



THE INSPIRATION



Rotary District 7870



October 2019

District Newsletter 1920, Number 4

**Nancy Russell
District Governor**

www.rotary7870.org

**Rotarian Editors
Maureen Mooney and Martin Cohn**



Greetings From Your District Governor



PDG Jon Springer was selected to receive the Green Mountain Council, Boy Scouts of America Windsor County Citizen of the Year Award on October 10, 2019. For the past 25 years, Jon has been an active member of Rotary serving as our District Governor 2017-2018. The motto of Rotary, "service above self" says it all about Jon and his character as a person.

Rotary can do things internationally that governments cannot. PDG Lyle Ryan met a lot of people during his year as District Governor. PDG Michael Walsh and Lyle became good friends. Lyle observed that over the years his friend was looking ill. It was discovered that Michael had kidney disease.

PDG Scott Dunly visited many clubs even before he was the DG. At one of these clubs, he met a woman whose husband needed a kidney transplant. Scott agreed to donate one of his kidneys. He never met the man before the day of surgery. That action by Scott stuck with Lyle.

Lyle went to the international conference in Sydney, Australia in 2014 and met up with Michael again. By this time, Michael's kidney disease had progressed to the point that he had trouble



walking and was suffering from severe kidney failure. Lyle told him he would donate a kidney to his friend. In that year, Lyle and Michel began the journey of donating a kidney.

Lyle knew nothing about the procedure or what it would take. Lyle is O negative and a universal donor. Michael and Lyle went through a lot of tests in 2013 and 2014. The tests showed Lyle was an excellent match for Michel. Lyle knew at that point this was meant to be.

The tests continued at St. Paul's Hospital in Vancouver to bypass the international issue of getting blood across the border. The transplant was to take place in Nova Scotia. The doctor in Nova Scotia decided Lyle was an inadequate donor. The decision was appealed and rejected. Michael's condition was growing worse day by day. Lyle and Michael tried to get St. Paul's to do the transplant. They received conditional approval but then were rejected again. They were told they were rejected for "ethical reasons". It was because of socialized medicine in BC and BC didn't want to use its money to pay for someone from Nova Scotia.

The doctor from St. Paul's then called and told them they were now approved because Michael knew a Rotarian who just happened to be the Minister of Health for all of Canada. He put in a call to make it happen. The surgeon at St. Paul's called them while on a ski trip to give them the good news.

Lyle went to Michael's Rotary club in August 2018 for a celebration party. Michael is down to three pills and no dialysis. The Rotary friends are both doing well.

"I slept and dreamt that life was a joy. I awoke and saw that life was service. I acted and behold service was a joy." Tagore.

DG Nancy Russell

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

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International Conference 2020- SAVE THE DATES

WHEN: Saturday, June 6, 2020 - Thursday, June 11, 2020

WHERE: Honolulu, Hawaii

HOW TO REGISTER: <https://www.riconvention.org/en>

LAST DAY FOR EARLY REGISTRATION DISCOUNT:
December 15, 2019



District 7870 Rotary Foundation Dinners 2019

There will be two regional Rotary Foundation Dinners:

- **Tuesday, November 12, 2019 at the American Legion Post 67, 3 Depot Street, Chester, VT**
- **Thursday, November 14, 2019 at the Courtyard Marriott Event Center in Nashua, NH**

The Rotary Foundation Dinners will take place from 5:30pm to 8:30pm.

The Foundation Dinners will have food stations and there will also be a cash bar. During the Foundation Dinners, Rotarians and Non – Rotarians will be encouraged to network with each other, view the displays, and presentations. The Rotary Foundation Dinners will showcase many of the Rotary Foundation Projects that our District is engaged in. It is also an opportunity to learn about Rotary and the Foundation, as well as, using this event as a means of encouraging non-Rotarians to consider becoming members.

There will be a formal program at each event with featured speakers on Foundation activities. The dinner time will be 6:30pm to 7:30pm. The formal program will begin at 7:30pm . There will also be several presentations by Rotary Clubs from our District that are sponsoring Foundation Projects and would be interested in other Clubs participate in their projects.

The cost is \$37.50 per person for Rotarians and their Spouses. Every Rotarian is encouraged to bring a friend, who could be a Prospective New Member, for free. Tickets will be pre-sold to provide an indication of the anticipated attendance. Please purchase your tickets on the District Website using credit or debit card. You may make a check payable “Rotary International District 7870” and mail a check to :

Randell Barclay, Treasurer
9171 Cold River Road
Shrewsbury, VT 05738

As the ticket pricing indicates, we would encourage you to invite a non-Rotarian to the Foundation Dinner so that they may consider becoming a new member, as it will be a great way to introduce them to Rotary.

Each Event Ticket will include one raffle ticket and the chance to win some excellent raffle prizes. Additional tickets will be available for purchase for \$5 each or 3 for \$10.



In advance of the Dinners, the Club Presidents for 2019-2020 will be asked to commit to the following:

- Promote attendance at one of the Foundation Dinners convenient to their area and encourage them to bring their District Grant and Global Grant Projects to display at the Dinner
- Provide a raffle prize equal in value to \$25 or \$1 dollar per club member whichever is greater
- Provide 3 to 5 pictures via email of club event(s) to rotaryrick@outlook.com for the purpose of being included in a power point presentation

We hope to see you all at the Rotary Foundation Dinners.

Rotary Cares, Episode 20 - A New Presidential Year

On episode 20 of the award-winning, monthly show, Rotary Cares, Brattleboro Rotary Club past president Marty Cohn talks to Brattleboro Rotary Club President Carla Lineback and Brattleboro Sunrise Club President Jim Verzino. Directed by Brattleboro Sunrise Rotary Club past president Kevin Yager in the studio of Brattleboro Community Television.

To view the show,

<https://www.brattleborotv.org/rotary-cares/ep-20-carla-lineback-and-jim-verzino>

To listen to the podcast,

<https://soundcloud.com/user-402413535/rotary-cares-episode-20-a-new-presidential-year>



From Wayne's World to Yours: How to Promote with Community Access Television

by Martin Cohn

Many equate community television with the broadcast of local government meetings. However, community access channels, or CAT for short, fill a unique niche in the media landscape, providing communities with the opportunity to create programs of local interest.

First, some history

[Public-access television](#) came about with the rise of cable television in the late 1970s. In exchange for the rights to lay cable wires on public land, cable companies were required to donate a portion of their revenue to provide facilities and airtime to allow public comment. The [Cable Franchise Policy and Communications Act of 1984](#) prohibited cable operators from exercising any editorial control over public-access channels.



Community access TV became famous for its eccentric personalities and bizarre shows. This was the basis for the hit 1992 film, [Wayne's World](#). However, it has also been a venue for serious political and philosophical discussion, a place to find the recorded minutes of local town meetings or school board discussions, as well as [a springboard for citizen journalism](#). Access systems have proliferated and access programming is now being cablecast regularly.

How Community Access TV is structured

Cable systems make available three different narrowcasting and specialty channels, referred to as PEG, to represent [public, education, and government access](#) use. This results in an entirely different sort of programming, reflecting the interests of groups and individuals usually excluded from mainstream television.

Technological advancements allow local community television stations [live stream](#) and [video share](#). Further, stations can have programming downloaded throughout the United States on other public access stations.

How to Work with Community Access TV

Frequently, public relations professionals disregard CAT as a legitimate vehicle for their clients' messages because it does not have the reach of broadcast and cable television. PEG channels can approximate a type of blogging of community-oriented messages with high production values, cable distribution, and promotion of social inclusion. Most centers provide media production and literacy training, increasing the ability of community members to communicate.

Rotary Success Story

Over the past three years, I have produced four award-winning shows at [Brattleboro Community Television](#) (BCTV). These include [Family Matters](#) for Winston Prouty Center for Child and Family Development, [Healthcare Matters](#) for Grace Cottage Family Health and Hospital, [Safstor Matters](#) for Entergy Vermont Yankee and [Rotary Cares](#) for the Rotary Clubs of Brattleboro. The 30-minute show Rotary Cares was developed to increase awareness of the two clubs in Brattleboro, Vermont. With the help of [Brattleboro Community Television](#), a cable talk show was created to feature members discussing aspects of the organization's mission. Topics covered include an overview by club presidents and the District Governor, international service, community service, scholarship, gift-giving, membership, student exchange, polio plus, and Pure Water for the World. Each show contains a Rotary public service announcement. A link to the show is found on the clubs' websites and it is promoted via social media. In addition, audio of each show is used to create a [podcast](#). The show was recognized by BCTV with the 2018 Non-Profit Member of the Year Award.

Putting CAT in your PR toolbox

If your club is doing great things in your community, join your local CAT and get trained in the basics of television production. Not only will you gain greater insights into the use of television for public relations but also you will have much greater credibility with CAT stations if you're a CAT producer-member yourself. For nominal annual dues, you will learn and support your local community access television station.

Community access television is still relevant in a media landscape with hundreds of radio, television, and online video channels. The reason is simply that it's accessible to all and its reach is worldwide.

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Martin Cohn, who heads his own public relations agency, [Cohn Public Relations](#) has been in the business for over 40 years. He is a past president of the Brattleboro Rotary Club and serves on the board of directors of [Brattleboro Community Television](#). He can be contacted at martin@cohnpr.com.



Club News

Coping with Vision Loss

Dealing with progressive vision loss or an event that causes vision impairment most likely results in a great deal of distress for the person involved.

Finding resources and training to help mitigate vision loss and provide a sense of independence is critical to psychological and physical well-being.

I offer some perspective as a totally blind person. I lost my vision later in life due to a rare form of cancer. I have had the opportunity to share my thoughts with other individuals who are suffering from increasing vision impairment. Here are some thoughts.

I have found that my smart phone to be a key tool to increase my independence . Both Apple and Android phones have voice assistant and audible features to help you navigate the resources. An obstacle can be the individual's lack of technology competence. However, a free application or app, called "Be My Eyes" will connect the user with a volunteer who can communicate in the language you desire. This is a worldwide service and lets the volunteer speak to the user through the phone speaker and see what the phone sees using the built-in camera. It is great for reading mail, expiration dates on food and finding what you dropped on the floor and it is free.

I also find a home assistant such as Amazon Echo using Alexa software ; Google Home and Apple iPod home. You can get time, weather, news, music, etc. by merely asking. The possibilities are enormous with more use.

When a person transitions to a legally blind status, they are eligible from NH State Department of Disabilities, Future Insights, the Bard audible free book service to name a few.

What I want to convey is that anyone , regardless of age or technical competence, can improve their quality of life by utilizing some of the tools above. Losing your sight should not be a prison sentence and with patience and assistance, one can learn to use some of the technology listed above. It is as simple as "Hey Siri, open Be My Eyes and asking it to connect for you.

A lesson learned from my personal situation is to learn some of this technology while you still have some vision. I lost my sight completely and it complicated my personal situation considerably.

Rotary



I am most willing to offer assistance to anyone in the Rotary family who has a vision impairment of their own or a loved one.

Please feel free to contact me at:
David.kuhns01@gmail.com

All the best,
David Kuhns
Bedford Rotary

Brattleboro Rotary Club Donates to Hurricane Dorian Relief

To help with the Bahamas hurricane relief efforts, the Brattleboro Rotary Club has donated \$250 to the Rotary Disaster Network of Assistance.

According to Brattleboro Rotary Club President Carla Lineback, the destruction left behind by Hurricane Dorian is devastating.

Lineback said, "In parts of the Bahamas, literally everything is gone, replaced by piles of rubble where homes once stood, roads blocked with debris and thousands on thousands left homeless and in need of supplies.

Brattleboro Rotary Club International Committee chair Rob Szpila noted that Grand Bahama Island and Abaco Island took a direct hit from Hurricane Dorian, with winds that reached 180 miles per hour.

"This storm has battered these islands and the rebuilding process will take years," Szpila said, "Grand Bahama Island has 5 Rotary clubs."

Lineback added, "At this point Rotary is beginning phase 2 of its operation and while it will continue to deliver food, toiletries, and medical supplies for immediate needs it is preparing to obtain larger items to help rebuild the community. This includes fans, generators, trucks, buses, and building supplies."

To find out about how you can contribute to Rotary District 7020 Hurricane Dorian Relief efforts, visit <https://www.dna-rag.com>.

-BRATTLEBORO ROTARY-

Rotary



PHOTO CAPTION: (l-r) Brattleboro Rotary Club president Carla Lineback and Brattleboro Rotary Club International Committee chair Rob Szpila announce a donation to Rotary Disaster Network of Assistance for Hurricane Dorian relief efforts.



Wantastiquet Rotary Happenings

The Wantastiquet Rotary Club serving Londonderry, Vt. and the 3 mountain towns has been very active over the Summer and into the Fall. As part of the clubs tradition, 26 American Flags are placed on poles on Rt. 11 (Main Street) in Londonderry before Memorial Day and they come down shortly after Columbus day. The club also has taken on working on various woodland hiking trails in the town. This involves keeping them clear of brush and and in the case of one trail behind the elementary school building 7 new bridges that cross streams along the trails. Through a grant from the District lumber was purchased and the bridges replaced. There were also trail signs placed along the trail. Many man hours were put into this specific project and the results will be a much easier walk thru some very lovely woods. The club did recruit students from the school to work at removing the old bridges and assist with bring the lumber to the designated areas. Man power is needed at the Second Congregational Church's annual Whale of a Sale and 6 member show up at 6:00 AM to set up furniture.



The club also volunteered at the Magic Mountain Scramble (a run up one of the chair lifts) and received a donation from the organizers. One of the community agencies run a Chocolate, Cheese and Chili Fest and Rotary makes 10 pounds of chili and hands this out at the event. The club also donates to the Mountain Valley Health Clinic's golf outing and the Collaborative and social agency in town.

In terms of Fund Raisers the club sells hot dogs & hamburgers at the Annual Londonderry Parade, sells Lobster Bisques at the Peru Fair, sells and holds a monthly 250 Raffle, and runs a No Show Dinner. These projects enabled the club to distribute 6 high school scholarships totaling \$6,000 in the Spring.

All of these activities are done with a membership of 11 Rotarians.

Events and Fundraisers

Concord Rotary Major Raffle and Silent Auction

Rotary Club of Concord:

October 29th- Major Raffle and Silent Auction Evening Event with live music provided! 5:30 PM- 8 PM, Entry- \$16 person.

Place- Alan's of Boscowen!

Community to Raise Bider Cards/Silent Bids on November 2 for Rotary Club of Bow, NH Annual Auction to Benefit Scholarships, Camperships and Community Projects

Bow Appetito! is the theme for the Bow Rotary Club Foundation's 2019 Annual Auction, to be held on Saturday, November 2, at the Bow Community Building. Doors for the event will open at 6:00 p.m. The Auction theme will celebrate the tastes, sights and sounds of an evening in Italy while bringing together club members, member of the greater Bow and Dunbarton communities to raise funds for a worthy cause and support our students.

Proceeds from the Auction benefit both traditional and non-traditional educational scholarships as well as camperships and other community programs.

As of 2018, the Club's auctions have awarded more than \$340,000 to deserving students of all ages. Students applying to a range of accredited educational experiences are encouraged to apply, including 2- and 4-year community college and university programs, as well as technical training and trade schools and other career-focused certification programs such as HVAC, auto-mechanic certification and healthcare-related careers such as LNA and Medical Assistant programs, etc.

Auction guests will bid on a wide selection of Silent Auction items as well as a select number of Live Auction items. Information on items already committed for the Auction will soon be available on the Club's Auction page on its website, www.bowrotary.org.

The Club is grateful to the many local sponsors and supporters who contribute to the success of the Auction, both in terms of dollars and through donations of auction items.

A cash-prize raffle campaign is also underway as part of the annual Auction. Tickets are \$5 each and three winners will be chosen during the Auction. Cash prizes are for 1st - \$1,250, 2nd - \$500 and 3rd - \$250. The raffle is another great way to support the cause. It's practically free money! Tickets can be purchased from any club member.



The cost to attend the Auction is \$10 per person and will include a selection of light Italian-inspired appetizer, desserts and cash-bar liquid refreshments.

The Auction is also a great opportunity to catch up with old friends and make new ones and to get a greater sense of the important work carried out by the Rotary Club of Bow, all with the common purpose of supporting the event's mission...supporting our students and our community.

Merrimack Turkey Trot 5K on Thanksgiving Morning

MERRIMACK, NH -- The Rotary Club of Merrimack is sponsoring the Turkey Trot 5K Road Race on Thursday, November 28, 2019 (Thanksgiving morning). Registration starts at 7:00 am and the race starts at 8:00 am.

Race starts at Merrimack Middle School, 31 Madeline Bennett Drive, Merrimack. Pre-Registration is \$15 (kids) and \$20 (adults). Race Day Registration is \$15 (kids) and \$25 (adults). First 160 registrants receive a free t-shirt.



Please bring a canned good to the race for the local food banks. Race sponsorships are available.

To pre-register to run, walk, or volunteer please visit us at: www.merrimack5k.com!

All Proceeds in 2018 went to toward Coats for Kids, Merrimack Food Banks and holiday gifts for less fortunate families. We will be using all funds raised for those three areas again in 2019.

If you have questions or prefer to contact someone via phone to register or volunteer please contact: Bob Freed, Rotarian (603) 533-0678 or bbob.freed@techtransport.com

Founded in 1971, the Rotary Club of Merrimack is a volunteer organization of business people and professionals supporting the community. Merrimack Rotary projects have included the Roger Duhamel Pavilion at Watson Park, scholarships, reconstruction of Kids' Kove Playground, support for Merrimack flood relief, the Merrimack July Fourth festivities, the Rotary 4-Way Speech Contest, Interact Club, lighting at Reeds Ferry fields and more. The club works with other clubs on international projects like eradication of polio, Pure Water for the World, and hurricane relief in Honduras.

Rotary



The club works with other clubs on international projects like eradication of polio, Pure Water for the World, and hurricane relief in Honduras. To RSVP for a meeting or for information about membership, contact Chris Christensen at (603) 424-2542 or Chris@ChristensenNH.com or visit www.merrimackrotary.org.

Calendars

District 7870 Calendar

So much going on within the clubs in the district! Be sure to regular 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](#):

August 2019

Membership and New Club Development Month

September 2019

Basic Education and Literacy Month

October 2019

Economic and Community Development Month

7-13 October — Rotary Alumni Reconnect Week

24 October — World Polio Day

November 2019

Rotary Foundation Month

4-10 World Interact Week

December 2019

Disease Prevention and Treatment Month

January 2020

Vocational Service Month

19-25 January — [International Assembly](#), San Diego, California, USA

February 2020

Peace and Conflict Prevention/Resolution Month

23 February — Rotary's anniversary

March 2020

Water and Sanitation Month

9-15 March — World Rotaract Week

31 March — Preregistration discount ends for the [Rotary International Convention](#)

April 2020

Maternal and Child Health Month

30 April — [Rotary International Convention](#) registrations and ticket cancellations are due

May 2020

Youth Service Month

1-3 [District 7870](#) Conference at Sable Oaks in Portland, Maine (Friday begins at 2pm and ends Sunday at 11am)

June 2020

Rotary Fellowships Month

6-10 June — [Rotary International Convention](#), Honolulu, Hawaii, USA

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: November 15th, 2019.

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:

