



THE INSPIRATION



Rotary District 7870



December 2022

District Newsletter 2023, Number 6

Randell Barclay
District Governor

www.rotary7870.org

Rotarian Editors
Maureen Mooney and Martin Cohn



Rotary Theme of the Month: Disease Prevention and Treatment Month

In this issue:

Greetings From Your District Governor Randell Barclay

Delphine "Dell" Clough, Rest in Peace

District News

Public Image Committee - Template for Press Releases

4 Way Test Speech Contest

Preparations for the 2023/2024 Rotary Year

Upcoming Events for D7870

Coffee with Ken - Informal Zoom Get Together

Club News

Springfield Rotary Stuff a Truck Event Brings in 2,200 Pounds in Food, Items for Springfield Food Shelf

Capital City Sunrise Members Serve at Tree Lighting Event

Rotary Financial Round Table Offers Valuable Advice

Rotary West Holiday Book Drive

News from Bennington VT Rotary



Schmidt Discusses Okemo's Readiness for New Ski Season

Fundraisers

3rd Annual Nashua Rotary Car Raffle - WIN a 2023 BMW X3 xDrive30i or \$35K

Keene Rotary Club 42nd Annual Winter Event - December 31 & January 19

Calendars

District 7870 Calendar

Months of the Rotary Year

Miscellaneous

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

Website and Social Media

Greetings From Your District Governor Randell Barclay



District Governor's Letter for December 2022

It is with sadness that I announce the passing of two Past District Governor partners. Delphine (Del) Clough, wife of PDG Arthur Clough Jr., on November 3, 2022. Del was an active Rotarian in the Meredith Rotary Club. Please see the article in this newsletter from the Meredith Rotary Club. A memorial service will be held in the spring. Yolande Nicknair, widow of PDG Jean-Louis Nicknair (Henniker), on December 5, 2022. An article from Rotary Club of Henniker will be in the next issue of the Newsletter. As I receive information, I will post it on the District website.

Dianne and I have been busy since the November District Conference. We went to Cape Town, South Africa, for the dedication of our most recent Global Grant of two bronchoscopes (neonatal & cryogenic) for the Tygerberg Children's Hospital in Cape Town. These bronchoscopes are already saving the lives of small children daily. PDG Venu Rao and PDG Tony Gilmore were able to accompany us, and they spent several days hosted by District 9350's Foundation Chair, Helene Visser and by the Rotary clubs of Blouberg and Hout Bay visiting service projects in their areas. Thank you to all the District 9350 Rotarians who made this mini friendship exchange a success. The friendship exchange was a true reflection of Rotary's mission statement: "Together, we see a world where people unite and take action to create lasting change — across the globe, in our communities, and in ourselves." We are planning a full Friendship Exchange with District 9350 in 2024.

December is Rotary's Disease Prevention and Treatment month. In that context I would like to thank the many of you who signed up for the District's PolioPlus Society. I am hoping to visit clubs and thank you for your commitment to working towards the elimination of Polio. I will also be presenting certificates and society pins. You can sign up at any time at tinyurl.com/2a8rfckd by committing to donate \$100/year to Rotary's PolioPlus Campaign.

Rotary is not just combating Polio, Rotary has 12+ Rotary Action Groups covering Addiction Prevention, Alzheimer's, AIDS Prevention, Malaria, Diabetes, Maternal & Child Health and much more. If you are interested in learning more about these Rotary Action Groups go to <https://my.rotary.org/en/take-action/empower-leaders/rotary-action-groups>. I am a member of the Health Education and Wellness Rotary Action Group (HEWRAG). This group supports health education and health missions. I also support the Rotary Action Group for Family Health & Aids Prevention (RFHA) and their Rotary Family Health Days in Africa and India.

Dianne and I would like to send you and your families our best wishes for the holiday season and for a wonderful New Year in 2023.

Advocating for Fellowship & Fun in Rotary Service,
Randell Barclay, District Governor



PDG Venu Rao giving a doll to one of the TB patients at the hospital



Left to right:
PDG Venu Rao, DG Randell Barclay, Helène Visser (DRFC South Africa), Leanne Bayhack (Blouberg Rotary Club President), Prof Pierre Goussard (Tygerberg Children's Hospital), Nursing sisters working with the specialized equipment Eloise Noemdoe & Yolanda Nomdo and the Hospital Medical Manager Granville Marinus.

Delphine “Dell” Clough, Rest in Peace

Rotary lost one of its dearest hearts when Delphine “Dell” Clough passed away November 3rd.

It wasn't just that she had 32 years of perfect attendance or that she was the first of four female members of the Meredith NH Club or that all of her children and grandchildren are Paul Harris Fellows or that she was the consummate partner of Art Clough (PDG 1986-1987) or that in that partnership they developed and single handedly ran the Northeast Rotary Youth Exchange Program, it was her heart and passion for children and their welfare. To say that there were many foreign exchange students who called her “Mom” is an understatement. You could never go into her home without there being a passel of foreign students living there or just stopping by – something akin to a world community kitchen. Then there was her passion to eradicate polio - traveling to India twice to personally administer vaccines to children.

Somewhere in the Rotary archives, there is a picture of her – a radiant face as she holds an infant while administering a polio drop. She truly embodied the very best of Rotary. I am forever grateful and humble to have known her.

~Bonnie Hunt, Meredith NH Rotary Club.

District News

Public Image Committee - Template for Press Releases

The link below leads to a template or sample design of a news release you may receive from the District about a district level activity, event, or function. If your club is part of this or plans to become a part of it, this template is intended to provide you with a means of including your club's role. This is important if we want to make the news release significant to your local or area media. The use of the template is simple:

1. In the "Contact" place an email address or telephone number of your club's pr person so that the media can contact you if there are any questions
2. In the "Note" section, indicate who took the photo if it is a photo you are adding to the release or "photo provided" if you received the photo from the district
3. Add your club's name (with Rotary Club apart of it) to the Headline section to provide a local angle to the headline,
4. In the beginning of the first sentence in the first paragraph add the club's name and how it is participating in the action of the release, and
5. Add a second paragraph of two or three sentences that details what your club's role is or will be in the action of the release

Then send it, along with any photos (and captions for the photo) to your local media outlets with a copy to 'prrotary7870@gmail.com'.

Link to Sample Template:

<https://docs.google.com/document/d/1M7Zc1FeoZelwagbx19CVIbg9HGwFurTH/edit?usp=sharing&ouid=113101503615438439281&rtpof=true&sd=true>

4 Way Test Speech Contest

Here are the 2023 4-Way Test Speech Contest Guidelines:

District 7870 Four Way Test Speech Contest 2023

By March 13, 2023, all Clubs should have completed their local contest and forwarded the NAMES, ADDRESSES, E-MAIL ADDRESSES AND TELEPHONE NUMBERS OF THEIR 1ST PLACE FINISHER TO: Albert St.Pierre, 43 Sunnyside Circle, Charlestown, NH 03603 (fax: 603-826-4171) or:

Daryl Royce, 154 Summit Street, Charlestown, NH 03603 (e-mail: daryl.pat@comcast.net)

The 2023 District Semi-finals will be held on Sunday March 19 beginning at 1:00 pm at the Henniker Community Center at 57 Main Street, Henniker, NH. Competitors must sign in by 12:30 pm. The top Four (4) scorers at the District Semi-finals will advance to the District Finals to be held at the POETS (President and Officers Elect Training Seminar) meeting on April 29 at the Courtyard by Marriott, 10 Morgan Drive in Lebanon, NH.

Preparations for the 2023/2024 Rotary Year

Preparations for the 2023 2024 Rotary year are coming together nicely. Here are the latest updates;

Registration has opened for the virtual Rotary Leadership Institute Session with District 7930! This will be held on Tuesday February 28th and Thursday March 2nd from 6pm to 9pm. To register, visit rlinea.org. The district will cover the costs for Presidents-Elect and Assistant Governors for whichever level they need. Please register early!

Our District Training Team has been hard at work fine tuning curriculum for upcoming training sessions. Assistant Governors will participate in the first event on February 4th, where they will discuss materials for the meetings with Presidents-Elect in the weeks before POETS. These sessions, along with Rotary Leadership Institute, will serve as the foundation for April's POETS.

The Courtyard Marriott in Lebanon, NH is where our 2023 POETS (Presidents and Officers Elect Training Seminar) will be held on April 28th and 29th. Friday the 28th is exclusively for Presidents-Elect and Assistant Governors. Saturday is open to everyone in our District, with sessions of interest for all. Saturday afternoon's schedule holds events that no one wants to miss, The Four Way Test Speech Contest finals, and our Exchange Students speaking about their experiences.

Finally, the District Governors from around the world will meet in Orlando on January 8th through 12th. By this time next month, Rotary International President Elect Gordon McInally will have announced the 2023-24 annual theme. Stay tuned!

David Saturley, District Governor Elect
Rotary Club of White River Junction

Upcoming Events for D7870

Upcoming events for D7870

- 1) January 8-12, 2023 - International Assembly in Orlando, FL. District Governor Elects from around the world will attend. The 2023-2024 Theme will be announced here.
- 2) February 4th, 2023 - District Training Team Seminar (DTTS) – Virtual event for Assistant Governors. Review of materials for Pre-PETS.
- 3) February 28, 2023 - Rotary Leadership Institute. Part 1 of virtual RLI with D7930. 6pm-9pm.
- 4) March 2, 2023 - Rotary Leadership Institute. Part 2 of virtual RLI with D7930. 6pm-9pm.
- 5) April 28,29, 2023 - POETS/District Assembly. Friday session for Presidents-Elect. Saturday open to all. Courtyard by Marriott, 10 Morgan Drive, Lebanon, NH
- 6) June 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 Friday, January 6th 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.

Club News

Springfield Rotary Stuff a Truck Event Brings in 2,200 Pounds in Food, Items for Springfield Food Shelf

The Springfield Rotary Club held a very successful "Stuff a Truck" event on November 19, 2022 in the Springfield Plaza to benefit the Springfield Family Center. The event raised more than 2200 pounds of non-perishable food, frozen turkeys and hams, and personal care items. In addition, donors provided \$1800 in cash which the Family Center will use to purchase items through the Vermont Food Bank.

The Springfield Rotary Club thanks all those that helped make this a successful event and wishes everyone a Happy Thanksgiving.

Rotary International is an international service organization with over one million members in over 200 countries. The Springfield Rotary Club is in its 95th year of service to the community. For more information, visit <https://springfieldvtrotary.org>



Left: Ed McQuaide with filled carts heading to the truck.

Right: Rotary members help Springfield Food Shelf gather donated foods.



A truck of donated food gathered by Springfield Rotary Club benefits Springfield Family Center

Capital City Sunrise Members Serve at Tree Lighting Event

Capital City Sunrise Members serve Hot Cider and Cookies at the Penacook Tree Lighting Event
December 7, 2022



Rotary Financial Round Table Offers Valuable Advice

LUDLOW–The Rotary Club hosted a “financial round table” on Dec. 6 featuring past and present members of the accounting and financial services professions. A number of ideas were offered about investing, building retirement savings, tax shelters and more.

Club members Tom Harris and Mark Huntley joined Derick Karner and Jeff Graham for lunch in the Gold Room at Calcuttas Restaurant. Financial advice from professionals like these is regulated by the SEC and other government entities. Comments were offered free and are presented here as individual opinions, unattributed to any particular source or person. Everyone should have a financial plan and contribute regularly to a 401K, IRA or 529 plan for educational expenses. Also important is to have a will and/or trust and to E-file your taxes to avoid the IRS backlog.



Stay away from crypto currency – referred to as Crypto Bunko – and recently compared by legendary investor Jamie Diamond to “a pet rock.”

Reduce household expenses by buying bulk food (get a second freezer), cancel the cable subscription (consider Peacock, Discovery Plus, Hulu and other streaming services) and avoid variable rate loans and credit cards.

“Buy stocks now when there’s blood in the streets,” one person said. Over the long term, stocks continue to outperform many other investments. Look for companies that carry low debt and pay dividends, including food and energy producers, oil companies, utilities and companies that

transmit electricity. Whenever possible, move savings out of regular bank accounts and into 6-month (or longer) CDs.

The Dec. 6 meeting was Rotary's last weekly meeting for the year. Rotary usually meets shortly after noon for lunch on Tuesdays at DJ's Restaurant.

Rotary West Holiday Book Drive

Submitted by Carol Powis

The Rotary Club of Nashua West hosted its 5th annual Barnes and Noble Book Fair from December 1st through 5th. This event enables the club to provide books to the NH State Prisons in Concord. This year the club purchased 121 books valued at close to \$1,100.

Working with Barnes and Noble with their Book Fair program using the code provided, allows the club to receive a percentage of all purchases made from December 1st through December 5th. Books for both the women's and men's prisons are selected by our Literacy Committee and are delivered to the prisons where they are distributed. Inmates in Concord will then read these to their children in person if they have visitation privileges, or if incarcerated parents do not have visitation rights, they can record these gifted books on CD to share with their children.

In addition to this event, the club also receives a gift card from Barnes and Noble for a percentage of our total holiday sales which is then used to purchase additional books for the prisons for both Mother's and Father's Day.

Thank you to all who support this beneficial program! Should you be interested in learning more about this program or more about the Rotary Club of Nashua West, please reach out to Jan Valuk, Literacy Chairperson at janvaluk@gmail.com or to any of member of the Rotary Club of Nashua West.



