

Rotary

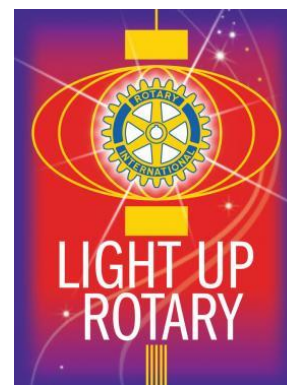
District 7910

Central Massachusetts, USA



May 5, 2015

Newsletter



www.Rotary7910.org

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This Issue:

- 1 Governor's Message
- 2 **Save The Dates**: 2015 District Conference, May 15-17
- 4 **Save The Dates**: Rotary Hospitality 'Sweets,' May 15-17
- 5 Wine Appreciation Fellowship To Debut At District Conference
- 5 District, Worcester Sponsor New England Mindful Kids Yogathon
- 6 **Save The Date**: 'Mindful Kids Yogathon,' June 21
- 7 Wellesley Interactors Leading Way With Mental Health and Wellness
- 8 **Save The Date**: Installation of James Fusco as '15-'16 Governor, June 19
- 9 Toss It? No Way! Get It Fixed For Free At Bolton Repair Café!
- 10 **Save The Date**: Bolton Repair Café, May 30
- 11 Nashoba Valley Club Holds 3rd Annual Reality Fair
- 12 Past Issues
- 12 Visit Us, Like Us, Watch Us, Explore Us
- 12 Submit Content

Governor's Message

By Val Callahan

We are less than two weeks away from our **2015 District Conference** on **May 15 to May 17** at the **Holiday Inn in Marlborough**. This year's Conference will feature something for everyone! **If you have yet to register, [click here](#). And please do so now!**



There will be a breakout **meal-packaging session** for **End Hunger New England** on Saturday, May 16 at the **Solomon Pond Mall** on the Marlborough-Berlin line. For further information, please contact Assistant Governor **Steve Sager** at ssager@sagerlegal.com or Past District Governor **Carol Toomey** at carolrotary@gmail.com.

We are going to have a splendid variety of **Hospitality Suites** – a.k.a. "**Sweets**" - featuring several overseas locations, including Bermuda, Brazil, Italy and South Africa. More Rotary Clubs are about to sign up for a Suite. So far, at least seven clubs have done so. We are keeping the costs at a group rate in hopes of having lots of fine participation. If your club is interested in hosting a Suite, please contact 2016-'17 District Governor Nominees **Pat and Skip Doyle** at pwdoyle2@verizon.net.

We will also display a **ShelterBox** and tent that will be collecting donations to fund more Shelter Boxes for the victims of the earthquake disaster in Nepal. On Sunday, **May 17, Marcia Davis**, president of the **Rotary Club of Auburn**, will display the ShelterBox and tent at that club's **Pancake Breakfast** (see page 3 for more on this event).

Many clubs have signed up to welcome our incoming **Group Study Exchange** team from **District 2060** in northeast Italy, led by Rotarian and architect **Elisabetta Fabbri**. Her team includes two men and two women, in addition to herself. We are preparing to give them the trip of a lifetime. At the Conference, please make sure that you warmly

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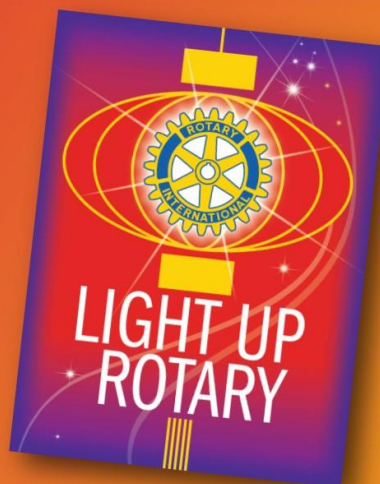
2015 District Conference

“Celebrating Communities”

May 15-17, 2015

Holiday Inn and Suites • Routes 20 at 495

AGENDA



Friday, May 15

| | | |
|------------------|--|-------------------------|
| 4:00 – 6:00 p.m. | Silent Auction <i>Plus — Ralph Hammond & Friends Cycling for RI Foundation</i> | Hampton Room |
| 4:00 – 6:30 p.m. | Registration Open | Hotel Lobby |
| 5:00 – 6:00 p.m. | Reception | Indoor Pool & Courtyard |
| 6:00 p.m. | Paul Harris Dinner <i>Black Tie Optional—Dining & Dancing</i> <ul style="list-style-type: none">• RI President's Representative – PDG Deepa Willingham• Foundation Awards | Ballroom |
| 8:30 p.m. | Live Auction | Ballroom |
| 9:00-11:00 p.m. | Hospitality “Sweets” <i>Coffee, Desserts, Aperitifs and more!</i> | 4th Floor Rear |

Saturday, May 16

| | | |
|-----------------------|--|-------------------------|
| 8:30 a.m.- 12:00 p.m. | Silent Auction <i>Plus — Ralph Hammond & Friends Cycling for RI Foundation</i> | Hampton Room |
| 8:30 a.m. – 6:30 p.m. | Registration | Hotel Lobby |
| 8:30 – 9:30 a.m. | Breakfast | Ballroom |
| 9:45 – 10:45 a.m. | Italian GSE Team Presentation | Ballroom |
| 10:45 – 11:45 a.m. | Annual Business Meeting | Ballroom |
| 11:45 a.m. | Lunch | Ballroom |
| 12:15 p.m. | WPI Rotaractors in Guatemala | Ballroom |
| 1:00 – 4:00 p.m. | Silent Auction <i>Plus — Ralph Hammond & Friends Cycling for RI Foundation</i> | Ballroom |
| 1:00 – 3:00 p.m. | End Hunger New England Meal Packing Service Project | Solomon Pond Mall |
| 5:00 – 6:00 p.m. | Reception | Indoor Pool & Courtyard |
| 6:00 p.m. | Dinner <ul style="list-style-type: none">• Speaker: RI President's Rep – Deepa Willingham• Club Awards• Silent Auction Results• 50-50 Raffle Drawing | Ballroom |
| 9:00-11:00 p.m. | Hospitality “Sweets” <i>Coffee, Desserts, Aperitifs and more!</i> | 4th Floor Rear |

Sunday, May 17

| | | |
|---------------------------|------------------------------------|-----------------|
| 9:00 – 9:30 a.m. Rooms | Interfaith Memorial Service | Middlesex/Essex |
| 9:30 a.m. | Breakfast | Hampton Room |

(continued from page 1)

welcome each one of them. Their entire trip is being beautifully coordinated by **Indira Desai** of the **Rotary Club of Newton**. If you have questions, please contact Indira at indira.desai@gmail.com.

On Friday night, **May 15**, we will have a **formal, Black-Tie-Optional Dinner**, which will include awards, **District 5240** Past Governor **Deepa Willingham**, and **Rotary Club of Worcester** member **Mauro DePasquale** (shown in foreground, right) with his **Jazzed Up** musical trio. If you wish to contact Mauro, you may do so at mauro@wccatv.com.



On Saturday, **May 16**, we will have our **Business Meeting**, chaired by Past District Governor and attorney **Mike Razza**. In order to vote at this meeting, you need to be certified. There is **one vote per club per every 25 members**.

Grants Chair and Past District Governor **Ralph Hammond** is going to cycle throughout the District Conference weekend in order to raise awareness of health and wellness and to raise funds for **The Rotary Foundation**. For further information, contact Ralph at ralph.hammond@verizon.net.

We are also going to raise funds for **The Rotary Foundation** at our **Live and Silent Auctions**. Each club is expected to **donate at least one \$100** item, basket or gift certificate. For further information, please contact Rotary Worcester Membership Chair **Barbara Guthrie** at bguthrie1@verizon.net.



District Rotaract Chair **Carl Gomes** will introduce the **keynote speaker** at our Saturday, **May 16** luncheon. WPI graduate student **Michael Figueroa** (shown, second from left), vice president of the **Rotaract Club of Worcester Polytechnic Institute**, will discuss the WPI club's **rainwater-harvesting projects in both Worcester and Guatemala**. Scholars, RLYA students, ESSEX students and Interact students are especially welcome to register for this outstanding presentation.

On Sunday, **May 17**, we will have a **Breakfast and Memorial Service** led by Rotary Club of Worcester member **Emily Buresh**, who describes herself as a "PK" – a preacher's kid. She will lead us in honoring our beloved Rotarians who have passed away in this past year. Among others, we will be honoring **Bill Nutting** of the **Rotary Club of Wellesley** and Past District Governor **Peter C. Sanders** of the **Rotary Club of Needham**. You are welcome to bring candles, photos and eulogies to the Memorial Service. It is of the utmost priority that we honor the Rotarians who have set the example for us. Please e-mail either me at valentine.callahan@gmail.com or Emily at emily@audiojournal.net with the names of other deceased Rotarians you wish to honor at this important Memorial Service on May 17.

The **Rotary Club of Auburn** is re-booting in a big way. I gave my final District Governor speech at a weekly meeting there recently, during which eight members were busy planning their **Pancake Breakfast** on **May 17** at **Auburn High School** to fund scholarships for Auburn High seniors. For further information, please contact Assistant Governor and President **Marcia Davis** at largetutor@verizon.net.

We're looking for candidates for **District 7910 Trustees for 2015-2017**. [Click here](#) to download nomination form in Word format. Complete and sign it, have your club secretary sign it, and submit it to the **Klaus Hachfeld**, chair of the **District Nominating Committee**, at laserklaus@gmail.com.

I'll see you at our District Conference May 15-17. It is *al la carte*. You may register for as few or as many events and meals as you wish. The Hospitality Suites are complimentary for you as our way of thanking you for your dedicated work as Rotarians! And remember, it costs you *nothing* to attend the District Conference - unless you want to partake of a meal. Even at meal functions, you can always find a chair along the outside walls of the room, where you can see and hear the program without eating. Also, there is *no charge* to join your fellow Rotarians at the Rotary Hospitality "Sweets" (see ad, page 4) and help at the End Hunger Now project. *But you do need to register!* So [click here](#), to register now for the 2015 District Conference!

You may contact me at valentine.callahan@gmail.com.



Rotary Hospitality "Sweets"

A great opportunity for your club to sponsor a hospitality "Sweet" at the Rotary District 7910 Conference on May 15th and 16th at the Holiday Inn in Marlborough, Ma.

There is more than one way in which to participate:

1. Sponsor a regular "sweet" in a king size room for \$129.00 per night
2. Sponsor a two room "sweet" with kitchen area micro wave, refrigerator and Keurig for \$159.00 per night
3. Either 1 or 2 can be sponsored for one night or two.
4. Either 1 or 2 can be sponsored by more than one club for a shared amount.

Regular rooms can be fitted with a small refrigerator.

Theme: Choose a country: Just to let you know some countries have already been chosen so if you have a preference let us know ASAP.

Desserts will not be served with dinner on Friday or Saturday evenings.

Hospitality "Sweets" will provide dessert, and beverages.

All rooms will be located on the Fourth Floor of the hotel along one corridor encouraging visiting from room to room.

For more information or to reserve a room please contact:

Skip and Pat Doyle DGN

508 393-9031

skipdoyle2@verizon.net

Wine Appreciation Fellowship To Debut At District Conference

By Carl Gomes



On April 18, District 7910's newly formed [Rotarian Wine Appreciation Fellowship](#) enjoyed great fellowship and had a very productive meeting. A steering committee was formed, to move forward with structuring the fellowship.

A proposal was presented from [Tomasso Trattoria](#) in Southboro to host our Fellowship for a wine-tasting event. On April 30, members of the steering committee attended a demonstration wine-tasting at that Route 9 restaurant, which went quite well. We hope to report back to the Fellowship and hold our **first event this June**.

We are looking forward to celebrating the spring season with all of you with a glass of wine in the **Hospitality Suite** at the **2015 District Conference** on **May 15 to 17** at the **Holiday Inn Marlborough**. Look for fellow Rotarians wearing **Rotary-corkscrew pins**!

Carl Gomes, a member of the Rotary Club of Nashoba Valley, may be contacted at carlcgomes56@icloud.com.

District, Worcester Sponsor New England Mindful Kids Yogathon

By Rose Pavlov

[Ivy Child International](#), a Worcester-based non-profit, will host its second annual [New England Mindful Kids Yogathon](#) on **June 21** from 1:00 to 5:00 p.m. at the John Coughlin Memorial Field at **Worcester State University**. The theme of this year's event is **Every Child is a Superhero**. The event also coincides with [World Yoga Day](#) as well as Father's Day. So it will be great fun for the whole family!

The Mindful Kids Yogathon seeks to raise awareness of mindfulness and yoga in support of Ivy Child's mission to help kids and communities flourish. Through multicultural programs and workshops, participants will have a chance to learn different yoga styles through a "yoga-adventure around the world." Featured events will also include multicultural entertainment and food, vendor tables and interactive sessions.



The cost for participants will be **\$10 for early registration**. [Click here](#) for tickets. There are a lot of other ways to get involved. You can attend, sponsor and/or volunteer. The cost for vendor tables is **\$300 per corporate table** and **\$25 per non-profit table**.

Ivy Child International is working to enhance the social and emotional well-being of children worldwide by recognizing their multicultural needs and using education rooted in positive psychology as a uniting force to inspire resilience and leadership. Ivy Child develops innovative programming for hospitals, healthcare centers and schools, which feature yoga, mindfulness, meditation, music and art. Come to our Mindful Kids Yogathon on June 21 - and help us make every kid a superhero!

Rose Pavlov, executive director of Ivy Child International and a Worcester Rotarian, may be contacted at rpavlov@ivychild.org.



NEW ENGLAND MINDFUL KIDS

YOGA THON

JUNE 21, 2015



'EVERY CHILD IS A SUPERHERO'

DATE:

June 21, 2015

International Yoga Day!

TIME:

1pm – 5pm EST

LOCATION:

**Worcester State
University**

John Coughlin Memorial Field

OUR VISION

Raise awareness of mindfulness and yoga across New England by creating an annual event in support of Ivy Child's mission to help communities flourish.

DETAILS

Through multicultural programs and workshops, participants will have a chance to learn different yoga styles through a 'YOGA-DVENTURE AROUND THE WORLD'. Featured fun also includes multicultural entertainment and food, vendor tables, and interactive sessions.

WHO SHOULD ATTEND

Open to everyone in the community! This is a family event - all ages are welcome. **No yoga experience necessary.**

GET INVOLVED

Sponsor, donate, register or volunteer for the Yogathon! Visit ivychild.org/yogathon or contact Shan Koay at skoay@ivychild.org for more info.

IVY CHILD
INTERNATIONAL

Sponsored by:

Rotary
Club of Worcester



Rotary
District 7910



Wellesley Interactors Leading Way With Mental Health and Wellness

By Bob Anthony

Teens from the **Interact Club of Wellesley** recently presented their [Peer Leadership and Depression Prevention](#) project in a conference session, participated in a keynote panel discussion, and staffed a Q&A kiosk about depression-prevention resources. The event was the Teen Mental Health, Depression & Suicide Conference on April 8 in Milford, attended by more than 300 educators and teen leaders.



Shown, left to right are Hannah Lee, Thomas Capozzi, Nathan Chiu, Nadja Reilly (project psychologist), David Michael and Joey Kinyanjui at the statewide educator's conference on mental health and wellness.

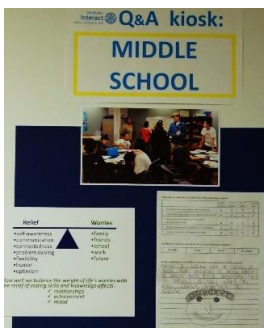


The Interact teens co-facilitated a one-hour session during the conference titled, *Teens Leading the Way: Mental Health and Wellness in the Community*. They stated that overcoming stigma and promoting wellness are as critical to addressing teen depression with intervention for treatment.

The teens described how they share coping skills and knowledge through their peer-leadership program. They presented their project results, including collaboration with other teen mentors, and invited others to join their call for action. They explained that Interact is the short name for "International Action" and that they have teleconferenced with peer mentors as distant as San Juan, Puerto Rico. The Wellesley Interact teens co-facilitate the *Break Free From Depression* curriculum with students of middle-school ages at their local Boys & Girls Club and with sophomores at Wellesley's high school.

As the Rotary Club of Wellesley advisor to the Interact Club, I introduced the teens for their presentation. I noted that three elements for success are needed for a community depression-prevention program, similar to extended family getting together for a weekend:

1. Accurate information
2. Easy conversation
3. Go-to person for discussing concerns (referral)



The Interact presenters were: junior **Nathan Chiu**, a runner who plays the cello, and who also participated in the panel discussion; senior Thomas **Capozzi** who is on the sailing team; senior **Joey Kinyanjui**; home-schooled senior **David Michael**; and from Dover Sherborn's high school, sophomore **Hannah Lee**.

The Interact Q&A kiosk (shown, left) offered emotional-wellness resources suitable for different age groups.

The Emotional Wellness project is designed for replication by other Interact clubs. For more information, visit WellesleyRotary.org or contact me at bobanthony@adolescentwellness.org.

SAVE THE DATE

Rotary International District 7910
and the
Rotary Club of the Montachusett Area

Cordially invite you to attend the
Installation of

James A. Fusco
Governor, 2015-2016
Rotary District 7910

and the
Installation of

Leslie J. Storrs
President, 2015-2016
Rotary Club of the Montachusett Area

Friday, June 19, 2015
Cost: \$35.00
Cocktails: 5:30 – 6:30 p.m.
Dinner: 6:30 p.m.
Great Wolf Lodge
150 Great Wolf Drive
Fitchburg, Massachusetts



Toss It? No Way! Get It Fixed For Free At Bolton Repair Café!

By Ray Pfau



Do you have a broken toaster or some clothes that need mending? Don't throw them away.

The [Rotary Club of Nashoba Valley](#), with help from [Bolton Local](#), will hold the [next Bolton Repair Café](#) on Saturday, **May 30** from 9 a.m. to 1 p.m. The event will be held in Davis Hall at the **First Parish of Bolton Church**, located at 673 Main St. in Bolton. Please **park and enter at the rear of the building**.

Bring your items that need repair, and knowledgeable volunteers will try to fix them for free. The volunteers can work on items such as

small appliances, computers, lamps, bikes, jewelry, clothing, and outdoor power equipment. They can also sharpen knives, scissors, and garden tools. You only pay for needed parts. If you know what parts are needed, please get them ahead of time and bring them to the Bolton Repair Café to save time.

The [Repair Café concept](#) was initiated by [Martine Postma](#). Since 2007, she has been striving for sustainability on the local level in many ways. She organized the very first Repair Café in 2009 in Amsterdam. It was a great success. This prompted Martine to start the [Repair Café Foundation](#). In 2010, this Dutch non-profit organization was officially set up. Since 2011, the foundation has provided professional support to local groups in the Netherlands and other countries wishing to start their own Repair Café.



At Repair Cafés, everything centers on making repairs. By promoting repairs, Repair Cafés want to help reduce mountains of waste. Repair Cafés are also meant to put neighbors in touch with each other in a new way, to help people save money, and to help people discover that a lot of know-how and practical skills can be found close to home.

In Central Massachusetts, Bolton Local runs the Bolton Repair Café, which is supported by the Repair Café Foundation. Bolton Local is a grassroots group of people whose mission is “to build a strong, self-reliant community made up of people committed to living sustainably on the planet, in a way that inspires, builds friendships, and offers a hopeful vision for the future.”

You can get more information from either me at 978-779-5545 or ray.pfau@oracle.com, or Richard Simon, president of the Rotary Club of Nashoba Valley, at 978-835-4432 or rlsimon@comcast.net. You may also visit BoltonLocal.org and RepairCafe.org. To listen to a recent half-hour radio interview with me and Bob Johnson regarding the Bolton Repair Café, [click here](#).

Ray Pfau is a member of Bolton Local and organizer of the Bolton Repair Café.



Toss it? No way!

THE FIX IS **FREE** AT THE REPAIR CAFE

Most items are welcome, but we specialize in mendable clothing, lamps, small appliances, bikes, toys, jewelry, outdoor power equipment, and dull blades. If your item needs a part, save time and bring the new part with you.

Enjoy a free drink and a snack, have fun, and work with a volunteer to repair your broken item.

For information or to volunteer:

www.nashobarotary.org, www.boltonlocal.org,
www.repaircafe.org,
www.facebook.com/nashobarotary

**May 30, 2015
9 a.m. - 1 p.m.**

**Davis Hall at the
First Parish of
Bolton Church**

**673 Main Street
Bolton, MA.**

**Please park and
enter at the rear of
the building.**

Ray Pfau, 978-779-5545 or ray.pfau@oracle.com

Richard Simon, 978-835-4432 or rlsimon@comcast.net

You know all about the small print, right? But our small print says the same thing as our big print: There is no charge...really! You just pay for any needed parts.

An all-volunteer project of the Rotary Club of Nashoba Valley with support from Bolton Local



Nashoba Valley Club Holds 3rd Annual Reality Fair

By Laura Spear



With about 50 volunteers from the community and other Rotary clubs across the district and beyond (shown, left), the [Rotary Club of Nashoba Valley](#) held its **2015 Reality Fair** on April 17 at [Nashoba Regional High School](#). The Reality Fair was a financial-management event for the sophomore class of 260 students, sponsored by the

club, high school and [Clinton Savings Bank](#). The objective was to give students a better understanding of the financial responsibilities they will face in the real world.

Students used the high school's college and career portal to select a career and salary. On the day of the fair, they got a paycheck based on the career they selected. The paycheck equaled their monthly salary and showed deducted taxes. With this money, they had to pay for housing, utilities, insurance, transportation, clothing and food.

They were also tempted with “nice-to-have” luxuries such as pets, travel, sporting events, and gym memberships, and they had to spin a Wheel of Fortune to help them understand life's unexpected expenses. Many volunteers commented on how seriously the students took this exercise.

After students visited the various tables at the Reality Fair, they balanced their budgets and reviewed their spreadsheets with a credit counselor. Additionally, the students' ledgers are being mailed to their homes, to spur conversations and a better understanding of financial management in their own households.



For more photos, visit [Facebook.com/nashobarotary](https://www.facebook.com/nashobarotary).

Laura Spear, Public Relations Chair of District 7910 and a member of the Rotary Club of Nashoba Valley, may be contacted at laura@spear.net.

Past Issues



[Click here](#) for past issues of *Rotary District 7910 Newsletter*

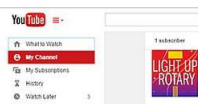
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Like us at Facebook.com/RotaryDistrict7910



Watch us at YouTube.com/RotaryDistrict7910



Explore our [Interact clubs](#)



Explore our [Rotaract clubs](#)

Submit Content



If you would like to **submit content** for consideration for the **May 21** issue of **Rotary District 7910 Newsletter**, please e-mail it **Val Callahan** at valentine.callahan@gmail.com. The **submission deadline** is Friday, **May 15**. **Text** must be in **Word** format. **Images** must be in **JPEG** format.

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2014-2015 District Governor Val Callahan, valentine.callahan@gmail.com
Rotary District 7910 Newsletter Editor-in-Chief Steve Jones-D'Agostino, srdagostino@icloud.com