



April 2025

Dave DeMers, District Governor

Issue 10



The month of April brings us April showers which lead to May flowers. The environment is Rotary's focus this month. District 7120's Environmental Committee has announced a district wide contest for all clubs, the Trash Olympics. More detailed information is contained later in the Grapevine.

Rotary International has made supporting the **environment** one of its key focus areas in recent years. Here's how Rotary is contributing to environmental sustainability:

1. New Area of Focus

As of 2021, **Protecting the Environment** became Rotary's seventh official area of focus. This shift allowed clubs to apply for global grants to fund environmental projects, signaling a stronger commitment.

2. Types of Environmental Projects

Rotary clubs around the world are involved in a wide variety of environmental initiatives, such as:

- **Reforestation** – planting trees to combat deforestation and absorb carbon.
- **Clean water initiatives** – improving access to clean water and preventing pollution.
- **Ocean and river cleanups** – removing plastics and debris from water sources.
- **Renewable energy** – supporting solar, wind, and other renewable projects.
- **Sustainable agriculture** – promoting eco-friendly farming practices.
- **Wildlife conservation** – protecting endangered species and habitats.

3. Partnering with Environmental Organizations

Rotary often partners with NGOs, local governments, and international groups to maximize impact. For example, partnerships with **The Nature Conservancy** or **WWF** on local projects help scale their effectiveness.

4. Grants and Funding

Rotary clubs can apply for **Global Grants** and **District Grants** to support environmental efforts. These funds are often used to:

- Buy materials for reforestation or clean energy installations
- Educate communities about sustainability
- Implement local infrastructure that protects ecosystems

5. Rotaract and Youth Involvement

Rotary encourages younger generations, especially through **Rotaract** and **Interact clubs**, to lead grassroots environmental campaigns, increasing awareness and action among youth.

I always wonder how many people read these articles I put in the Grapevine. I am going to have a little contest here. If you read this & email me this number 6804, you will be entered into a drawing for 500 Foundation points. Deadline to enter is April 25, 2025. The winner will be randomly picked & contacted on April 26.

(Continued on page 2)

(Continued from page 1)

6. Environmental Days and Advocacy

Rotary clubs frequently organize and participate in activities aligned with global environmental days like:

- **Earth Day**
- **World Environment Day**
- **World Oceans Day**

These events often include community clean-ups, educational seminars, and eco-fairs.

Here are some **real-world Rotary environmental projects** from various regions to show how clubs are making a difference:

1. Kenya – Reforestation and Climate Action

Rotary Club of Nairobi

- Planted **over 1 million trees** as part of Kenya’s national initiative to increase forest cover.
- Partnered with schools and local communities to ensure long-term maintenance.
- Focused on climate mitigation and water catchment restoration.

2. India – River Rejuvenation

Rotary Club of Coimbatore

- Launched the **Noyyal River Restoration Project**, reviving a heavily polluted river.
- Worked with environmental scientists, local farmers, and government bodies.
- Focused on **desilting, planting native trees**, and preventing future pollution.

3. Philippines – Marine Conservation

Rotary Club of Zamboanga City

- Partnered with marine biologists to protect **sea turtle nesting sites**.
- Built community awareness about ocean plastic and waste disposal.
- Organized **coastal cleanups** and installed eco-friendly bins.

4. United States – Solar Energy for Schools

Rotary Club of Boulder, Colorado

- Installed **solar panels** in underserved schools to reduce electricity costs and teach students about renewable energy.
- Created an educational curriculum around sustainability and solar tech.

5. Germany – Zero Waste Campaign

Rotary Club of Munich

- Led a **Zero Waste Challenge** in collaboration with local businesses and schools.
- Distributed reusable kits, hosted composting workshops, and encouraged bulk shopping habits.

6. Brazil – Urban Garden Projects

Rotary Club of São Paulo

- Transformed unused urban lots into **community gardens**.
- Provided fresh produce to low-income families and taught organic farming techniques.

These are just snapshots—Rotary projects are highly localized, meaning clubs often tailor efforts to address specific environmental challenges in their communities.

LAST CHANCE!

**3 WEEKS LEFT
TO REGISTER!**

SIGN UP TODAY!



CONFERENCE DATE: MAY 2-4, 2025 ★



ANY QUESTIONS ? districtconf2025@gmail.com



[https://rotary7120.org/sitepage/district-conference-\(DC\)](https://rotary7120.org/sitepage/district-conference-(DC))

FUN FOR EVERYONE & GOOD TIMES!

@ Radisson Hotel Corning

FRIDAY NIGHT EVENTS:
MAY 2, 2025



PDG #7120 Bill Gormont
"Magic of Rotary"



Rotary International
President's Representative
Hector Ortiz

Simon Devenish- MC
ROC City Rotary Club



MC

Caruso
ENTERTAINMENT



Caruso Entertainment

Live
music

SATURDAY NIGHT EVENTS:
MAY 3, 2025



District Governor #7610
Amelia Stansill



Bob "Magic Comedian" Marcus



Brett Soberiaski



Sky Sands

DISCOVER
THE MAGIC OF
ROTARY

DISTRICT 7120
CONFERENCE
MAY 2-4, 2025
CORNING, NY



Sources: greenmag.com, carusoentertainment.com, radissonhotels.com, skyands.com, bysand.com



Design: Bob Green (Green Graphics)
Photo: ChoiceHotels.com
Illustration: Bob Green (Green Graphics)

Rotary District 7120- District Conference Poster May 2-4, 2025 Corning, NY

Subject: Showcase Your Club at the District Conference!

Let's celebrate the ways Rotary is making a difference by expanding our reach in District 7120!!

As you know, "*Expand Our Reach*" is one of Rotary International's strategic priorities and this year it will be the theme of the poster session at the District Conference, May 2-4, 2025 in Corning. Showcasing your clubs' projects or ideas will:

- Inspire others and enhance your visibility.
- Gain recognition for your club's contributions
- This will be a dynamic and interactive session, with opportunities for networking and collaboration.

Submit your online poster registration

<https://docs.google.com/forms/d/e/1FAIpQLSdknBqOVC7vS3k-mcOjSuoigA7uzpF1htTMn7LI75jSnWvgNA/viewform>

(form by **April 15, 2025**. You will be asked for your club's name, contact information, project title and a short description. Posters should include:

- A summary of the project or initiative
- How it expanded your reach (e.g., new members, partnerships, inclusion of underserved communities).
- Impact metrics or success stories.
- Visual elements like photos, charts, and infographics.
- Project goals and outcomes.
- Innovative strategies for outreach.
- Challenges and lessons learned.
- QR code to resources, tutorials or surveys.

Any questions contact DGN Lisa Norwood

(lgnorwood@gmail.com) or Ann DeMers (anndemers21@gmail.com)

District Conference Memorial Service

The District Conference is fast approaching- May 2-4, 2025 in Corning NY. This year's Memorial Service will be held Sunday morning at 8:45 am at the Radisson Inn. Please send the following information for any member of your club who has passed away during the past year:

Name of the deceased

Date of death

Rotary Club a member of

How long a Rotarian

Information about their Rotary Activity-

Also any offices held as a Rotarian.

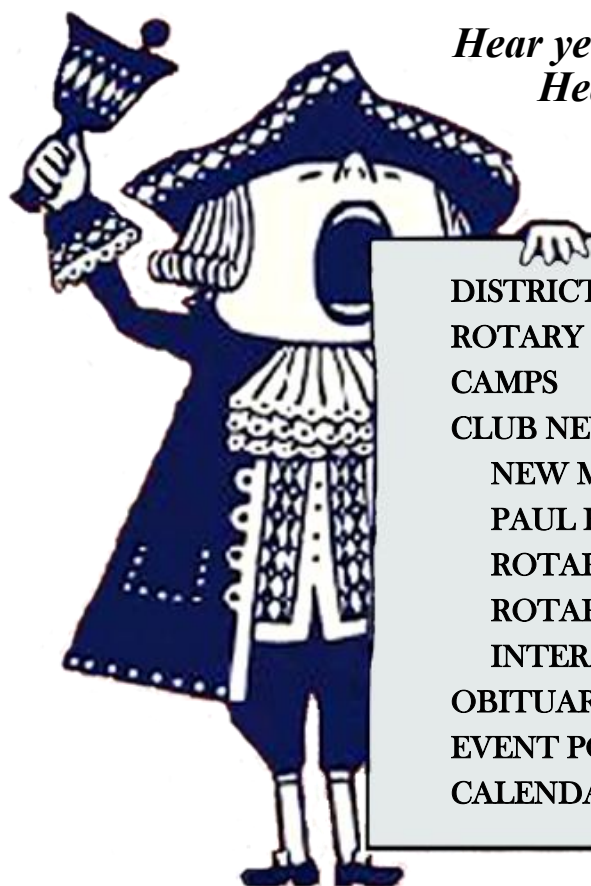
Thank you for sending this info to Pattie Anthony
(coordinator for the Memorial service)

pwanthony65@gmail.com



THE FOUR-WAY TEST OF THE THINGS WE THINK, SAY OR DO

1. IS IT THE TRUTH?
2. IS IT FAIR TO ALL CONCERN?
3. WILL IT BUILD GOOD WILL
AND BETTER FRIENDSHIPS?
4. WILL IT BE BENEFICIAL TO
ALL CONCERN?



Hear ye! **TABLE OF**
Hear ye! **CONTENTS**

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Assistant Governors Needed for the Following Areas

Please consider taking on the role as an Assistant Governor starting in the 2025-26 Rotary year. Please contact the AG in your area to learn more.

Area 1 – Chemung Sunrise, Corning, Elmira Heights, Elmira, Horseheads, and Watkins-Montour

Area 4 – Dansville, Geneseo, Mt. Morris, Nunda & Penn Yan

Area 5 – Lima, Bloomfield, Honeoye Falls Mendon & Honeoye Lake

Area 12 – Ontario-Walworth, Wolcott, Webster, Red Creek & Webster

Role and Responsibilities

- Serve as the District Governor's official representative among the designated Rotary clubs.
- Support club effectiveness by assisting the governor with the administration of designated clubs, including the timely submission of semi-annual reports, payment of RI and District dues, and monthly membership and attendance statistics.
- Visit each club regularly, at least quarterly, to meet with the club president and other club leaders to discuss the business of the club and resources available to them.
- Assist club leaders in planning and preparing for the governor's official visit.
- Keep the governor informed about clubs, and suggest ways to enhance Rotary development and resolve difficulties.
- Ensure appropriate financial stewardship of club funds by club leaders.
- Serve as a two-way communication link between clubs and District committees
- Promote the implementation of the Club Leadership Plan, including the Assistant Governor's club.
- Encourage clubs to implement the governor's requests and recommendations
- Share "best practices" from their designated clubs with each other, and with other Rotary clubs.
- Monitor and motivate clubs to achieve club goals relating to membership development and retention, and support for The Rotary Foundation.
- Assist clubs in researching and implementing effective community and international service projects.
- Assist clubs in completing the activities which will lead to the Presidential Citation for the club, and the submission of the certification form to the governor by 1st April each year.
- Identify and develop leaders capable of serving Rotary beyond the club level.
- Promote attendance at the District Conference and the International Convention.

**We want to
know what
you think.**

Answer this quick survey to share
with us your knowledge and interest
in Rotary Friendship Exchanges.

(<https://forms.gle/8ZmzpAdDRvzyZmkAA>)

Click or Scan Code



Rotary
District 7120



Club Achievement Awards NOMINATION FORM



The deadline for nominations for district service awards has been extended until April 22.

My email stopped working and has bounced emails.

Please resend if already submitted.

If it bounces I have an alternate email

Esqh1314@gmail.com

(The third letter is a Q)

Thanks for your help.

The extension has been approved by the Governor.

Ellen Hughes: ellenhughes13-14@rochester.rr.com

DISTRICT ENVIRONMENTAL ACTION COMMITTEE

2025 Earth Day/Spring Project:

Welcome to the Trash Olympics!

This is a friendly districtwide competition with cash prizes for the top three clubs based on a Japanese competition called Spogomi!

Sponsored by Waste Management and the Fairport Rotary.
This is a fun and easy to project plan!



ENVIRONMENT



Select a date

Select a gathering location

Recruit volunteers including youth group and other service clubs.

Check in teams of two at the start, one to collect trash one for recyclables.

If your project is a can and bottle drive, try to gather all participants for the drive at one time for the picture.

Outsize items will count as a bag. If your project is electronic recycling, make sure you have an official disposal site. Each item will count as a bag.

To be considered for the prizes, gather all your bags and take a photograph for proof. Count the number of bags and the number of participants. Divide the number of bags by the number of participants. The club with the highest score wins. Last day to report is June 15th.

Report results here:

https://docs.google.com/forms/d/11MAkFmcoKbiQVmgdQWVI8O7Y13y194HC3jGq_MlQGdE/edit

Waste Management and the Fairport Club have combined to provide prize money. we are now up to \$500 for the club, \$300 for second, \$200 for third. There will also be plaques for First Place, the most unusual and ugliest items collected.

Clubs may do multiple projects and combine their results. Eligible projects include: water-shed clean ups, adopt a highway projects, village/town clean-ups, can and bottle drives, compost collection, and large electronic device turn-ins with each item (pcs, I pads cell phones etc.) counting as a trash bag. If clubs do multiple projects, their scores will be aggregated.

Questions can be directed to Gary Anderson, EAC Chair at gwa1948@aol.com or (571) 212-0483.

Create Your Peace Pole Project

Become a Peace Builder and plant a Peace Pole to inspire peace within and between all people

1. **Link** with a group of people in your community.
2. **Find a location** to put a Peace Pole.
3. **Get permission** to plant a Peace pole on the site.
4. **Decide what to write** on each side of the peace pole.

We strongly suggest one side say "May Peace Prevail on Earth" in English. The other three sides may say the same in other languages or be variations on the theme such as "May Peace Prevail in Our Community"

Be sure to include your Rotary Club logo on the Peace Pole.

5. **Order your Peace Pole** – see the district website for ordering options

Get the QR Code Decal to put on your Peace Pole **to link to the [world map](#).**

6. **Enjoy creating a community ceremony** to plant your Peace Pole.
7. **Invite** children, teens, adults, seniors, Rotary members, other civic groups, schools, and clergy to your Peace Pole dedication ceremony to celebrate peace with you.
8. **Invite the media** to attend to tell the story and take photos.

Peace Pole Ordering

Peace Poles can be a variety of sizes and materials. Below are a few options for obtaining a Peace Pole for your community.

A standard peace pole will have graphics on each of the four sides of an 8-foot post. The post and sleeve will be buried in the ground ~ 2 ½ ft. of post and six inches of sleeve will then be secured with concrete. Another option instead of using cement is to dig a two foot hole and put gravel in the bottom and pack the dirt back in and around it.

Option One: Order from the Local Community using a vinyl sleeve over a pressure treated wooden post
(Estimated cost: \$110)

Order a white composite vinyl post sleeve from **Lowe's (Item #1)** and have it sent to **Fuse Graphics in Spencerport** (191 S Union St. Spencerport, NY 14559, Attn: Harry Sotomayor).

Contact fusecreative@gmail.com or phone 585-509-0954 to make arrangements (provide expected delivery date, design and graphics for each side). Estimated cost for printing - \$10/side plus \$10 for the Rotary logo - \$50.

Full Materials List:

1. **Vinyl Post Sleeve (\$26.98):** <https://www.lowes.com/pd/Freedom-4-in-x-4-in-x-8-ft-White-Composite-Deck-Post-Sleeve/5015285283>
2. **Post Cap (\$4.48):** <https://www.lowes.com/pd/Freedom-Fits-Common-Post-Measurement-4-in-Actual-4-125-in-x-4-125-in-White-Vinyl-Post-Cap/4008751>
3. **Fence Post (\$16.88):** <https://www.lowes.com/pd/Severe-Weather-Common-4-in-x-4-in-x-10-ft-Actual-3-5-in-x-3-5-in-x-10-ft-2-Treated-Lumber/4222509->
4. **Bag of Concrete (\$4.46):** <https://www.lowes.com/pd/Sakrete-High-Strength-60-lb-High-Strength-Concrete-Mix/5015648043>
5. **Peace Pole QR Code (\$10):** Contact Larry Strober at lsstrober@gmail.com. Provide the physical location of the pole to be added to the map.

Option Two: Order a Custom Pole from www.peacepoles.com or rotarypeacepoles.world (Estimated cost: \$300 - \$1500)

Submitted by Ann DeMers

new generations service exchange



Would you like to be part of an incredible exchange program for 18-30 year olds?
Do you want to share your expertise with an eager young adult, mentor future leaders, or open your home to cultural diversity?

Join us in making a difference through the Rotary New Generations Service Exchange!

- ✓ **Host an international participant** and experience cultural exchange firsthand.
- ✓ **Offer an internship or mentorship** to help a young adult grow professionally.
- ✓ **Apply as a participant** to explore global opportunities.

Get involved today! Contact [Julie Carney](mailto:juliecarney7120@gmail.com) to learn more about how you can make an impact OR to have a program presentation at your Club!

juliecarney7120@gmail.com

585-519-9466

Thank you to Avon Rotary, Geneva Rotary, Rochester Rotary and Victor Farmington Rotary for making an impact on our future leaders!



Literacy Corner

Did you know?



As of 2024 the adult literacy rate in the US stands at 79% which is approximately 43 million adults with 21 % being categorized as illiterate. Alarming 54% of US adults demonstrate literacy skills below a 6th grade level with 20% falling even below a 5th grade level.

New York state has the **2nd highest percentage** of adults lacking basic reading and writing skills of 22.1% in the US. Despite this, NY has the **9th highest percentage** of adults with Bachelors degrees or higher of 35.7%.

Let's put the power of Rotary behind improving these statistics one adult at a time.

Note

You still have time to submit your criteria for literacy recognition before the district conference. Please send it to JoAnn Terry at joannterry7@gmail.com by May 1st.

Submitted by Tracy Wooden



ROTARY 201: COMING UP

April 24, 8:00 – 8:55 PM, EDT

Rotary 201 Link: [Rotary201*](#)

APRIL ROTARY MAGAZINE: "1/3 OF US FOOD IS WASTED"

1. WASTE MANAGEMENT COMPANY:

- **Creating value from organic waste**
 - **Operating modern landfills**
 - **Supporting communities**

2. COMMERCIAL FOOD CHALLENGES:

- **avoiding waste in food preparation,**
 - **distribution and disposal.**

**Have an idea or suggestion:
Jack Best, Dean Rotary 201
Phone/text: 585-261-0073
Email: jackbest@rochester.rr.com**

Strategic Planning Workshop

The Rotary District 7120 Strategic Direction/Planning Committee assists and guides the development and updating of the strategic direction of the district and its Rotary clubs.

Do you dream of your Rotary Club being known as the premier service organization in your community? Would you like to retain and attract more members to your Rotary club? You can achieve all this and more when you discover the value and importance of an effective Strategic Plan. These concepts have helped many clubs grow membership and become a sought-after leader in their community.

Making a commitment to keep or regain vibrancy within your Rotary Club is the beginning of an attitude mind-shift that will allow your club to transform the results of its efforts from average to EXTRAORDINARY.

A well-designed strategic plan allows the club to more effectively use its budget dollars, member's skills and community resources to make a positive difference locally and internationally. The process sets the stage for continued strategic visioning and organizational growth development.

For more information or to schedule a workshop for your Rotary Club, contact ...

PDG Bill Gormont or PDG Scott MacDonell

Hello! My name is Carrie Grove and I'm a member of the Naples Rotary Club and Vice President of my club. I am excited to be the new Chair for Rotary Youth Leadership Award (RYLA). Rotary has always been an important part of my life. During my youth I attended Rotary meetings with my grandfather (Bruce Clawson) and father (Skip Miller). My family hosted two foreign exchange students while I was in high school and I attended RYLA as a student. I always knew I would be a Rotarian which happened in March of 2011. Over the past 14 years, I have served as the Club YEO (Youth Exchange Officer), Club Counselor and District Chaperone for RYLA as well as host parent to two foreign exchange students.



RYLA 2025 will be held at the FLCC campus again this year from July 13-17.

Application deadline is April 15.

Information can be found on [Clubrunner](#).

Thank you!
Carrie Grove
Chair for RYLA

Public Image
Rotary
District 7120



District Public Image Chair,
PDG Linda Kohl



The majority of the clubs in our Rotary District have Facebook pages .
If you have had your club Facebook page suspended , please let me know and we can discuss possible next steps .

Yours In Rotary,

PDG Linda Kohl
District 7120 Public Image Chair

lkohl58@aol.com

585-354-5259



District Learning Assembly

*The **District Learning Assembly** has been completed! Over 150 Rotarians were in attendance and there was a variety of breakout session topics presented.*

A heartfelt Thank you goes to the following:

- *All the Rotarians who gave up part of their Saturday to come and learn from one another and from the facilitators*
- *All the wonderful Breakout Session facilitators for sharing their time and talent.*
- *The entire Clifton Springs Rotary Club membership who worked tirelessly in hosting the event.*
- *The Midlakes High School for providing to us a great venue...great facilities*
- *All the Rotary Clubs that donated Auction items*
- *All the Rotary Clubs that spent time in preparing display materials in order to share their club projects. Ideas*
- *All the sponsors and advertisers for their support and contributions*
- *To our website administrator , Bob Lyon, and district newsletter editor, Marilyn Lyon, for their help in promoting the event.*
- *The Assistant Governors for helping in promoting the event.*
- *The District Learning Assembly Committee members – DGE Jim Crane, Nancy LaTour, Nancy Stelnyk, Susan Salvaggio and the Clifton Springs co-chairs, PDG Scott MacDonell and Hugh Kane for their time in planning the Assembly.*
- *The governor track and other district leaders for their support*
- *Those who complete the Evaluation forms for their kind comments and suggestions for future DLA*

With sincere appreciation to everyone who helped make the Assembly a success and a great learning and networking avenue.

**From: PDG Norma,
District Learning Facilitator**

Rotary District 7120's Polar Bear Plunge Makes a Splash

On Sunday, April 6, 2025, Rotary District 7120 came together for its first annual Polar Bear Plunge at The Beachcomber on Conesus Lake. Organized and hosted by the **Rotex Rotaract Club**, the event brought together roughly 200 participants with the help of **30 different clubs** (via volunteers, participants, corporate sponsors) in our district, demonstrating Rotary's community spirit.

Thanks to the remarkable efforts of Rotarians, Rotaractors, Interactors, youth exchange students, and generous donors, **the event profited over \$30,000** to support these transformative youth initiatives. The Polar Bear Plunge was created to not only help our club's mission of promoting & supporting Rotary Youth Exchange in D7120 (**over \$9k!**) but also to raise funds for all five Rotary-sponsored summer camps in our district (**over \$15k!**)—Genesee Valley Rotary Camp, Camp Haccamo, Camp Onseyawa, Camp Star, and Rochester Rotary Sunshine Camp. We also created the Rotary Club Challenge to offer further incentives to clubs to actively participate (**over \$6k!**) and support our Rotary community.



Festivities began with a lively check-in, welcome, and opportunity for fellowship—complete with live music, food, & drinks. Despite the chilly weather, spirits were high as brave “polar bears” took the plunge into the 40 degree waters. The energy onshore was equally inspiring, as supporters gathered to cheer on participants and celebrate the Rotary values of service, unity, and courage.

A variety of awards were announced following the event. Best costume honors went to Dan Cole (Caledonia-Mumford) and the “Livonia Bus Garage” team, whose creativity captured the crowd. The youngest plunger was an 8-year old, and the oldest was 78 year-old Mike May (Webster), with a special shout-out to Dolly Kujawa, Executive Director of Camp Haccamo, for her spirited participation. The highest fundraising teams were “The MayBees” in 1st (Geneseo), “The Frozen Bronze Bears” in 2nd (Geneseo), & “Ice Ice Baby” in 3rd (Friendship). Whereas the highest fundraising individuals were Lillian Sharp in 1st (Victor-Farmington), David Richardson in 2nd (Honeoye Lake), & Andrew Spreter (Fairport).

In the **Rotary Club Challenge**, which measured fundraising totals per Rotarian (*is it fair to all concerned?*) **Friendship Rotary Club** earned 1st place, followed by **Geneseo** in 2nd, and **Dansville** in 3rd. These top-performing clubs will each receive a corresponding portion of the proceeds to support their local projects and contributions in their name to The RI Foundation, earning Paul Harris Fellow points.

This event was more than a fundraiser—it was a celebration of what our district can achieve together. The collaboration, dedication, and service-mindedness reflected the true heart of Rotary District 7120. We extend special thanks to the Livingston County Sheriff's Office and EMS, whose presence ensured the safety of all participants, and to the Beachcomber for hosting the event.

We are also deeply grateful to our many corporate sponsors, whose generosity made the day possible:
Platinum: The Beachcomber (Geneseo) & Friendship Pharmacy (Friendship)

Silver: Green Graphics Design (Rochester Deaf), Drone Worx (Dansville), Surprise Surprise (Corning), OSB Ciderworks (Livonia), Hart's Insurance Agency (Perry), MVP Healthcare (Geneseo), and the Irondequoit Rotary Club.

(Continued from page 14)

Bronze: Frontstage Entertainment (Avon), JLMO LLC (Spencerport), Linda Rauber Inc. (Spencerport), Lake Hour Hard Seltzers (Perry), Everybody Homes (Pittsford), MayFlowers Nursery (Canandaigua), Hannan Properties (Newark), 2 Lombardo's (Irondequoit) C.R. Carll Inc. (Livonia), Duvall Farms (Bloomfield), Seneca Ceramics (Clifton Springs), and the Dansville Rotary Club.

As we reflect on the success of this inaugural event, we are already looking ahead with excitement. Planning for next year's Polar Bear Plunge will shortly be underway, and we anticipate being able to make an even greater impact as we continue to support youth across our district and beyond. If you'd like to get involved or share your feedback, please reach out to rotaryyouthexchange7120@gmail.com.

Thank you to everyone who plunged, sponsored, volunteered, and supported. Together, we made a meaningful difference—one cold splash at a time.

Sincerely,
ROTEX Rotaract Club
Submitted by Thomas May



Avon Rotary Frozen Niblets



The Rotex Rotaract Club



Mario's Plungers (GVRC)

Additional Polar Plunge articles and photos on pages...22, 33, 34, and 35.

Zeel

MENTAL HEALTH

MENTAL HEALTH WELLNESS:

Sunlight and Serotonin: Exploring the Role of Sun Exposure in Mental Health
Jan 13, 2025 by Tania Dutte



Sunlight has long been associated with positive emotions and mental well-being. The phrase “sunny disposition” is more than just a metaphor, and there is a deep-seated cultural understanding of the sun’s ability to lift our spirits and improve our mood.

Research suggests there’s something scientific going on here, too. Let’s dive into the science behind sunlight’s impact on mental wellbeing...

Sunlight Helps Ease Depression and SAD

Sunlight exposure can help to reduce symptoms of depression by increasing levels of serotonin, a neurotransmitter that plays a key role in mood regulation. Serotonin is often referred to as the “happiness hormone” because it can promote feelings of well-being and contentment. When we are exposed to sunlight, our retinas send signals to the brain, which triggers the release of serotonin which can boost our mood and energy levels.

This effect can be incredibly powerful in staving off Seasonal Affective Disorder, or “SAD.” SAD is a type of depression that is triggered by changes in seasons, particularly the shorter days and fewer hours of sunlight during the winter months.

A 2023 study published in the journal Risk Management and Healthcare Policy found that people who live in areas with more sunlight exposure tend to have greater mental health. A 2001 study found that hospitalized patients with bipolar depression who stayed in rooms that were exposed to direct sunlight in the morning had shorter hospital stays than bipolar depression patients in rooms without morning sunlight.

Research shows that light therapy (also known as phototherapy) can be a helpful treatment for SAD. In light therapy, the recipient undergoes routine, daily exposure to bright light, typically with a specialized light box that mimics the color spectrum of real sunlight.

Sunlight Improves Brain Function

Feel like you’re in a winter-induced brain fog? **Sunlight has been scientifically proven to positively impact cognitive function, attention, and memory!**

Research has uncovered sunlight’s ability to enhance cognitive performance and potentially reduce the risk of mental decline and conditions like dementia.

Page 2

When we are exposed to sunlight, our brains produce more dopamine, a neurotransmitter that plays a role in attention, learning, and memory. A 2009 study in the journal Environmental Health found that among depressed participants, those exposed to lower levels of sunlight had impaired cognitive performance.

Sunlight Helps You Sleep Better

Sleep deprivation can take a toll on mental health, especially in the long nights of winter. **Sunlight exposure helps to regulate the body's natural sleep-wake cycle.** The body's circadian clock responds to light as a signal to be awake, and darkness as a signal to go to sleep. And when we get enough sunlight during the day, we are more likely to produce melatonin at night, which helps us to fall asleep and stay asleep more soundly. A 2022 study in the Journal of Pineal Research found that not getting enough natural light during the day negatively impacts one's quality of sleep at night.

Sunlight Reduces Stress and Anxiety

When we spend time outdoors, the exposure to natural light helps to regulate our circadian rhythms and promotes relaxation. In addition, exposure to sunlight can stimulate the production of endorphins, neurotransmitters that are focused on stress management and pain relief.

Being in the warm sun, and close to nature, can also provide a sense of peace and serenity, which can serve as a calming antidote to stress. A 2016 study investigating the effects of nature and sunlight on employee wellness found that those who got more sunlight exposure tended to have more positive mental health, lower levels of anxiety, and higher job satisfaction.

Sunlight, Vitamin D, and Your Health

Vitamin D is an essential vitamin and its deficiency is linked with many signs of ill health, including feelings of depression, low mood, fatigue, muscle pain, weak bones, frequent illness and more. The primary source of this nutrient is sunlight (80-90%) and not very many foods are naturally rich in vitamin D. And

so it is important to spend some time in the sun to absorb this essential nutrient. Around 8 to 10 minutes of sun exposure at noon produces the daily recommended amount of vitamin D. And studies have suggested that low levels of vitamin D during pregnancy are linked to postpartum depression.

- **Improved physical health:** Sunlight exposure helps to strengthen the immune system, reduce inflammation, and improve bone health.
- **Reduced risk of chronic diseases:** Sunlight exposure has been shown to reduce the risk of developing several chronic diseases, including heart disease, stroke, type 2 diabetes, and some types of cancer.
- **Increased social interaction:** Being outside in nature can provide an opportunity to connect with others and enjoy the company of friends and family. This can help to reduce feelings of loneliness and isolation.

INFECTIOUS DISEASE UPDATE: September 10, 2024
COVID-19, INFLUENZA, RSV, and POLIO by PDG DAVID HANNAN



IT'S TIME TO GET YOUR UPDATED 2024-2025 COVID-19 and INFLUENZA VACCINES, EVEN IF YOU WERE PREVIOUSLY VACCINATED and EVEN IF YOU WERE PREVIOUSLY SICK WITH THESE VIRUSES! THEY CAN BE GIVEN SIMULTANEOUSLY.

RSV does NOT need a second vaccine.

Core Prevention Strategies

[CDC recommends](#) that all people use core prevention strategies to protect themselves and others from COVID-19:

- Stay up to date with [COVID-19 vaccines](#).
- Although vaccinated people sometimes get infected with the virus that causes COVID-19, staying up to date on COVID-19 vaccines significantly lowers the risk of getting very sick, being hospitalized, or dying from COVID-19.
- Practice good [hygiene](#) (practices that improve cleanliness)
- Take [steps for cleaner air](#)

When you are sick:

- Use [precautions to prevent spread](#), including staying home and away from others (including people you live with who are not sick) if you have respiratory symptoms.
- Learn when you can [go back to your normal activities](#).

Seek health care promptly for [testing](#) and/or [treatment](#) if you have [risk factors for severe illness](#). Treatment may help lower your risk of severe illness, but it needs to be started within a few days of when your symptoms begin.

Order your free COVID-19 tests at the end of September.

U.S. households will be eligible to order 4 free COVID-19 tests at COVIDTests.gov. The COVID-19 tests will detect current COVID-19 variants and can be used through the end of the year. [Visit COVIDTests.gov](#)

Additional Prevention Strategies

In addition, there are other prevention strategies that you can choose to further protect yourself and others.

[Wearing a mask](#) and [putting distance between yourself and others](#) can help lower the risk of COVID-19 transmission. [Testing for COVID-19](#) can help you decide what to do next, like getting [treatment](#) to reduce your risk of severe illness and [taking steps](#) to lower your chances of spreading COVID-19 to others.

What to watch out for

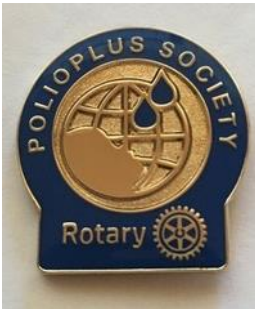
Using these prevention strategies can be especially helpful when:

- Respiratory viruses, such as COVID-19, flu, and RSV, are causing a lot of [illness in your community](#)
- You or those around you have [risk factors](#) for severe illness
- You or those around you were recently exposed to a respiratory virus, are sick, or are recovering

POLIO:

1. A resident of Rockland County, who had not traveled overseas, contracted Polio in 2022 and the Polio Virus has been detected in sewage samples in Rockland, Orange, Sullivan, and Nassau Counties, and in New York City. Fortunately, there have been no other cases in the US.
2. Polio is a paralyzing and potentially deadly disease. The IPV (Salk) Polio Vaccine is safe and effective. It has been used for decades, is required for school entry in NY, and is available to anyone over 2 months old. Protect yourselves and your family. If you had the full Polio Vaccine series as a child, you do not need a booster at this time.
3. There were 12 cases of Wild Polio Virus Type 1 worldwide in 2023, 6 in Afghanistan and 6 in Pakistan. To date, there have been 34 cases of WPV1 in 2024, 18 in Afghanistan and 16 in Pakistan.
4. There were 517 cases in 26 countries of circulating Vaccine Derived Polio Viruses (cVDPV) worldwide in 2023. To date in 2024, there have been 122 cases in 17 countries of cVDPV. This includes 1 case in the occupied Palestinian territory (Gaza) on July 25, 2024.

5. I am available to provide club programs on Rotary's PolioPlus Campaign, as well as other programs on The Rotary Foundation.



Our wish is to have at least one member of the PolioPlus Society from every club.

Rotary has been working to eradicate polio for more than 35 years. Our goal of ridding the world of this disease is closer than ever.

As a founding partner of the [Global Polio Eradication Initiative](#), we've reduced polio cases by 99.9 percent since our first project to vaccinate children in the Philippines in 1979.

Rotary members have contributed more than \$2.1 billion and countless volunteer hours to protect nearly 3 billion children in 122 countries from this paralyzing disease. Rotary's advocacy efforts have played a role in decisions by governments to contribute more than \$10 billion to the effort.

Today, polio remains endemic only in Afghanistan and Pakistan. But it's crucial to continue working to keep other countries polio-free. If all eradication efforts stopped today, within 10 years, polio could paralyze as many as 200,000 children each year.

By the numbers:

\$3 average cost to fully protect a child against polio
430 million children in total vaccinated in 39 countries in 2017
\$100 million cost to conduct polio surveillance worldwide

District 7120 now has a PolioPlus Society recognized by Rotary International. To become a member, you pledge to donate \$100.00 or more per year until Polio is eradicated in the world. October 24th is World Polio Day – please consider participating by making this pledge. The commitment form is below! Remember that every dollar is matched 2 to 1 by the Gates Foundation.



MAGIC ALL AROUND

21-25 JUNE 2025 • CALGARY, CANADA

Register today at convention.rotary.org

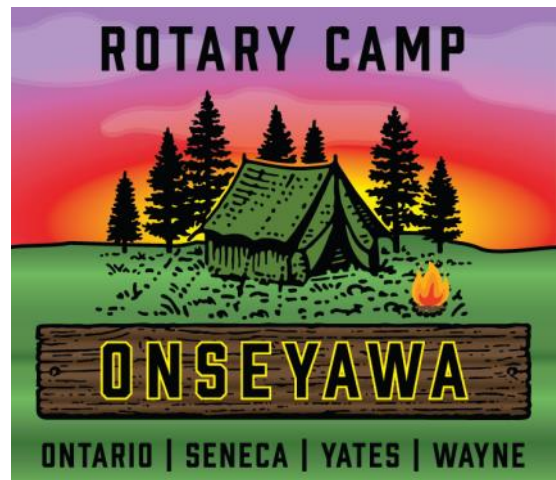
#Rotary25



August 10-15th 2025



August 10th - 16th
2025



August 11-15 and 17-22
2025.



Session 1 (Ages 7-15)
July 6th – 11th
Session 2 (Ages 16-21)
July 13th – 18th



July 28 - Aug 1: Youth Week - Ages
7 to 18 years old
August 4 - 8: Adult Week - Ages
19 to 30 years old

Camp Haccamo Updates!

- The annual **Car Show** is roaring this way soon! This is a prime opportunity to network with your clubs, be a sponsor, show off a vehicle, or just come out for the fun. If you can help in any way or have a **gift basket, raffle item, or door prize to donate please let us know**. This is our primary fundraising event of the year. Click here to learn more <https://www.camphaccamo.org>.



Camp Haccamo's 12th Annual Car, Truck & Cycle Show



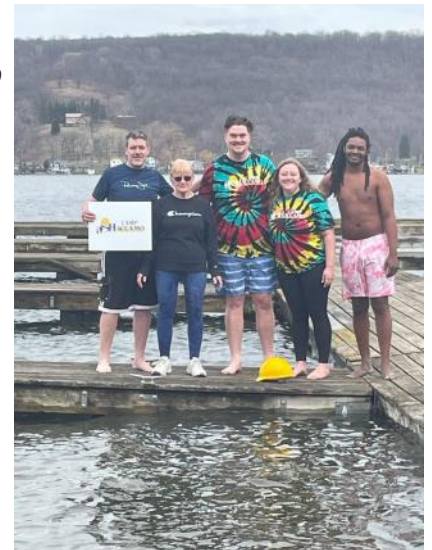
Saturday, June 7, 2025

Rain date - Sunday, June 8

Gates open @ 8:00 am.

Awards shortly after 1:00 pm

- Our **Camp Haccamo Polar Plunge dream team** braved the bone-chilling waters of Conesus Lake (yes, *frigid* is an understatement!) and **CRUSHED** their fundraising goal, pulling in nearly **\$700 in sponsorships!** Dolly received special accolades for being one of the oldest plungers! Great job team! There are videos posted online so please be sure to visit out Facebook page <https://www.facebook.com/haccamo/>



- Summer 2025 Registration is Open! Campers and Counselors Please Apply Online** Camp Haccamo is offering two sessions of overnight camp this year: July 28-August 1 for ages 7-18, and August 4-8 for ages 19-30. Please have them register today at <https://www.camphaccamo.org>. We're seeking compassionate and energetic individuals to join our team as camp counselors too! Counselor applications are available at <https://bit.ly/4goZoOJ>.

- Consider joining us more formally, we are always looking to welcome new clubs to our board. Please consider reaching out.

You can stay updated by subscribing to our news updates at <https://www.camphaccamo.org/blog>

and by visiting <https://www.facebook.com/haccamo/>.

Thank you!!

Submitted by Neal Gorman

BATH ROTARY CLUB

Danny Chapman was recently inducted as a new member of the Bath Rotary Club. He was welcomed by fellow Rotarians during an induction ceremony on March 13. His sponsor is Eddie VanStine, the club's President-Elect, and his mentor will be Bill White, the club's Membership Co-Chair.

"I was interested in joining the Bath Rotary Club because I believe in the local community, and the Bath Rotary Club indeed has an outstanding record of service in the community," stated Chapman. "I support the Rotary motto of 'Service Above Self' since I greatly enjoy serving and volunteering in my community."

Chapman, owner of Bath Credit Services and Chapman Process Services, graduated in 2008 from Hornell High School. He then attended SUNY Brockport and Corning Community College for Business Management and General Study of Law. He has been very active in many local organizations,

including: Bath Fire Department (firefighter and EMT), Haverling Central School PTA, NYSCA, ACA, and the Red Knights NY42 (Past Secretary). He is also a member and founder of Hammer Cornhole, Bath Blaze Basketball, and Buffalo Bill Fan Rush. His past community activities membership/coaching include: Bath Ambulance Corps, Bath Little League Board of Directors, Kiwanis Soccer, Kiwanis Basketball, Bath Blast Basketball, Central Steuben County Chamber of Commerce Board of Directors, and Steuben County Prevention Coalition Board of Directors.

Over the years Chapman has been recognized with many awards, including: PGA (Youth Skills Achievement), CHOWC (Overall Achievement), NYYBA (Basketball – MVP of the Year), University Merit in 2010, ASCA (Outstanding Performance in 2018), CRED (Enforcement Specialist of the Year), CVSI (Customer Support), General Revenue Corporation (Merit Award), and Service to Youth in 2020.

In his limited spare time Chapman enjoys watching the Buffalo Bills play, participating in and/or viewing all sports, riding motorcycles, playing cornhole, and visiting Disney and Universal theme parks. He also enjoys spending time with his wife of fifteen years, Christina, and his fourteen-year-old daughter, Natalie, as well as his twelve-year-old chocolate labrador, named Milkshake.

At the conclusion of his induction, VanStine, his sponsor, noted "With his diverse background and active participation in both private business and community activities, Danny is well aware of the needs of people and will help our community and the world through his Rotary affiliation."

Written by Elaine Tears

Picture by Brandi Graham



Danny Chapman proudly accepts his membership into the Bath Rotary Club. Standing left to right are: Bill White, Membership Co-Chair and Chapman's mentor; Danny Chapman; Eddie VanStine, Bath Rotary Club President-Elect and Chapman's sponsor; John Gould, Bath Rotary Club President and Membership Co-Chair.



BATH ROTARY Club

The Bath Rotary Club inducted Nathan Conrad as its newest member during its weekly club meeting on March 20. The addition of Conrad brings the club's active membership to 29. "Bath Rotary is proud to welcome Nathan Conrad as our newest member. As the co-owner of Tub Town Brewing, he has already made a lasting impact on our community, bringing people together and supporting countless local causes," stated Eddie VanStine, Bath Rotary Club President-Elect and Nathan's sponsor and mentor. "His dedication to 'Service Above Self' is evident in everything he does, and we know he will bring that same passion to Rotary. We're excited to have him on board and look forward to the difference we will make together." After graduating from Bath-Haverling Central School in 2009, Conrad attended Corning Community College as well as the New York State Fire Academy and the paramedic program at Emstar through Corning Community College. He became a New York State Certified Paramedic in 2011 and graduated from CCC with Associate Degrees in Applied Science in Paramedicine, Occupation Studies in Fire Protection Technology, and Liberal Arts and General Studies. He holds numerous certifications through the New York State Fire Academy and Prehospital Medicine.

He started his career as a paramedic working for American Medical Response in Corning. From 2012 – 2021 he was a firefighter paramedic with the Department of Veteran Affairs. In 2021 he was employed by Airflow Catalyst Systems. In 2023 he became the Operations/Business Manager of the company. He is also co-owner of Tub Town Brewing as well as its sales and bar manager and a bartender.

Conrad's community involvement is extensive. In 2004 as a teenager, he became a junior member of the Bath Fire Department. He became a full member of the department in 2009 as well as an EMT. He was a Junior Advisor as well as Vice-President of the department for a brief time. In 2009 he also became a member of the Bath Ambulance Corps, volunteering as an EMT and later as a paramedic. He served as a trustee on the corps' executive board for several years and also became a CPR instructor and lab instructor. In 2023 Conrad became a member of the Board of Directors for the local Chamber of Commerce and was quickly appointed Vice-President, a position which he still holds.

Conrad also noted that he is proud to be a member of the Buck Settlement Baptist Church which annually raises and donates ca. \$30,000 a year for missions around the world.

Over the years Conrad has received several awards for his service as a first responder. These awards include: the Robert and Rita Dwyer Award for most outside training hours in 2009, 2010, and 2011 by the Bath Fire Department; the Robert H. Brown Award for the most training hours in 2012 by the Bath Fire Department; a Bath Fire Department Award in 2012 for pulling a truck driver and his dog out of a pool of hot asphalt sealant after a tractor-trailer accident; an award from the Department of Veteran Affairs for his service during a nursing home fire in 2017 on the grounds of the Veterans Administration in Bath.

Conrad's interests include helping others, history, breweries, and reading. He has an extensive book collection with his favorite topics being philosophy, classic literature, self-help, and poetry.

Nathan is most proud to be the son of Mark and Deidra Conrad whom he stated are both selfless people who taught him the importance of service to others.

"I was first introduced to the Bath Rotary Club when I was invited to be guest speaker at one of its weekly club meetings. I could tell then that the club was indeed a great organization, filled with genuine people who care about our community. It was their service to the community that made me want to get involved and assist any way I could," remarked Conrad. "My induction into Rotary is an honor and privilege. I look forward to working with this esteemed group to help our community grow and be a service to all. This group of dedicated, selfless citizens is a beacon of hope to the rest of our community."

Written by Elaine Tears
Picture by Brandi Graham



The newest member of the Bath Rotary Club, Nathan Conrad, was inducted into the local service club on March 20. Standing left to right are: Bill White, Bath Rotary Club Membership Co-Chair; Conrad; John Gould, Bath Rotary Club President and Membership Co-Chair. Absent from photo was Eddie VanStine, Bath Rotary Club President-Elect and Conrad's sponsor and mentor.



Dundee Rotary Club

On March 19th, Dundee Rotary inducted its newest member, Kristen VanValkenburg. Kristen moved to Dundee more than 20 years ago from Jacksonville, Florida. She is married to husband Roger, has three children Kaitlin, Aiden, and Garrin, and two grandsons, Linken and Easton. Kristen recently retired after 40 years as a public school educator, serving in a variety of roles including elementary teacher, reading teacher, literacy coach, literacy specialist with the NCEE. She also held Poverty Coach certification and served as a school board member. Community involvement includes being an advisor for the Highlander and Lady Scot youth program and being a member of the Dundee Scottish Association Board. Kristen's current interests are family, home, crystal bowl therapy, yoga, rabbits, gardening, canning, running for school board again, Community Chorus, and, of course, Rotary! Welcome to the Rotary family, Kristen!

Submitted by Lauren Snyder



Pictured are front row L to R, Co-President Alan Giles, Co-President Joan Washburn, Inductee Kristen VanValkenburg, sponsor Robyn Ballard. Back row Walt Verdi who performed the induction ceremony.



Naples Rotary Club

Naples NY Rotary Club welcomed new member Kristina Saucke. Recently retired from a 36 year career in education, Kris looks forward to dedicating time to community service. Her career brought her to Naples Central School District where she enjoyed the small school environment and the supportive community as Elementary Principal over the last 18 years.



Kris Saucke's induction with Carrie Grove reading

During that time, she had the pleasure of working with two inspiring Naples Rotarians, Carrie Grove and Judy Miller. Carrie was her sponsor, giving her the Rotary pin and certificate. Although Kris lives in Canandaigua, she is delighted to continue her connections with her community in Naples through membership in Rotary. Welcome Kris!

Submitted by Cindy Scoda



Kristina Saucke

Waterloo Rotary Club

Waterloo Rotary President Marianne VanNostrand proudly inducts Kathy Jarlenski as a new member.

Submitted by Jane Shaffer



Waterloo Rotary Club

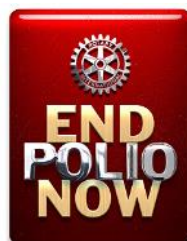


Waterloo Rotary's two newest Rotarians!

Marlene Cassata (L) and Sarah Cupelli (R)

Submitted by Jane Shaffer

Welcome



Geneva Rotary

The Geneva Rotary Club recently inducted three new members at March meetings. Rotarian Stephanie Hesler (center) sponsored her husband Steve and President-Elect Kerry Lippincott presided over the



induction ceremony. Also (left to right), Susie Flick sponsored Santa Abraham and Ethan Fogg also was sponsored by Stephanie Hesler.

Submitted by Phil Beckley



Welcome
New Members



Geneseo Rotary

At the Geneseo Rotary Club's 100 year celebration on 3/28/25 a Paul Harris +3 was given to Howard Stewart for his hard work and dedication.

Congratulations to Howard Stewart !

Submitted by Marilyn Lyon



Howard Stewart (L) was presented with a Paul Harris +3 Pin by Geneseo Rotary President Don Livingston. Photo from the Geneseo Rotary Website



Paul Harris Fellows

Waterloo Rotary Club



Waterloo Rotary Foundation Chair Jeff Cassim, President Marianne VanNostrand, presenting Rotarian Rod Daeffler with a Paul Harris Award, along with our Assistant Area Governor Stacy Wyant.

Submitted by Jane Shaffer



Assistant Area Governor Stacy Wyant assisting with the presentation of a Paul Harris Award to fellow Rotarian Lee Boise, with Foundation Chair Jeff Cassim and President Marianne VanNostrand.

Honeoye Falls - Mendon Paul Harris Awards



2024 - L – R Justin Myers PH+, Chip Raines Ph+, Dayna Orione-Kim PH=, Patti Moehlmann Ph+, Jeanine Lupisella PH+3, Linda Goodman PH+2, Lori Hofman PH+.



2024-2025 - L-R Jeanine Lupisella PH+4, Mark Eberle PH+, Doug Sarkis PH+, Linda Goodman, PH+3, Mark Sassano PH+, Shawn Barnett PH+4, Barry Kissack presenter.

Submitted by Barry Kissack



S.U.N.Y. Geneseo Rotaract Club



Writing cards to Morgan Estates

We wrote cards for the local assisted living facilities, Morgan Estates, and the residents loved them!

Submitted by Jillian Mitchell Rotaract President



S.U.N.Y. Geneseo Rotaract Club and Geneseo Rotary

Simplifying Tech: A Community Workshop



On Saturday, March 8th, Rotaracters were able to volunteer in a small group to assist the Mount Morris Library with a free community workshop. With 4 Geneseo Rotaract volunteers and 1 Geneseo Rotary member, the event was a success! This event was in collaboration with the Mount Morris Library, Rotaract Club at SUNY Geneseo, and the One Stop Tech Shop of Geneseo.

Community members were able to attend the event during a drop in session where they could ask for assistance with simple technology needs. Topics covered included how to search on Google, downloading apps on phones, using a computer mouse, how to print off of the library computers, and much more! This small, short workshop proved very

helpful to those who did attend, and the Mount Morris Library has invited us back during upcoming semesters. In future semesters we may consider hosting a similar free workshop for the community at the newly renovated Milne Library on campus.

Submitted by Jillian Mitchell Rotaract President



Bath-Haverling Central School Interactors

Bath-Haverling Central School Interactors, Claire McKinley, standing at the left, and Madison VanGorder, standing at the right, recently participated in Agricultural Literacy Week in NYS by reading to 2nd graders in Mrs. Barros's classroom at Vernon E. Wightman School in Bath. Also reading but no picture is available were Ariel Snyder and Madison VanGorder in Mrs. Covert's classroom at the VEW School.

Submitted by Elaine Tears



Interact
Rotary Sponsored Club



Wolcott Rotary Club

Wolcott Rotary had a joint meeting with the North-Rose Wolcott Interact Club. They learned about upcoming spring projects like working with our Rotary Club on the waterfront clean-up and suggesting we help with their cemetery clean-up. These projects are just a continuing example of how we can accomplish more by working together.

Submitted by Barbara Harper



Interact
Rotary Sponsored Club



WORLD IMMUNIZATION WEEK
24-30 APRIL

Rotary



**END
POLIO
NOW**

Perry Rotary Club

A team of Perry Rotarians jumped into frigid Conesus Lake on Sun., April 6, 2025 as part of the first annual Rotary District 7120 Polar Bear Plunge that raised money for five special needs camps, Rotary's youth exchange and Rotaract school clubs and the global-focused Rotary International Foundation. Perry club president Daryl McLaughlin, incoming president Maureen Orban, and members Brandon Allers, Greg Byrnes and Ron Lathan were joined by Byrnes's friends Greg McMaster of Geneseo and Bill Davis of Conesus Lake. Lending support were Perry Rotarian landlubbers (photographer) Lorraine Sturm and past club president videographer Mike Fitch and his wife, Robin.

The fundraiser was the idea of Thomas May, a former Rotaract/youth exchange student who recruited friends, family, fellow exchangers and more to plan, organize and carry out all the tasks, from changing tents, shuttle service, food and drink stations and music by the extraordinary trio Surprise, Surprise at the host property of The Beachcomber. Livingston County Deputies Kyle Ammerman and Ben Mayes donned SCUBA gear to help divers exit the icy cold waters escorting several to the shore. A drone videoed much of the action now viewable online. May estimated that twenty clubs inside and beyond the district participated as a crowd of 150 supported the swimmers. SUNY Geneseo student Aidan Palumbo celebrated his birthday on Sunday along with college teammates Michael Civi, Jordan Gould, Evan Cohen and Cayden Bly. Macedon Rotarian Isaac Thermitus, a native of Haiti, and the most fit individual there, jumped in and a Rochester team got the formal action underway. Those SUNY Geneseo guys and Thermitus actually jumped in before the official start.

The teams came up with humorous costumes, many a play on the event name, including the Perry Plungers who donned construction helmets, suspenders and carried plastic plungers.

Perry Rotary is a member of the Genesee Valley Rotary Camp Board that occupies the boy scout campgrounds in Pike every August bringing true tent camping and outdoor activities to 100 special needs youth. Orban and Sturm represent Perry on the GVRC board which is also served by representatives from Rotary clubs in Avon, Belmont, Caledonia-Mumford, Dansville, Friendship, Geneseo, LeRoy, Lima, Livonia, Mount Morris, Nunda, Wayland and Wellsville.

Submitted by Lorraine Sturm



Perry's Plungers. Brandon Allers, Greg McMaster, Daryl McLaughlin, Greg Byrnes, Ron Lathan and Maureen Orban.



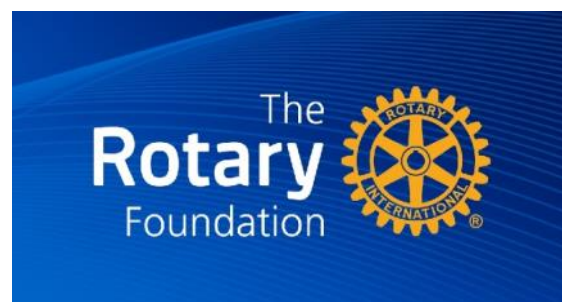
Perry Plungers Brandon Allers and Ron Lathan leap into icy Conesus Lake.

Geneseo Rotary Club



This is a great picture of the Geneseo Rotary Club team. From left to right is white bear (Julie Carney's husband Jim), Don Livingston, Julie Carney, Brian Gordinier, Darcy Lynch, and Paul Kreyer. I guess the water was 40 degrees!! Brrrrrrrr!

Submitted by Bonnie Swanson



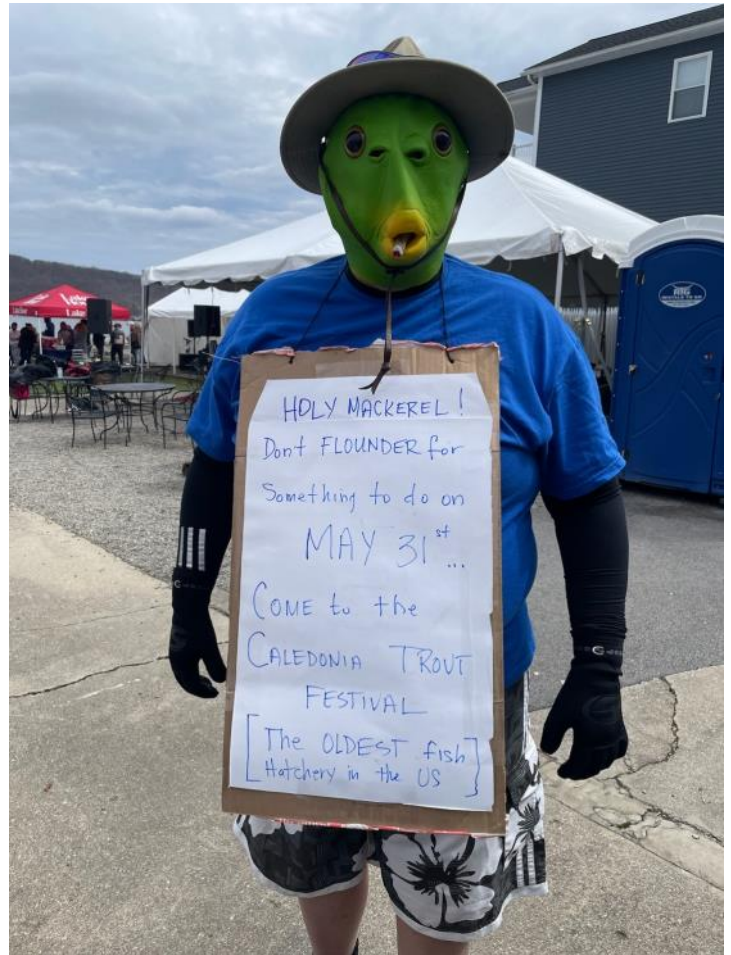
Cal-Mum Rotary

Cal-Mum Rotary Dan Cole, participated in the Polar Bear Plunge. Dan dressed in character to support the Caledonia-Mumford community's annual Trout Festival, to be held May 31, 2025.

Cal-Mum Rotary is holding their annual chicken BBQ on Sunday, April 27, 2025 from noon until sold out. The BBQ is in the Caledonia Marketplace parking lot. The meal is \$14 and includes chicken, salt potatoes, mac salad and bread.

Hope to see you there!

Submitted by Vicky Vorhauer



Dundee Rotary Club

Dundee Rotary Club is very proud to announce the April Elementary Student of the Month from Dundee Central School, Tayden Washburn. Tayden is pictured here with Rotary Co-President (also his grandmother), Joan Washburn (L) and Principal Tiffany Cohrs (R). Principal Cohrs stated that Tayden was selected as Student of the Month because he routinely displays the behaviors that are desired in all students, such as having a positive attitude, setting good examples for others, and following the rules. His classroom teachers gave Tayden "glowing" reports because he has excellent classroom behaviors even when no one is watching and he routinely works to include all others. Tayden's parents are Preston and Hannah Washburn of Dundee. President Joan presented Tayden with a certificate and a check for \$25.00. Congratulations, Tayden!



Submitted by Lauren Snyder

Geneseo Rotary Club ~ 100 years

Rotary Club of Geneseo celebrated the 100th Anniversary of their club on Friday evening (3/28/25). It was a fantastic event. The event had Rebecca Leclair, formerly on WHEC television in Rochester as MC. The keynote speaker was Past District Governor Don Alhart. Over 120 people enjoyed an exciting evening. Congregations to Howard Stewart, Ken Richardson, and Cathy Sullivan, winners of the Ray Sherman Award.



Geneseo president Don Livingston, Rebecca Leclair, PDG Don Alhart, DG Dave DeMers

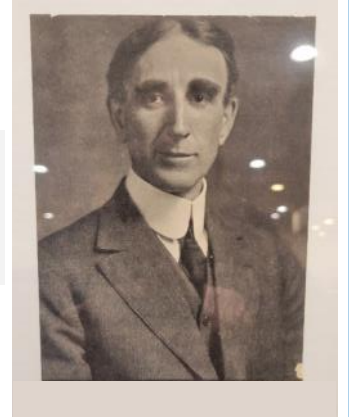
Photo from District 7120 Facebook page.



Photo Submitted by Bonnie Swanson

Elbert Foland "Bert" First
Geneseo Rotary President

Photo Submitted by Bonnie
Swanson



Congregations to Howard Stewart, Ken Richardson, and Cathy Sullivan, winners of the Ray Sherman Award.

Photo from District 7120 Facebook page.

Howard Stewart coordinates the Wegman's Food & Bread deliveries to many organizations. He is also the treasurer & mortgage manager for Habitat for Humanity. All this in addition to the Geneseo Groveland Food Pantry duties.

Ken Richardson has been a volunteer firefighter for over 50 years. Teaching new recruits to use all equipment including the Jaws of Life. He has spent 100's of hours at the Liv Co Historical Museum & 11 years working on the Save the Wall project.

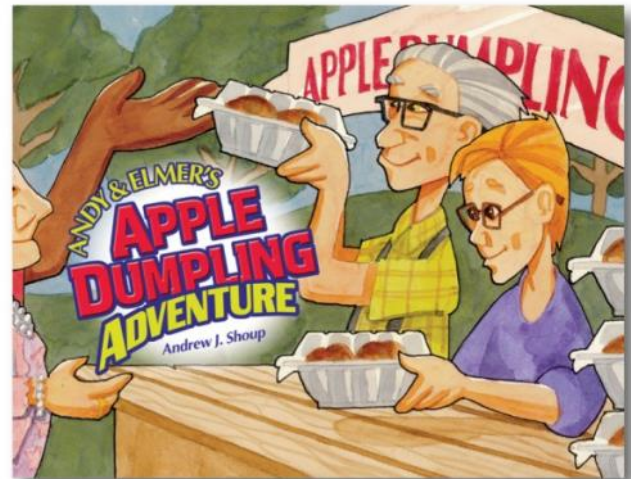
Cathy Sullivan started Sully & the Ladies in Pink in 2012 to raise \$ for breast cancer diagnosed. Since then they have become a 501c3 organization that raises \$ for anyone with cancer diagnosis. They have raised over \$750,000 through golf tournaments & many other fundraising events.

Submitted by Carol Carey

Watkins-Montour Rotary

Watkins-Montour Rotary presented Andy & Elmer's Apple Dumpling Adventure to all 3rd grade classes in the Watkins Glen, Odessa-Montour and Bradford School Districts during the month of February. Rotarians spoke to each class, explaining the Four-way test (which the book is based on), what they do for a career, what led them to being a Rotarian, and what Rotary has come to personally mean to them. Each class was extremely receptive, asked a lot of questions, and even offered the many ways that they are already giving back to their schools and communities! Presenters challenged the students to make the Apple Dumpling recipe that is included at the end of the book, as past classes have reported back that it was a fun thing to do at home with their families. A special thank you to our local corporate sponsor, Chemung Canal Trust Company, for helping to make this project happen!

Submitted by Emily Peckham



Greece Rotary & BOCES II Bingo Night

The Board of Cooperative Educational Services Special Education Parent Teacher Organization ("BOCES SEPTO") held its First Annual Bingo Night for its students and families. Approximately 140 students, siblings and parents attended the event, with the financial help of the Greece Rotary. Every child selected a book to take as a gift, at least one hundred prizes [gift cards, toys, books, sports items] were awarded to BINGO winners, and there was pizza, cookies and water and soft drinks for all. Greece Members Gene Noga was a Bingo Caller and Judy VanBramer (pictured here) helped the club organize this event and work the craft table.

Submitted by Chuck Gannon



Dundee Rotary Awards March Student of the Month

Congratulations to Senior Christopher Clancey, the March Rotary Student of the Month! Christopher is the son of Jake and Krystal Clancey. Chris is a High Honor Roll student at Dundee Central School, a three-sport varsity athlete, and an active member of Natural Helpers. He serves as Class Vice President and is part of the BOCES New Vision Health Sciences Program. A future Eagle Scout, Christopher plans to attend D'Youville College to earn his Doctorate in Chiropractic Medicine. His dedication to academics, leadership, and service makes him deserving of this honor! Christopher was presented with a certificate and check by President Joan Washburn.

Submitted by Lauren Snyder



Pictured are JSBS Principal Chad Johnson, (L), Rotary Co-President Joan Washburn (C), and Student of the Month Christopher Clancey (R).

BATH ROTARY

On March 19 the Bath Rotary Club participated in the 2025 Agricultural Literacy Week, proclaimed by New York State Agriculture in the Classroom to be March 17 – 21, a week that is meant for all 2nd graders in the state to read a book related to agriculture.

Tess McKinley, Executive Director of Cornell Cooperative Extension – Steuben and a Bath Rotarian, stated that CCE worked with NYS Agriculture in the Classroom to coordinate Rotarians, school staff, and Haverling Interactors in Bath to read the book “The Pie That Molly Grew” and to complete a learning activity related to pumpkin pies with the children at Vernon E. Wightman School in Bath and the Glenn Curtiss Elementary School in Hammondsport.

“The Pie That Molly Grew” was authored by Sue Heavenrich, a science teacher who writes books and magazine articles for families. Chamisa Kellogg provided the illustrations for the book. The book is about a young girl, named Molly, who grows a pumpkin from seed and then makes a pie herself with the pumpkin. This fun and educational book was selected this year because it indeed relates to agriculture and involves a young girl close in age to the 2nd graders. The project is a wonderful opportunity for Rotary to help young children learn about the origin of food and the importance of agriculture, the number one industry in Steuben County.

Brandi Graham, Bath Rotarian and one of the readers told the children, “Rotary is a group of people who enjoy helping our community; we work



together to make things better for everyone. Agricultural Literacy Week is a special time when we get to visit schools to help children, like you learn, more about farming and how it is important to all of us. Since farmers help grow the food we eat every day, it is a great thing to learn about. In the book that we will read today Molly cared for her pumpkin, and it grew into something that she could share with others just like how farmers care for their crops that become food for us.”

Agricultural Literacy Week was also celebrated at the Glenn Curtiss Elementary School in Hammondsport. Bath Rotarians, Eddie VanStine and Jane Russell read the book, “The Pie That Molly Grew” to the children in Mr. Brown’s and Mrs. Harriger’s classrooms and helped the children with a related learning activity. Absent from photo is Jane Russell.

stated McKinley. “The Bath Rotary Club appreciates the two schools allowing its members to come to the respective schools and read to the 2nd graders. Rotarians love to help children learn about the importance of agriculture while also sharing the importance of volunteering. The project indeed supports Rotary’s commitment to literacy.”

Written by Elaine Tears

Pictures by Tess McKinley, Eddie VanStine, Brandi Graham, and Jane Russell



As part of Agricultural Literacy Week, Tess McKinley and Eddie VanStine, Bath Rotarians, read the book, titled “The Pie That Molly Grew”, to the children in Mrs. Piraino’s classroom at Vernon E. Wightman School in Bath. They also helped the children with an activity related to pumpkin pies.



Brandi Graham, Bath Rotarian, and her son, Brandon, enjoyed reading the book, “The Pie That Molly Grew” and leading a learning activity related to pumpkins in Mrs. Kisiah’s and Mrs. Hess’s classrooms at Vernon E. Wightman School in Bath as part of Agricultural Literacy Week in New York State.

“This is the third year that the Bath Rotary Club has paid for the books and activity supplies for the 2nd graders at the Bath and Hammondsport Schools as well as read the books to the children and guided them in a learning activity,”

The Rotarians who participated in this project and the respective classrooms at the VEW School in Bath in which they read included: Eddie VanStine and Tess McKinley in Mrs. Piraino’s classroom; Brandi Graham and Brandon Graham, son of Brandi, in Mrs. Ameigh-Derick’s, Mrs. Kisiah’s, and Mrs. Hess’s classrooms; Danny Chapman and Jen Hutches in Mr. Brown’s and Ms. Woehr’s classrooms; Claire McKinley and Madison VanGorder, Rotary Interactors, in Mrs. Barros’s classroom; Ariel Snyder and Madison VanGorder, Rotary Interactors, in Mrs. Covert’s classroom. At the Glenn Curtiss Elementary School in Hammondsport Jane Russell and Eddie VanStine read to the 2nd graders in Mr. Bower’s and Mrs. Harriger’s classrooms.

Avon Rotary and Partners Build Beds for Local Children in Need

On Saturday, March 29th, the spirit of "Service Above Self" was in full swing as the Avon Rotary Club spearheaded a service project in collaboration with Sleep in Heavenly Peace – Rochester (SHP). A dedicated team of 45 volunteers came together to construct 37 beds for local children who currently lack a safe and comfortable place to sleep.

The event, held in Macedon, saw enthusiastic participation from Rotarians representing not only the Avon Club but also the Geneseo, Honeoye Falls-Mendon, Penfield, Rochester Southwest, and Spencerport Clubs. Their efforts were further bolstered by the generous involvement of friends and family, all united by a common goal.

Throughout the day, the volunteers worked in teams at specialized stations to assemble each of the components of a twin bed. One station was dedicated to assembling and sanding the side rails; another to fastening strapping tape to rolls slats; and another to sanding and constructing headboards and footboards, which were then drilled with holes to facilitate easy bolt assembly upon delivery of the beds. As a final touch, each completed headboard and footboard was branded with the SHP logo.

SHP is an international nonprofit organization, founded in 2012, that is driven by the motto "No Child Sleeps on the Floor in Our Town." With over 300 chapters across the United States and Canada, SHP recognizes that a good night's sleep is fundamental to a child's healthy growth and development. Their core mission is to build and deliver beds to families in need, ensuring that no child has to endure the discomfort and insecurity of sleeping on the floor.

The importance of this work is underscored by scientific research. A study published in *Lancet Child & Adolescent Health* on July 29, 2022, highlighted the critical role of sufficient sleep in healthy brain development. The research indicated that children who consistently get at least nine hours of sleep experience better mental health and exhibit fewer behavioral challenges compared to those with insufficient sleep.

The Rochester chapter of SHP was established in 2019 by Donna and Shawn Ritchie. Their hard work and dedication have resulted in the delivery of over 1,150 beds to families in need throughout Monroe County. Despite their significant impact, the need remains substantial, as evidenced by SHP's waitlist of over 400 families.

"This is such a worthwhile project. Most of us take for granted a safe and comfortable bed to sleep in," said Tim Hayes, a Geneseo Rotarian who volunteered at the event. "This project was a reminder that too many children in our area go without this basic necessity. It felt good to be able to help local families take care of their kids."

The successful bed build event was supported by Avon Rotary's \$5,000 donation to Sleep in Heavenly Peace for building supplies. This contribution included \$2,910 in District Grant funding from the Rotary Foundation. The Rotary Foundation invests funds donated by Rotarians and channels them back into communities through District Grants, which local Rotary Clubs like Avon can apply for to finance projects that create meaningful change both locally and internationally. This collaborative support within the Rotary network underscores its commitment to service and community betterment.

Beyond the construction efforts, Rotarians also rallied to donate essential bedding items, which will be delivered alongside the newly built beds. Adding an extra layer of warmth and care, the Henrietta Quilt Club contributed handmade bedding, ensuring that each child receives not just a bed, but also the comfort of cozy blankets and linens.

This collaborative service project exemplifies the dedication of the Avon Rotary Club and its partners to addressing critical needs within our community. By providing these 35 beds, we are not only offering a place to sleep but also contributing to the health, well-being, and brighter futures of local children.

Submitted by Collin Hayes



Geneseo Rotarian and Son work together on service project.

Here are a couple of pictures taken on 3/29/25, from a project that I worked on with the Avon Rotary Club. My son, Collin, organized this project for the Avon Club. That's who I'm with in one of the pictures. This would be a great activity for the Geneseo club. We built 35 beds in 3 hours. Monetary donations cover the cost of a mattress and bedding.

Working together, Avon Rotary, Rochester Southwest, Penfield, Irondequoit, Honeoye Falls-Mendon, and Geneseo and family and friends, for a meaningful service project in Macedon with Sleep in Heavenly Peace (SHP) <https://shpbeds.org>.

SHP is a nonprofit organization dedicated to ensuring that "No Kid Sleeps on the Floor in Our Town!" They build and deliver beds to children who don't have a safe, comfortable place to sleep—helping to improve their well-being and quality of life.

Submitted by PP Tim Hayes-Geneseo Rotary



(L to R) Collin Hayes, PP Tim Hayes



PP Tim Hayes

Greece Rotary Club

The Greece Rotary Club held its 46th Annual Pasta Dinner Feb 23 at Olympia H.S. Over 450 attendees really enjoyed themselves, especially the Rotary Cannoli Cake. In the 46 years of this event, it has raised over \$900,000.00 to support the Greece Community and the RI Foundation.

Submitted by Chuck Gannon



Naples Rotary Club

Water, Sanitation and Hygiene Month in Naples

Naples welcomed several speakers involved with the Rotary focus for March.

Canandaigua Rotarian, Jodi Kaufman, is a member of the District Environmental Action Committee. She spoke to us on many aspects of the Seventh Avenue of Focus - Environment. She highlighted some of the local "Green Team" Rotary projects including solar initiatives, eliminating food waste, pollination projects, community gardens and reducing plastic pollution. She informed us of the Earth Day 2025 Trash Olympics in April.



The following week we heard from Naples Library staff, Ally and Mora, who are creating a Community Garden right in the center of Naples. Their project includes growing vegetables, a harvest share stand and a Tuesday Farmer's Market on Main Street. Many local collaborations will make this exciting project successful.

Lastly, we welcomed Lynn Klotz and Lindsey Ayers from the Canandaigua Lake Watershed Association. Their goal is to inspire the communities around Canandaigua Lake to be stewards of the lake and to preserve, protect and restore the watershed for now and future generations. CLWA focuses on education and outreach, scientific research and sound public policies.

Naples Rotary thanks them all for sharing their inspirations!

Submitted by Cindy Scoda



Wolcott Rotary Club

Wolcott Rotary was pleased to announce their student of the month for March.

Taylor Smith is a 10th grader at North-Rose Wolcott High School. She was chosen by school staff because she exemplifies the qualities of leadership, positivity, self-motivation. She is kind and respectful.

Submitted by Barbara Harper



Victor Farmington Rotary Club

The Ravenwood Golf Club in Victor was the site of the Victor Farmington Rotary Club's 23rd annual Taste of the Finger Lakes, the primary fund raiser for the club. The event was held in late March and included food, wine, and assorted beverages for the attendees while participating in a silent auction, raffles, and Rotary fellowship.

The articles available for the silent auction included a week at a resort condominium on Marco Island, Florida, a week at a cottage on Seneca Lake, numerous wine baskets, and a wide variety of items for participants consideration.

The club's Rotary Youth Exchange student, Jacob Lundgren (Sweden), actively participated and mingled with the visitors.

Past president Bruce Chapman was the emcee for the event and all club members participated in securing donations and working at the event.

Submitted by Dave Luitweiler



TOFL vendors from The Thirsty Turtle restaurant in Victor



Club member Sara Colacino working at club table



Past President Bruce Chapman and Rotary YEX student Jacob Lundgren

Newark Rotary Club

Last month, the Newark Rotary Club proudly hosted its Salute to Veterans event, honoring the brave men and women from our community who have served in the United States Armed Forces. This heartfelt gathering brought together local veterans, community members, and leaders to recognize the sacrifices and dedication of those who have served our country.

Held at the Roosevelt Children's Center in Newark, the ceremony was both moving and inspiring, filled with gratitude, pride, and unity. Veterans in attendance were recognized individually for their service, and the event offered a chance for the community to show their appreciation in person.

This year's keynote address was delivered by New York State Senator Pam Helming, who spoke passionately about the courage and commitment of our veterans, emphasizing the importance of continuing to support them long after their military service ends. Assemblyman Brian Manktelow also offered remarks, expressing his deep respect for those who wear the uniform and his commitment to advocating for veterans' issues in Albany.

The Newark Rotary Club is honored to have hosted this tribute and remains committed to supporting veterans through service, recognition, and community engagement.

We extend a heartfelt thank you to all veterans for your service, your sacrifice, and your unwavering dedication to protecting our freedoms.

Submitted by Charles Waterman



Newark Rotary Club

The Newark Rotary Club has once again demonstrated its commitment to community service through its annual collection for Laurel House, a comfort care home in Newark, NY. Throughout February 2025, club members gathered essential items to support the home's operations. The collected items were gratefully received by Laci Graham and the team at Laurel House.

The Newark Rotary Club's ongoing support underscores the vital role local organizations play in sustaining essential community services. Their efforts ensure that Laurel House can continue to offer compassionate care to those in need.

Submitted by Charles Waterman



Newark Rotary, in coordination with the Greater Rochester Habitat for Humanity, recently placed a handcrafted bookcase in the All Fluffed Up Laundromat located at 419 North Main Street in Newark.

Rotarians Garrett Jones and Linda Werts spearheaded the project to fulfill the Club's commitment to literacy. The bookshelves offer books for all ages to enjoy while doing laundry or to borrow.

Submitted by Linda Werts

Pal-Mac Rotary

On the last Saturday night in March, in Pal-Mac Rotary's annual display of creative lunacy, "Doctors on Stage" was enjoyed by a sell-out audience. This production, created by Marie Fessler and the Rotary Players, was a hilarious way to combine dinner with "Who Done It" theatrical hijinks, as well as to raise money for our beloved camp, ONSEYAWA. Doctors such as Nabby Nip, Anita Tuck, and Colin O'scopy, serving at "It's Only a Flesh Wound Community Hospital," mysteriously began dropping off...and out

Here are some photos from an amazing evening! Thank you, Jeanna Skinner, for documenting this unique event in the life and service of Pal-Mac Rotary!

Submitted by Jeff Crawford



Victor– Farmington Rotary Club

The V-F Rotary club has confronted the issue of a growing number of merchants and businesses reducing their donations to the club's fundraising efforts because of what they have described as continuing growth in the number of charitable and service organizations annually requesting contributions.

V-F Rotarian Kim Yourch has initiated a program within the club to provide items for the club's annual fund-raising event, the Taste of the Finger Lakes (TOFL), that is independent of outside donations. The project provides professional grade floral arrangements that will appeal to guests participating in raffle and auction bidding.

Club members individually donate to a project that provides attractive floral arrangements that will be used as raffle prizes at the TOFL. This year 17 members were involved. The club volunteers met at a local florist shop in Farmington (Flowers by Stella) and, under the guidance of a professional florist, constructed eighteen commercial quality arrangements.

In turn, the florist shop donated a large floral arrangement to add to items donated to the TOFL. The floral event has now become a permanent fixture of the TOFL and exceedingly popular with attending participants.



L to R - V-F Rotarians Dave & Judy Luitweiler, Galen Powers, Rose Hogan & Nancy Zavaglia



V-F Rotarians Lisa Caryl and Nancy Zavaglia constructing floral arrangements

Submitted by Dave Luitweiler



Rotarian Kim Yourch and Sarah Genecco, owner of Flowers by Stella

Geneva Rotary

After an absence of several years, the Geneva Rotary Club revived its popular Service Above Self Gala April 5 at Ventosa Vineyards. The keynote speaker, Mark Gearan, president of Hobart and William Smith Colleges, addressed the attendees on the importance of service.



Receiving special honors for outstanding community service from President Jason Haag (left) were the Rev. James and Sue Adams. The Organization of the Year award went to The Second Impact, founded by Ray Ciancaglini, who accepted the honor with his wife Patti (left) from Past President Diana Perry. MC Bill Gormont, past district governor, is at right.



Five Paul Harris Award recipients also were lauded at the event. Honored were (front row, left to right) Kerry Lippincott, Cheryl Toor, Bernie Lynch, Frank Capozzi and (rear) Bob McFadden.

Submitted by Phil Beckley



Pal-Mac Rotary

"On Wednesday, March 21st, we were privileged to speak at the Palmyra-Macedon Rotary meeting. In addition to having the opportunity to share about our Home Delivered Meals program, we also were grateful for the financial gift they blessed The Arc Wayne with. It is truly amazing seeing the goodwill we can achieve together in our local community and abroad!"

Thank you, Tammy Burnette and Kevin Berry, from Wayne ARC! Photos below reflect Tammy sharing, and Club President, Marie Fessler, presenting the support gift.

Submitted by Jeff Crawford



Fairport Rotary Club

The Town of Perinton was pleased to accept a generous donation from Fairport Rotary and Vertical Boost in support of enhancing the day camp soccer program at Evergreen East. The contribution, totaling \$2,700, was approved in December by the Charitable Giving Committee and presented on behalf of Vertical Boost. Representing the committee during the check presentation was chair Vin Barone, who played a key role in facilitating the donation. This support will help enrich recreational programming for local youth and reflects the continued commitment of both organizations to community development and engagement. For more information on Vertical Boost, visit www.verticalboost.org

Submitted by Dom Cecconi



Penfield Rotary Club

Sleep in Heavenly Peace Service Project

Making a difference, one bed at a time! The Penfield Rotary Club joined up with the Avon and SW Rochester clubs to build beds for Sleep in Heavenly Peace. The volunteers gathered together, used woodworking tools such as drills and sanders, they learned how to measure, level, and stain wood and much more.

Not only did they build the beds, but they delivered them directly to families in need in our community. Once onsite at a family's house they assembled the beds, and the kids helped too!

Submitted by Neal Gorman



Penfield Rotary Club

The Penfield Rotary hosted it's Spring charity euchre tournament last week and it was another success raising about \$3,000!

Save the date: on June 16, 2025, we'll be partnering with the Town of Penfield and the Kiwanis Club for **our annual Golf Tournament**, a fantastic opportunity to support our community while enjoying a day on the course. For more details on these and other events, please visit our website at <http://PenfieldRotary.org>.

Submitted by Neal Gorman



BJs Restaurant and Brewhouse

Henrietta, NY

RDR Fundraiser



Rochester Deaf Rotary hosted a fund-raiser at BJ's Restaurant and Brewhouse, in Henrietta, on Tuesday, March 25.

It was a relaxing time, meeting up with friends and family, including some members of our extended Rotary family. We enjoyed great food, drinks and camaraderie.

We truly appreciated those that supported our event, and our club. Thank you so much!

Rochester Deaf
Rotary
Club



Article: Michele Randall (RDR) • Graphics: Bob Green (RDR)

Lima Rotary

Lima Rotary will continue to brighten up our town with the multi- holiday tree.

Happy Easter to all !!!

This month's Business is our very own Smidgens Laser Cutting. Family owned and operated. Smidgens laser cutting can bring your project to life as it did for our very own Lima Rotary Peace Pole. We will have many exciting events coming soon...

Submitted by Lisajo Keeler



Corning Rotary Club

What an incredible day at the 2025 Regional Scripps Spelling Bee! Our students showcased their hard work, determination, and impressive vocabulary skills. A huge congratulations to all the participants and finalists!

The event, organized and sponsored by Corning Rotary Club, with help from the Belmont Rotary Club and the Chemung Sunrise Rotary is part of the official Scripps National Spelling Bee program and represents Rotary's commitment to supporting educational excellence and youth achievement. Twenty-nine Rotary volunteers contributed their time and talents to ensure a smooth and encouraging environment for all participants.

"It was inspiring to watch these students give their best," said one Rotary volunteer. "The focus, the sportsmanship, and the joy of learning were on full display."

Sharon Hwang, a 12-year-old student at the Alternative School for Math and Science in Corning, emerged victorious after spelling the word "espial"—concluding an extraordinary 34 rounds of competition, including two final-round spell-offs. This marks the third time she has competed, last year coming in second. Sharon competed against 54 local school spelling bee champions from 24 school districts across the region in a day that tested not only spelling skills, but focus, resilience, and grace under pressure.

Sharon will go on to represent the region at the Scripps National Spelling Bee later this spring.

Submitted by Andrew Rochester and Jan Harvey



Obituary

Charley Lookup



Charley was an inspirational member of Rush Henrietta Rotary for 56 years, with perfect attendance for more than 30 years, and was a two-time Past President of the Club. He was dedicated to the community of Henrietta, where he lived for over 65 years. His friendship, kindness, generous heart, and leadership in Rotary, Scouts, Project Christmas, LPGA, RHAFT (Rush Henrietta Area Food Terminal) and Henrietta United Church of Christ left a lasting impact on many.

One example of his leadership is the partnership he created between Rotary and RHAFT which resulted in Project Christmas. For over 30 years it has spread holiday cheer by delivering Christmas gifts to low-income Seniors living in the towns of Rush and Henrietta. It is difficult to know whether this tradition brings more joy to the Seniors receiving the gifts or the Rotarians and RHAFT members delivering them.

Rush Henrietta Rotary has a tradition of raising funds for Camp Haccamo through a live Holiday Auction every year. Charley and his wife, Patty, often brought a few containers of special homemade pickles to auction off. They were wildly popular, and it was not unusual for them to sell for over \$20 each. When asked what made them so special Charley told us they were Conversion pickles because they started off as dill pickles and were converted into sweet pickles!

Charley was a boy scout from Newark, NY, attending the National Jamboree as a teenager, with President Dwight Eisenhower as the speaker at the jamboree, and continued to pay it forward, serving as the chartered representative for Cub Scout Pack 342, sponsored by the RH Rotary Club.

One of Charley's biggest passions was golf, and through Rotary, he was involved with the LPGA tournament in Rochester to raise funds for Camp Haccamo and Camp Sunshine, connecting the professional golfers with the kids at the camps, serving as Chairman of the Tournament in 1985, and serving many years as Operations Manager at Locust Hill Country Club. Using proceeds from his construction and paving business, he built the "Executive South" 9-hole golf course on land he purchased on East Henrietta Road, teaching golf through continuing education, opening a driving range and clubhouse. When he was ready to retire, he donated the property to the Town of Henrietta to become a park and donated the operation of the driving range to the Henrietta Foundation.

In recognition of this donation, the Town named the park "Lookup Park" which still has the driving range but has converted the golf course to a disc golf course, municipal dog park, and general park, with the former clubhouse becoming Baldwin Cabin as part of the Henrietta Park System.

Rest in peace Charley, you have inspired us all to put Service above Self.

Submitted by Jeff Masters

DISTRICT CALENDAR CLUB EVENT SUBMISSION FORM

There are two ways to get your club event onto the District Calendar.

1) If your club **does not use** Club Runner, go to the **District Calendar Submission Page:**
<https://rotary7120.org/sitepage/club-calendar-submission-form>
Complete the Club Calendar Submission Form and click the submit button.

If there are Registration Forms, Image Files, Graphics, or any Other File you wish to make accessible to Rotarians for this event, send them as attachments to: Jim Kozlowski, District Calendar Coordinator at jim.koz65@gmail.com and mention the name and date of your event.

2)) If your club **does use** Club Runner, go to :
<https://www.clubrunnersupport.com/kb/articles/how-do-i-create-an-event-in-event-planner>
And the article will help you create an event.

Rotary  **THE FOUR-WAY TEST**
Of the things we think, say or do:

first

Is it the **TRUTH**?

second

Is it **FAIR** to all concerned?

third

Will it build **GOODWILL** and
BETTER FRIENDSHIPS?

fourth

Will it be **BENEFICIAL** to
all concerned?

2025 Rochester SaveAround Coupon Book, for only \$25!

COUPON BOOK
FREE Shipping +
(99 cents
processing fee)

for Sale by the
Rochester Deaf
Rotary
Club



Order Yours Today!

Please help us continue to support the Rochester Deaf Community, and many other worldwide projects, by purchasing the **2025 Rochester SaveAround Coupon Book, for only \$25!** There are many excellent coupons inside featuring restaurants, entertainment, services, recreation, and more!

You can purchase online at <https://www.SAPayNow.com/17252> - Books can be shipped directly to you with no shipping cost (processing fee of 99 cents per book will be charged for online payment). Or hand delivered by RDR members.

Contact: deafrotary@gmail.com

to order your books!

You can begin to use your book(s) right away!

THANK YOU FOR YOUR SUPPORT! WAVING HANDS!
Rochester Deaf Rotary Club



Naples NY
Rotary
Club



PO Box 173, Naples NY 14512 * NaplesNYRotary@gmail.com

***** Save these dates & join us! *****

5/10/25

Great Grape Derby

@ the Naples Creek



9/12/25

District 7120

Golf Tournament

@ Reservoir Creek



9/27/25 & 9/28/25

**Naples Grape
Festival**



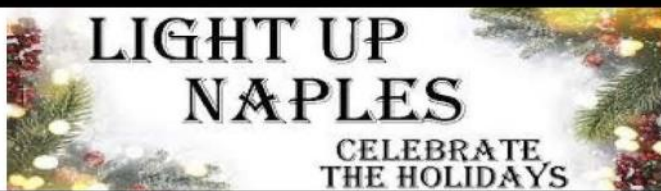
10/24/25

**World Polio Day
At Brew & Brats**

**WORLD
POLIO DAY**
24 OCTOBER

12/6/25

**Light Up
Naples**



Please visit us online www.NaplesRotary.org
Facebook.com/NaplesNYRotary
Instagram @NaplesRotary.org

Waterloo Rotary, Interact and Rotary Corp

Easter

EGG HUNT



Join us for a day of family fun as we search for colourful Easter eggs hidden throughout the park. With thousands of eggs to find, the hunt is on for the most eggs and the chance to win a special prize.

Waterloo
Rotary
Club



Sat., April 12th

10am SHARP

Lafayette Park-Main Street

Waterloo NY

Rotary tries to offer a wide variety of prize selections therefore we cannot substitute due to allergies, preference, etc

Youth Ages
0-10 yrs
only

Bring
your
basket

VIRTUAL TRIVIA NIGHT

Hosted by Rotary Club of International Service
Impacting Women and Children

April 17th
6:30-7:30 PM
EST

TICKETS:
\$20 | \$5 FOR THOSE UNDER 18

SIGN UP TODAY AND
TEST YOUR TRIVIA
SKILLS FOR A GREAT
CAUSE!

Proceeds will support initiatives
that empower women and
children worldwide

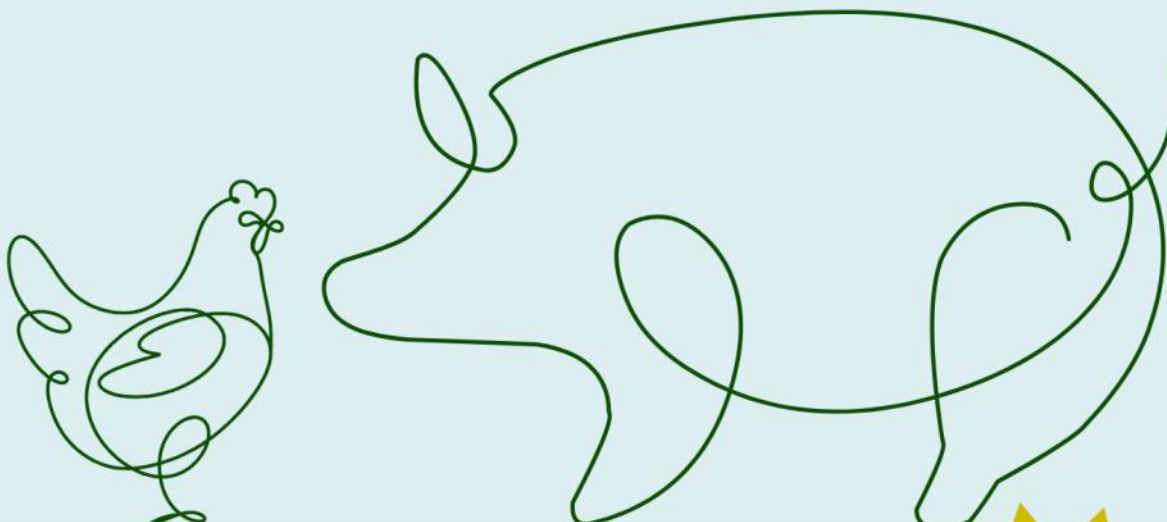
PRIZES AWAIT OUR WINNERS!
Register online at the link or QR code below:

TRIVIA NIGHT
REGISTRATION
LINK



WAYLAND ROTARY TAKE OUT DINNER

**1/4 CHICKEN
& RIBS**



**PICK UP AT WAYLAND HISTORICAL
SOCIETY @ 100 S. MAIN ST.**

APRIL 26  **12-2PM**

\$15

**Reach out to a member to pre-order tickets or
Use our safe and easy online ordering system at
WAYLANDROTARY.ORG**

Chicken BBQ



Sunday

April 27 2025

Caledonia Marketplace Parking Lot

Noon until gone!

\$14 dinner includes chicken, salt potatoes

Macaroni salad & bread

Email calmumrotary@gmail.com to reserve a dinner

Caledonia-Mumford

Rotary



**Proceeds Support Rotary Community Programs
And Rotary International Foundation**



Road Rally Alert!!!!

Beep! Beep!
Tired of home confinement?
Winter Weather got you feeling down?
Want some fun with your friends as you explore the county?

Chemung County Sunrise Rotary Club is hosting its annual Road Rally throughout the entire county, stopping at ten local small businesses.

Saturday, May 10, 2025
12:00 PM to 4:00 PM
Cost \$15.00 participant
Must have at least two players in the car to share the fun!

Meet at The Phoenix, located in the gardens at the Arnot Falck Cancer Center, Elmira NY
Pre-register by email with your team name, phone number and team members to

Ccsunriserotary85@gmail.com

or text

607-329-4003

All proceeds will go to community based projects!

Clifton Springs
Rotary
Club



WARFIELD'S

Restaurant, Lounge & Bakery

*We are proud to announce that
Clifton Springs Rotary is partnering with the
fabulous Warfield's Restaurant to offer a*

COMMUNITY DINNER

Thursday, May 15, 2025

Cash Bar 5:00 pm

Three Course Dinner at 6:00 pm

Cost: \$30 (does NOT include tax and tip)

*This is a fundraising event for the Clifton Springs Rotary
Proceeds to benefit charitable and community service
projects.*

7 W Main St. Clifton Springs, NY 14432

*Contact Lori Reals at: LoriReals@yahoo.com
for information.*



BLOOMFIELD ROTARY'S 29th ANNUAL



TasteFest 2025



**Spring into Summer!
Vendor Tastings, Farm Market,
Silent and LIVE Auction!
Door Prizes & Chance Raffle!**



Saturday, May 17, 2025 - 7:00 to 9:00 PM

Registration begins at 6:30 - Silent Auction closes at 8:30

Veterans Park, 6910 Rt.5&20, Bloomfield

Suggested donation \$15

**Wines, Beers, Coffee & Teas
Decadent Desserts & Tasty Treats
Ice Cream Tasting Contest**





Sponsored by the

GANANDA
Rotary



Mark your calendars now!

The 43rd Annual



The Gananda Development is located in the Towns of Macedon
and Walworth (Route 350 off Route 31, or off the Gananda
Parkway (turn from Route 441))

**FOOD & DRINKS,
AVAILABLE AT THE
Gananda Rotary booths
HOT DOGS, HAMBURGERS/
CHEESE BURGERS, POP AND WATER
Porta potties, trash bins
and street maps available
at the booths
(Located at Waterford and Pinewood
and Waterford and Wildflower)**

GREAT SALES!

**200-300 homes participate
Not just one address on a street
NO OUTSIDE VENDORS
This is just a large
residential garage
sale!**

This year's dates are:

Saturday, June 14 (9 am til 5 pm)

Sunday, June 15, 2025 (9am til 2 pm)

Rain or Shine

If using GPS to find us, use the Gananda Middle School
address, 1500 Dayspring Ridge, Walworth NY 14568
(This will get you near the action!)



*Questions or
directions, call
585-739-9521*



Penfield
Rotary
Club



The 33rd Annual

PENFIELD CHARITY

Golf Tournament

MONDAY

June 16

9 - 10:30 AM	Registration
10:30 AM	Lunch
11:30 AM	Shotgun Start
5:00 PM	Dinner
5:30 PM	Raffle & Awards Ceremony

Registration Fees Include:

Greens Fees & Carts
Lunch & Dinner
Awards & Prizes

Shadow Lake Golf Club

1825 Five Mile Line Road

\$150

Per Player

\$40

Dinner Only

*Past Supported
Organizations Include*



Sponsorship Opportunities Available

(585) 340-8660

TO REGISTER OR FOR MORE INFORMATION

Visit www.penfieldperintonkiwanis.org/golf-tournament

or Scan the QR Code

ADDITIONAL QUESTIONS?

Call Andrew Urckfitz at (585) 340-8660 or email at urckfitz@penfield.org



2025 Geneseo Rotary Summer Festival Crafter/Vendor Application
Geneseo Village Park. Corner NYS Routes 20A & 39 Geneseo NY
July 11 and 12

The Village of Geneseo requires a CERTIFICATE OF LIABILITY INSURANCE naming the Village of Geneseo, 119 Main St. Geneseo, N.Y. 14454, as additionally insured. Minimum of Liability is \$300,000. Please include this Certificate of Insurance when returning this form. Please be sure the box labeled ADDL INSD is checked off by your insurance company and that the Village of Geneseo is listed as the CERTIFICATE HOLDER.

If you do not carry insurance please call 585-243-4498 for other arrangements.

PLEASE PRINT CLEARLY

Business Name _____
Mailing Address _____
Telephone _____ email _____
Primary Contact _____

Please describe craft or product _____

I Would like to rent _____ 10X10 spaces at \$125 each _____

I Would like to rent _____ 8ft tables at \$10 each _____

Total Enclosed _____

Please make checks payable to Geneseo Rotary Festival, Send to Stephen R. Wiener DMD,
22 Elm St. Geneseo, N.Y. 14454. For Questions Steve Wiener 585-243-4498 or
stephenrichardwiener@gmail.com

Festival Times Friday 10 AM-9 PM Saturday 10 AM - 10 PM

You will be sent a confirmation letter explaining times, site location, parking information.

There is no smoking or vaping in the park

If cancellation becomes necessary, your payments will be refunded.

Thank you, Geneseo Rotary



HONEOYE LAKE ROTARY
40th ANNUAL GOLF TOURNAMENT

CONSIDERED THE BEST LITTLE TOURNAMENT FOR THE MONEY

Monday, July 28, 2025 at 10:00 AM SHARP!

Registration starts at 9:00 AM with Reception/Dinner 4:30PM

FOUR PERSON SCRAMBLE – Lima Country Club
GREAT FUN!!! – GREAT PRIZES!!!

Proceeds To Benefit Honeoye Lake Rotary Community & Youth Projects, and support Camp
ONSEYAWA

Please reserve a spot for us in the four-person scramble for the benefit of
HONEOYE LAKE ROTARY COMMUNITY, YOUTH PROJECTS, & Camp ONSEYAWA.

Captain's Name: _____ **2nd Person** _____

Address: _____ **3rd Person** _____

_____ **4th Person** _____

Email address _____

___ Check if you do NOT have a foursome and would like us to assign you to one.

Golf, Cart, Lunch, Dinner & 5 Raffle Tickets per person \$ 115

Dinner and 5 Raffle Tickets..... per person \$ 37

Make checks payable to: Honeoye Lake Rotary Foundation

Mail to: Honeoye Lake Rotary, P.O. Box 674, Honeoye, NY 14471 by 7/21/2025

GOLF HOLE SPONSORSHIP

_____ **Corporate-Patron @ \$175.00 each includes golf & dinner for 1 person**

_____ **Associate – Eagle @ \$100.00 each**

_____ **Affiliate – Birdie @ \$75.00 each**

_____ **Friend – Par @ \$50.00 each**

Total amount enclosed: \$ _____ Questions: Jeanne Hamele 585-729-9118 or jnnhamele@aol.com

Name to be used on sign: _____

Check the District Calendar
for additions and changes

“Click” on the calendar



Upcoming DISTRICT Events

District 7120 Conference

May 2-4, 2025
Corning, NY

Upcoming CLUB Events

Rochester Deaf Rotary Club

Coupon Book Sale

Rotary Club of International Service

Build-A-Chair Project

April 12 Waterloo Rotary Club

Easter Egg Hunt

April 17 Rotary Club of International Service

Virtual Trivia Night

April 26 Wayland Rotary Club

Take Out Dinner

April 26 Caledonia - Mumford Rotary Club

Chicken BBQ

May 10 Chemung County Sunrise Rotary Club

Road Rally

May 15 Clifton Springs Rotary Club

Community Dinner

May 17 Bloomfield Rotary Club

TasteFest 2025

June 7 Penfield Rotary Club

Camp Haccamo Auto Show

June 14 & 15 Gananda Rotary Club

Garage Sale

June 16 Penfield Rotary Club

Golf Tournament with the Town of Penfield and
Kiwanis Club

July 11 & 12 Geneseo Rotary Club

Summer Festival Craft Application

July 28 Honeoye Lake Rotary

40th Annual Golf Tournament



Marilyn Lyon - Newsletter Editor
Geneseo, NY 14454

Email - 7120news@rochester.rr.com

**The Grapevine deadline is the 10th of
every month**