





THE INSPIRATION



Rotary District 7870



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|---|-------------------------------------|--------------------------------------|
| April 2023 | District Newsletter 2023, Number 10 | Randell Barclay District Governor |
| www.rotary7870.org | | |
| <p>Rotarian Editors Maureen Mooney and Martin Cohn</p> <div style="display: flex; justify-content: space-around;">   </div> | | |
| Rotary Theme of the Month: Maternal and Child Health Month | | |

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Greetings From Your District Governor Randell Barclay



Thank you to all the District Rotarians who have signed up for the President-Elect Training Seminar (PETS, Friday April 28) and the District Assembly (Saturday April 29). I am delighted to see Rotaractors signing up for PETS and the District Assembly. Our District Learning Team has created an interesting program for us. I am particularly excited to hear the finalist of the 4-Way Test competition and the Youth Exchange student talks on Saturday afternoon. Dianne and I are looking forward to seeing all of you at the Courtyard by Marriott in Lebanon, NH.

We are in the process of launching our second cause-based Rotaract Club in our District. The Rotex Alum Rotaract Club (Youth Exchange Alum), has had their first official meeting. The club's mission is to support our District's Youth Exchange program. We are also in the early stages of creating our third cause-based Rotaract Club. This will be the Community Mental Health Rotaract Club which will work to increase awareness, remove stigma, and provide access to mental health resources and projects for District Rotarians and their communities.

April 24-30 is World Immunization Week. This is the perfect time to think about joining with Rotary to promote the power of vaccines to protect children and save lives. There are toolkits for raising awareness about polio and Immunization week at <http://endpolio.org>.

This year, Rotary has made some changes to its monthly themes. April's theme is the environment. Many of you have heard me talk about my participation in Rotary Action Groups (RAGs). In a recent RI newsletter Rotary highlighted which RAGs are working to



protect the environment. I would recommend the active Environmental Sustainability Rotary Action Group (ESRAG) <https://esrag.org/> which has regular Zoom meetings with experts and support & ideas for club projects. If you are looking for a District or Global Grant idea, this is the place to look. Other RAGs that focus on the environment include Water, Sanitation and Hygiene RAG (WASHRAG) <https://wash-rag.org/> and Food Plant Solutions Rotary Action Group (FPSRAG) <https://foodplantsolutions.org/>. RAGs are a great way for individual Rotarians to fulfill their passions by participating in a worldwide humanitarian program.

We had a successful Rotary Foundation & Grant seminar on Zoom this week (Thursday). We have two more in-person sessions. Saturday April 15 at the Little Red School House (Wallingford) at 10AM and Saturday April 22 at Bow Rotary Club at 6PM. This is a great way to learn about The Rotary Foundation and how to apply for District and Global Grants. You can register for these on the District Website.

It is time for clubs to start thinking about District Grants for next year. The District Grant application for 2023-24 is available on the District Website on the left side under “site pages”. This year we are using an online application form that is available on the District website. Applications for District Grants must be made by June 15, 2023.

Advocating for Fellowship & Fun in Rotary Service,

Randell Barclay, District Governor

District News

DG Randell Barclay on “United Way Community Connections Show”

On March 27, 2023, District Governor Randell Barclay was a guest on the WSMN radio show “Community Connections.” The show is hosted by Nashua West Rotarian Mike Apfelberg.

Here’s a link to the podcast version of the show:

<https://podcasters.spotify.com/pod/show/uw-community-connections/episodes/March-27--2023-e21a9tv>



April Rotary Trivia



In September 1955, the United States Postal Service issued a first day cover to commemorate the 50th anniversary of the founding of Rotary. A first day cover is an envelope bearing a stamp canceled on the date of the stamp's release, with or without a commemorative cachet (design stamped onto the cover to commemorate the issuing of the stamp). The covers do not have a monetary value because of their mass production.

We are offering this first day cover to a Rotary District 7870 Newsletter Reader that correctly answers two Rotary trivia questions. To learn more, see details at the end of the newsletter.

NOTE: Thank you to all who submitted answers to last month's trivia question. However, there were no winners to the two Rotary trivia questions.

Q1. Where was the first non-English speaking Rotary Club established.

*A1. **Havana Cuba***

Q2. In 1976, this Rotary Club admitted three women as members. When the club refused to remove them, Rotary International revoked the club's charter. The club filed suit, claiming that Rotary rules discriminated based on gender, which violated the state's civil rights act. The court battle went all the way to the U.S. Supreme Court in 1987, which ruled FOR the Rotary Club. That club elected its first female president that same year. What was the name of the Rotary Club?

*A2. **The Rotary Club of Duarte in California.***

District Treasurer Discusses Our District Financials and Budget

Dear District 7870 Rotarians:



Our District Treasurer Jeff Mobus will be on Zoom on Tuesday April 25, 2023, at 7PM to discuss the District Financials 2021-22 (DG John Bob's Year) and the District budget for 2023-24 (DG David upcoming year).

Clubs Presidents and Presidents-Elect (or their designates) will vote to approve the budget and past financials at the District Assembly on April 29, 2023 or using the online process.

This is a great opportunity to hear about recent changes in our financial and budgeting process for the District. This meeting is open to all District Rotarians.

Please register for this Zoom event at:

<https://us02web.zoom.us/meeting/register/tZYkf-utpjgsHtRXG7UxZZ4d1ymDmHjzyT2A>

Treasurer Jeff Mobus has had a lot of roles in our Rotary District 7870. He has been a member of Springfield Rotary Club since 2001 and was Club President (twice) during the 2007-8 and 2018-19 years. Jeff has served in numerous District roles: Assistant Governor, District Finance Committee (multiple times), Ambassadorial Scholarship Committee, Group Study Exchange Committee, District Bylaws Committee, District Treasure Award Committee, and the District Grant Committee.

If you have questions about our Finances and/or Rotary, we are sure Jeff Mobus can answer them.

District Treasure Award Process for this Rotary Year

In 2006, District 7870 initiated a special honor for extraordinary Rotarians in District 7870 called the Rotary TREASURE Award. The first recipient was Albert Kerr who exemplified every aspect of Rotary; be it attendance, Foundation support, attracting new members, new club creation and attending District Assemblies, Conferences and International Conventions as well as demonstrating solid participation in community and international humanitarian projects. The person selected for this honor is truly a Rotary TREASURE (not Treasurer)! Each year District Clubs nominate candidates for the Award with selection being made by a committee appointed by the District Governor.

The successful candidate needs to emulate and have shown Albert Kerr's level of involvement and dedication to the ideals of Rotary and "Service Above Self" in District 7870. Please note that this is not an award given to an outstanding Treasurer, although that doesn't mean a treasurer is not a potential candidate.

As your current District Governor, it is my responsibility to ensure that all our wonderful District 7870 Rotary Clubs are made aware of this annual award. As such, I am asking for your Clubs to submit their nominations with supporting documentation to me as the designated committee chair.

Please email all nominations to Chair DG Randell Barclay (me) of the District Treasure Award Committee at: Rotary.Randell@gmail.com

You can also mail it to me at:

Randell Barclay
9171 Cold River Rd
Cuttingsville, VT 05738



Or, you may also hand deliver them to me at this year's President Elect Training Seminar and District Assembly being held April 28 & 29, 2023 in the Lebanon, NH area.

Nominations need to be received by close of business, Tuesday May 30, 2023 .

All nominations must have a detailed letter as to why you are recommending this person for this recognition.

Advocating for Fellowship & Fun in Rotary Service,
Randell Barclay, DG

Clarifications & Guidance:

- Individuals in the District Governor Track (DG, DGE, DGN & DGND) are not eligible for nomination while they currently serve the District 7870 in those positions.
- Nominees must be nominated and submitted with the appropriate documentation by one of our District Clubs, not by an individual District Rotarian.
- Nominees need to be nominated to the Selection Committee in the current Rotary Year, i.e., nominations will not carry over from year to year unless resubmitted.
- For this Rotary Year of "Imagine Rotary," the award will be announced at the District 7870 Changing of the Gavel on Monday June 26th, 2023.
- Nominating Committee Members will deliberate (via zoom) during the month of June 2023.

Recipients Since 2005-06

| | |
|----------------------|----------------------------------|
| Albert C. Kerr | PDG White River Junction 2006-07 |
| Peter TenBroeck | Milford 2007-08 |
| David L. Ballou | Wallingford 2008-09 |
| Peter L. Powers | PDG Hopkinton 2009-10 |
| Paul E. Bordeleau | PDG Bedford 2010-11 |
| David Benson | PDG Fair Haven 2011-12 |
| Chris Parkinson | PDG Bow 2012-13 |
| Alan Kanegsberg | Concord 2013-14 |
| Rick Manganello | PDG Nashua 2014-15 |
| Alice Boucher | PDG Gilford 2015-16 |
| Robert Couch | Bow 2016-17 |
| Tony Gilmore | PDG Capital City Sunrise 2017-18 |
| Carolyn Crowley-Meub | PDG Rutland South 2018-19 |
| Charlie Boucher | Gilford 2019-20 |
| Ken Grabeau | PDG/PRID Nashua West 2020-21 |
| Richard Berryman | PDG Capital City Rotary 2021-22 |
| Doug Rupert | Milford 2022-23 |

Little Red School House Bricks

What better way to recognize a person than creating an engraved brick or paver in the Rotary Wheel in the Paul Harris Memorial Garden at the Little Red Schoolhouse in Wallingford, VT.

You or your club can easily purchase a red brick for \$200 or a white paver for \$300. In addition, there are still 18 gear teeth available for \$1,500 each.

New bricks will be installed in June prior to the Changing of the Gavel Dinner.

We are also offering a presentation certificate in a folder for an additional \$15. Be sure to give us at least 2 weeks to produce and mail a certificate. You can order online with a credit card by going to: <http://tinyurl.com/D7870Bricks>. The cutoff for orders this year will be June 1st 2023.

If you have any questions, please email me at Rotary.Randell@gmail.com

Randell Barclay, District Governor
Wallingford Memorial Rotary Club



D7870 District Grant Schedule 2023-2024

For the 2023-24 Rotary Year, District 7870 will provide District Designated Grants in the following format this year. There will be approximately \$30,000 available and any Club may apply for up to \$1000. Grants must be matched by the same amount in Club funds for which they apply. Clubs may apply for smaller amounts than the upper limit. Requests may be approved by the Committee for fewer dollars considering total funds available and number of applications received.

The funds must be used only for a specific community project as described in the District Grant Application Form.

A Club should send a representative to attend a District Grant Seminar to become certified if they have not been in the past. This is only mandatory for Global Grants but there is important information to be learned about Rotary Grants in general. If you are unsure of your Club's Certification status, please contact DRFC Venu Rao or incoming DRFC Dianne Barclay (see contact info below).

District Grant applications will be accepted online. The link is posted on the District Website.

Applications must be received online by midnight on June 15, 2023. The District Grant Committee will make its decisions by July 15, 2023 and the District Treasurer will disperse funds by August 15, 2023, subject to the timing of approval by The Rotary Foundation. These Grants amounts are at the discretion of the District but will need to be reported to, and approved by, the Rotary Foundation in order for the District Designated Funds to be released.

Please address any questions or concerns to:

District Grant Co-Chair PAG Geoff Souther (souther.gc@gmail.com)

District Grant Co-Chair DGND Donna Deos (deosome@yahoo.com)

DRFC 22-23 Venu Rao (7870dg1819@gmail.com)

DRFC 23-24 Dianne Barclay (Dianne.FHRotary@gmail.com)

Upcoming Events for D7870

Upcoming events for D7870

1. Apr 28,29, 2023 - POETS/District Assembly. Friday session for Presidents-Elect. Saturday is open to all. Courtyard by Marriott, 10 Morgan Drive, Lebanon, NH
2. Jun 26 2023 – Changing of the Gavel. Little Red Schoolhouse, Wallingford, VT.

Coffee with Ken - Informal Zoom Get Together

Ken Yei (Queen City RC) will be hosting his next Coffee with Ken on **Fri. May 5 at 8:30 AM** on Zoom. Coffee with Ken started during the pandemic as a way for District Rotarians to meet online and share their interests in Rotary. It also was a form for asking questions. The Zoom meeting typically lasts 40 minutes. These meetings are free flowing discussions on topics of interest to the participants. The group decides what to talk about. It is also a great way to find out what is happening around the District. Everyone is welcome. Here is the link:

<https://us02web.zoom.us/j/78773960966?pwd=QkFlTTZkdDJyRzJIa3phTmhzam1kQT09>

If you are ready, pick up a cup of Joe and click on the link above or on the District Website

<http://rotary7870.org> and join the meeting.

Using Technology to Improve Youth Health & Wellness at Pine Ridge Indian Reservation

By Martin Cohn, Rotary Club of Springfield Vermont

For over a decade, members of Rotary District 7870 NH/VT have been helping residents of Pine Ridge Indian Reservation in South Dakota through many projects from upgrading KILI Radio to providing laptops for students to delivering quilting materials for traditional quilts. And working with South Dakota Rotary Clubs, funding a makerspace for native artists.



This past fall, we were contacted by Doni DeCory, director of health and wellness for the Oglala Lakota County Schools. She was looking for a way to help students and teachers get healthy together. She wanted to make wellness a priority. Her idea was to give each student and teacher their own Fitbit.

Fitbits are a fitness tracker that you can wear on your wrist, the devices have sensors underneath that can monitor your blood pressure, your pulse, your heart rate, and the steps that you take. The core functionality in all Fitbit trackers is a pedometer, a three-point accelerometer that tracks your movements, it gathers data and translates it into digital signals to measure your physical activity and the steps you have taken.

To jumpstart her ‘Let’s get healthy together program’ she needed 1200 Fitbits for staff members and students. Three Rotary District 7870 past district governors John Siemienowicz, Venu Rao and Tony Gilmore heard about the need and donated the funds.

“We’ve encouraged each school site to develop their own wellness plan that takes into consideration the emotional, social, mental and physical well-being of their staff and students,” said DeCory, “we did a survey with the staff of each school, some set up a fitness center in their school, some did a wellness room, some are planning on having staff and students participate in a Volksmarch, some got bikes while others are incorporating the Lakota culture, most importantly working with staff and students to think about wellness.”

“Oglala Lakota County Schools has four elementary/ middle schools, a high school and a virtual high school with 435 staff and close to 1,800 students, Wolf Creek 581, Rockyford 404, Batesland 220, Red Shirt 49, Lakota Tech 354 and Virtual high school 154. With the 1,200 Fitbits, every staff member and as many students as possible get to use them in a PE class or a class activity,” added

DeCory, “both Red Shirt School and Lakota Tech high school are using them in PE classes, there’s potential competition between classes and schools, at Wolf Creek their Fitbit competition for the number of steps.” To date, one had 177,000, another 180,000 steps while the leader is at 247,000 steps.

In Batesland, there has been a Fitbit challenge competition between staff with two to a team, some taking a virtual walk to Rapid City and back, one competitor lost 48 pounds during the competition, stated DeCory, we have a lot of students who don’t go out for organized sports but we’re looking at how they can become more active, how they can be involved in their own personal fitness.

“We’re looking at getting students educated and interested in moving forward with healthy habits such as walking,” said DeCory, “we are hoping to use that as a boost to try more physical activities or get them to engage in achieving 10,000 steps a day.”

Club News

Concord Rotary Centennial Anniversary - April 18, 2023



We look forward to your presence in helping us celebrate our Centennial Anniversary on April 18, 2023 at the Grappone Conference Center, Concord NH

We will be awarding \$100,000.00 to 2 Community Projects:

Honored Recipients: Boys and Girls Club of Concord: Penacook Community Center and CATCH Housing: Rosemary’s Way

A formal invite to follow (Pass the word) See our Facebook Page and Website concordnhrotary.org.

Rutland South Rotary Donates Dictionaries to Third Graders

Rutland, Vermont: The magic number is 276. Rutland South Rotary Club's Project Dictionary recently donated 276 dictionaries to third graders at Rutland Intermediate School, Proctor Elementary, Rutland Town School, Clarendon Elementary, Rutland Area Christian School, Barstow, and Christ the King. Rotarians visited these schools, distributed the dictionaries, and engaged with the students. Supporting childhood literacy is one of Rutland South's top priorities, and have participated in Project Dictionary for over 20 years.



Rotary West “Spaghetti City” - Spaghetti for Seniors, Veterans, and the Disadvantaged in Nashua

Submitted by Carol Powis

The Rotary Club of Nashua West along with their Interact Club from Nashua High North will again serve a spaghetti dinner honoring seniors, veterans, and disadvantaged citizens in the City of Nashua.

On Wednesday, May 17th the club will be hosting their 46th Annual Dinner at the Nashua Senior Center, 33 Temple Street, Nashua, from 4pm to 8pm. They will be serving their famous plate of spaghetti with meat sauce, salad, bread, dessert, and a non-alcoholic beverage for \$5 per person. Walk-ins can pay with cash or with credit card and carry out is available.

For more information about the dinner please contact Joyce Kelley at jkelly@stmarysbank.com. Should you be interested in learning more about the Rotary Club of Nashua West, reach out to Nicole Ennis at nennis@frontdooragency.org or any of our members of the Rotary Club of Nashua West.



Jaffrey-Rindge Rotary Meets New Coach

Travis Brent, FPU's new men's soccer coach, presented his philosophy and plans for continuing the national ranking of the heralded program he was selected to lead. The breakfast meeting on Thursday, March 5 brought out many fans of a legacy program which captivated the attention of NCAA Division II! last year. After listening to Travis address the Jaffrey-Rindge Rotary Club, members were amazed at the depth of the program, the focus on the players and rebuilding the team, and all that goes into preparing for each game. Another successful season is expected under Coach Travis!



photo credit Bob Schaumann

Fundraisers

Milford Rotary's 100 Holes of Golf 2023 - June 16, 2023

Calling all Golfers and Rotarian Fundraisers!

The Milford Rotary Club is kicking off preparations for its 29th annual 100 Holes of Golf in One Day Tournament and we are looking for golfers and fundraising partners! As Alec Buchanan, a veteran 100 Holes golfer, likes to point out "This fundraiser really is a huge raffle with lots of cash prizes that is dressed up as a golf tournament!" The tournament will be held, rain or shine, on Friday, June 16, 2023 at the Amherst Country Club.



To play, golfers are asked to sell (or buy) a minimum of fifty \$20 raffle tickets. To make the selling easier, Milford Rotary provides each prospective golfer with a unique online point of sales on the event website. Each golfer gets a special commemorative gift and has an opportunity to play for \$4500 worth of special prizes. Other golfer perks include a delicious breakfast on the course, hearty lunch options provided by outstanding local grill masters, snacks throughout the day, and a fabulous awards banquet provided by Giorgio's. 100 Holes Golfers are treated like royalty! Not a golfer, but interested in raising funds for your Rotary Club? Our 50/50 Community Partner program offers a straightforward, relatively easy way to raise money for your club.

Here's how the 50/50 program works for Rotary Clubs. When your club signs up as a 100 Holes 50/50 Community Partner it will be given a unique online web address for selling raffle tickets through the event website. For each \$20 raffle ticket your club sells, your club will receive half of the proceeds. That's \$10 for your club from each raffle ticket you sell with the Milford Rotary Club Foundation getting the other \$10. These raffle tickets are special in that they include great coupons and offer 10 chances to win! That's right – 10 cash prizes ranging from \$5000 to \$500 for a total of \$12,500 in raffle prize money! And attendance is not required to win. We make it easier for you by providing the online point of sales and by mailing the raffle ticket coupons to your purchasers. All you have to do is get the word out via social media, email blasts, newsletters, and, of course, good ol' fashioned "word of mouth".

But wait.....it gets better! If your Rotary Club sells at least \$1000 in raffle tickets (that's only 50 tickets @ \$20 each), then your club can enter a golfer in the tournament and we'll still split the proceeds 50/50! As Steve Desmarais always says, "This tournament is a blast" and, as you can imagine, the bragging rights earned by players are extraordinary! Given how easy this all is, participating clubs are strongly encouraged to sell more than the minimum of 50 tickets to field a golfer. This is a great way to raise funds for your club's community service projects, charitable donations and scholarship programs!

What do you think? Interested in earning the bragging rights as a 100 Holes Golfer? Looking for an easy fundraiser for your Rotary Club? Got questions? Please contact Milford Rotarians Marc Chareth (Marc.Chareth@edwardjones.com or 603-801-8036) or Tina Brown (Tina.Rotary@yahoo.com or 603-464-9242). Please visit the event website for additional information at www.Golf100Holes.com.

Rotary District 7870 Newsletter Readership Trivia Contest



To be entered to win a first day cover commemorating the 50th anniversary of the founding of Rotary, send your answers to the following question to prrotary7870@gmail.com. We will choose one winner from all the correct entries. The deadline for entries is May 15 at 9 AM. The winner will be published in the May issue of the Rotary District 7870 Newsletter.

Rotary Trivia Question 1: *The first Rotary Club was established in Chicago. Where was the second club established?*

Question 2: *In what year was the 4 Way Test officially adopted by Rotary as its standard of ethics?*

Calendars

District 7870 Calendar

So much going on within the clubs in the district! Be sure to regularly check this District Calendar of Events: <http://rotary7870.org/events/calendar>

Do you have an entry for the District online calendar? Please email your entry to: prrotary7870@gmail.com.

Months of the Rotary Year

Many months of the year are designated by Rotary International for special significance. Here are the ones for this Rotary year:

July New Rotary Year

August Membership and New Club Development Month

September Basic Education and Literacy Month

October Economic and Community Development Month

November Rotary Foundation Month

December Disease Prevention and Treatment Month

January Vocational Service Month

February Peace and Conflict Prevention/Resolution Month

March Water and Sanitation Month

April Maternal and Child Health Month

May Youth Service Month

June Rotary Fellowships Month

Miscellaneous

Have Something You'd Like to Share with the Entire District?

Updates and short (1 page) articles, along with images (**Word and JPEGs only. NO PDFs please**) may be submitted to Martin Cohn and Maureen Mooney at prrotary7870@gmail.com to be included in the Monthly Newsletter. The District Newsletter is a means of communicating with other clubs in our district: items of interest, upcoming events, fundraisers or opportunities for service. **Deadline for next Newsletter Submissions: May 15th, 2023 at 9:00 AM.**

Website and Social Media

Be sure to check (and share) the Rotary District 7870 **website** at: www.rotary7870.org.

Be sure to join (and share) the Rotary District 7870 **Facebook page** here:

