me, I saw very quickly that it was exactly what I identified with. I did not need to be talked into it, I said, "Well that's me." It was that easy. It was just straight out of my heart and something I felt strongly about and something I knew I should be a part of."

BEST PART OF BEING A ROTARIAN: "It's the feeling—the accomplishment if you will—to assist others and to try to improve a human-in-need's position in life. We just do it and we help; we do not wait for some government organization to have months or years of committee meetings before action is taken. We get things done."

SERVICE PROJECT PASSION: Worldwide Relief for Those Suffering

BJ has traveled to 135 countries and many territories across the globe, visiting each of the continents. He possesses a deep compassion for the human plight that he has witnessed at home and abroad. This was ever-apparent when Russia invaded Ukraine in February of 2022. Upon learning of the devastation that the Ukrainian people were suffering, BJ quickly mobilized and began making contact and forging strong ties with the Rotary Club of Warsaw, Poland and the Rotary Club of Helmstedt, Germany. He has traveled to the area several times starting in March 2022, working to assist refugees alongside his new Rotarian friends, Ukrainian military leaders, hospital staff, and church and refugee housing leaders. He has helped to source, pack, and deliver thousands of pounds of food and medical supplies to Ukraine and Ukrainian refugees.

To date, BJs efforts locally have raised over \$55,000, much of which was distributed to the Rotary Clubs in Poland and Germany to support their local efforts to aid the refugees in their communities. He launched a non-profit 501(c)3 called Hudson Valley Helps Refugees (<https://www.hudsonvalleyhelpsrefugees.org>) to support his efforts. As the holidays approach, BJs current initiative is to spread love and joy to over 400 Ukrainian refugee children. He is currently making Santa appearances throughout the Hudson Valley to raise money to purchase Paddington Bear books, written in Ukrainian. For those who know the story, Paddington Bear was a refugee from Peru who arrived in London with a label around his neck reading "Please look after this Bear." The author, Michael Bond, was a child during World War II and says Paddington was inspired by memories of witnessing child evacuees from London relocated to his hometown, where his parents opened their home. Adding another level of meaning, Volodymyr Zelensky was the voice of Paddington Bear in the Ukrainian versions of "Paddington" and "Paddington 2" prior to becoming the president of Ukraine. BJs is also working on strengthening connections with other Rotary Clubs to raise awareness and support of the needs of refugees. He has already visited many other Rotary Clubs in the area and hopes to visit more. He believes "A lot of little streams makes a big river." While his work has been centered on Ukraine at the moment, there is an enormous need to support refugees across the world, especially in Kenya and Somalia, noting that Kenya is home to one of the largest refugee camps in the world.

BJs passion shows us all what just one Rotarian can do with an idea, the personal ambition and drive, a caring heart, and the help of the Rotary world.

CONTACT: Anyone wishing to have BJ visit their Club to hear about his adventures and efforts to improve the lives of refugees, or to book him for a Santa appearance, please contact him at 917-282-2305.

THANK YOU BJ FOR YOUR ROTARY SERVICE!



FOOD INSECURITY

BY COUNTY:

	Food Insecurity Rate	Child Food Insecurity Rate
Columbia	9.6%	13.6%
Dutchess	8.8%	14.5%
Greene	10.6%	13.6%
Orange	9.4%	14.8%
Putnam	5.3%	7.6%
Rockland	9.7%	15.8%
Sullivan	11.5%	18.3%
Ulster	11.3%	15.1%

Over 44 million people including 13 million children experience food security in America. On average in the Hudson Valley one in ten individuals are defined as food insecure with one third of the children in the region eligible for free or reduced cost lunches. Data by county reflect the following food insecurity rates.

As part of our season of service many Rotary clubs in our district have supported food programs in their community through donations of food and monetary donations to local and regional food banks. Since 2020 food insecurity in our communities has increased significantly as inflation pressures have impacted the cost of affordable food for families across the Hudson Valley. Food insecurity is defined as the condition of not having access to sufficient food or food of adequate quality to meet one's basic needs.

Thank you to all Rotarians that work in their community to alleviate hunger through food drives and monetary contributions to support local food banks and hot meals in their neighborhoods at this time of the year. If you have a success story that you would like to share, please email it to PDG David Green at dgreen1056@aol.com, our District Service Chair.

DAY OF SERVICE



More than 500 Rotary clubs, over 15,000 Rotarians, and thousands of community volunteers spanning 5 States and 3 Countries will give back to their communities on Saturday, May 18, 2024.

We are setting a new record-breaking 'Rotary Day of Service, collecting clothes for the homeless, refurbishing parks, building shelters, and much, much more. It is up to you on how big of a project you want to plan to impact your community.

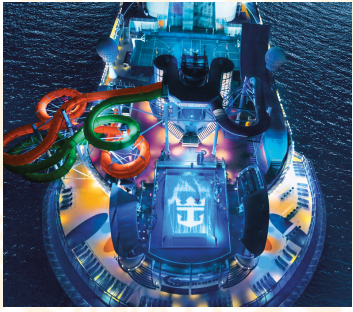
SAVE THE DATE
DAY OF SERVICE

Saturday, May 18th 2024
ALL DAY
Your club picks a project!



Contact Us
www.rotarydistrict7210.org

DISTRICT CONFERENCE
JUNE 11-15, 2024



LIBERTY OF THE SEAS

> BOOK NOW

Interior Stateroom- single price: **\$1,296**, double occupancy total **\$1591**

Ocean Balcony Stateroom- single price: **\$1,908**, double occupancy total **\$2203**

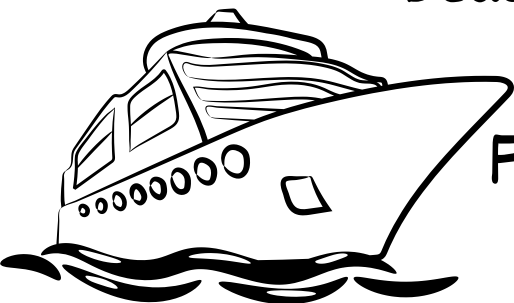
Spacious Ocean Balcony Stateroom (only 2 rooms available)-
single price: **\$1,954**, double occupancy: **\$2248**, three guest occupancy: **\$2,764**, four guest occupancy: **\$3,288**

Grand Suite Stateroom (only 2 rooms available)-
single price: **\$3,714**, double occupancy: **\$4,016**

Owners Suite Stateroom (only 2 rooms available)-
single price: **\$6,196**, double occupancy: **\$6,501**

LAST CHANCE

Deadline is February 9th to guarantee a room.



For more information, click [HERE](#)

Contact Us
www.rotarydistrict7210.org

SOUTHERN ULSTER ROTARY CLUB

UNITES TO WARM HEARTS AND BODIES WITH BLANKET DONATION DRIVE



In the spirit of community and compassion, the Southern Ulster Rotary Club recently gathered at the Modena Memorial UMC (United Methodist Church)

in Modena to continue their heartwarming tradition of preparing blankets for a local shelter. Over the past few years, this Rotary initiative has become a beacon of warmth and support for those in need. A total of 997 blankets have been donated to date, providing comfort and solace to individuals facing challenging circumstances.

Full story here: <https://southernulsterrotary.org/Stories/southern-ulster-rotary-club-unites-to-warm-hearts-and-bodies-with-blanket-donation-drive>



SUFFERN ROTARY CLUB

A TRADITION OVER 20+ YEARS OLD

Suffern Rotary Club has a Thanksgiving Meal Donation program. At their weekly meetings members donated some of their "Happy Bucks" to the Soup Kitchen. The money collected throughout the year goes to purchasing 45-50 Thanksgiving meals given out at the Christ Episcopal Church in Suffern. Larry Palant, PDG and a Suffern Rotary member & Larry Markowitz the soup kitchen manager have this community project working like a well oiled machine. Years ago the food was cooked by a team from local temples & churches in the kitchen at the Christ episcopal Church. Since the Covid-19 pandemic, they now purchase precooked meals & prepare small individual meals to be handed out on Thanksgiving day. The staff at Ramsey ShopRite know these gentlemen well & look forward to seeing them again next year.

NEW PALZ ROTARY CLUB

The club has raised over \$66,000 to date, including Win a Bundle (the signature and largest fundraiser), Wheel Spin, Christmas Day Football Pool Fundraiser, and grants. This allowed the club to give out over 1200 backpacks and 32 birthday bags to food insecure students in the New Paltz CSD. The Club has donated \$16,715 to various groups including Maui Fire Rescue Rotary District, Wreaths Across America, Alzheimer's Association, Fishes & Loaves (gift cards to families in need for gifts or food), and Family of New Paltz. The gift cards donated from the clubs Holiday Luncheon to students via Family of New Paltz were a huge success and the students loved them. Also, their Operation Warm provided 42 coats to families in need.

Contact Us

www.rotarydistrict7210.org



2023-2024 AWARDS

CLICK HERE



Home About Us ▾ Committees ▾
Cruise! Awards Newsletter

Nominations are open for our 2023-2024 awards. Simply go to the District Website and click "Awards" to nominate a Rotarian or Club in our District. Nominations will close April 15th, 2024. The awards ceremony will be held on the District Conference Cruise on June 14th, any Rotarians that cannot make the cruise and were awarded an award will receive it once we get back. The following categories are open for nominations starting today:

Rotarian of the Year (3 Rotarians)

New Rotarian of the Year (up to 3 Rotarians)

President of the Year (2 Rotarians)

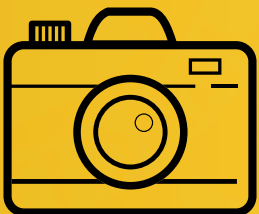
Service Project of the Year

Fundraising Project of the Year

Community Engagement Award (2 clubs)

Rotary Hall of Fame (up to 5 Rotarians)

*Any questions please reach out to
Todd Bowen or Beau Loendorf.*



SHARE THE GOOD WE DO!
If you have a story or picture we can use, please send it to our Public Image Chair, Beau Loendorf at beauloendorf@gmail.com
#ROTARYSHARES

GUIDE TO ESTABLISHING YOUR CLUB'S MENTAL HEALTH INITIATIVE PROGRAM

- 1. Establish a Committee:** Form a dedicated Mental Health Committee comprising passionate members willing to champion this cause. Ensure diversity to bring varied perspectives to the initiative.
- 2. Raise Awareness:** Organize events or webinars to educate members and the community about mental health. Collaborate with mental health professionals to provide accurate information and dispel myths.
- 3. Partner with Local Organizations:** Forge partnerships with local mental health organizations or professionals who can offer expertise and support for your initiative.
- 4. Training for Members:** Equip your members with basic mental health first aid training. This will empower them to recognize signs of distress and offer initial support.
- 5. Community Workshops:** Host workshops that focus on stress management, mindfulness, and other mental health topics. Make these accessible to the wider community.
- 6. Fundraising for Mental Health Causes:** Organize fundraising events to support mental health charities or local programs. Use the funds to sponsor mental health initiatives in your community.
- 7. Collaboration with Schools and Colleges:** Work with educational institutions to incorporate mental health awareness programs. Targeting the younger generation ensures a long-lasting impact.
- 8. Reduce Stigma:** Launch campaigns to reduce the stigma associated with mental health issues. Encourage open conversations within the club and community.
- 9. Engage in Advocacy:** Advocate for mental health policy improvements at the local level. Be the voice for those who may not have the platform to speak for themselves.
- 10. Evaluate and Adjust:** Regularly assess the impact of your initiatives. Solicit feedback and be open to adjusting your approach based on the evolving needs of your community.

By fostering a mental health-friendly environment within your Rotary Club and community, we contribute to a healthier and more resilient society. Together, let's make a lasting impact on mental health awareness and support.

A Quick Guide to the Rotary Logo for Your Branding

The Rotary Club has guidelines on the appearance of the Rotary logo and its usage. This link provides very useful tools on our branding:
<https://brandcenter.rotary.org/en-us/our-brand/brand-elements>



Rotary Logo Treatment

The Masterbrand Signature Simplified is our official logo and combines the wheel with the word “Rotary” (Rotary’s wordmark) to the left for visibility and recognition.

Use the Masterbrand Signature Simplified only in combination with your club, district or zone name, not by itself, to represent your club, district, or zone. Use our templates to create your logo. Use EPS for print and embroidery, JPG for digital, and PNG for digital with a transparent background. There are many other ways to use the Rotary logo but as a guideline please refer to the link below for the dos and don'ts of its usage.

<https://brandcenter.rotary.org/en-us/our-brand/brand-elements/logos-and-graphics/dos-and-donts>

Primary Rotary Colors

These two colors are the colors used in the logo. When producing other collateral click on the link below to get the full lineup the Rotary palette.

<https://brandcenter.rotary.org/en-us/our-brand/brand-elements/colors>

 **Rotary Royal Blue**
 As seen in the word “Rotary” in the Masterbrand Signature
 PMS 286C
 C100 M84 Y12 K3
 Hex #17458f
 R23 G69 B143

 **Rotary Gold**
 As seen in the wheel in the Masterbrand Signature
 PMS 130C
 C0 M41 Y100 K0
 Hex #f7a81b
 R247 G168 B27

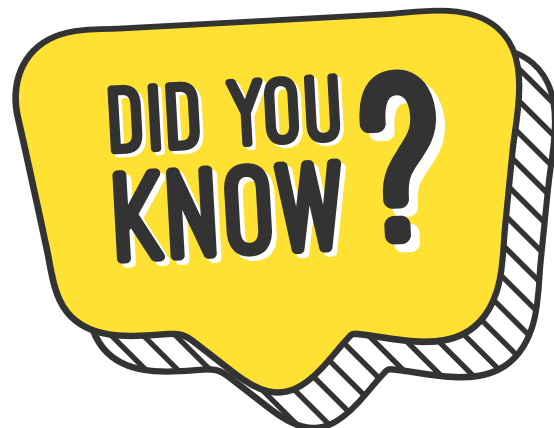
The Rotary type fonts

Frutiger is the primary type font, Sentinel the secondary for use as a text font. Both of these fonts need to be licensed. If affordability is an issue Open Sans, Arial Narrow and Arial can be used as a free substitute for primary and Georgia for the secondary.

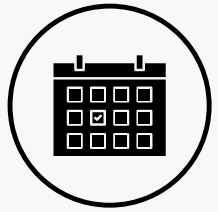
FRUTIGER LT STD 47 Light Condensed 57 Condensed 67 Bold Condensed 77 Black Condensed	OPEN SANS CONDENSED Condensed Light Condensed Light Italic Condensed Bold	Sentinel Light Light Italic Book Book Italic Medium Medium Italic Semibold Semibold Italic Bold Bold Italic Black Black Italic	Georgia Regular Italic Bold Bold Italic
FRUTIGER 45 Light 46 Light Italic 55 Roman 56 Italic 65 Bold 66 Bold Italic 75 Black 76 Black Italic 95 Ultra Black	OPEN SANS Light Regular Italic Bold		
	ARIAL NARROW Regular Italic Bold Bold Italic		
	ARIAL Regular Italic Bold Bold Italic		

Logo Lockup Examples

Use this design when combining logos or typography



ROTARYEVENTS



January 2024

today < >

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31	1	2	3	4	5	6
Southern Ulster Rotary Youth Basketball Program (Southern Ulster)						
Southern Ulster Rotary Girls Volleyball Program (Southern Ulster)						
Super 25 Ticket Sales (Highland)						
+2 more	+2 more	+2 more	+2 more	+2 more	+3 more	+2 more
7	8	9	10	11	12	13
Southern Ulster Rotary Youth Basketball Program (Southern Ulster)						
Southern Ulster Rotary Girls Volleyball Program (Southern Ulster)						
Super 25 Ticket Sales (Highland)			Super 25 Raffle Begins (Highland)	Storytelling Zoom Training	+1 more	Mix and Mingle (East Fishkill)
+2 more	+4 more	+1 more	+1 more	+1 more		+1 more
14	15	16	17	18	19	20
Southern Ulster Rotary Youth Basketball Program (Southern Ulster)						
Southern Ulster Rotary Girls Volleyball Program (Southern Ulster)						
Annual Raffle (Liberty)						
	IRS Form 990/Tax-Exempt Status Issues Discussion			+3 more	Interact's "Costa Rica Project" Fundraising Party	
21	22	23	24	25	26	27
Southern Ulster Rotary Youth Basketball Program (Southern Ulster)						
Southern Ulster Rotary Girls Volleyball Program (Southern Ulster)						
Annual Raffle (Liberty)						
	Membership Engagement Committee Meeting		Rhinebeck Rotary Club Cocktails for Charity			
28	29	30	31	1	2	3
Southern Ulster Rotary Youth Basketball Program (Southern Ulster)						
Southern Ulster Rotary Girls Volleyball Program (Southern Ulster)						
Annual Raffle (Liberty)						
				Region 3,4 & 7 Storytelling Contest		
4	5	6	7	8	9	10
Southern Ulster Rotary Youth Basketball Program (Southern Ulster)						
Southern Ulster Rotary Girls Volleyball Program (Southern Ulster)						
Annual Raffle (Liberty)						
				Region 5 & 6 Storytelling Contest		



For more details on each event, please visit the district calendar <https://www.rotarydistrict7210.org/events/calendar>