





THE INSPIRATION



Rotary District 7870



March 2024	District Newsletter 2024, Number 9	David Saturley District Governor
www.rotary7870.org		
Rotarian Editors Maureen Mooney and Martin Cohn		
 		
Rotary Theme of the Month: Water and Sanitation Month		

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Greetings From Your District Governor David Saturley



For most of my adult life, the sunrise has either signaled an end to the workday or the beginning of my nighttime routine. So when we were reviewing our February calendars, my family had to suspend their disbelief and suppress a smile or two when they saw how many scheduled trips started at times beginning in zero.

Equipped with a travel mug of my favorite caffeinated beverage my morning drives commenced. Being able to welcome new members, hear about club projects that exceeded expectations, renew old friendships and establish new ones made me reconsider my previous opinion that morning meetings should begin at noon. I won't be switching to days at work anytime soon, but the appeal of beginning your day in such an uplifting fashion is hard to deny.

February was also Peace and Conflict Resolution Month. In honor of this, our District RAGMI (Rotary Action Group on Mental Health Initiatives) chapter meeting speaker was Shannon Desilets of the NH Dept of Health and Human Services. Shannon spoke about the Choose Love Program (chooselovemovement.org), how it came to New Hampshire, and what the goals are. If you've not heard her speak on the topic, I'd encourage you to learn more and consider inviting Shannon as a speaker for your club. Our District RAGMHI chapter meets virtually Sunday nights. The full schedule is available on the District website.

The Ludlow Club concluded Peace and Conflict Resolution Month by hosting Youth Exchange Students from four districts for the annual Okemo Ski Weekend. They started the week with their

regular meeting and fabulous presentation by our very own student Klara. Klara is from Croatia, and is hosted by the Manchester, VT, club. You'll get to meet Klara and our other students at the District Assembly at the end of April. If you're looking for a way to promote peace and cultural understanding in your club and community, I can think of no better way than to participate in Youth Exchange. If you're concerned about hosting for an entire school year, please remember there are options for short term exchange and volunteer opportunities within our district program.

Registration is open for PETS and District Assembly/Conference. Details are available on the District Website and a detailed agenda for both will be in your inboxes about the same time as this edition of our newsletter.

See you all soon, DG David

District News

PETS (April 26-27) and the District Conference/Assembly (April 27)

District Governor David Saturley and District Governor Elect Bill Stevens are pleased to announce that the registration for President-Elect Training Seminar (PETS) and our combined District Conference/District Assembly are now open for registration on the District 7870 Website.

The President Elect Training Seminar will begin at 3PM on Friday, April 26, 2024 and runs through Saturday, April 27, 2024. We will begin on Friday at the Courtyard Marriott Hanover Lebanon located at 10 Morgan Drive in Lebanon, New Hampshire.

PETS is intended for Presidents-Elect to help them prepare for their year as presidents of their Clubs. There is no charge for Presidents-Elect and Facilitators. If you are not a President-Elect but would like to attend PETS please contact our registrar PDG Randell Barclay about the cost of attending.

Staying over Friday night at the Courtyard Marriott is optional. Presidents-Elect may choose to stay or commute from home. District 7870 has arranged a group rate for those who wish to stay overnight at the Marriott Courtyard. Those wishing to take advantage of the group rate must do so by March 26, 2024.

On Saturday (April 27, 2024) we will be running our PETS and District Conference/Assembly in parallel. All District 7870 Rotarians and Rotaractors are invited to attend the District Conference/Assembly at no cost.

Program highlights include :

- Finals of the District 7870 4-Way Test Speech Contest
- District 7870 Inbound Youth Exchange Students farewell speeches
- Breakout sessions available on Membership, Public Image, Foundation, Fund-raising, Service Project ideas and MORE
- District 7870 Awards and State of the District by DG David Saturley

More information next month. Please plan to join us.

RYLA - 2024 Rotary Youth Leadership Academy Conference

Rotary District 7870 is partnering with District 7850 this year to have students attend their RYLA! Please click on the link to see the promotional video (<https://youtu.be/oGEF5ludjX0>) and to learn more: [Rotary Youth Leadership Academy | Rotary District 7850 \(rotary7850.org\)](https://rotary7850.org). Cost is \$385 for students to attend. Please reach out to Carson Wenz (carsonwenz123@gmail.com) if your club is interested in sponsoring a student or being more involved with RYLA.



2024 Rotary Youth Leadership Academy Conference Rotary District 7850 - Northern NH, VT, & Quebec

WHO: Students completing sophomore year
WHEN: 8 am Friday, June 21, 2024 to 1 pm Sunday, June 23, 2024
WHERE: Northern Vermont University, Lyndonville, VT
TO APPLY: Applications are accepted through your local Rotary club.
To find the nearest club, go to <http://rotary7850.org/SitePage/ryla>
To learn more, click on the RYLA link under the Youth Services tab!

Contact: Carson Wenz District 7870 RYLA Chair Carsonwenz123@gmail.com

Making a Lasting Impact in Communities Around the World Without Leaving Home

Rotary and Rotaract members are eligible to serve in the Peace Corps' Virtual Service Pilot. Participants donate 5-15 hours per week for 3 to 6 months to support organizations abroad with their community-level projects related to education, health, agriculture, youth development, and entrepreneurship. Apply your professional skills, language skills, and interest in both global friendships and cultural exchange to build capacity and sustainability through a short-term, virtual engagement. Learn more about Virtual Service opportunities and apply by visiting <https://www.peacecorps.gov/virtual-service/>

Little Red School House Bricks

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

Wallingford was the childhood home of our founder Paul P Harris. The Little Red School House was built by Paul's great-grandfather in 1818. In 1928 a group of local Rotarians bought this historic building. In 1933 it was dedicated as "The Little Red Schoolhouse."

Paul Harris returned to Wallingford for the dedication ceremony. Today, the Schoolhouse acts as a historic site that stores and displays Paul Harris memorabilia and is the meeting place of the Wallingford Memorial Rotary Club.

You or your club can purchase a red brick for \$200 or a white paver for \$300. In addition, there are still 18 gear teeth available for \$1,500 each. New bricks should be installed in June prior to the Changing of the Gavel Dinner which will be held on Saturday June 29, 2024. We are also offering a presentation certificate in a folder for an additional \$15. Be sure to give us at least 2 weeks to produce and mail a certificate. You can order online with a credit card by going to:

<https://www.crsadmin.com/eventportal/Registrations/PublicFill/EventPublicFill.aspx?evtid=b498acca-4045-4ffd-9245-2bcf3a5e347b>

The cutoff for orders this year will be May 15, 2024. If you have any questions, please email me at Rotary.Randell@gmail.com

Randell Barclay, Past District Governor, Wallingford Memorial Rotary Club



2024 4-Way Test Speech Contest

The semifinals of the 2024 District 7870 4-Way Test Speech Contest will be held on Sunday April 7, 2024 at the Henniker Community Center beginning at 1:00 PM. Contestants should register by 12:30. The finals will be held during POETS on April 27, 2024 at Hartford High School, 37 Highland Avenue, in White River Junction, VT. Time to be determined. Club executives are asked to watch their emails for the updated guidelines to be sent soon.

Rotary Leadership Institute - Fall in Love with Rotary!

If love is the language for all generations across all continents, Rotary Leadership Institute should be the language of all Rotarians! Here is what you will get from attending RLI sessions:



1. Personal Growth and Development: RLI sessions enable you to enhance your human relations and personal development skills. Every module of this program is interactive with long time, (sometimes multi-generational Rotarians), and new Rotarians! You will learn something new every time.

2. Continuing Education: While Rotary doesn't officially call what you learn at RLI continuing education with CEU'S, every program developed and designed for RLI teaches valuable information about Rotary in the community, our nation, and the world. Each topic presented provides an opportunity to learn from a variety of different participants and facilitators.

3. Fun: Rotary Leadership Institute is fun, a lot of fun! Each topic is interesting and fun. The class projects are fun. Social interaction is fun.

Rotary's code of ethics, our "Four Way Test," reminds us to be gracious, generous, and positive in our dealings with others—to enhance relationships with others rather than diminishing others or selfishly boosting ourselves.

Questions, please email carol.powis@comcast.net. To sign up for sessions: <https://rlinea.org/>

2023-24 RLI Schedule

D7870 – VT/NH – Virtual March 19 & 21, 2024

D7950 – Bourne, MA - In Person March 23, 2024

D7780 – Lewiston, ME – In Person April 6, 2024

Coffee with Ken - Informal Zoom Get Together

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

International

Nashua Rotary Club Funds Latest Ukrainian Project

Since the Russian invasion in 2022, nearly half of the clubs in District 7870 have collectively raised over \$208,000 to aid Ukrainians. At the beginning of the war, the district used these funds to primarily help refugees in Poland and those living in western Ukraine. Now the District is focused on helping communities in the eastern part of Ukraine that are near the frontlines. Recently, the Nashua Rotary Club chose to fund the latest project in Kharkiv, a city 20 miles from the border with Russia and often targeted.



This project will fund the purchase of sleeping bags and pads for 73 Girl and Boy Scouts and nine volunteer instructors. Among these Scouts are many children of veterans and/or current freedom fighters, children whose families had to relocate because of the war, and children with many siblings (from multiple-child families).

While we often think of sleeping bags and pads connected with recreational activity, this equipment serves a dual purpose in a wartime environment. When the sirens sound in Kharkiv, as they often do, families must leave the comfort of their beds. For safety reasons, they move to interior places such as hallways or bathrooms or relocate to basements or bomb shelters. Having a warm sleeping bag and pad on which to sleep makes finding rest in a terrifying situation possible.

The impact of such projects is not only immediate, but also long-lasting. Ukrainians are now in their third year of war. By funding this project, the Nashua Club is also providing moral support as Ukrainians fight to preserve their country.

If you would like to contribute to such projects, please contact us. Tax- deductible donations should be made out to District 7870 Foundation with Ukraine relief written in the memo line.

Charlene Lovett
President, Claremont-Sugar River Rotary Club
sugarriverrotary@gmail.com ~ 603-504-6273

Rotary Youth Exchange Updates

Rotary Students Hit The Slopes!

January and February were the perfect times to hit the slopes, and that is what our inbound exchange students did. They were hosted by two different clubs in the district for a couple of weekends on area mountains.

The first trip was January 25 – 28, hosted by the Killington-Pico Rotary Club. The Steve Goldstein Memorial Ski Weekend is named for our district's former youth exchange inbound coordinator and is a wonderful tradition. The club hosted the students for dinner Thursday evening, swimming Friday evening and three days of skiing or snowboarding. For some students, this was their very first time at a ski area. Students were hosted in the homes of local Rotarians for the three nights.



February 29 – March 3, the students were hosted by the Ludlow Rotary club for three days on Okemo. The students went skiing or boarding on Friday and Saturday and enjoyed the “Timber Ripper” mountain coaster on Sunday. There were dinners in the evenings and on Saturday the group traveled to Rutland for some late night bowling.

We appreciate the generosity of Pico Mountain, Okemo Mountain and the Rotary volunteers who make both events happen every year.

ROTEX Alumni Attend ESSEX Winter Conference

In January, members of our ROTEX Rotaract club (youth exchange alumni) attended the Eastern States Student Exchange winter conference outside of Philadelphia, PA, for a weekend of education and fellowship. Accompanying youth exchange chairperson Jim Rumrill at the conference, they heard updates on Department of State regulations regarding exchange programs, challenges and opportunities facing the program, cultural awareness and equally important, enjoyed the fellowship of Rotarians from all over the Eastern U.S., Bermuda and Quebec. We are proud of the growing impact that our ROTEX members are having on the larger program.

Also attending from our district were current inbound students Klara (Croatia) and Isabella (Venezuela). Having the current participants participating and sharing the fellowship added to the spirit of the conference. Pictured are Rotex members Carrie Mobus and Jill Pierson, inbound students Klara and Isabella, and long time contact person for Brazil, David Wolfe.

Opportunities to Host Rotary Exchange Students

Calling all Rotary clubs in District 7870. Now is the time to consider opening your club and community to an exchange student through the Rotary Youth Exchange program. The district is currently seeking clubs to host a student for the coming Rotary year. Our district has run a very successful program for decades and it is not difficult to get involved. All of us have people in our clubs who can step up to start a club committee and find host families in your community. The district provides monthly activities for the students and all of the training that you and your families will need to get started. Experienced volunteers are happy to speak with anyone interested. Give your club the opportunity to get involved with a high energy program with benefits that can last a lifetime. If you would like more information or to schedule a presentation for your club, please contact program chairperson Jim Rumrill at 802-380-2766 or jrumrill@hotmail.com.

Club News

A Tribute to Bruce - March 24, 2024

On Sunday, March 24 at 2PM at the Newport Senior Center, 76 South Main St, Newport there will be a tribute to Bruce Jasper.

Join the Newport, NH Rotary Club for a Sunday dinner and time to share fond memories of our long-time member and Secretary, Bruce Jasper.

Ham, beans, potato salad, coleslaw, fresh rolls and homemade pies. Soft drinks or BYOB .

Tickets \$20 each, \$35 per couple. Proceeds will be split 50-50 between local Rotary Service and the Rotary Foundation. Reservations Required by 3/17. Please contact Charen Urban, Acting Secretary at charenlurban@yahoo.com or 603 995-1248.



Ludlow Rotary Hears from Croatian Exchange Student

The Ludlow Rotary Club was treated to a lively overview of Croatia's history, language, culture and geography by a Rotary Youth Exchange Student, Klara Lendic at their recent meeting. Lendic is being hosted this year by the Manchester, VT Rotary Club.

She spoke of how her country has been strongly influenced by neighboring countries as Croatia is a small country that was at one time part of the Hapsburg Empire, the central European monarchy that ruled over a collection of lands from the 13th century to 1918.

The historically difficult yet close connection to its neighboring countries, continues even though Croatia has been an independent, democratic country since 1991 and a part of the European Union since 2013. Long and difficult negotiations have been a tradition as political and cultural differences overlap the boundaries of so many small countries in such close proximity. Croatia has strong



cultural and culinary traditions, which Klara described in terms of extended family groups, traditional foods, and elaborate celebrations of holidays and weddings.

The Ludlow Rotary Club welcomed Sue Chadwick of Mary Davis Realtors as a new member. Sue was inducted by Rotarian Tom Harris with sponsor Kim Lampert participating. Photo (l-r) Tom Harris, Sue Chadwick, and Kim Lampert.



Capital City Rotary Club Hears About Homelessness

Kait Gallagher, Director of Development and Communications for the “Concord Coalition to End Homelessness“ addressed the Capital City Sunrise Rotary Club this morning.

Her career path originated in the financial services sector following graduation from Skidmore College, and after 10 years, toward an organization that fulfilled her desire to pursue a career that “leaves a positive impact on others”. “Life is too short” .. she has stated , “not to do something you love.”

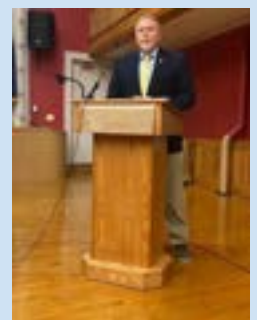


Kait addressed the myriad of issues encountered by homeless individuals... from unemployment, mental health, prior familial trauma, to the overlying stigma of membership in this social strata

Kait’s dedication to the principles of the “ Concord Coalition.. “, is one and the same of Rotary’s mission of “helping people.”

Ludlow Rotary Donates Lectern to Town in Memory of Martin Nitka

Just prior to the start of the Town of Ludlow Annual Meeting on March 4, 2024, Tom Ray, Ludlow Rotary Club President, and past president Jim Rumrill, presented to the Town a new lectern in memory of long-time, Town Moderator, Ludlow Rotarian and respected attorney, Martin Nitka, who passed away last year. Nitka was affectionately known around Town as Marty.



Marty who was involved in numerous organizations in town including over twenty years as the Treasurer of the Fletcher Farm Foundation received the club's Community Service Award in 2023. Jim Rumrill recognized Marty's appreciation and respect for local democracy, always being careful, as town moderator, to let people have their appropriate say on matters concerning the town. He was instrumental in many of the Rotary projects that impact the community still to this day.

Tom noted that it was a pleasure to have Alice Nitka, Marty's spouse, in attendance at the meeting. Town residents and selectmen were delighted to witness this gesture made in remembrance of the Town's beloved citizen.

Need For and Use of Narcan Explained to Ludlow Rotary

The impact of drug addiction and its related overdose problem was the subject of a recent Ludlow Rotary Club (LRC). Alastair Huntley, AmeriCorps alumnus and a harm reduction advocate, spoke to the members of the LRC about the purpose of Narcan, technically known as naloxone, a drug for restoring breathing to an overdosed person.

Huntley addressed the key questions of identifying someone suffering from an overdose, how to prepare the person for Narcan, and the need for quick contact to 9-1-1. He outlined the important sequence needed to ensure that the Narcan was delivered:

- 1 – Check to see that it was an overdose
- 2 – Immediately contact 9-1-1
- 3 - Administer the Narcan
- 4 – Position the victim properly
- 5 – Support the victim until 9-1-1 arrives



He noted that there were a variety of overdose signs to check for, chief among them being the inability to breath. This will result in the lack of blood being pumped through the body. One quick way to see this was via the fingernails which, when blood is slowed, will turn blue.

Huntley stressed the importance of contacting 9-1-1 to get medical assistance as quickly as possible.

The Narcan is a very simple matter to administer. It is contained in a small pump which is pressed into the nostrils of the victim. Immediately after administering the Narcan the victim should be laid on his/her side to help breathing return to normal.

The final step is important to ensure the victim remains in the correct position until 9-1-1 arrives.

Narcan is available from many health and drug avoidance programs. Huntley distributed Narcan kits to the LRC members. Information is available by calling a national help line at 1-800-662-4357 or at the Vermont Health website at

<https://www.healthvermont.gov/emergency/injury-prevention/opioid-overdose-prevention>.

During the meeting, Melanie Gulde was presented the Paul Harris Fellow award for her service to Rotary and efforts concerning addiction problems and recovery.

PHOTO: Alastair Huntley along with the sample cases of Narcan that he distributed to club members.

Fundraisers

Put the Fun in Fundraising Tubing Event - March 17th.

The Deerfield Valley is coming together once again to raise money for the Rotary Club of the Deerfield Valley Scholarship Fund which supports local schools and their projects and activities. This annual Tubing Event is a great chance for the community to get on the Mount Snow Tubing Hill. We know that people in our area won't want to miss out!! A snowy hill awaits you with several lanes to choose plus a BBQ, S'mores and fire pit to warm up! Bring your friends for a fun time!

The event will take place on March 17, 2024 at Mount Snow from 1 PM to 3 PM. The parking is free after 1 PM! Tubes are provided.

A \$20 donation, as well as sponsorships will be used for the Scholarship Fund.

You can contact Mike Purcell, our Event Chair, at buyvttogether.net or at rotarydfv@gmail.com if you have questions!



Tube-A-Thon

Sunday, March 17, 2024
1:00 – 3:00 pm
Mount Snow Tubing Hill

Public is welcome with a \$20 donation
BBQ Available

Please thank & support these community minded sponsors

Bartley's Books	Anchor	Coffee Barn	Pioneer Timber Frames
Berkley & Voller	Robert's Roadhouse	Mears Building Co.	W&W Building Supply
Ski Home Realty	Deerfield Valley R/E	CAR Services	Sawmill Bar & Table
Cady & Dugan Law	DeGrays Prop Servs	Farmhouse Market	Hermitage Club
Valley Craft Ales	Equipe Sport	Farm Road Estate	Southern VT Realty Group
Ski Country Legal	Fisher & Fisher Law	Sweeney Prop Services	Swan Security
DBC Husqvarna	Greene's Service	All Around Appliances	Tony's Pizza Mt Snow
American Flatbread	Hool, Tool & Whistle	Paras & Paras	Trail 87
Valley View Saloon	Moosehead Log Homes	Wilmington Inn	Twin Valley Creations
River Valley Market	Rentals Only	Mount Snow	W&S Management
Sheerness Wood Works	Ratu's	Nick's Soot Fitting	Valley News
Chimney Hill Realty and Rental Management	Nidos	The Roofit	Southern VT Chamber of Commerce
Marc Balch Construction	McClusky & Co	Shader Law	19 South Main Restaurant
World Class Tuning	Metcalfe's Distillery	Village Woodcarver	Alpenglow
Tony's Pizza and Deli	Snow Mountain Market	Richard's Group	Dots of Wilmington
	Stratfieldboro Savings & Loan	Mears Home Improvement	MAT Bank

Free parking at 1:00 www.RotaryDFV.org Free parking at 1:00



District 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: April 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:

