



THE INSPIRATION



Rotary District 7870



CREATE HOPE
in the WORLD

December 2023

District Newsletter 2024, Number 6

David Saturley
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 David Saturley

District News

Rotary New Years Aspirations and Training for Rotary Clubs

Coffee with Ken - Informal Zoom Get Together

Club News

Ludlow Rotary Learns About "Memory Cafe"

Another Successful Springfield Rotary Stuff-a-Truck

Wantastiquet Annual Food Drive

International Skiing Fellowship of Rotarians - 50th Anniversary (1974-1975)

Conant Chorus Visits Jaffrey-Rindge Rotary

Inter-Lakes Interact Club has a Busy Fall

Magic in Manchester - An Evening at the North Pole

2023 Holiday Book Fair

Keene Elm City Rotary Greetings

Fundraisers & Events



4th Annual Nashua Rotary Car Raffle - WIN a 2024 BMW X3 xDRive30i or \$35,000 - Raffle on 1/8/24

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 David Saturley



The holiday season is in full swing. Hopefully many of you are resting following involved service projects and fundraisers that took up much of our time since our last newsletter.

This time of year can be hectic, and slowing down enough to enjoy it is a conscious decision.

Self care is incredibly important to our long term well being, and many of us aren't as intentional about it as we could be. So, as we are making mental well being a priority this Rotary year (and hopefully well beyond), my Holiday wish for all of you is that you take time. Share a meal, read a book, take a walk, ski, enjoy a conversation, meditate. Whatever it is that recharges your batteries, please take the time. Bodies and minds require rest. Members of Rotary in every Club in our District work so very hard to help others. Please extend that kindness and generosity to yourselves. Recharge so that you can continue doing amazing things for others in 2024 and beyond.

Sending best wishes for a wonderful Holiday season and a Happy New Year.

Yours in Rotary Service,
DG David

Gingerbread houses made by D7870 Youth Exchange Students December 2023 at the Little Red Schoolhouse in Wallingford. (Photo courtesy of Julie Rowland)



District News

Rotary New Years Aspirations and Training for Rotary Clubs

Does your Rotary Club aspire to have better Rotarians and make your club the best? Rotary Leadership Institute is ready to help by strengthening your Rotary knowledge!

Being a great leader is having the willingness and commitment to lead others and achieve a common vision through positive influence. Leadership is about people and for people.

The word aspiration means ambition, longing for something of higher value, a cherished desire. The root word means to breathe on or to give life to.

- Relish your club's accomplishments, achievements, lessons, and insights.
- Focus on what your club has learned from its mistakes and challenges.
- As a club where do you want to go next and what you would like to accomplish?

The purpose of Rotary Leadership Institute is to provide access to the tools, knowledge, and skills providing an interactive educational opportunity in either an in-person or convenient online format. These seminars provide strategies you can use to boost morale and energize your club.

Questions, please email carol.powis@comcast.net.

To sign up for sessions: <https://rlinea.org/>

2023-24 RLI Schedule

D7910 Marlboro, MA - In Person January 27, 2024
D7930 – Wakefield, MA – Virtual February 27, 2024
D7870 – VT/NH – Virtual March 19 & 21, 2024
D7950 – Bourne, MA - In Person March 23, 2024
D7780 – Lewiston, ME – In Person April 6, 2024
Other locations throughout NYS and PA



Coffee with Ken - Informal Zoom Get Together

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

Club News

Ludlow Rotary Learns About “Memory Cafe”



Ludlow Rotarians learned about the Black River Memory Cafe at the Nov. 14 lunch meeting at DJ's Restaurant. Memory Cafe offers a support group for caregivers and folks dealing with dementia. The group focuses on enabling both to have conversations about memory problems. Research shows that Memory Cafes enhance the well-being of caregivers' and those suffering memory losses by providing them with an environment filled with acceptance and belonging. The Cafe meets on the second Thursday of the month at the Ludlow Community Center.

Photo (l-r): Rotarians George Thomson, left, with Beth Krefski and Vicki Mastroinanni of the Memory Café, and Ludlow Rotary club president Tom Ray. Credit Glenn Heitsmith, Ludlow Rotarian.

Another Successful Springfield Rotary Stuff-a-Truck



The Springfield Rotary Club held a very successful "Stuff a Truck" event on November 18, 2023, in the Springfield Plaza to benefit the Springfield Family Center. The event raised 1,140 pounds of food and another 50 pounds of non-food personal care items! In addition, donors provided \$500 in cash which the Family Center will use to purchase items through the Vermont Food Bank.

Wantastiquet Annual Food Drive



On November 10, 2023 the Wantastiquet held an annual food drive at the Londonderry Village Market Place in Londonderry VT. The drive benefits the Neighbors Food Pantry. The community came together and 31 plus boxes of offerings were collected. The drive was a huge success and will help to feed many families in need.

International Skiing Fellowship of Rotarians - 50th Anniversary (1974-1975)



Calling all Rotarian Skiers and Snowboarders 50th Anniversary North American Ski Week Mt. Bachelor | Bend | Oregon

Here is your chance to join a Rotary International Fellowship and meet Rotarians worldwide who share the love of skiing and snowboarding!

The International Skiing Fellowship of Rotarians is celebrating its **50th Anniversary** at **Mt. Bachelor February 3 - February 10, 2024**, by holding its annual North American Ski Week in Bend, OR!

If you would like to participate in the week's events and ski with and meet Rotarians from North America and the rest of the world, here is what you do:

1. Go to the [ISFR website](#) and sign up to become a member of ISFR (\$35 annual membership)
2. Log in as a member of ISFR, go to the "[Mt. Bachelor](#)" tab at the top of the webpage, and sign up for the 50th Anniversary 2024 North American Ski Week at Mt. Bachelor/Bend.

Our North American Ski Week is a vital fundraising platform for the Davis Boyd Memorial Foundation (DBMF). The DBMF **focuses on supporting adaptive ski programs and positively impacting the lives of individuals with disabilities.** This year, the DBMF will donate proceeds to Oregon Adaptive Sports, the local adaptive skiing organization serving Oregon, and Mt. Bachelor!

Here are just a few of the week's events:

- Welcome cocktail reception (Saturday at the DoubleTree Hotel)
- Home hospitality dinner (Sunday in local Rotarians' homes)
- Hosted Apres Ski gatherings at a local Bend Brewery (Tuesday)
- Joint Rotary Meeting with the three Bend/Mt. Bachelor Rotary Clubs
- Fundraising Gala Dinner with a live auction and dessert auction (Wednesday at the Oxford Hotel)

Questions - email Kevin Noreen, Oregon Co-Chair, 50th Anniversary - North American 2024 Ski Week, International Skiing Fellowship of Rotarians kcn@comcast.net or Allyson Walter, ISFR President ISFRski@gmail.com

Conant Chorus Visits Jaffrey-Rindge Rotary



At the meeting of the Jaffrey-Rindge Rotary Club on Thursday, December 7th at Franklin Pierce University, 'twas the season to be jolly! Pictured below, music teacher Karie Swift and the Conant High School Chorus presented a mini-concert of Christmas carols, and invited the members to join in a joyous little singalong.

Inter-Lakes Interact Club has a Busy Fall

Inter-Lakes Interact Club, sponsored by the Meredith Rotary club, has had a busy fall. The club started off the year by promoting Interact during the School Activities Fair.

In October the club held its annual Socktober project to collect socks for those in need. This year the club collected over 3,400 pairs of socks. The socks were then distributed to eight local organizations who assist those in need.



Also in October Saturday the club held its annual Moulton Farm Corn Maze fund raiser. The club sold home-made baked goods and Rotarian John Moulton contributed all of corn maze entrance fees to the club.

In honor of Veterans Day in November the club coordinated a school-wide 'Thank-you' card writing project for veterans in the New Hampshire Veterans Home.

December was a busy month with three service activities.

First, several club members assisted Meredith Rotary Club in its annual Rotary Senior Christmas Dinner when over 250 guests were given holiday dinners and met Santa and Mrs. Clause.

Then six club members worked the auction bidding phone bank for the Greater Lakes Region Children's Auction that raises money for youth and family charities within the New Hampshire lakes region.

And the Interact club coordinated with the school's Robotics Club, Honor Society, and Choirs to go sing Christmas carols at the New Hampshire Veterans home.

For a second year a row the Rotary District gave the club funds to promote international goodwill and understanding through making Kiva micro-loans. Thus far this academic year the club has made micro-loans to Kenya (a loan to buy fertilizer and seeds for a small farm), Guatemala (a loan to buy inventory for a start-up business), and Congo (a loan to help a woman stock up on bags of corn and cassava flour for her small neighborhood store).

Magic in Manchester - An Evening at the North Pole

The Queen City Rotary Club held An Evening at the North Pole on Saturday, December 9th and brought magic to inner city kids in Manchester, NH. This event was the first of its kind the club offered (for free) and one that will return next year.



