



# THE INSPIRATION



Rotary District 7870



CREATE HOPE  
in the WORLD

August 2023	District Newsletter 2024, Number 2	David Saturley District Governor
<a href="http://www.rotary7870.org">www.rotary7870.org</a>		
<p><b>Rotarian Editors</b>  <b>Maureen Mooney and Martin Cohn</b></p> <div style="display: flex; justify-content: center; gap: 20px;">   </div>		
<b>Rotary Theme of the Month: Membership and New Club Development Month</b>		

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## Greetings From Your District Governor David Saturley



I hope this newsletter finds you all in good health and high spirits. It's been a busy start to the Rotary Year around our District. With the August theme of Membership and New Club Development, our District has no shortage of good news to share. The introductory meeting of the D7870 chapter of RAGMHI (Rotary Action Group on Mental Health Initiatives) was held on Sunday, July 30<sup>th</sup>. Our chapter will serve as a platform to engage in meaningful activities that will be in keeping with Rotary International President Gordon MacInally's request that we adopt a multi-year three-part plan of erasing stigma, raising awareness, and improving access. If you missed the first meeting, it was recorded, and the link can be found in this newsletter, along with information about upcoming sessions.

Clubs have been squeezing events in between raindrops, and at least two clubs have been wringing raindrops from buildings. The members of the Rotary Clubs of Ludlow and Wantastiquet have been working tirelessly to support their communities as they recover from devastating flooding. Monetary and supply donations have come from far and wide, but one supply donation stands out. Several members of the Rotary Club of North Kingstown, Rhode Island in District 7950 are employed by Ocean State Job Lots. Ocean State has a charitable arm to their corporation, and wanted to assist those affected by the flooding. Connections were made, and on July 28<sup>th</sup> at about 7am, a 48 ft trailer packed full of supplies arrived at the Ludlow Community Center. Not only did Ocean State Job Lots send the supplies, their Chief of Charitable Operations also made the trip, working side by side with volunteers from the Ludlow Rotary Club, Cota & Cota, and the Ludlow Fire Department to offload the donated materials. (photo of trailer offloading)



Our District hosted the Eastern States Student Exchange (ESSEX) Summer meeting in Nashua, and District Chair Jim Rumrill, Inbound Chair Julie Rowland, Outbound Chair Barry Griffith, Short term Chair Gary Dehnel, Meredith YEO Dean Gulezian, and D7870 Exchange Alumni Rotaract Club members played key roles, hosting keynote and breakout sessions alike throughout the weekend. The ROTEX Alumni Rotaract Club was chartered earlier in 2023, and their presence at ESSEX made quite an impact. Their mission is to support and promote Youth Exchange in our District by mentoring inbound, outbound, and rebound students. (photo of Jill, Ally, Maria, and Sophia).



The Youth Exchange activities continued on July 29<sup>th</sup> as we welcomed returning students and celebrated the imminent departure of this year's outbound students from both D7870 and D7850 at the Little Red Schoolhouse in Wallingford. The returning students gave informative presentations about their experiences that were both entertaining and beneficial to outbound students. Many thanks to the Wallingford Club for providing, preparing, and serving food to all the attendees.

Thank you for all that you do within your clubs, in your communities, and beyond. You are all truly creating hope in the world. I look forward to visiting with more of you soon.

Warm Regards,  
DG David

## District News

### **District 7870 Golf Tournament - August 18, 2023**

**Last Call. Deadline 8/18/23. NEED VOLUNTEERS!!**

2023 D7870 Trophy Golf Event

Friday August 18, 2023 — *Beautiful Weather Guaranteed!!*

Brentwood GC South Course, 365 E. Surry Road, Keene, NH

Shotgun Start 11:30 am

\$115 per player (\$460. Per team) *All Net Proceeds donated to D7870 Foundation*

Includes: Golf with cart, Sleeve of D7870 balls, bag lunch, putting contest, raffle and full dinner

**Raffle Prizes Appreciated...Thank you**

Send names of all team members and checks to:

(Can pay on site but need to know numbers staying for dinner)

PDG Rich Berryman, 18 Foxcross Circle, Concord, NH 03301

Golf Tournament Application Document:

[https://docs.google.com/document/d/197FCwgKw\\_tt9Ru7sgdpZlmwGYXtSWlPy/edit?usp=sharing&oid=113101503615438439281&rtpof=true&sd=true](https://docs.google.com/document/d/197FCwgKw_tt9Ru7sgdpZlmwGYXtSWlPy/edit?usp=sharing&oid=113101503615438439281&rtpof=true&sd=true)

## Maui District Emergency Fund

*From Hawai'i Rotary District Governor Mark Merriam:  
August 9, 2023*

*Today has been a tragic day for our Rotarians, families and friends on the Island of Maui. The fires across the island have changed lives forever. Truly devastating. Our sympathy, thoughts and prayers are with everyone impacted.*

*As people of action, we can take immediate action. As we come together to recover and rebuild, we need to support each other. We need to Create Hope for Maui.*

*Through our Rotary District 5000 Foundation, a relief fund has been established. Foundation President Dave Hamil and Treasurer Sharon Amano will handle all donations. A committee will be organized shortly to find the greatest needs for distribution of monies. A single fund will be the most helpful over time to provide the most significant benefits.*

*Please consider donating to this special fund.*

*Maui Fires Relief Fund: [https://www.paypal.com/donate/?hosted\\_button\\_id=6C4K2SDUY8FUG](https://www.paypal.com/donate/?hosted_button_id=6C4K2SDUY8FUG)*

*Mahalo to the Rotary Club of Waikiki for collecting monies at their lunch meeting today. These are the first contributions to the fund.*

*Please also widely share this opportunity to help.*

*Stay safe, take care and mahalo for creating hope.  
Mark Merriam, District Governor  
Rotary District 5000, Hawaii, USA*



## Call for Nominations for District Governor 2026-27

Nominations are now being accepted for the position of District Governor for the Rotary year 2026-27. Please consider nominating a qualified candidate from your club.



Application materials and a job description are available on the District Website <http://rotary7870.org> in the site pages section entitled “District Governor Application Materials”. Note: you must be logged into the District website to access these materials.

**District Governor** (to serve 2026-2027). Qualifications for District Governor are as follows:

- Nominee must be a Rotarian in good standing of a Club in the District
- Nominee must be of outstanding personal caliber and must maintain full qualifications of membership
- The integrity of the Nominee’s classification must be without question
- Nominee must be a member of a functioning club, in good standing, that has no outstanding indebtedness to Rotary International or District 7870
- Nominee must have served as a Rotary Club President for a full term
- Nominee must have been a Rotarian for at least seven (7) years at the time of taking office
- Nominee must demonstrate willingness, commitment, and ability, (Physically and otherwise, to fulfill the duties and responsibilities of the office of District Governor)

Traditionally, the nominating committee also looks for Nominees with a record of club and district participation, an outstanding attendance record, and demonstrated civic interest in their community. Rotary International suggests that Nominees have necessary computer skills, and Rotary International also mandates attendance at the Governors-Elect Training Seminar and the International Assembly.

Please upload all nominations and supporting documents on the District Website <http://rotary7870.org> under the Site Page “District Governor Application Materials” **no later than August 31, 2023**. Submissions uploaded after August 31, 2023, will NOT be considered.

Interviews of the candidates for District Governor 26-27 will take place during the middle of September 2023, invitations will be forwarded to each candidate. Specific times will be assigned to each candidate. Failure to appear for any reason will automatically eliminate the candidate from consideration.

Thank you for ensuring that all qualified candidates receive this information.





Yours in Rotary,  
Randell Barclay, Immediate Past District Governor 2022-23

## RI Presidential Citations Awarded to Five Clubs in 7870

One of the unique pleasures of being an immediate Past District Governor is to announce which clubs in our District achieved a Rotary International Presidential Citation. I am pleased to announce that Deerfield Valley, Meredith, New London, Wallingford, and White River Junction earned the distinction this year.

Each year clubs set their goals on Rotary Club Central on the my.rotary.org website. There are usually 25 goals in areas such as Membership, Foundation giving, Service Projects, Youth Programs and Public Image. Clubs that achieve 13 goals or more receive the Presidential Citation. Why would a club want to do this? Demonstrate that your club's activities are aligned with the mission of Rotary International. Harvard Business Review has reported on research that suggests that organizations with written goals are 30 times more likely to achieve those goals than organizations with no goals. Work towards achieving your club's strategic plan. Quarterly reviews allow for re-assessment and a re-deployment of club members' volunteer efforts. Optimize allocation of the club's resources. Congratulations to our five recipients this year. I look forward to presenting the citations at their clubs.

## District 7870 Chapter - Rotary Action Group on Mental Health Initiatives

Our District Chapter of the Rotary Action Group on Mental Health Initiatives (RAGMHI) had its first organizational meeting on Sunday July 30, 2023. 19 Rotarians and 1 non-Rotarian have joined the District Chapter. We welcome other Rotarians and non-Rotarians to join us. You can see the recording of the Organizational Zoom meeting at <https://youtu.be/m7e5KEItWaQ>

The purpose of RAGMHI is to: 1) Break the Stigma, 2) Raise Awareness and 3) Increase capacity and access for mental health issues and services.

Our first project is to conduct a district-wide "wellbeing" confidential survey of district Rotarians. We invite you to answer five questions relative to your well-being in the last month and offer us



suggestions about activities the District Chapter might pursue. Please participate and complete the survey at <https://s.surveypal.com/w6ab6nn9>

We will be announcing our second district initiative at our Sunday, August 27, 2023, 7PM zoom meeting. Past District Governor Bonnie Black from Plattsburg New York will be our speaker. She was the founding chair of the Rotary Action Group on Mental Health Initiatives. She will be speaking about possible district and club projects as well as answering questions about RAGMHI and District Chapters. Meeting Zoom Link:



<https://us02web.zoom.us/j/3561643653?pwd=WjZxMUlmL1drUnl2cUZBWENESVJDZz09>

If you are interested in joining our District Chapter, please fill out the application form at <https://forms.gle/iDDPrJoy5qPaxjG99> Membership in our District Chapter is open to Rotarians and Non-Rotarians. Non-Rotarians will be offered the chance to join our new caused-based Rotaract Club for Mental Health Initiatives.

Nancy Russell – Chapter Chair - RAGMHI

## Coffee with Ken - Informal Zoom Get Together

Ken Yei (Queen City RC) will be hosting his next Coffee with Ken on **Fri. September 1 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.



## Rotary Leadership Institute: Want to Learn More About Rotary?

This year District 7870 will work with surrounding districts to offer the opportunity for our clubs to grow and strengthen leadership.

Courses are fun and interactive with topics geared toward busy business, professional and community leaders who want to be more effective in their vocation and in their club. Attendees return to their club with enthusiasm, new contacts, fresh ideas, an increased understanding of their potential as Rotarians with valuable skills that will impact their potential leadership in the club.



**PARTICIPANT INVESTMENT**  
Virtual Session Fee = \$25  
(Rotaracts = \$10)  
In-Person Session Fee = \$75 - \$125 depending on the site  
(Rotaracts = \$50)  
Virtual Session Time Commitment = 9:00 am - 2:00 pm  
(breaks provided throughout)  
Or  
2 evenings within an 8 day block = 6:00 pm - 9:00 pm  
In-Person Session Time Commitment = 8:30 am - 3:00 pm  
(breaks provided throughout / breakfast & lunch provided)

Many participants have elected to participate in successive parts, which has resulted in those Rotarians qualifying to participate in the Graduate Level from this point onward.

Future club leaders will prepare for their club and community leadership role while participating in a quality educational experience. It is also beneficial for any member wanting to learn more about Rotary and further develop leadership skills.

Membership growth is important, and retention is dependent on the quality of Rotary clubs. Clubs with

good leadership will be more likely to involve their members in exciting service activities and programs helping maintain them and attract new ones.

Established in 1992, RLI has become a worldwide organization. Discussion group size is limited.

More to follow soon!

## Club News

### Keene Elm City Rotary Announces 2023 Scholarship Winners

The Keene Elm City Rotary Scholarship Committee announced that they awarded six Monadnock area students nearly \$7,500 for the club's Unsung Hero and Ken Jue Scholarships. Keisha Somero was awarded both the inaugural Ken Jue Scholarship and an Unsung Hero Scholarship. Somero is a graduate of Liberty University Online Academy. She is studying to be an LNA at River Valley Community College.



Other winners of the Unsung Hero scholarship include:

- Evelyn Proctor, a 2023 graduate from UNH, earned a BA in Biochemistry, Molecular and Cellular Biology. Proctor is currently enrolled in an accelerated master's degree in Biochemistry at UNH and is working on skin cancer research.
- Isabella Tommila, a 2023 from Monadnock High, will attend Keene State as a Criminal Justice major with a minor in Psychology. Tommila plans to be a child welfare advocate.
- Annie Henderson has a BS General Biology and MA Liberal Arts Saint Michael's College. She will be graduating with an MS in Environmental Studies and Environmental Education from Antioch University this year.
- Sean Nelligan, a 2023 graduate of Our Lady of Mercy High School, will study Music Technology at Keene State.
- Austin Wyman, a 2022 graduate of Monadnock High and the NH Fire Academy, is studying Fire Science and EMT at Lakes Region Community College.

Elm City Rotary's annual Unsung Hero Scholarship recognizes individuals of the Monadnock Region who have engaged in significant service above self. Such service may be to their community, place of worship, school or family and may have come at a cost to that personal academic or personal career.

The Ken Jue Scholarship recognizes an individual who meets the above description and has personal experience in or plans to study or work in the areas of mental health, physical health, social work or advocacy for inclusion of marginalized persons. The Ken Jue Scholarship was created in 2022, after the death of long-time Rotary member Ken Jue.

Scholarship applicants must be a Monadnock Region resident, at least 16 years old, already accepted to an accredited institution of further learning or training and in need financial support.

Scholarship committee member Jay Smeltz said, “The idea is to identify deserving people who may be overlooked by more traditional scholarship funds.”

Since the scholarship committee’s inception in 2002, the Keene Elm City Rotary Club has awarded over \$98,500 to 53 individuals. Previous winners may apply for continued support. In addition to the monetary award, the Keene Elm City Rotary Club offers mentoring, networking, and any other assistance to help recipients successfully complete their chosen course of study, linking them to internship opportunities, employment and acting as personal references. Unlike most scholarships that are paid to the schools, these scholarships help support the student with the many incidental expenses related to their schooling, like books, supplies and travel.

## Capital City Sunrise Rotary Kayak Package Winner



Capital City Sunrise Rotary’s latest fundraiser - A Kayak Package included two Kayaks, paddles, life vests and vehicle mounting straps and sponges - was won by Scott Martin of Concord (center) in photo with President Rich Berryman (right) and former AG and District Grant Chair Geoff Souther (left).

CCSRC raised \$2754.00 for their Community Support Fund. We thank EMS for their generous assistance in providing the kayaks and equipment at significantly reduced prices, Demoulas Corp. for allowing CCSRC Rotarians to set up and sell chances outside their store on Ft. Eddy Road and their new store at Rt 93 Exit 17 and all the CCSRC who sold chances for this fundraiser. Hopefully an annual event going forward.

## Wantastiquet Rotary of Londonderry Scholarship Winners

The Rotary Club of Wantastiquet in Londonderry has awarded \$6,000 second semester scholarships to six students. Each student receives \$1000 each. This scholarship is a second semester scholarship. The student must successfully complete their second term, to receive their scholarship money. The money was raised for the scholarship by running a 250 Club monthly raffle, a no show scholarship gala, a cookout at the 4<sup>th</sup> of July parade in Londonderry and selling McKenzie hot dogs at the Peru Fair. This year’s scholarship winners are: Halyn McIntyre – Londonderry; Katherine Samuelson – Winhall; Kylie Prins – Weston; Delana Underwood – Jamaica; Christina Czechel – Londonderry; Cassidy Fusco – Windham

## Fleming Updates Ludlow Rotary on African Orphanage



At our August 1, 2023, meeting, the Ludlow Rotary Club was pleased to welcome back Robert Fleming and Amy Carst of Malayaka House, Entebbe, Uganda.

Robert's story is amazing, how as a tourist in Uganda 18 years ago he became aware of a pregnant young woman not comprehending her pregnancy. Robert took it upon himself to keep a watchful eye and help as he may. The woman had her baby girl and abandoned it in the bathroom of the hospital. Since Robert brought her in, the police told him to take the baby as no one would want the child. The next day, Robert was given another young child by the police. You see children are dispensable in Uganda and Robert, being American, was believed to be able to care for them.

Robert, a single person on vacation, did not know how to change a diaper or care for a child. He learned very quickly. Hence, his first baby girl was named Malayaka, (Angel) and the Malayaka house was "born". Many children have been welcomed here each with their own heart-wrenching story. All are well loved, cared for and educated at the best schools and onto university if the desire is there. Malayaka House is their home, forever welcomed, and Robert is their "Uncle".

Fifty children have been so wonderfully cared for, and loved. They have an amazing sense of self and caring for each other. Robert, no longer, runs Malayaka House as it takes more than he to manage the day-to-day paperwork etc. Instead, Robert freely spends time with the children day to day, arranges for their education and welfare and focuses of public speaking and raising the funds continually needed to provide for the children.

All those years ago, perhaps 15, Rotary was introduced to Robert, his story and Malayaka House. The Ludlow Rotary Club was so impressed that it wrote and received a sizable Rotary District 7870 grant to assist with the installation of solar panels for Malayaka House.

The club was so touched by the kindness of Robert and his staff! A few Rotarians have visited Malayaka House. If you would like to learn more about this amazingly loving place, the full story, see the children and read about all of the success of Malayaka House, please visit <https://malayakahouse.com>.

Robert spoke of his mission. It is to provide a loving and safe home for the children left behind, meet their needs and provide the best education available for the kids.

Photo of Robert Fleming, credit Kevin Barnes, a Rotarian.



## Ludlow Rotary Helps Distribute Flood Recovery Supplies



On learning of the massive flooding in central Vermont, David Sarlitto, Executive Director of the Ocean State Job Lot Charitable Foundation, contacted Rotary International District Governor, David Saturley, offering to donate disinfecting supplies to assist in the disaster response. Early on Friday, July 28, Sarlitto and his wife, Sally, arrived to welcome his colleague, Rob Delemaico, into the Ludlow Community Center with a semi-truck load of disinfectant wipes and hand sanitizer. These supplies are available to be picked up at the Ludlow Community Center. Other communities affected by the recent flooding are also welcome to obtain some of these supplies as there is plenty to share. Ludlow Rotary wishes to thank all the local volunteers who helped unload the trailer. Pictured are some of the volunteers as they ready the materials for distribution in the Community Center.

## Wantastiquet Rotary of Londonderry Vermont Begins Cleaning Up After the Flood of July



Wantastiquet Rotary of Londonderry Vermont begins cleaning up after the flood of July.

The small town of Londonderry was hit hard by the July flood, residence, small business owners and our Second Congregational Church were severely damaged by the flood waters.





## The Whale of a Sale



The Wantastiquet Rotary assisted the Second Congregational Church with the Whale of a Sale fundraiser. This fundraiser is the single largest fundraiser of the year for the church located in Londonderry VT. Despite the flood damage suffered to the church the show went on in an alternative location with an outstanding outcome.

## Souhegan Valley Rotary Awarded 5 Candidates a \$1,000 Scholarship

This is the second year that the Souhegan Valley Rotary of Nashua has offered a non-traditional scholarship program. Seeking students with a strong work ethic interested in an educational path, different from the traditional 4-year college. "Service Above Self" - inspires Rotarians to prioritize assisting others, reflects the program's original purpose as an investment in our local community's youth. Applicants from diverse backgrounds are encouraged to apply. This year's recipients are:

**Junaid Mohammad**, a Rohingya refugee from Burma. Junaid is pursuing higher education in the automotive field at Nashua Community College to gain the skills necessary for diagnosing and fixing automotive issues. He is ready to seize opportunities and create a brighter future for himself.

**Aiden Marie Walsh**, is pursuing a program in esthetics at the prestigious Catherine Hinds Institute of Esthetics in Woburn, MA. With a passion for health and self-improvement, Aiden has consistently excelled academically and has gained much confidence, giving her the path to obtaining her certificate and professional license.

**Joseph Deck**, a recent graduate of Nashua North High School and a NH Scholar, excelled in his core curriculum. Joseph is actively working towards obtaining a journeyman's license and is on placement to apprentice with Longchamp Electric along with obtaining certification as an umpire for Babe Ruth Games.

**Samantha McDaniel** of Nashua, and a mom of two young children, has proven to be an invaluable member of our community and is pursuing a course in Nursing. As a recovery support worker, her dedication, compassion and level of care, have helped many individuals in their healing process.

**Heather Loby**, is looking to pursue a Bachelor's degree in Human Services with a concentration on Child and Family Services at SNHU. With a history of mental health concerns, she found solace in Equine Therapy, and has founded Healing on Manes -Trauma Informed, Equine Assisted Learning. Her non-profit, here in NH, helps children heal their emotional traumas.

At Souhegan Valley Rotary, we firmly believe in the power of education and the impact it can have on transforming lives. We would like to extend our sincere congratulations to all the recipients!

### **About The Souhegan Valley Rotary**

The Souhegan Valley Rotary Club (Nashua, NH) was formed in 2010 when a small group of local business professionals identified a need for a Rotary club that met in the evenings, appealed to a wide demographic and still had a significant impact on the community. To learn more, visit <https://www.happyhourrotary.com>

## **Ludlow Rotary Contributes \$13,000 and Personal Effort to Flood Recovery**

“Unsurprisingly, many of our fellow Rotarians in the area have jumped in to help some of the many people and organizations in our communities adversely affected by the recent flooding”. With this simple, yet heartfelt summary, Tom Ray, Ludlow Rotary Club President, indicated what the Ludlow Rotary Club (LRC) had done to date to assist in the vast recovery effort.

Thus far, the LRC has donated \$8,000 for dehumidifiers that were immediately needed by residents and businesses in the area. Following this, the LRC donated \$5,000 to the BRAT (Black River Action Team) to assist that group in its recovery program cleaning the river of debris.

In addition to checking that all of its members were safe and offering assistance to those who suffered from the ravages of the flood and mud-slides, the club members participated in a “clean up” at the Timber Inn Motel.

At the request of the Okemo Valley Regional Chamber of Commerce, the LRC offered to use its charitable fund so that the Chamber’s fund-raising drive would be tax-deductible to donors. The LRC’s Facebook site became a source of helpful information.

A number of other Rotary Clubs throughout New England have already sent contributions to the LRC as well as several area businesses and organizations in support of recovery relief.

Tom Ray indicated that much more needed to be done, noting “While substantial aid in the form of food, supplies, money and recovery assistance has been arriving, much more will be needed to restore the many homes, businesses and the landscape devastated by this storm. The Rotary Club of Ludlow, Vermont, has been coordinating with other civic organizations to provide relief and assistance”.

LRC Treasurer, Kim Lampert, indicated that tax-deductible donations could be sent to the LRC's 501(c)(3) foundation. The address is: Ludlow Area Rotary Charitable Fund (LARCF), PO Box 216, Ludlow, VT 05149

All contributions will be directed to specific agencies providing relief to this devastating flood.

## Springfield VT Rotary Earns Third Trex Bench for Springfield Community



As a reward for Springfield residents collecting more than 500 pounds of thin film plastics within a ten-week period during the Trex Thin Film Plastics Challenge, the Trex Company (Trex) provided the Springfield Rotary Club with an outdoor bench that was placed at the Park Street School overlooking the Kingsbury House by the Union Park Neighborhood Association and the Springfield Park and Recreation Department.

The Rotary Club entered the Trex Thin Film Plastics Challenge on January 1st on behalf of the Springfield community, placing a Trex Bin in the Springfield Town Library. In addition, thin film plastic was collected at McGee CDJR of Springfield, Springfield GMC, and the Springfield Food Co-op. Since that time, Springfield residents have been avidly pitching in to recycle their share of thin film plastics, amassing 1616 pounds of thin film plastics in under six months.

The Challenge is part of the Trex Recycling Program, aimed at encouraging the public to recycle their grocery bags, bread bags, produce bags, cereal bags, ice bags, case overwrap, bubble wrap, dry cleaning bags, Ziploc and other resealable bags, and similar bags and wrap for other objects. If the sponsoring group's participants collect 500 or more pounds of thin film plastics within a six-month period, Trex will send the group a Trex Outdoor Furniture 48" Yacht Club Bench.

This is the third bench that has been donated. The first two can be found at The Common. Volunteers from the Springfield Rotary Club and from the Springfield Town Library collected and weighed the bags, reported the bags' weight to Trex, and delivered the bags to Trex's closest participating drop-off retailer location, Shaw's Supermarket in Springfield.

The Trex Bin will remain in place at the Springfield Town Library. The Springfield Rotary Club is partnering with the Black River Action Group to launch another Challenge and earn an additional outdoor bench for our community.

The benches are dedicated to the 95<sup>th</sup> anniversary of the Springfield Rotary.

The Rotary Club of Springfield, founded in 1927, is an active community service club of more than 40 members who engage in community and human service projects both locally and internationally. For more information, visit <https://springfieldvtrotary.org/>.

## Rotary West 6th Annual Duck Festival

Adoptions are underway for the Rotary Club of Nashua West's 6<sup>th</sup> annual Duck Festival and fundraising event. Thousands of toy rubber ducks will once again be "quackin' down the river" as they make their way downstream on Saturday, October 14<sup>th</sup> in Renaissance Park located in Nashua. Prize money will be awarded to entrants purchasing the first three lucky ducks to cross the finish line. \$2500 for first place, \$1000 for second place and \$500 for third place. Entries can be purchased for \$5 a chance or can be purchased as adoption packages: a six quack for \$25, a quackers dozen for \$50 or a flock for \$100 by visiting <http://www.nashuaduckderby.com> or in person from one of our club members.

Proceeds from this event will benefit forty area nonprofit organizations, provide \$15K in scholarships for qualified high school seniors, and allow our club the opportunity to support international humanitarian programs.

The event will include numerous free activities for children and families, including games, food trucks and live music. Currently, we are looking for individual and corporate sponsors. If you are interested, please reach out to Kim Reagan at [kim.reagan@comcast.net](mailto:kim.reagan@comcast.net).

Or, if you are interested in learning more about the Rotary Club of Nashua West, reach out to Nicole Ennis at [nennis@frontdooragency.org](mailto:nennis@frontdooragency.org) or any of our members of the Rotary Club of Nashua West.

## Milford Rotary Club Triple Header of a Crown, Ribbons & Pins

The Milford Rotary Club wrapped up Rotary Year 2022-2023 on a very high note with the smashing success of the Club's 29<sup>th</sup> annual 100 Holes of Golf in One Day Tournament. After months preparation, the event was held on Friday, June 16<sup>th</sup> with around 60 golfers "running" across the Amherst Country Club's beautiful 18-hole course in their personal quests to play 100 Holes In One Day! All told, this year's event was a smashing double-eagle success! The weather held, everyone had loads of fun volunteering and playing golf, and together we raised a record-breaking amount of money for charity and scholarships!



The highlight of the evening's 100 Holes celebration dinner was a well deserved coronation! As Marc Chareth shared, "In its 29 years, hundreds of golfers have played in the 100 Holes tournament. And in that time the event has raised \$2 Million Dollars for charity and scholarships! But one golfer, just one golfer has single-handedly raised \$200,000 – Mr. Joe Clement!" In honor of that accomplishment, Joe was "crowned" THE KING of 100 HOLES and received a special coronation portrait! The funds Joe raises each year through 100 Holes raffle ticket sales are shared between his beloved Henniker Rotary Club and the Milford Rotary Club. In keeping with the coronation theme, Cathy Dias, Joe's Chief Equerry and daughter, was honored with a Paul Harris Fellow (a PHF+6!) for her longstanding support of this event and allegiance to her father. Pictured at the left - King Joe, Marc Chareth and Cathy Dias.



King Joe has participated in nearly every 100 Holes Tournament. As Milford Rotarian Alec Buchanan noted in 2016, at the time of Joe's induction with the inaugural group of 100 Holes Hall of Fame honorees, "Joe has only missed a couple of years in the event's history and that was because we forgot to call him!" As many have noted over the years, no matter if you meet-up with King Joe on one of the first holes, at mid-day or on the 100th hole he is always smiling! Pictured - King Joe, Marc Chareth and Cathy Dias.

Our Club then rapidly rolled from golf to swimming. On July 22<sup>nd</sup> and 23<sup>rd</sup>, we held the 58<sup>th</sup> Annual Milford Rotary Swim Meet. Unlike other swim meets of similar size, "The Rotary" is and has always been a no-fee, free to enter invitational swim meet. This year fifteen swim teams from across New Hampshire with well over 400 athletes gathered to test their skills, compete against the clock, and build team camaraderie. Six Rotary Swim Meet records were broken and over 100 "personal best" times were recorded. From the athletes' smiles upon receiving a heat winner ribbon to the collective smiles as the team trophies were awarded, the sense of accomplishment while having fun was evident as expressed by the athletes, coaches and parents alike.



This truly is a community service event founded on collaboration. The Milford Rotary Club is grateful to the Granite State Swim Association (GSSA), the Milford Recreation Department and



Commission, and the Milford Keyes SeaDragons Swim Team, our host team, for their dedication and assistance. Notable individual accolades must go to Jim Rezzarday, GSSA President, who has been our Meet Director for over 30 years; Arene Berry, Director of the Milford Recreation Department; and Becky Anderson, Milford SeaDragons “team Mom” and our Entries Chairperson. Together were able to provide a very smoothly run, extremely fun and highly successful opportunity for GSSA league and non-league summer recreation and year round swim teams to participate in a large fun swim meet. We believe that this is the longest-running Rotary organized and sponsored swim meet in the world!



Milford Rotary rounded out July by giving out official Rotary pins to three new members - Devin McEntee, Patrick Brooks and Samantha Belcourt. Professionally, Devin and Patrick are funeral directors at Smith & Heald Funeral Home. Samantha is the Director of Technical Studies at the Milford High School and Applied Technology Center. Interestingly, Devin and Patrick have "connections" back to two of our club's charter members Past President L.Keeley Smith and Thurston Williams. We are honored to have this trio of engaged members join us and bring

their new perspectives and interests to our Club.

Pictured from left to right – Al Hoyt (sponsor), Patrick Brooks, Devin McEntee, Past President Paula Telage, Samantha Belcourt, Past President Bob Moulton, and Club President Todd Leo.

Next up for the Milford Rotary Club is our 55<sup>th</sup> Annual Pancake Breakfast on Sunday, September 10<sup>th</sup>. More info under “Fundraisers” below.

## **International**

### **Fitness Project Promotes Health for Oglala Lakota Schools**

By Martin Cohn, Rotary Club of Springfield, Vermont, US

For more than a decade, members of Rotary District 7870 (New Hampshire, Vermont, USA) have been helping residents of Pine Ridge Reservation in South Dakota. The district's service projects have ranged from making upgrades to the local nonprofit radio station, to providing laptops for students, to delivering



materials for traditional quilts. District Rotarians have also partnered with South Dakota Rotary clubs to fund a makerspace for native artists.

This past fall, we were contacted by Doni DeCory, director of health and wellness for the Oglala Lakota County School district. 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 fitness trackers you can wear on your wrist. The devices have sensors underneath that monitor your blood pressure, your pulse, your heart rate, and the number of steps you take. The core functionality in all the trackers is a pedometer: a three-point accelerometer that tracks your movements, gathers data, and translates the information into digital signals to measure your physical activity.

### **Getting healthy together**

To jumpstart her “Let’s get healthy together” program, DeCory needed 1,200 trackers for staff members and students. Three past district governors – John Siemienowicz, Venu Rao, and Tony Gilmore – heard about the need and donated the funds.

DeCory encouraged each school to develop their own wellness plan that took into consideration the emotional, social, mental, and physical well-being of their staff and students. Some set up fitness centers in their schools. Others created wellness rooms, while others incorporated their Lakota culture into their wellness response.

Oglala Lakota County has four elementary or middle schools, a high school, and a virtual high school with 435 staff and close to 1,800 students. With the 1,200 trackers, every staff member and as many students as possible are able to use them in physical education classes or other class activities. One of the schools held a competition for most steps.

### **Walking to stay fit**

At another of the schools, staff participated in a fitness challenge and took a virtual walk to Rapid City and back. One competitor lost 48 pounds. DeCory said the trackers have encouraged a lot of students who don’t get involved in organized sports to find ways to become more active and improve their fitness.

One of the goals of the project is to get students interested in healthy habits like walking. The devices have helped build self-esteem and given all students – even those who are reticent to participate in new activities in gym class – another way to stay fit.

Some of the staff who were diabetic were able to improve their nutrition, lower their blood sugar, and come off their medication. The district was able to avoid an increase in staff health insurance rates for the first time due to fewer claims and increased attention to fitness.

It's our hope that this project will encourage the students to engage in more physical activities and aim to achieve a target of 10,000 steps a day, a goal recommended by the National Institutes of Health.

Reprinted from Rotary Voices 07/20/23

<https://blog.rotary.org/2023/07/20/fitness-project-promotes-health-for-oglala-lakota-schools/>

## 2024 Amigos Mission Team and Appeal for Contributions



The Amigos Leadership Team would like to announce that the 2024 mission trip will leave on Saturday, January 27th and return on Saturday, February 3rd. The team leaders will be Dave Lawrence, formerly of Springfield Rotary and currently with Lancaster PA Sunrise Rotary, and Steve Neuhoff, of the Henniker Rotary Club. The Medical Leader will be Kell Giffin of the Wallingford Rotary Club, and the Dental Leader will be Shannon Mills of the Concord Rotary Club. We are most fortunate to have such an experienced and capable leadership team. The size of the team will be capped at 25 team members. Priority will be given to medical and dental professionals, to District Rotarians, and team members that have been on previous teams. PHOTO: PA Nicole Lang, of Henniker Rotary Club

The team will again fly into Comayagua (instead of Tegucigalpa). This has resulted in the bus trip to Danli being 3.5 hours instead of 1.75 hours each way.

This trip will have the same three areas of focus as with previous trips: medical and dental brigade, school construction, and a Pure Water for the World project. Typically, the projects on these mission trips require funds between \$10,000 and \$15,000. For these reasons, all contributions are greatly appreciated. Please know that 100% of the funds that are contributed will go to the projects, as our team members fund their own travel expenses, and the administrative costs are donated.

The cost to a team member usually ranges from \$1,200 to \$1,400 depending on airfare. We will be selecting the optimal flights for the team and will let the members know this information so they can purchase their tickets.

The Rotary International District 7870 Foundation is a 501c3 charitable organization under the rules of the Internal Revenue Service. Our Tax Id is 26-0197796.

If you are interested in being a team member, please email me at [cep617@comcast.net](mailto:cep617@comcast.net). Thank you for your support of the Rotary District 7870 Foundation and of Amigos De Honduras, and let me share with you one of my favorite quotes from Margaret Mead: *“Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has.”*

Sincerely,

Christopher E. Parkinson, Past District Governor (2007-2008) and Chair of Amigos De Honduras  
18 Senna Way, Moultonborough, New Hampshire 03254

## Youth Exchange Rebound Meeting



On Saturday, July 29, the annual “Rebound Meeting” was held in Wallingford, VT. This is a meeting for all returning outbound youth exchange students. It is an opportunity for the newly returning students to share their experiences with Rotary volunteers, parents and most importantly the students who are about to depart on their own exchange. Each rebound student offered a few thoughts on their exchange experience, some funny stories on how they managed through unforeseen circumstances and made the year their own. During an extended question and answer period, the rebounds offered candid answers and advice to the new students about what they can expect, how to respond in different situations and how to deal with life in a new culture and language. The common theme was to follow what they learned in their orientations, to communicate with

Rotary volunteers in their host country and to learn to laugh at themselves. Mistakes and mis-steps will happen and students need to embrace it as part of the growing process.

Volunteers who had helped with the rebound student’s orientation all shared how impressed they were with the increased confidence each student displayed when speaking to the group. Each student also showcased their new language fluency with ease.



Congratulations to all of the returning students on their success, and a special thank you to Rotarian Barry Griffith (Wallingford, VT) and Rotary volunteers for their countless hours helping to prepare our students for their experience. Additional thanks go to members of the Wallingford club who grilled a nice lunch for all attendees.

NOW IS THE TIME for all clubs to reach out to their local schools to open up this opportunity for your area youth. If you need help with this or would like information, please contact program chair Jim Rumrill at [jrumrill@hotmail.com](mailto:jrumrill@hotmail.com) or by phone at 802-380-2766.

## Youth Exchange Alumni Rotaract Shines at ESSEX Summer Meeting



District 7870 was honored to host the Eastern States Student Exchange multi-district summer meeting in Nashua, July 21 & 22. The meeting is held twice per year in the Eastern U.S. to update Rotary District leaders on any changes in the program, rules & audit requirements from the U.S. Department of State and to enjoy the fellowship of Rotary Volunteers from the Eastern U.S., Bermuda and Quebec.

District 7870's newly formed Rotaract group, consisting exclusively of former outbound exchange students from our district, was featured throughout the weekend. Jill Pierson (outbound to Brazil 2015–16) spoke to attendees Friday evening. On Saturday, PDG Randell Barclay along with Jill, Ally Peverly Chabaneix (Mexico 2008–09) Sophia Moore-Smith (Brazil 2018–19) and Maria Mendez (Argentina 2018-19) all spoke about the formation of the club, it's purposes and opportunities for service for the larger program. Saturday evening, Ally spoke specifically of her exchange experience. During breaks and hospitality periods, the Rotaract team spent time talking to attendees about their participation and the energy was contagious. Thank you to this spectacular group of accomplished volunteers, and congratulations to the District 7870 Youth Exchange team for being chosen to host the event.



## Fundraisers

### Rotary Club of Concord - 23rd Annual Golf Tournament - August 17, 2023

**THE ROTARY CLUB OF CONCORD'S  
23rd Annual Golf Tournament**

**Nine  
&  
Dine**

**Beaver Meadow Golf Course**  
Concord, NH  
Thursday, August 17, 2023  
Dinner to start between 6:00 and 6:30

SCRAMBLE FORMAT - 2:00pm Registration - 3:00pm Shotgun Start  
PLAYER REGISTRATION FORM (Register by Fri, July 14th, 2023)

COMPANY \_\_\_\_\_ CONTACT \_\_\_\_\_  
ADDRESS \_\_\_\_\_ PHONE \_\_\_\_\_  
EMAIL \_\_\_\_\_

PLAYER 1: \_\_\_\_\_ PLAYER 3: \_\_\_\_\_  
PHONE: \_\_\_\_\_ PHONE: \_\_\_\_\_

PLAYER 2: \_\_\_\_\_ PLAYER 4: \_\_\_\_\_  
PHONE: \_\_\_\_\_ PHONE: \_\_\_\_\_

**Golf, Carts, Driving Range, Dinner, Prizes**

Check One  Foursome \$500  Foursome \$400  INDIVIDUAL \$100  
W/Signage at the Tee or Green  DINNER ONLY \$40

TOTAL ENCLOSED \_\_\_\_\_

CHECKS SHOULD BE MADE PAYABLE TO: THE ROTARY CLUB OF CONCORD  
MAIL TO: ROTARY CLUB OF CONCORD, PO BOX 2246, CONCORD, NH 03302-2246  
(TEL) 603-410-6715 [vince@rumfordstone.com](mailto:vince@rumfordstone.com)

### Build Better Friendships Pickleball Tournament - Sept. 9 & 10, 2023

Registrations for the Second Annual Rutland City Rotary, Build Better Friendships Pickleball Tournament are open at [rutlandcityrotary.org](http://rutlandcityrotary.org). BBFPT is a non-sanctioned Round Robin tournament that will support all levels of play. The event will be held at several sites in the city of Rutland, please stay tuned.



There will also be a learning clinic Saturday, September 9th (rain date Sunday) at Monsignor Connor Park (aka Meadow Street Park) staffed by accomplished pickleball facilitators, for those that would like to play the fastest growing sport in America. There will be no fee for this fun, although donations will be graciously accepted. We would also like to know if you are interested so we can plan. No need for paddles and balls, just be sure to wear athletic shoes, sunscreen, and smiles.

Last year's tournament did "Build Good Will and Better Friendships" and we also taught pickleball to 44+ newbies. Rutland will be Pickleball Fun Central in Vermont, September 9th, and 10th, 2023. For more information contact Steve White [stevewhitevt@gmail.com](mailto:stevewhitevt@gmail.com) 802-236-1951.

## Milford Rotary 55th Annual Pancake Breakfast - September 10, 2023



*Save the Date* **55th Milford Rotary** 

**Pancake Breakfast**  
**Sunday, September 10th**  
**Serving 8:00 - 11:00 AM**



**At Souhegan Valley Boys & Girls Club**  
**56 Mont Vernon St. Milford NH**  
See any Milford Rotarian for tickets  
or share a donation at the door and Kids Eat Free!  
All proceeds go to charitable giving & scholarship programs!  
[MilfordRotaryClub.org](http://MilfordRotaryClub.org)

*Come join us for breakfast and  
some great community fellowship!  
Interested in being a Sponsor of this  
marvelous community breakfast?*  
Multiple sponsorship opportunities available!  
Please contact Sheila Sturm at [sheila@dgsiaw.net](mailto:sheila@dgsiaw.net)  
or Tom Young at [tom@dgsiaw.net](mailto:tom@dgsiaw.net)

## Keene City Hosts Clarence DeMar Marathon - September 24, 2023

The Keene Elm City Rotary Club is hosting the 45th running of the Clarence DeMar Marathon. Recently recognized in RaceRaves.com as New Hampshire's number 1 marathon. This Boston qualifier brings runners from around the world to run our quintessential Fall in New England race.

If you are a runner or know a runner that may be interested, please join us.  
Register at: [www.clarencedemar.com](http://www.clarencedemar.com)

## Bethel Area Rotary Club Fall Foliage Golf Tournament - September 30, 2023



The Bethel Area Rotary Club is hosting a fall foliage golf tournament at the [Montague Golf Club](#) in Randolph, VT on September 30, 2023.

Shotgun start at 10 am, scramble format, prizes, and buffet meal afterwards.

Contact Jenny Hewitt - [hewittvt@gmail.com](mailto:hewittvt@gmail.com) or Jeanne Conde - [BethelAreaRotary@gmail.com](mailto:BethelAreaRotary@gmail.com) with questions, to sign up a team of 4, make a donation, sponsor a hole, or to volunteer. for more details:

<https://www.facebook.com/events/635303168482578/?ref=newsfeed>

## 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](mailto: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** Environment 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](mailto: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: September 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](http://www.rotary7870.org).



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