News from Bennington VT Rotary

The Bennington (VT) and Catamount Rotary Clubs are in the midst of their annual program to raise money for heating assistance in Bennington and Rutland counties. We've been collaborating with the Interact Club at MAU High School to greet shoppers at the local Ocean State Job Lot and collect donations.

A unique element of our program is that each dollar we raise is doubled by Green Mountain Power, and provided to BROCC Community Action for their fuel and utility assistance program. This maximizes the impact of each donated dollar, and ensures that the funds remain in our local communities, a true example of neighbors helping neighbors.

So far, the shifts have been staffed by roughly one third each by the Bennington Club, the Catamount Club and the Interact Club. In addition to greeting shoppers, some members play holiday music on Bluetooth speakers.

This past weekend, however, 4 Interact members went above and beyond by bringing saxophones and a clarinet, playing live holiday music in front of the store. This was totally cooked up by the Interact members without any adult intervention. And not surprisingly, the donations were highest on the day they brought their instruments.

We still have 2 weeks to go in our fundraising season, and so far we're on pace to match the totals of our previous years.

If any members of other clubs would like to contribute to this great donation matching opportunity, the blue PayPal button on our website is available for you to tap. Check us out at www.BenningtonRotary.com or at Facebook.com/BenningtonRotary



Photo left: Bennington Rotary Club President Michael Day and Sergeant at Arms Ted Bird on the first day of the club's annual fundraising program to support fuel and utility assistance



Photo right: Members of the Interact Club at Mt. Anthony Union High School provide live holiday music to shoppers at Ocean State Job Lot

Schmidt Discusses Okemo's Readiness for New Ski Season

At the recent luncheon meeting of the Ludlow Rotary Club (LRC), Bruce Schmidt, VP and General Manager of Okemo Resort, spoke to members of the LRC about the readiness of the Vail-owned resort for the 2022-23 ski season. Schmidt, a 37-year veteran at Okemo, indicated that new snow-making and lift equipment had been upgraded to provide the mountain with improved snow making capability. He also noted the resort had devoted considerable effort to increase its housing for employees.



Other key advances at the resort included:

- New parking plan to reduce traffic
- New bus drop area
- No reservations required
- Snowmaking staff doubled
- All restaurants open this season
- More music performances around the resort

When queried about the role of Vail in the operation of the mountain, Schmidt said that 95% of all decisions were made at Okemo, not at corporate headquarters at Vail.

He also explained his own growth in the organization and how the resort liked to train employees so they could advance to more challenging careers at the resort.

Pictured are Jim Rumrill, LRC President, and Bruce Schmidt following Schmidt's talk to the club.

Fundraisers

3rd Annual Nashua Rotary Car Raffle - WIN a 2023 BMW X3 xDrive30i or \$35K

Buy your ticket early to get entered into \$500 Early Bird Raffles on January 9.

Winning early bird tickets remain in the drawing for the Grand Prize! Additional information including raffle terms and conditions may be found on our website.

Tickets may be purchased through our Club website <https://portal.clubrunner.ca/2946> or by click on the following link:

[https://rafflecreator.com/pages/601/2023-nashua-rotary-car-raffle---bmw-x3-or-\\$35000](https://rafflecreator.com/pages/601/2023-nashua-rotary-car-raffle---bmw-x3-or-$35000)



Keene Rotary Club 42nd Annual Winter Event - December 31 & January 19

The Rotary Club of Keene is now offering tickets for their 42nd Annual Winter Event fundraiser. There will be an initial drawing for a \$1,500 prize for any purchaser whose raffle ticket has been paid for and turned in prior to Christmas. This winner will be announced on New Year's Eve Day. The winner will also be entered into the traditional Winter Event drawing for an opportunity to win a \$5,000 cash grand prize, or one of three \$1,000, four \$500, or five \$100 cash prizes. As part of the Club's Centennial year celebrations, the final group of winners will be announced on January 19th the 100th anniversary of the Keene Rotary Club Charter. The Rotary Winter Event raffle drawing will be conducted by Oster & Wheeler PC.

Only 450 of the \$100 tickets will be sold. The Winter Event is the Rotary Club of Keene's annual signature fundraiser, raising \$30,000 to \$34,000 for our charitable activities, the main recipient being our Jane's Kids Program which provides warm clothing to disadvantaged children in our area schools. Numerous smaller grants are awarded to other local youth programs.

To purchase your ticket, or for more information, contact Info@KeeneRotary.org

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: January 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:

