

The Rotarian



Dear Rotarians of District 7890,

I can't believe we are already six months into the year! Wow time goes fast.....

I have had the best year and cannot tell you how honored I have been, and remain to be, to have been chosen for this role as the District Governor of 7890, partnering with each of you to strengthen and give relevance to our district.



BE THE INSPIRATION

To date I have visited 50 clubs and want to thank each of you for your attendance during this time as I have had the honor to meet so many fabulous Rotarians supporting our mission providing; service to others, promoting integrity, and advancing world understanding, goodwill, and peace through its fellowship of business, professional, and community leaders. I also want to thank each of you for being so transparent and providing candid feedback, insights and most importantly the great dialogue that will all lead to strengthening our district.

I would like to provide to you mid-term data on our performance so we have a good idea where we stand today. Please see below:

Foundation:

In reviewing the Annual Fund and District Progress Report - Our district is down 12% from last year's Annual Fund. Albeit this is not our mid-year final total it is an indication of where we are to date. It's important for us to support the Foundation because we are Rotarians, but to also know that these funds support half of the Annual Fund-Share from the year of 2021-22 that will be used for DDF for Global and District grants.

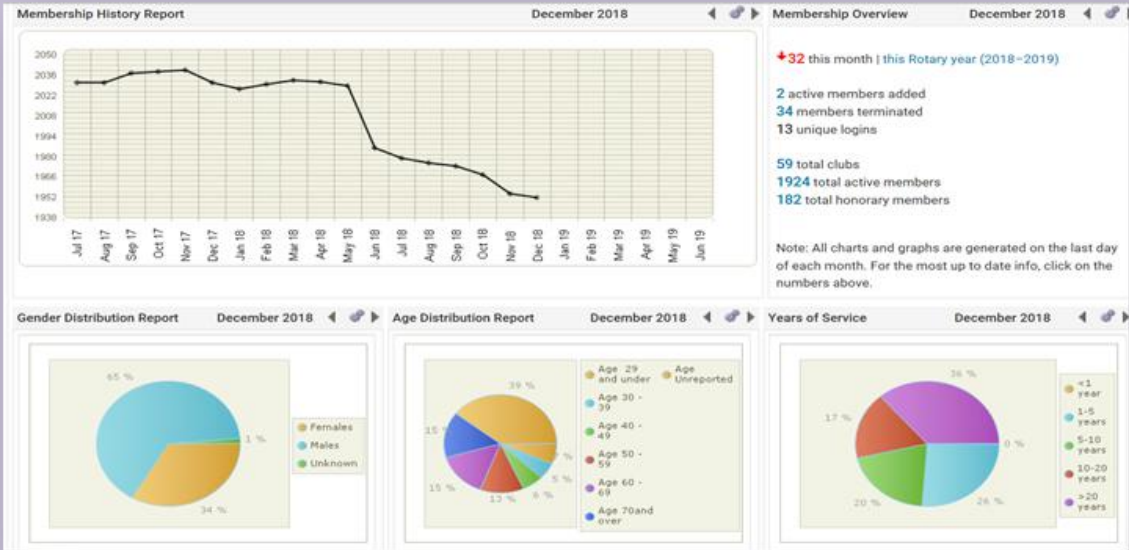
ANNUAL FUND - DISTRICT PROGRESS REPORT

NOVEMBER 2018 - 2019

Zone	District	Members Current Fiscal Year	Members Last Fiscal Year	# of Clubs	# of Clubs w/grow	% of Clubs w/grow	District Goal Current Year	Annual Fund YTD	Annual Fund LYTD	YTD % Change	Annual Fund Per Capita YTD	Annual Fund Per Capita LYTD	Annual Fund Per Capita LFY	Annual Fund Donors (\$1) YTD	EREY Donors (\$25) YTD	EREY %	Sustaining Member Donors YTD	Sustaining Member %	PHS Eligible YTD	PHS Members YTD	Non Giving Clubs YTD	Non Giving Clubs LYTD	Non Giving Clubs Final	Total Giving YTD
32	7890	1,976	2,045	50	40	80.0%	\$14,350	\$51,999	\$59,095	-12.0%	\$16.40	\$30.89	\$39.96	239	216	11.5%	150	8.0%	9	34	24	23	4	\$73,299

Membership:

Judith Green is our Membership Chair and has been meeting with many of you to learn how to gain and retain our members looking at new opportunities keeping our District Strong!! This is an over-view of our district at the end of December.



Club Goals:

District 7890 Summary				
Members & Engagement 2018-19				
Current Membership: 1936				
as of: 08-Jan-2019				
GOAL	CLUBS WITH GOAL	2018-19 ACHIEVEMENT		2018-19 GOAL
Club membership ⓘ	36 / 59	1237	of	8180
Service participation ⓘ	35 / 59	142	of	932
New member sponsorship ⓘ	33 / 59	7	of	94
Rotarian Action Group participation ⓘ	22 / 59	36	of	134
Leadership development participation ⓘ	31 / 59	7	of	84
District conference attendance ⓘ	31 / 59	3	of	68
Rotary Fellowship participation ⓘ	23 / 59	31	of	101
District training participation ⓘ	31 / 59	9	of	120

5 Year Trend: The reports noted below will provide to you a view of how are district has been performing over the past five years. I hope you find this helpful.