Held at the Manchester Police Athletic Association (MPAL), located in the heart of the city, the experience allowed children and their families to take a simulated train ride to the North Pole. The night included a reading of the Polar Express, dancing elves, an energetic serving of hot chocolate by chefs, a meeting with Mr. and Mrs. Claus, where they received gifts and treats, and lastly a stroll through the Grinch Village where the Grinch himself was spotted!

This event would not have been possible without the many sponsors who give their funds and time to support the club's efforts. Merry Christmas everyone!

2023 Holiday Book Fair



The Rotary Club of Nashua West once again partnered with Barnes and Noble for our Annual Book Fair Literacy Program. Through this program Rotarians are given B&N Book Fair Vouchers which they use to either shop on-line or at any store nationwide for books to donate or to purchase

personal items. In turn, the bookstore then issues an additional voucher according to the club's percentage of total sales.

Our book fair benefits the NH State Prison System. This year 82 books with a value of \$885 were donated providing books for the inmates to read to their children during the holidays and to help fill the prison's library shelves for the incarcerated.

The gift card that Barnes and Noble donated will enable Rotary West to fund our Spring Literacy Project. Last year books were given to the SNHHS Birthplace so that all new parents with babies could leave the hospital with a new book. A donation of books was also given to PAL to stock their library.

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

Keene Elm City Rotary Greetings

Greetings from Keene Elm City Rotary and Happy New Year!

With the start of a new calendar year, many people make resolutions. They resolve to know and do better. KEC Rotarians are no exception. Our club is 64 members strong and our Thursday, 7:15am meetings are regularly attended by most! It is an impressive and inspiring breakfast. Last week a member rose and asked for volunteers. Before she could explain the work or time commitment, a dozen hands shot in the air. This club is wild for volunteer opportunities. And yet, we resolve to know and do better.



KECR supported over 30 civic and non-profit organizations that are focused on the health and well-being of our community's youth. Through allocations, KECR supported Feeding Tiny Tummies, The Community Kitchen, The New Hampshire Dance Institute, and Keene Housing Kid's Collaborative, Kurn Hattin Homes and Toys for Tots, to name just a few. We hosted or supported dozens of community projects, outfitting over a thousand second grade children in brand new sneakers (our own Sneaker Project for 2nd graders Move Everyday program) and offered

an award-winning marathon weekend event to nearly a thousand runners of all ages, The Clarence DeMar Marathon, our signature fundraiser. And yet, we resolve to know and do better.

We have awarded nine Paul Harris Fellows in 2023, six are club members and three are not. We celebrated their remarkable contribution to the community through selfless acts of service. We have recognized them as heroes in the community and endeavor to be more like them. We resolve to know and do better.

Dr. Maya Angelou said, “Do the best you can until you know better. Then, when you know better, do better.” And this is our resolution for 2024. We continue to learn everything we can about the needs in our community and how we can help make the world a better place. We resolve to know and do better. And we are encouraged and inspired by our fellow Rotarians throughout this district that are doing the same.

Happy New Year to you all!

Fundraisers & Events

4th Annual Nashua Rotary Car Raffle - WIN a 2024 BMW X3 xDRive30i or \$35,000 - Raffle on 1/8/24

Get your ticket before they're gone – less than 100 tickets left before we SELL OUT!

The Grand Prize Winner shall have the choice between a credit, in an amount not more than \$54,820 which is approximately the value of a moderately-equipped 2024 BMW X3, OR a \$35,000 cash prize. The Winner may apply the credit toward the purchase of a moderately-equipped BMW X3 OR The winner may, if agreed between the winner and Tulley BMW, use the credit towards another vehicle of the same or greater price sold by Tulley Automotive including GMC, Buick or Mazda.



Rotary Club of Nashua
4th Annual **Charity Car Raffle**

2024 BMW X3 xDrive30i
OR \$35,000 CASH!

THREE \$500 EARLYBIRD DRAWINGS!
Nov 6, Dec 4 & Jan 8
Winning tickets remain in drawing for Grand Prize

ONLY 1000 TICKETS WILL BE SOLD!
Ticket Price: \$100

GRAND PRIZE DRAWING
March 6, 2024
@ Tulley BMW of Nashua



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/39601/2024-nashua-rotary-car-raffle---bmw-x3-or-\\$35000](https://rafflecreator.com/pages/39601/2024-nashua-rotary-car-raffle---bmw-x3-or-$35000)



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 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 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, 2024 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: