



THE INSPIRATION



Rotary District 7870



January 2022

District Newsletter 2022, Number 7

**John Siemienowicz
District Governor**

www.rotary7870.org

**Rotarian Editors
Maureen Mooney and Martin Cohn**



Rotary Theme of the Month: Vocational Service Month

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Greetings From Your District Governor John Siemienowicz

Hello Folks,

Wow, My favorite Rotary Month - this month is the Month of Vocational Service. Vocational service can mean many things to many people. Vocational Service calls every Rotarian to:

- Aspire to high ethical standards in their occupation;
- Recognize the worthiness of all useful occupations, and;
- Contribute their vocational talents to the problems and needs of society.

In my Rotary opinion, Vocational Service means holding ourselves and our businesses to the highest ethical standards. As the 4 way test instructs us, in all we think, say or do... It is beholden upon us as leaders to set an example for all people.

So, as I heard from Ambassador Andrew Young at the Rotary International Convention in Atlanta, "Rotary is the glue that holds civil society together." Be sticky! So let me get "sticky" – my view is couched by my decades of experience as part of the New England society of Trades People. It has long been the trend of society to deemphasize the importance of tradespeople and the effect of their impact on the quality of society and community improvement. I am not a University graduate as are many of my peers (full disclosure - I do have an associate's degree in civil technology).

Historically, some in society were pushed into trade career paths because they were not considered "good enough" or cut out for college. If you have been following my articles as your District Governor you might realize that is partially my case. Others would seek out those opportunities to craft, repair and build, despite any negative connotation. However, if you recall the initial closures of work and services the COVID pandemic caused, the trade industries were not as shackled or shut down as were more traditional professions, being they were viewed as critical services needed both locally and internationally. I would like to see secondary school education support grow so that the trades are encouraged as a valuable career and given the same degree of respect as some other vocations.



**SERVE TO
CHANGE LIVES**

Please consider during this month of Vocational Service appreciating the various trades and associated offshoot professions, and think about how each contributes to making our communities stronger and Rotary in District 7870 STRONGER. Think about some of the service projects you have. Through those projects, take the opportunity to appreciate and celebrate the different vocations and trades not by just about bringing in talent to help with projects, but by also providing training opportunities to our youth and others. These exposures showing the appreciation and value of various vocations (in the trades and other career paths) will help them choose one where they can shine!

Please consider adding vocation and trade grants for education, tools and equipment at your Rotary Club levels that will enable and empower these people in our communities. There are many different ways to emphasize Vocational Service at the Club level. Let it be a starting point to expand or create new opportunities.

Be Well,

JB

Please: “Serve To Change Lives”



Caption: Ty & John Bob Raising Heavy Metal In New England!

District News

District Public Image Committee - “Tip of the Month”



Remember to regularly update/clean up your **club website**. Everyone loves to see up-to-date photos, happenings, and calendared events when accessing a website.



Try to update at least once a month! If you need assistance with the website, let us know at PrRotary7870@gmail.com.

Considering hiring (at a reasonable rate) a **Web Editor**. **Scott Mortimer** helps the Merrimack Rotary Club and is familiar with Clubrunner. He would be more than happy to help your club and discuss a plan that works for you. Contact Scott at: mortimer@gmail.com. Here is the Merrimack Club's site: <https://portal.clubrunner.ca/2943>

4 Way Speech Contest 2022

I am honored to reach out to all of you this afternoon to encourage your Rotary Club's participation in our Annual District 7870 4 Way Speech Contest. This truly is an AWESOME event – please consider engaging your Club to participate. I was so amazed by last year's event and how powerful and impactful our young adults are in bringing their “A” game to such a competition. Please, let's all make an effort this year to put up as many entries as possible and really see what the youth in our communities have to offer in their approach and messages. You are all by now aware of how strong my commitment is to “Serve To Change Lives,” and how important it is for us to open our hearts, our minds and our ears to experience growth in understanding of the concerns and issues that are important to the youth in our communities! Please step up and put the voices of the youth from your communities in this competition.

Be Well & Thank You, John Bob

PS If you have questions and need assistance, please reach out to our 4 Way Speech Committee (see below).

DGND Bill Stevens
Chair Albert St. Pierre
Bob Flint
Peter Flynn
Daryl Royce
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Coffee with Ken! Rotary Rocks!

Hi District 7870 Rotary Clubs: I'm inviting you to Coffee with Ken!

What is Coffee with Ken?

Many of our district events have been canceled due to COVID. As a result, we've been missing building connections to members at other clubs. In January 2021, I reached out to John Siemienowicz of the Milford Rotary Club and we did a virtual coffee over ZOOM to catch up. John liked it so much that he suggested that we have this as a regular event and open to all of the clubs. So, as a result, we started Coffee with Ken. We meet on the first Friday of the month at 8:30 am. This event is an informal open space with no agenda, and the goal is to create and cultivate personal connections between clubs.

Time: First Friday of every month, 08:30 AM Eastern Time (US and Canada):

- Feb. 4, 2022 08:30 AM • May 6, 2022 08:30 AM
- Mar. 4, 2022 08:30 AM • June 3, 2022 08:30 AM
- Apr. 1, 2022 08:30 AM • July 1, 2022 08:30 AM

Join Zoom Meeting

<https://us04web.zoom.us/j/78773960966?pwd=QkFlTTZkdDJyRzJIa3phTmhzam1kQT09>

Meeting ID: 787 7396 0966

Passcode: DuQ4J3

Thanks, Ken Yie, Foundation Co-Chair, Queen City Rotary

Club News

Kentucky Tornado Relief Efforts by the Ludlow Rotary Club



Please **HELP** Us with
Donations to assist
the
Kentucky Tornado
Victims



DROP-OFF LOCATIONS: By Jan. 12th
COTA & COTA or BENSON'S CHEVROLET

Needed Items: *Clothing, Household, Personal, Pet, Cleaning . .*

Coats	Shoes
Socks	Water
Non-perishable foods	Baby formula & Bottles
Diapers	Batteries
Can openers	Blankets
Towels	Personal care items
Feminine products	Under garments
Cleaning supplies	

FOR THE KIDS - THINK HOLIDAYS IN JANUARY
Toys, Games, Books, Art Supplies, Stuffed Animals, Legos

Please contact Kim Lampert 802-228-4000 with ?'s

Ludlow Rotary Club announced efforts to collect items needed for disaster relief for the victims of the Kentucky Tornadoes. The collection effort lasted until January 12, 2022.

Ludlow Rotary collected items for those in Kentucky who suffered tremendous loss during the recent tornadoes. Listed below were the items needed according to Kaytlin Edwards, Youth Service Representative of the Grayson County (KY) Rotary Club, partners in this effort with the Ludlow Club. Items range from clothing to diapers to cleaning supplies.

Rotary is also collecting children's Christmas gifts for a "Christmas in January" event, since most of the kiddos in the hardest hit areas do not have a home.

The two drop-off locations in Ludlow for those who can give supplies were Cota & Cota, 7 Main Street or Benson's Chevrolet, 25 Pond Street. Items were dropped off between 8 AM and 5 PM, Mondays through Fridays.

Monetary donations are still being accepted. Those wishing to make a cash donation should make checks payable to: LARCF, Inc. (Ludlow Area Rotary Charitable Fund, Inc.) and mail to Ludlow Rotary Club, PO Box 216, Ludlow, VT 05149 Please mark KY Relief in the memo section. LARCF, Inc. is a 501(c)(3) charitable organization.

For more information, contact Kim Lampert at 802-228-4000.



HB Rotary Interact Pays it Forward

After 7 years of community service, fundraising and global awareness, our HB Rotary Interact steps up their game, with an unforeseen twist. It was decided that now is the time to make a large donation. But to which nonprofit? With the passing of the father of advisor Susan Holroyd, her family wanted to donate his clothes to a cause associated with Veterans. That's when she discovered Liberty House.

Liberty House is a transitional living community which serves Veterans in need. They are located in Manchester and can house up to 20 Veterans, serving dinner every night to any Veteran looking for a warm meal. They have a large area for donated cloths, an extensive pantry for donated food, and a very clean environment. They accept no Federal nor State funding, making them reliant on the generosity of others.

Interact agreed 100% that Liberty House is more than worthy to be the recipient of our (7 years in the making) donation.

Now here's the twist. When none of the current Interact members were available to bring the check to Manchester, HB Rotary Interact Charter Member Brian Holroyd took the lead. He contacted past Interact members to see if they would help. Five of them met up and carpooled to Liberty House. They met with Bill Zarakotas, director of Community Relations, who graciously gave them an impromptu tour.

Most of these 5 past Interactors were members of Interact for 6 years; 2 years in Middle School, and 4 years in High School. They truly embody the term Service Above Self.

It was an honor to be able to present a check to Liberty House for \$3,000. Mr. Zarakotas seemed genuinely surprised. He expressed how far this gesture will go, and how many Veterans this will help.

It has been an absolute honor to support our Veterans.



Left Photo: Brian Holroyd, Camden Guay, Oliver Hugh, Jared Sanborn, Ryan Coutu
Right Photo: Jared Sanborn, Oliver Hugh, Brian Holroyd, Camden Guay, Ryan Coutu, Bill Zarakotas



Laconia Rotary Club Bell Ringers



On Christmas Eve, at the intersection of Pleasant and Main Street, members of the Laconia Rotary Club volunteered as 'bell ringers' for the Laconia Salvation Army, a tradition they have kept for over 50 years. Collectively, they raised \$3409.18 in just one day of ringing! Salvation Army volunteers congratulated club members for raising the most amount of money in one day of ringing for this season's holiday fundraising efforts. Laconia Rotary offers our gratitude to our Laconia Interact members who rang with us and to our friends Melissa Danforth, Brian Colp and his daughter, Stella, who also volunteered. Laconia Rotary Club extends its deepest gratitude to all who have served their communities during this year's holiday season.

Photo: Rotarian George Tyler rings the bell with Laconia Interact member, Luke Stafford

Ludlow Rotary Hears about Divided Sky Foundation's Plans

The Jan. 4 luncheon meeting of the Ludlow Rotary Club (LRC) featured the Program Director for Divided Sky Foundation, Melanie Gulde, speaking to Rotarians and guests about plans for the future drug and alcohol recovery program on Fox Lane.

The Divided Sky Foundation, founded by Trey Anastasio, purchased the facility in Ludlow. Anastasio of the band Phish, himself 15 years sober, launched the Divided Sky Foundation to deliver help to those affected by substance use. Vermont, his adopted home state, is a natural place to begin this chapter of his own giving back. Divided Sky is dedicated to delivering quality care and compassionate programming to those affected by alcoholism and addiction.

Acquiring the facility site was the first step in a plan that includes building renovations and program development. The program is tentatively slated to open by the end of 2022. Objections from neighbors have delayed the opening as planned.

The purchase was made possible in part by funds raised in 2020 during Anastasio's The Beacon Jams, an eight-week virtual residency presented live from New York City's historic Beacon Theatre. Donations were encouraged throughout the run, with fans ultimately contributing more than \$1.2 million.

"Alcohol is an addiction that seems to be overlooked at times. 95,000 people die annually from alcohol-related causes according to the National Institute on Alcohol Abuse and Alcoholism." said Gulde. She emphasized that addiction to alcohol is the most prevalent addiction facing our society.



The program's goal: to be a local asset for giving back to the community. The non-profit program plans to serve people from all income levels. Care services being planned include maintaining recovery, with plans and programs tailored to individual guests' needs. In addition, the program plans to offer job training and workforce reintegration. Education opportunities are planned to prepare guests who need them with certification in skills and trades.

Gulde provided a tour of the facility after the formal meeting.

If you or someone you know needs help for a substance use disorder, contact [SAMHSA.gov](https://www.samhsa.gov) or call 800-662-HELP (4357) to find a treatment center near you.

Anyone interested in learning more about joining Rotary is invited to contact Kevin Barnes, Membership Chairman at (802) 228-8877, to receive an invitation to a meeting.



Photo (l-r): Melanie Gulde, Program Director, Divided Sky Foundation is being introduced to the Club by Rotarian Art Randolph, President of the Ludlow Rotary Club. Photo credit Kim Lampert

Hudson-Litchfield Rotary Club Updates

Hudson-Litchfield Rotary Club had a busy December. Throughout December, the display case in the Rodgers Memorial Library in Hudson (where we meet each week) was full of items pertaining to our club, including our charter, some very early newsletters, information on Paul Harris, club banners and much more. Immediate Past President Jack Madden set up the display. Carrying on our tradition of adopting a family through the Hudson Community Food Pantry, the club members purchased gifts and gift cards for our adopted family. On December 11, the club members rang the bell in front of Market Basket in Hudson for the Salvation Army. This also is a yearly tradition which is fun and rewarding. Rick French coordinates this service project each year. On Wreaths Across America (WAA) Wreath Day, December 19th, club members Bill Roberts and Joe Ireland placed a wreath on the grave of veteran Ed Kerouac in Westview Cemetery. Ed was a Past President of our club. Helping Joe and Bill was Conrad (Connie) Dionne, member of the Milford Rotary Club. The three Rotarians also helped volunteers lay wreaths on the graves of the 132 veterans in Westview Cemetery, Hudson. Club members Chris and Jack Madden are co-Location Coordinators for WAA Hudson, NH Cemeteries. They are responsible for maintaining a list of veterans in the cemeteries, noting the location



of their graves, organizing volunteers to lay wreaths on Wreath Day, and setting up and running the Wreath Day Ceremony.

Unfortunately, due to COVID, the club had to postpone the celebration of our 50th Anniversary of our chartering. We will be rescheduling, most likely in April. Stay tuned!

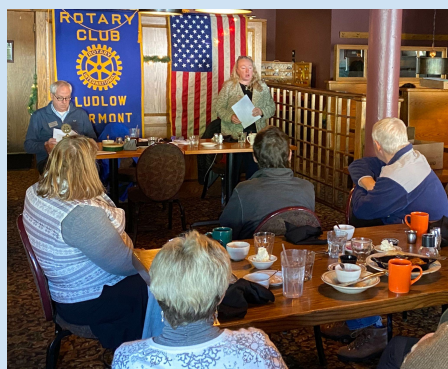
Ludlow Rotary Hears Real Estate Market Update

The Jan. 11 luncheon meeting of the Ludlow Rotary Club (LRC) featured Lisa Kelley, President, Crown Point Board of Realtors(CPBR) speaking to Rotarians and guests about current real estate activity in the area and the future of the real estate market.

She stated that home prices were at a peak in June. This is a sellers' market making it hard to buy. There is still very little inventory of homes for sale. On average houses are only on market for 6 days, said Kelley. This makes it tough for local residents to break into the market for a house. In addition, she predicted mortgage rates will increase over the next couple of years.

Buyers with resources purchase land as an alternative, only to find the builders are booking into 2023. She stated the population of buyers working remotely need high speed fiber optics. Because Mount Holly has that, housing there is in great demand.

Of concern to the local economy, Kelley noted that second home owners don't visit local shops daily. This puts local businesses at a disadvantage because of the smaller steady population base. It also makes the community less affordable. Affordable housing is difficult to provide for several reasons including building materials being so expensive.



She cautioned members to expect more foreclosures. Some foreclosures have been sitting for more than 2 years because of the backlog in the business. Rentals are very expensive in the Ludlow Rotary service area as well.

Kelley, a realtor from Mount Holly for the past 16 years and former owner of the Belmont General Store, was urged by her father-in-law, Larry Kelley, to get her license. Larry was a long time Ludlow Rotarian. Rotarian Sharon Bixby remembered when Larry was roasted by the club, he was given an outhouse adorned with a Kelley Real Estate sign because "he could sell anything." Lisa may be on that track after selling 50 homes in 2021. In addition to being President she is a State director of CPBR and active in the Mount Holly community.

Anyone interested in learning more about joining Rotary is invited to contact Kevin Barnes, Membership Chairman at (802) 228-8877, to receive an invitation to a meeting.

Pictured above, left to right, Rotarian Art Randolph, President of the Ludlow Rotary Club and Lisa Kelley, President, Crown Point Board of Realtors.

Fundraisers

The 17th Annual Hollis Fast 5K Race Set for June 9, 2022

The Hollis-Brookline Rotary Club has opened registration for their annual fundraising road race, the Hollis Fast 5K. This year's event moves back to the traditional 2nd Thursday of June, June 9th at 6:30 pm. Participants may sign up by logging on to the race website at www.hollisfast5k.com and selecting the register button.

The event will be organized to follow all State of New Hampshire mandates and guidelines related to Covid safety. As the date of the event nears, communication updates will be shared to registrants and other participants by press releases and email messages.

The Hollis Fast 5K features a unique and scenic course that drops 224 feet from start to finish and offers runners a chance to achieve a personal best time for a 5K distance. The distance is certified by the USA Track & Field, but because it drops more than one meter per kilometer, official state and national records do not count. As always, runners who beat the State of NH time record for their individual age will be offered free race entrees for the following year. Three participants in the 2021 race achieved this goal and have been awarded waived entries to 2022.

The event is also perfect for walkers and first-race participants, with a gentle downhill course that will enable anyone to join in. A 9-week "Couch-to-5K" program will also be offered by the [Gate City Striders](#) for new runners who want coaching and support as they start out with a first-race effort.

This event always features some of the area's top runners and has received rave reviews from several national publications. The course is blazing fast. In the first eight years through 2012, 33 state age

group records were broken. The **Fast 5K** was the USATF New England **5K Championship** race in 2015 and 2013, and in the 2013 race, 73 people beat the New Hampshire State Record! The race has been named one of the fastest 5k races in America and the fastest 5K in New England.

["Five 5K Runs, With Cookies, Too" - The Wall Street Journal, July 2010](#)

["America's Speediest Road Races" - Running Times Magazine, May 2009](#)

["Hollis Fast 5K - Enjoy One Of The Fastest 5Ks in the USA" - Cool Running, 2011](#)

["A Can't Miss Race In NH" - WMUR Television Channel 9 Coverage, 2012](#)

All proceeds from this Rotary fundraising event will go towards supporting the club's [charitable efforts](#), local scholarships and other worthy causes.



Runners at the 2021 Hollis Fast 5K start the course at the HB Middle School, wind through scenic Hollis center and down Depot Road.
Photo by Bob Heyer

Look No Further for the Gift that Gives Back this Holiday Season

Rotary Club of Nashua
2nd Annual **Charity Car Raffle**



BMW pictured is for advertising purposes only and may not be color or equipment delivered.

**2022 BMW X3 xDrive30i
OR \$35,000 CASH!**

Buy tickets & more info
www.NashuaRotary.org

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

THREE \$500 EARLYBIRD DRAWINGS!
Nov 15, Dec 13 & Jan 24
Winning tickets remain in drawing for Grand Prize

GRAND PRIZE DRAWING
March 9, 2022 @ Tulley BMW of Nashua

Raffle for Scholarships 2022

The Springfield VT Rotary Club gives out two \$2,000 scholarships for Springfield High School seniors as well as a new \$500 Lew Baldvins Memorial Industrial Trades scholarship. Usually, these monies are raised at an annual "Penny Sale". Unfortunately, due to the pandemic, the club has had to cancel the annual event and instead run a scholarship raffle with a grand prize of \$5,000. The tickets are \$2 each or 3 for \$5. The drawing is on Feb. 16.



Can you help by buying some raffle tickets?

Checks can be made payable to Springfield Rotary Club and sent to
Martin Cohn
6 Lincoln Street
Springfield, VT 05156

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: February 15th, 2022 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:



District Governor - Closing

Over the course of the last six months, I've seen a few different statements about how we as Rotarians can be a shining example of positivity and helpfulness in this trying world. I would like to share those thoughts with you as this month's closing statement, and so I've revised, compiled and paraphrased them below.

As our country and the world is conflicted, trying to figure out what can be done so we all may live in peace and harmony, we as Rotarians can hold doors open for strangers, let people cut in line in front of you in traffic, say a simple "good morning", keep babies entertained in grocery lines, stop and talk to someone who is lonely, tip generously, thank our police and military, reach out to people who are different than ourselves, donate food, encourage, smile and praise kids, and be patient with those who make a daily effort to serve us.

WHY?

Because as Rotarians we can demonstrate there is love where it appears invisible. Show that we are kind, judge less, give a helping hand to those in need: family, friends and even strangers. And be forgiving of yourself. For if it's hard to find kindness, we as Rotarians...be kindness.

Be Well,

John Bob



SERVE TO CHANGE LIVES