District 7890

Membership Trends



Gender Trends



District 7890

Membership Trends



Gender Trends



Age Trends



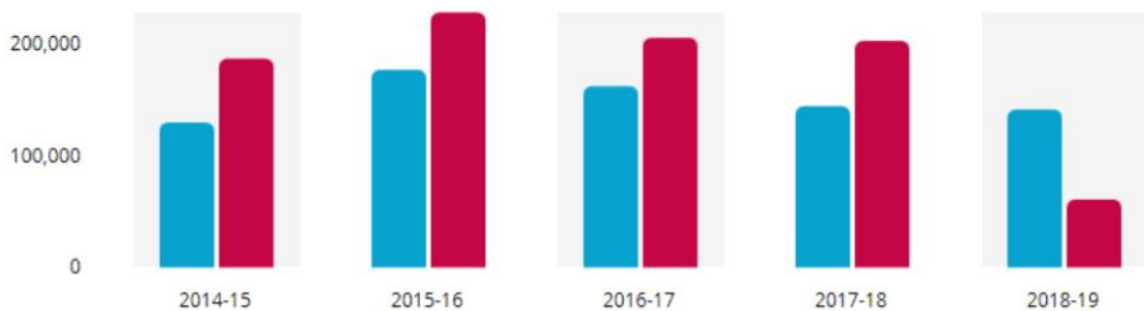
Project Trends - Funding



Project Trends - Volunteers



Annual Fund Trends



	2014-15	2015-16	2016-17	2017-18	2018-19
● Goal	\$130k	\$177k	\$162k	\$144k	\$141k
● Achievement	\$187k	\$228k	\$205k	\$203k	\$61k

** As you can see we have work to do but I want to thank each and every one of you for your commitment and dedication but most of all your Service to Rotary!!!!

Hope to see each of you at our District Conference!!!

Kate Sims – District Governor 2018-19

May
3rd & 4th, 2019



DISTRICTS

7870

7890

7910

7930

7950

District Conference 2019

EAT, MEET+ PARTY

Friday

Paul Harris Luncheon

Registration starting at 11:30 AM

Luncheon 12:30 PM

Annual Business Meeting

2:30 - 3:30 PM

Dinner Dance - Celebrate Rotary

Fun, Food and Entertainment

5:30 PM Cocktails | 7:00 PM Dinner & Dance

Saturday

New Generation Conference

Youth-centric programming/Youth Summit

8AM – 10:30AM – Youth Programs

10:30AM – 12:30PM - Brunch

Saturday Surprise..... Boston Red Sox (more to come)

Discount tickets are available on Saturday for younger folks for the water park.

Double Tree by Hilton, Boston Northshore

50 Essexport Road, Danvers, MA 01937 (978) 777-2500



**BE THE
INSPIRATION**

SERVICE ABOVE SELF

PRE-PETS ANNOUNCEMENT

From: Mark Brady, Rotary District 7890 Governor Elect and your District Governor for years 2019 and 2020

To: Sitting Presidents for 18-19 and Presidents Elect 19-20.

Greetings and congratulations!! To Kate's sitting presidents, thank you for this year of Rotary accomplishments! You're about half way through your year! (Goes by quick don't it!) And to all of my Presidents Elect, congratulations for this great honor your club has bestowed upon you, by selecting you to lead them next year!!

We have great combined training sessions coming up for sitting Presidents and Presidents Elect, both. The following are the dates and locations of this year's "Pre-Pets".

To register: rotarydistrict7890.org

Pick and save the dates:

- Thurs. Jan. 31, Geer Village Lodge, Canaan, CT, 7:30 AM to 12:00 PM.
- Sat. Feb. 9, Storowton Tavern Carriage House, Springfield, MA, 7:30 AM to 12:00 PM.
- Wed. Feb. 13, Nathan Hale Inn and Conference Center, Willimantic, 7:30 AM to 12:00 PM.

As you can see the days of the week differ, but timing in each day is the same. All 3 are the same curriculum, so you only need attend one session. My calculations were that having 3 dates to choose from would yield higher overall attendance, keep the class sizes down so they were more intimate feeling, and Rt 7 clubs of MA and CT and Rt 8 clubs would need to travel less in Canaan area on Rt 7, Willimantic would be convenient for east of the Connecticut River, and Big E property would serve the 91 corridor in both states well. You can crossover if dates are better for you. (That was the idea behind 3)

Registration and breakfast buffet start at 7:30. Hard break at 10:45 when snacks and coffee etc. are served, and 11:00 to 12, PE's wrap up with questions and discussions, and sitting Presidents break away to meet with DG Kate to discuss how your year is going, Club Citation tracking, and other important topics.

If you are repeating as president, I urge you to come and share with the new Presidents elect and each other. Very Important.

North East President Elect Training Seminars "NEPETS" this year will be at the Framingham Sheraton on March 7th at 2:00 PM thru noon on Saturday March 9th. That website is up and running, so President Elects and Assistant Governors can sign up anytime.

I'm looking forward to meeting and working with you all this coming year!

Yours in Rotary Service,
Mark Brady, District Governor Elect 7890



Message from the Chair

A new year has begun - a year we continue to "be the inspiration"! I hope that you all had a great time with family and friends and a break away from daily chores. Best wishes for 2019. In the first half of this rotary year we have received requests from:

- Muravah Foundation in the Philippines for our 4 picture guides, (having created a field guide previously). It is an interesting time in the Philippines as the President has decreed that all Captains of Barangays must establish a communal garden in their areas. So, the need for production and printing will be high this year. I have written to Director Rafael Garcia who has agreed to follow this up with the Foundation and the Captains of Barangays.
- Nepal - DEPROSC-N have requested our 4 picture guides.
- Rwanda - The Mustard Seed Institute have requested 4 picture guides. One has been created and we are in the process of creating the second.
- Burundi- ESAFF Burundi have requested a field guide and our 4 picture guides.
- Tanzania - Africa Malaika, following the creation and translation of a field guide, have requested our 4 picture guides.

As you can see, this proves we are getting the message out to countries in need, but it is tinged for me with a question. How are we going to raise the money for these? We would welcome any ideas and activities in your areas to help us with this problem.

Maybe you, your club or district would like to join us in supporting any of these projects. Maybe you know a business who would like to be part of Food Plant Solutions RAG. Please let us know. We would love to fulfil these requests before the end of the financial year. Thank you.

I know that working together Rotarians can, and do, change people's lives every day.

Continue to "be the inspiration" this Rotary Year.

Yours in Rotary

PDG Una Hobday, Chair Food Plant Solutions

Nutritious Food a Human Right

In their report "2018 - The State of Food Security and Nutrition in the World", FAO have said "Access to safe, nutritious and sufficient food must be framed as a human right, with priority given to the most vulnerable. Policies must pay special attention to the food security and nutrition of children under five, school-age children, adolescent girls and women in order to halt the intergenerational cycle of malnutrition. A shift is needed towards nutrition-sensitive agriculture and food systems that provide safe and high quality food, promoting healthy diets for all."

We know that girls who are born malnourished and become stunted as children, will often become malnourished mothers and the cycle then repeats itself. This cycle can be broken - empowering women through education so that they understand what nutritious food is, why their bodies need it and how to access it.

We seek your support to enable us to continue our vital work.

- Make a donation – <https://foodplantsolutions.org/donate/>
- Introduce us to possible donors / sponsors.
- Start a program.
- Include us in an existing program.



Program Countries

FPS has either developed or is in the process of developing educational publications for the following countries:

- Solomon Islands
- Papua New Guinea
- Timor Leste
- Haiti
- Sierra Leone
- Guinea
- Nigeria
- Uganda
- Tanzania
- Mozambique
- Swaziland
- Sri Lanka
- Cambodia
- Vietnam
- Philippines
- Western Pacific Islands
- North Korea
- China
- N.E. India
- Kenya
- Lesotho
- Indonesia
- Nepal
- South Africa
- Northern Thailand
- Ecuador
- Angola
- Pakistan
- Ghana
- Ethiopia
- Madagascar
- Bangladesh
- Myanmar

"Investing in nutrition and nutrition education through community development, can help break the cycle of poverty and is one of the most viable options for improving living standards around the world."

Source ChildFund Australia





Milestone - 30,000 Plants!

Bruce French - Officer of the Order of Australia

I have always said (jokingly) that when I get to 30,000 edible plant species I will retire. That number is what the most reliable sources such as FAO have said occur around the world. The current number in our Food Plants International database is 30,582 so I should have

retired a few weeks ago.

I continue to be fascinated by the rich diversity of edible plants adapted to every location in the world that are being ignored. Instead our 'western' focus still remains on how to try to squeeze increased yields out of the unsustainably narrow varieties of a few species that specialists have focused on in recent years.

As an aside, the form of malnutrition called obesity is now becoming a global crisis. A narrow diet can never meet our body's nutritional requirements. Most of the top international reports are saying that this approach is no longer viable and for the good of the planet and as the only hope for feeding our world, we need to re-think our approach to agriculture.

Increasingly, I find that some of the most useful articles and books that I read, have been produced by people who have lived and worked in the majority world at some stage in their career. In my recent lecture to Davis Campus of the University of California I suggested that in proportion to their population, the USA should get a mention in the world news once every 3 weeks. It is very hard to see ourselves in perspective and harder still to be prepared to re-think long held views and approaches.

I am impressed by the quality and caliber of those committed to finding solutions for feeding our ever-increasing world population in an ecologically sound way. Then global climate change and the global energy crisis will simply pass into history as minor distractions as all people around the world can learn to eat well.

Editor's Note: The Food Plant Solutions team congratulates Bruce on his incredible achievement – over 30,000 edible plants in the Food Plants International database. It's an honour to work with Bruce.



Teacher in a Box

In 2012, during a trip to Tanzania, Rotarian Jeanette Johnstone was confronted by the lack of opportunity available to the local people and surprised by the large number of cheap smart phones in use. She returned home to investigate ways where simple technology could be used to overcome barriers to accessing quality education. Partnering up with an IT student, Patrick Hackett, Teacher in a Box (TIB) was born with the assistance of IT networker Chris Hoyland.

Partnering with not-for-profit organisations such as World Possible, Learning Equality and Food Plant Solutions, Teacher in a Box provides people with offline access to an extensive range of FREE educational and training materials via any Wi-fi enabled device. **No Internet is required!!**

Supporting self-paced learning as well as classroom teaching, Teacher in a Box servers have a positive impact in places where there are limited teaching resources or teachers with limited training or education. All that is required is electricity and a secure place to store the server.

Since returning from Tanzania, the Teacher in a Box project team has assisted other Rotary clubs and not for profit organisations to deploy Teacher in a Box in many other regions including Papua New Guinea, the Philippines, Kenya, Liberia, Timor Leste and Cambodia.

Food Plant Solutions publications are on the TIB server, with feedback from a school in Tanzania recently advising "one of the resources they have used, has helped with the success of their own vegetable farm that they have created to provide fresh food for the meals they provide their 200 students. He said they had used soil improvement, pest eradication and disease recognition and eradication information from the Food and Plant Solutions site on Teacher in a Box".

For further information contact info@foodplantsolutions.org or visit www.teacherinabox.org.au



Alleviation of Malnutrition in PNG Update

Dr Russ Stephenson has completed the first phase of what is a 3 year project. The Train-The-Trainer Workshop on Healthier, Stronger, Smarter Babies (Alleviation of Malnutrition)

was held at Mougulu from the 26th October to the 9th November 2018. A humanitarian nutrition worker from CARE International was sent from Mt Hgen to participate in the workshop and with Dr Stephenson commenced malnutrition surveys. The survey was continued after Dr Stephenson left PNG, with an additional 617 children surveyed since November. Dr Stephenson is now analysing the survey data, which will be invaluable.

The workshop commenced with the aim to empower through education, enabling participants to understand the link between nutrition and good health. It was planned for 30 participants but ended up with just under 60!



One young man, a year 12 student, travelled 3 days to get to Mougulu from Mendi. The last part of his journey on foot, departing from Como to Dodomona and then to Mougulu, walking 2 days through the night to get there. Where there was once a road for him to travel on, the road was buried under massive landslips, making the journey treacherous. Despite this, he had a big smile on

his face when he arrived. Inspirational.

Because the workshop was taught in a second or third language, it involved a lot of repetition to ensure important information was emphasized.

Upon completion, Certificates of Achievement were presented to all participants.

You can follow the progress of this project on [Facebook](https://www.facebook.com/teacherinabox).

ROTARY MEMBERSHIP SURVEYS

Understanding Why Members Leave

Why are you leaving? This is a question you should ask all members who decide to leave your club. No matter what the answer is, you can use this information to try to prevent the same issue from causing others to leave. Use the Exit Survey to determine why your members leave and start a conversation about what your club can do to keep members in the future.

OUTCOME: Use exit surveys and act on their results to:

- Determine why members resign from your club
- Address any issues the survey reveals

GETTING ORGANIZED Taking this survey may be the final contact that a member has with Rotary, and it's very important. If you conduct the survey online, put someone in charge of managing the process whenever a member leaves the club. If you use a paper survey or an in-person conversation, ask someone who is a good listener to talk with the resigning member. The interviewer will need to relay the results to the membership committee and club board. Regardless of method, it's important to make it a positive interaction so the member leaves with a positive regard for Rotary.

Access the Member Exit Survey here: <https://bit.ly/2M6A4QP>

ENHANCING THE CLUB EXPERIENCE

The power of your club lies in your members. By asking them for feedback regularly, you are demonstrating your openness to change and empowering them to help craft an ideal club experience. Use this survey to obtain member feedback about your club. Then use the information to make a plan to ensure that members are enjoying their Rotary club experience.

OUTCOME: Conduct this assessment and act on its results to:

- Identify what your members like and don't like about their club experience
- Develop an action plan that builds on what your members like and discontinues or changes what your members aren't satisfied with

GETTING ORGANIZED You'll need a dedicated group of members to conduct the member satisfaction survey. It can be your club's membership committee or a few interested, unbiased members. You can either devote time during a club meeting to talking about member satisfaction and taking the survey or hand it out or email it to members and allow them more time to complete it. Alternatively, hold a special meeting devoted to member satisfaction. Make it fun and use some of the time to have members take the survey.

Access the Member Satisfaction Survey here: <https://bit.ly/2D77ufx>

USE THIS SURVEY, MADE FOR THE HARTFORD CLUB, AS A TEMPLATE FOR YOUR OWN CLUB:

<https://www.surveymonkey.com/r/8DZKBTR>

ROTARY GRANT PROGRAMS

Want to get involved in an International project?

There are several ways your club can be involved. As you know, international projects are invaluable. The poverty in developing countries is staggering as are: the low rate of literacy, the lack of clean water and scant medical care.

One way to participate on an international level is to get involved in a project supported by a Rotary Foundation Global Grant.

What is a Global grant?

Global grants fund large-scale international projects and activities involving both a Host partner and an International partner. Projects must: 1. Have a long-term, sustainable impact 2. Include activities that clearly fit into one of Rotary's 6 areas of focus 3. Have a minimum budget of \$30,000 4. Address an important need identified by the community itself. A Global grant can also support 1. a Vocational Training Team, a group of professionals who travel abroad either to teach local professionals about a particular field or to learn more about their own or 2. a Master's level scholarship for study in one of the 6 areas of focus at an international university. That's the definition, but the results of Global Grants are what really matter.

What kinds of international projects has our district been involved in?

- The West Springfield Club has partnered with a club in India on the Happy School project to help provide smart classes and teacher training programs on online education and by installing Multi - tap Stainless Steel Wash basins with continuous water facility and drainage in 22 government public schools in the 3 Revenue Districts of Shimoga, Chikmagalur and Hassan. These Government Schools provide quality education to poor children.
- Project "Accelerated Sight for Ecuador", a high-impact project that aims to improve the health and preserve and restore the vision of marginalized, indigenous populations in Ecuador, will provide the needed infrastructure to continue to provide free and low-cost cataract surgery and clinical ophthalmology services. The Simsbury- Granby Club is spearheading this project.
- This year the West Hartford Rotary Club is working with its sister club in the Philippines to purchase dialysis equipment. Currently, dialysis patients have to travel 6 or more hours roundtrip for treatment. Because of the expense and time, some patients have no treatment and wait for the inevitable. The District is working with a number of other districts to provide equipment to outfit a hospital being built in Charikot, Nepal to replace a hospital which was destroyed in the 2015 earthquake. The third floor of the hospital will be equipped for teaching nursing and allied health staff.

Are you and your club interested in being involved internationally?

If you have an idea for an international project, contact Eileen Rau, Gants Committee Chair, at ebrau@comcast.net or Pam Brown, Global Grants Sub-committee Chair, at pbbrown208@charter.net. **We can help you get started.**

If you think your club would be interested in supporting one of the grants already in the pipeline, we can get you in touch with the proper person.

Being a part of and hearing how a project is making such a difference in people's lives will be the spark that will turn your members from meeting goers into Rotarians. It will revitalize your club.



THE ROTARY CLUB OF EAST LONGMEADOW ENDS 2018 GIVING FAR AND NEAR

The Rotary Club of East Longmeadow was featured in the Town Reminder on January 3, 2019 for its service projects. The June to December 2018 projects include:

- July Independence Day Carnival, Fireworks and Concert. Seven additional summer concerts.
- Sponsor with support grant from Rotary District 7890 for Playaway Launchpads donated to the Children's Library supporting RI's 'Basic Education and Literacy' Area of Focus.
- Celebrate EL 2018 event focusing on efforts to increase awareness in eradicating Polio in support of RI's 'Disease Prevention and Treatment' Area of Focus. By the way... only 21 new cases of Polio were reported in 2018.
- 2nd Annual Taste Book sales for international project to help *Feed Children in India* in partnership with the Akshaya Patra Foundation supporting RI's Area of Focus 'Maternal and Child Health' and 'Basic Education and Literacy'. With the \$1000 donation matched by both Akshaya Patra Foundation and government of India, the club contributed to feeding over 1.76 million children to receive education and school lunch in over 14,700 schools in 12 states in India.
- Along with a decorated wreath donation to *Wreaths for a Reason* to support the "Toy for Joy" campaign held by CareOne at Redstone in East Longmeadow, the club also collected over 50 new toys for donation to the Gray House of Springfield for children and families in need in Western Massachusetts.



Rotary District 7890 Kate Sims and Rotary Club of East Longmeadow President Gary Lefort presented Neena Grover a check for \$1000 for the Akshaya Patra Foundation to help feed the children in India on December 13, 2018. Photo courtesy of Peter Benton.



The Rotarians of East Longmeadow donated toys to the Gray House in Springfield on December 13, 2018 to help children and families in need during the holiday season. Photo Courtesy of Adele Hill.

MAKING CHICOPEE HOMES SAFER

Back in December of 2017, the Rotary Club of Chicopee joined the Chicopee Fire Department for the re-launch of their free Smoke Alarm Program. The Chicopee Rotary, in tandem with the Polish National Credit Union, donated \$5000 for over 200 smoke alarms to the Chicopee Fire Department's Fire Alarm Program. Subsequent donations brought the total donated to almost \$6000 which ultimately allowed the Chicopee Fire Department Fire Prevention Staff and Complete Restoration Solutions, to install alarms in 111 residences in Chicopee, at no cost to the residents.

With home fires increasing during the winter months, Chicopee Fire Chief Dean F. Desmarais said at the time that the donation came at a crucial moment to keep the program going. The 2018 program allowed fire detector inspections and installation for qualifying elderly residents of sixty years of age or older who own their home in the city and request the service. Desmarais noted that upon the department's arrival, many of the homes were found to have no working smoke or carbon monoxide alarms, so were left much safer after they performed the installations.

Home fires cause more deaths each year than any other disaster and affect more people than floods, tornados, and hurricanes combined. Annually, home fires cause over 2,500 deaths and \$7 billion in property damage in Massachusetts. We'll never know how many tragedies may be prevented or lives might be saved with these alarms, but the partnership of the Chicopee Fire Department and the Rotary Club of Chicopee aims to reduce deaths and injuries from home fires and has surely made many Chicopee residents a lot safer.

The members of the Rotary Club of Chicopee strive to reflect the Rotary's mission of "Service Above Self" by demonstrating their strong commitment to improve the lives of others within our community, and initiatives like this are perfect demonstrations of their civic efforts in action.

LtoR: Rotary Club of Chicopee president Kirk Burnham and former president Tom Guertin with Chicopee Fire Chief Dean Desmarais.



CHICOPEE ROTARY HELPS STRUGGLING FAMILIES THRU CHRISTMAS

The Rotary Club of Chicopee MA made four families very happy this Christmas. The club was looking for a way to have a very direct impact in the community this season and after discussing many ideas, decided to adopt a family in need and help them have a happy and memorable Christmas. Project coordinator and club vice president Cheri Mills worked with other club members with connections to the Boys & Girls Club of Chicopee and an elementary school, to identify a potential family who was struggling and in need of help. After getting all the details and timeline ironed out, Mills presented the project to the club which resulted in a generous outpouring of additional donations from club members allowing the committee to help four families in total, greatly expanding the project just in the 'nick' of time.

After the families were selected, the committee asked them for wish lists, then went shopping to hopefully fulfill all their needs. The requests ranged from simple items, small toys and basic clothing to the high hopes of a washing machine or dryer. The families remained anonymous to the club, so members didn't get to be a part of the presentation exchange, but according to club president Kirk Burnham, the experience was a gift in itself, to be able to help families in need right here within our city. The club was informed by the community contacts that all the gifts were very happily and tearfully received and that the families were absolutely delighted and deeply touched by the club's efforts, making for a joyous Christmas for four struggling families.

LtoR: Jason Reed; Francine Jasinski Hayward; Vice President and Committee Coordinator Cheri Mills; Jason Ouellette, Secretary; Tom Guertin; Kathi Donahue and Kirk Burnham, President.



ROTARY DISTRICT 7890 TELEVISION PROGRAMS ON THE OPIOID CRISIS ARE READY FOR DISTRIBUTION

Please see YouTube links for two television programs that are ready for distribution. Both programs should be of interest to the general public.

The program on THE HOPE INITIATIVE should be of particular interest to the Law Enforcement, Emergency Responders, and those working in addiction treatment.

The program on the Brain and Addiction will be of value to youth, educators, social workers, and those parents and professionals who are working to prevent addiction or respond positively to those who are already suffering from the disease of addiction.

Please feel free to share these video with your local public access television stations and anyone in your community who is concerned with the Opioid Crisis. As a Rotary project, these programs are being offered to the public at no cost.

The Opioid Crisis: "The Hope Initiative" Watch: <https://bit.ly/2REuYQY>

The Rotary District 7890 Addiction Task Force is on a mission to create awareness of the opioid crisis and the increasing need for treatment services. They are hoping to reduce the stigma of disease and present one community's approach to dealing with those struggling with the disease of addiction by providing an alternative to arrest and incarceration. The speakers in this video are: David A. Mangs - Ph.D. Rotary district 7890- Governor 2017-2018. Marc Montminy- Manchester, CT. Rotarian and Police Chief. Sarah Howroyd, MSW- Co- Founder Manchester, CT Hope Initiative.

The Opioid Crisis: "The Brain and Addiction" Watch: <https://bit.ly/2H3cvtp>

Rotary and the Elks have combined to bring to Connecticut a nationally acclaimed speaker on the topic of "The Brain and Addiction". Ray Lozano is a prevention specialist and youth speaker who helps us to understand how and why the disease of addiction destroys the lives of addicts.



BRISTOL ROTARY HAPPENINGS

Morning Jolt

Morning jolt gave Bristol Rotary a chance to showcase our impact in the community and beyond the borders of our town. We have 37 projects currently in operation throughout our community. It is this passion to improve and better our community through civic engagement, we foster partnerships with the CT Chambers of Commerce, The United Way of West Central CT, Best 4 Bristol and other organizations. We are people of action, we bring the inspiration and hands on ability. We sponsored the December Morning Jolt, we used it as a membership drive - it worked as we just sent out 3 applications!



Interact Breakfast

On December 11th the Bristol Central High School Interact Club hosted us for breakfast. It was a nice time to catch up with the students and learn about all of the amazing projects they have done and plan to do. The BCHS Interact Club is the largest service club in the school! Last year celebrated it's 20th year!



Holiday Party

On December 4th our club mixed and mingled at our holiday party. The dinner was hosted by a fellow club member, owner of Marilyn's Pub. The rules for the gift swap were: \$5 spending limit - suggested to shop at a thrift store in hopes to recycle! You would be amazed at the amazing gifts that were exchanged!



Bell Ringing

On December 15th our club covered 2 stores - we rang the kettle bell at Stop and Shop and Price Chopper. Last year we won an award for most money collected!



Interact helps out at Holiday on the hill

On December 8th we helped the Holiday on the Hill Event by selling water - Interact club was A BIG help - they helped sell water with us and we very helpful with craft time - helping children make hand painted ornaments!



WILBRAHAM-HAMPDEN ROTARY'S "TOUR DE MINNECHAUG MOUNTAIN"

Although it's mid-winter now, it's time to think about getting your bicycles in gear for the Wilbraham-Hampden Rotary Club's "Tour de Minnechaug Mountain" to benefit the club's healthy youth development projects. The fundraising event will be held on Sunday, May 5 starting and ending in nearby Fountain Park in Wilbraham. It's a great event to share with cyclists of varying abilities.

The Ride: There are three loops to choose from on the Tour. Through historic main streets, country lanes and a hill-climb challenge: The 41.1-mile Long Route starting at 8 a.m. is designed for avid bicyclists; the tamer 20-mile scenic Medium Route starts at 9:30 a.m. The 8-mile Short Family Route starts at 11 a.m. and is comfortable and scenic.

Activities include DJ music, raffle prizes, tee-shirts, free breakfast and lunch provided for ride participants and volunteers and a bicycle safety check. For more information or how to register email Joe Kielczewski at tourdeminnechaugmountain@gmail.com or call 413-279-4343.

EARLY CHILDHOOD LEARNING LAB DIALYSIS MACHINE FOR ISLAND HOSPITAL IN THE PHILIPPINES

The Rotary Club of West Hartford through the District Grant and Club donations presented a check to the children's Museum of West Hartford for the purpose of starting a new early childhood learning laboratory. This lab will feature a hands-on experience for children between the ages of three and six. The lab will be located on the Museum property and will have a sign naming it sponsored by The Rotary Club of West Hartford. The intention of the Club and the Museum is to get the parents involved with their children in the learning process. There will be educational materials that families can take home to enrich their children's knowledge. As Ms. Wellers of the Museum said, "It's wonderful when our donors realize our young people are going to be the future leaders."

The International project for this year is in the works. We are working with our sister club in the Philippines and other clubs based in the United States to purchase two (2) dialysis machines for a provincial hospital. These machines are very much needed on this island. Transportation services there are limited and expensive. Currently people with renal failure must get to a larger province, a trip not all can afford. The machines will be maintained and run by trained personnel of the island's health department. Our contribution is part of an effort by our club, our District, a Global Grant and other sister clubs.

WILBRAHAM-HAMPDEN ROTARY CLUB DONATES TOYS

The Wilbraham-Hampden Rotary Club collected toys from members at their Dec. 12 Holiday Party at Storowton Tavern, in West Springfield, and delivered them Dec. 14 to the YWCA Shelter for women and children in Springfield, Mass. Rotary Past President Charlie Bennett presents them to YWCA Donor Coordinator Bridgette Mulville.



NEW BRITAIN-BERLIN RAISES FUNDS FOR SCHOLARSHIP PROGRAM

The New Britain-Berlin Rotary Club raised \$8,000 for its scholarship fund through an annual wreath sale. Beautiful wreaths from Maine are decorated with apples, pine cones, and bows by workers at CW Resources, a local organization that provides vocational opportunities for persons with disabilities. New Britain-Berlin Rotarians thank the many District 7890 Rotarians, businesses, and individuals who purchased a wreath. The funds will support scholarships for graduating high school students in New Britain and Berlin who are headed to college or trade school in the fall.

DISTRICT AND GLOBAL GRANT WEBINARS

In order for Rotary Clubs to qualify for District and Global grants next year- 2019-2020, **two people** from your club must attend a Grant Management Webinar. **It would be beneficial for your club, if the people involved in a potential grant attend these webinars.**

We are streamlining the District Grant process for next year and adding additional information, therefore, these webinars are really important.

Attendees can register for *one* of three webinars: Tuesday, February 26th at 7:00 PM *or* Wednesday, March 13th at 7:00 PM *or* Saturday, March 30th at 10:AM

To register for *the* webinars, **go to rotarydistrict7890.org and click on the date on the right hand side of the home page.**

After registering, you will receive a confirmation email containing information about joining the webinar.

HOLYOKE ROTARY HELPS THOSE IN NEED

Tis the season of giving. In December, members of the Holyoke Club gave their time and money to benefit families in need and the Holyoke Visiting Nurses Association.

Our members brightened Christmas for two local families in need. Each family consisted of a mother and two children. Some members provided needed items from the list provided by each family and other donated funds. The donated funds were used by a couple of our members to purchase other items from the family lists. Then members of the Club wrapped the presents and delivered them (please see attached photo). In addition, each family received a gift card from a local supermarket so they could purchase food for the Holidays.

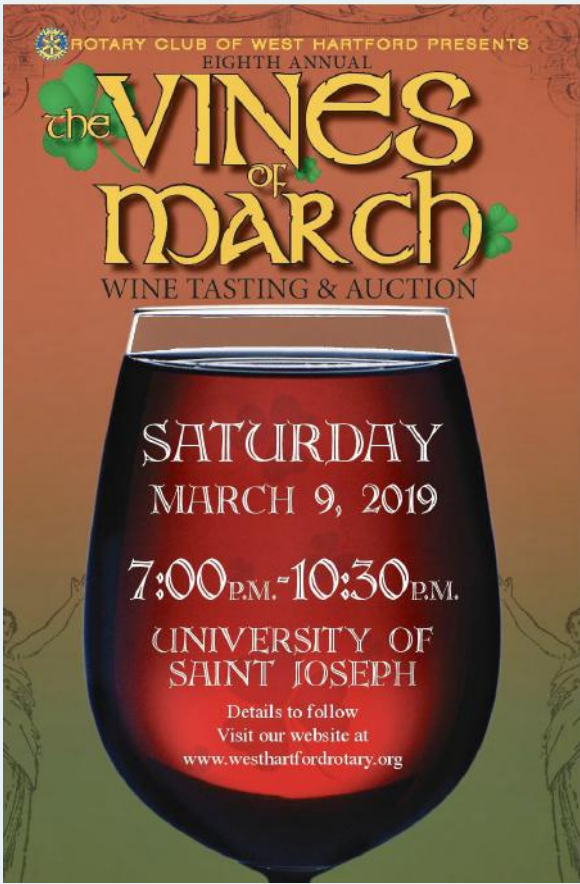
On December 20, many of our members also volunteered their time to wrap presents at the Ingleside mall. This is an annual fund-raising event for the Holyoke Visiting Nurses Association. From early morning until the mall closed, our members had a great time wrapping presents, talking with the shoppers, and enjoying each other's company. It was refreshing to meet so many people who were all in the holiday spirit.

To our fellow Rotarians and to all people we wish a peaceful, healthy and prosperous year in 2019.



WEST HARTFORD VINES OF MARCH

The Rotary Club of West Hartford invites all to the 8th Annual Vines of March Wine Tasting & Auction. This fun event takes place Saturday, March 9, 2019 at the University of Saint Joseph. The event runs from 7:00pm to 10:30pm. Stay tuned for more information! To purchase tickets or learn more, visit <https://www.westhartfordrotary.org/>



FARMINGTON ROTARY RAISES FUNDS FOR THE SALVATION ARMY

The Farmington Club is proud to announce that this year's total of \$5,673.07 is a record total for bucket donations raised by club members who rang the bell in front of the Highland Park Market in Farmington for the Salvation Army.

Twenty club members, assisted by their family members and 36 Farmington High School students from the Interact Club and the Alternative High School, served 31 two-hour shifts ringing the bell in front of the grocery store during two weekends before Christmas plus Christmas Eve. Their cheerful smiles and holiday greetings encouraged the generous donations by store customers to the often-overflowing bucket. Those funds have been counted and deposited and will soon be passed along to the Salvation Army. Special thanks to all who gave time and donations!



Club President
Jennifer Diederich
rings the bell.



Club member Mike Cheshire and
Farmington High School Students ring
bells outside the Highland Park Market

WATERTOWN ROTARY WELCOMES POLICE GUEST SPEAKER

Watertown Rotary enjoyed special guest speaker, Detective Kevin Ferrucci from the Watertown police department. Ferrucci spoke about the ongoing opioid crisis and the efforts to curb the sale of narcotics. Detective Ferrucci shared the YouTube video "chasing the Dragon" showing how it has an impact on all types of people.

Pictured below from left to right, Detective Kevin Ferrucci and Club President Ron Pleasant.



LITCHFIELD-MORRIS ROTARY HAPPENINGS

The Litchfield-Morris Rotary Club kept busy during December!



Ringin the bell for the Salvation Army



Completing a very successful food drive



Organizing gift bags for Veterans

Donating \$250 to the Possum Queen Foundation



Donating \$475 worth of grocery gift cards and 25 boxes of food to local people in need



ROTARY CLUB OF ENFIELD NEWS

The Rotary Club of Enfield, CT held the 26th Annual Rotary Classic Girls Basketball Tournament on December 27-28, 2018 at Enfield High School. The teams included Enfield High School, Hall High School from West Hartford, CT, Longmeadow High School from Longmeadow, MA, and Weaver High School from Hartford, CT.

The championship was won by Weaver High School with the runner-up award going to Longmeadow High School.

Twenty six years ago the Rotary Club of Enfield wanted to assist the growing Girls Basketball programs at their two high schools, Fermi High and Enfield High. In 2016 the two high schools were merged into one state of the art school and the program continues to grow.

Over the twenty-six years the Rotary Club of Enfield has donated over \$30,000 to encourage and strengthen the Girls Basketball program.

The Rotary Club of Enfield celebrated their 90th Anniversary in 2018 and over the years has supported Rotary's global vision while at the same time investing their time, energy and resources locally. From high school recognitions, college scholarships, "Toys for Joy" at Christmas, and a variety of community causes the Rotarians from Enfield do their best to practice the true meaning of service above self.

The next major event that the club will host is their annual Cinco K Mayo 5K Race held this year on Saturday, May 4th. Runners throughout the region are invited to participate.

To learn more, visit www.enfieldctrotary.org or follow on Facebook @EnfieldCTRotaryClub

The All-Tournament Team with Club President Scott Kaupin, Enfield Mayor Mike Ludwick, and Community Service Director Julie Cotnoir



ECU-HEALTH CARE GETS NEW OFFICE EQUIPMENT COURTESY OF WILLIAMSTOWN ROTARY

Rotary Club of Williamstown's latest community project can be filed under "G" for generous.

A week before Christmas, the civic organization delivered six new filing cabinets to ECU-Health Care in North Adams.

"We heard they needed new cabinets that locked to protect patient privacy," said club President Valerie Hall.

Hall tells County Fare that proceeds from the club's annual spaghetti supper, pancake breakfast and contributions from Rotary members covered the roughly \$1,700 cost of the office furniture with drawers and a special surprise.

"We also got them a tablecloth with their logo to be used when they are at public events," Hall said.

Ecu-Health Care is the designated outreach and enrollment site in Northern Berkshire for all of the Massachusetts health programs, and also helps residents enroll in all supplemental programs associated with Medicare. The nonprofit is located at Northern Berkshire Campus of Berkshire Medical Center in North Adams.

Executive Director Karen Baumbach said she and her staff are very grateful for the practical gift.

"People wonder how you can get excited about filing cabinets," she said, "but when you're a non-profit, you appreciate saving money any way you can."



JOE VOVES, A ROTARIAN; A MAN OF DETERMINATION

He was born in the village of Mnetes, Czechoslovakia, population 740, on March 4, 1922. But that was just the beginning. Joseph A. Voves went on to live a life of love, adventure, success, and a lot of determination.



Joe joined Rotary in 1956 in Addis Ababa, Ethiopia, while serving as the general manager of the Ethiopian Hotel Co., a four-hotel chain owned by the then emperor of Ethiopia, Haile Selassie. Rotary became a major part of his life. He had taken a hiatus when he immigrated to the United States in 1959, but then rejoined Rotary and twice served as the president of the Elmsford, N.Y. Rotary. He was also elected governor of Rotary District 7230, which covered all of Westchester County and Bermuda.

He passed away Dec. 12, 2018, aged 96, in Farmington, CT, his home for the last 11 years of his remarkable life. Even in death, however, he proved how much Rotary meant to him, directing that in lieu of flowers mourners should make donations to the Farmington Rotary or to Rotary International.

In addition to Rotary, the deep love Joe felt was for his family in Czechoslovakia; his American wife, Myra, with whom he was married for 55 years; his four American children plus his grandchildren in both the Czech Republic and the United States; his friends; and his country – the United States.

He landed in the U.S.A. in 1959, tearing up as his ship passed the Statue of Liberty. Afterwards, every time he saw the famous statue he was brought to tears.

The youngest son of an elementary school principal, Joe's first home was in a small apartment in the school. It's where he grew up and where he listened from a distance as Nazi tanks rattled and clanked into Czechoslovakia and occupied his homeland.

After World War II he and his brother opened a restaurant where his brother, an ardent anti-communist, plotted with a group of other resisters to overthrow the communist regime that had taken over Czechoslovakia. Joe acted as lookout while the group met, but one night when Joe, his wife and young son were visiting relatives, the communist secret police came and took his brother, George, away. He never saw George again. The next night the secret police came for Joe, but fortunately he was able to escape by climbing over roofs and walking along train tracks. With the help of other members of the resistance group he was able to escape to West Germany. He was forced to leave his first wife and son behind.

After spending some time in refugee camps, Joe – who was stateless, without a passport – snuck into France where he worked in restaurants. He then returned to West Germany where he attended hotel management school. Through some luck and connections with a U.S. Army colonel, he obtained a job with the Ethiopian Hotel Co.

After four years Joe and his best friend, another Czech, got their entry visas to the U.S.A. Instead of flying back to Europe and from there to the U.S., however, the pair decided to have an adventure by driving via Jeep across equatorial Africa. While on the trip they were chased by an elephant, met pygmies, sailed down the Congo River on a ferry, and were shot at by Congolese rebels in what was then Leopoldville, now Kinshasa.

They made it to a ship that took them back to Europe where Joe and his friend continued with their Jeep to drive through Spain, France, Switzerland and West Germany before boarding another ship to the U.S.A.

Working as the matre'd of a high-end restaurant in Tarrytown, N.Y., he met his future wife, Myra. After a courtship they got married while he co-founded a business to help the European and Japanese car dealers who couldn't get metric nuts and bolts for the VWs and Toyotas. The company, Metric & Multistandard Components is still thriving today at its headquarters in Hawthorne, N.Y.

Joe was always a man of great determination.

Judith Green, District Membership Chair, held five successful Membership Rally's for Areas 3, 6, 7, 9, and 10. She will be reaching out to the AG's for Areas 1, 2, 4, 5, and 8 to schedule Rally's in 2019.

The key strategies of a Rally are to:

- encourage all clubs to achieve the Rotary Citation
- send members to RLI
- develop strategic and membership plan
- have strong membership committees

Regarding Rotary International

Membership Leads:

Last year 58% of all leads were not contacted therefore a new process was instituted this year by RI. The District Membership Chair (DMC) is the only Rotarian who receives the contact info. and then vets the prospect by phone and email ensuring that each lead is followed up, appropriately referred, and tracked in the RI data base.

NEW MEMBERS

Christina Reynolds, Holyoke

Cherilyn Spatola, Farmington



ANNIVERSARIES

Bloomfield, January 21, 1972

Killingly-Brooklyn, January 13, 1926

Manchester, January 24, 1940

New Milford, January 12, 1960

Salisbury, January 25, 1949

Stafford, January 21, 1942

Ware, January 19, 1928

Washington, January 11, 1988

West Hartford, January 14, 1952

DECEMBER ATTENDANCE

Club	Members	October %
Agawam	29	*
Amherst	65	50.57
Avon-Canton	81	47.73
Bloomfield	20	*
Bristol	34	69.23
Chicopee	25	*
Dalton	12	*
Easthampton	30	*
East Hartford	44	73.17
East Longmeadow	22	71.38
East Windsor	10	*
Enfield	52	70.03
Farmington	36	*
Franklin County	23	*
Glastonbury	75	*
Great Barrington	45	73.91
Hartford	29	*
Holyoke	62	41.31
Kensington-Berlin	11	*
Killingly-Brooklyn	18	62.50
Litchfield Morris	22	*
Ludlow	23	73.81
Manchester	34	59.38
Monson	10	*
New Britain-Berlin	41	*
New Milford	45	*
Newington	19	65
North Adams	15	*
Northampton	27	40.74
Palmer	22	*
Pittsfield	60	*
Plainfield	16	87.50
Plainville	34	75.48
Putnam	54	62.31
Rockville	19	*
Salisbury	33	44.12
Simsbury-Granby	65	*
Somers	31	52
Southington	39	*
Southwick	12	*
South Windsor	56	*
Springfield	47	41.27
Stafford	27	*
Suffield	34	100
Terryville	12	72.70
Thomaston	39	55.05
Torrington-Winsted	61	*
Tri-Town	7	*
Ware	11	*
Washington	12	*
Watertown	38	*
Westfield	31	*
West Hartford	51	*
West Springfield	57	64.25
Wethersfield/Rocky Hill	16	*
Wilbraham-Hampden	22	61.36
Williamstown	32	*
Willimantic	24	*
Windsor/Windsor Locks	19	73

*Please be sure to input
your Club's attendance
into Clubrunner!*

2019-2020 Theme: Rotary Connects the World

RI President-elect Mark Daniel Maloney's theme for 2019-20, *Rotary Connects the World*, asks Rotarians to strengthen the many ways that Rotary Connects the World, building the connections that allow talented, thoughtful, and generous people to unite and take meaningful action through Rotary service.

Download the theme materials: <https://my.rotary.org/en/news-media/office-president/presidential-theme>



Follow District 7890 on social media



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Snap: Rotary7890



www.instagram.com/rotarydistrict7890



twitter.com/789orotary

HAVE SOME NEWS TO SHARE?

Send news and information about your club's activities, news and events. Sharing your Good in the World may Be the Inspiration for others to start their own projects and activities.

Please send submissions, including attachments and photos, to Jennifer Gruszka, Newsletter Editor, by the 10th of each month for inclusion. Please send materials to: Rotary7890News@gmail.com

Please take note of new email address for submissions.

Rotary



BE THE INSPIRATION

SERVICE ABOVE SELF