

2016-17 District Governor: Peter F. Cardamone

December 2016 | Editor: Lizzy Flinn-Brown



Dee & Pete

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## December is Disease Prevention & Treatment Month

The Rotary Foundation helps make health care available for people all over the world. Rotary's current top priority is disease Prevention and Treatment, as seen in our work to accomplish the eradication of polio once and forever. Rotary International is a key member of The Global Polio Eradication Initiative. This is a public-private partnership with the goal to eradicate polio worldwide with Rotarians and national governments partnering with other international organizations - the World Health Organization (WHO), the US Centers for Disease Control and Prevention (CDC), the United Nations Children's Fund (UNICEF) and the Bill & Melinda Gates Foundation.

Rotary clubs work on projects to prevent and treat disease in almost every country. The world relies on Rotary to tackle many global challenges in Disease Prevention and Treatment. Rotary sets an example for others to follow: from supporting studies, to helping immunize people, to improving drinking water, and building sanitation infrastructure. Rotarians design and build the infrastructure for doctors, nurses, governments, and partners to reach the one in six people in the world who can't afford to pay for health care.

Rotary members take on far greater responsibilities to fight disease worldwide. We set up health camps and training facilities in undeveloped countries and in communities struggling with HIV/AIDS and malaria. Rotarians embrace their diverse background and unite to exchange new ideas, apply expertise, and implement improvements that transform communities. Our members work locally and partner on international projects that address today's most pressing humanitarian challenges. Rotarians have the opportunity to discuss and act upon humanities greatest needs. Rotary club meetings are a place to connect with others like-minded people.

Attend any District 7150 Rotary Club meeting and you can strengthen connections to friends and neighbors and form meaningful relationships that last a lifetime. Learn more about Rotary and read what motivates Rotary members to make a difference through Rotary on the #RotaryStory board.

Yours In Rotary Service,  
Pete C.

do you  
like US?

CONNECT WITH ROTARY DISTRICT 7150 ON FACEBOOK  
*for great articles, sharing of club news,  
reminders about upcoming events and more*

[www.facebook.com/RotaryDistrict7150](http://www.facebook.com/RotaryDistrict7150)



**join our page today!**

# ★ give the gift of DISTRICT CONFERENCE

Invite a Rotarian to join you & get them

## 5% OFF REGISTRATION

*when they register by Christmas!*

Details at [www.rotary7150.org](http://www.rotary7150.org)

**Rotary**  
District 7150



## ROTARY DISTRICT 7150 CONFERENCE



APRIL 21-23, 2017 | GIDEON PUTNAM, SARATOGA NY



### ATTENTION CLUB PRESIDENTS:

**Are you promoting conference to your members?**

You can download a pamphlet now available online to share at your club meetings, encourage your members to join our Facebook event (easy to find on the Rotary District 7150 Facebook page) and remind them to get signed up online today. Encourage any members already signed up to attend to take advantage of the 5% discount program, available now through Christmas, and invite their fellow Rotarians to join them in Saratoga this spring. We can also arrange for a conference committee member to attend a meeting and speak to your members about how fun & educational this year's conference will be!

**Register today at [www.rotary7150.org](http://www.rotary7150.org)**



SPA



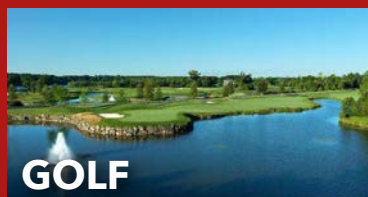
MUSEUMS



SPRINGS



RACING



GOLF



# PLEASE FOLLOW RYLA GUIDELINES

**Rotary Youth Leadership Awards,** led by DGE Phyllis Danks, will be July 7-9, 2017 and once again at Cazenovia College. Applications are now available on the district web site (see the RYLA page under the Youth tab on the homepage menu).

Clubs are encouraged to follow these recommended deadlines to ensure you commit your student(s) to the RYLA committee on time!

Get the application in to schools  
**by the end of the year**

Deadline for students to return applications:  
**by March 15th**

Conduct interviews, make selections  
& notify student(s) chosen:  
**by April 15th**

Confirm with the RYLA committee:  
**by May 1**

***This is the real, firm deadline!***

## PHOTO CONTEST FOR CLUBS

Want to get your club featured on the fancy, new District 7150 web site? Submit a great photo for the homepage slideshow!

Requirements:

### RIGHT SIZE & SHAPE

I need a wide shot that I can crop to 1200x400 (pixels) and will still feature the essence of the image. That also means it needs to be good resolution so when I inevitably zoom & crop it is not blurry or fuzzy.

### GIVE ME ACTION

Not just posed Rotarians (although I will take what I can get). There is no caption to these ads, so they should speak for themselves.

### BRAND IT RIGHT

Make sure the image features the Rotary brand with members wearing Rotary gear, a Rotary banner in the background or something. If you have a great shot with no branding, let's talk!

**Email your great photo to me  
at [ebrown@syracuse.com](mailto:ebrown@syracuse.com)**

## TWO DISTRICT FUNDRAISERS FOR VETS

### Go Green for Veterans



You may have noticed many homes in your neighborhood swapping out their normal porch light for a blue or green one. Blue is support of police and green is in support of our military. Show your support and help raise money for our district's efforts to serve veterans by getting your light bulb from us! They are two for \$5 and all proceeds will serve local veterans.

### Veterans Cemetery Markers

Make sure your loved ones who have passed are honored for their service with these replacement markers. The markers at \$30 each and for \$5 more can come with a flag denoting their branch of service. There are also markers available for fire fighters!



**Gather orders from your club members and touch base with District 7150 Veterans chair Ziggy at (315) 723-0877 or [ziggy7150@yahoo.com](mailto:ziggy7150@yahoo.com) so he can deliver them to you!**

| Club                     | July '16     | Nov '16      |
|--------------------------|--------------|--------------|
| Adirondack Foothills     | 33           | 29           |
| Auburn                   | 42           | 46           |
| Aurora                   | 9            | 9            |
| Baldwinsville            | 50           | 57           |
| Camden                   | 11           | 9            |
| Camillus-Solvay-Geddes   | 30           | 32           |
| Canastota                | 18           | 18           |
| Cato                     | 20           | 20           |
| Cazenovia                | 20           | 16           |
| Chittenango              | 46           | 38           |
| DeWitt                   | 78           | 76           |
| Dolgeville               | 20           | 20           |
| Eastwood                 | 26           | 26           |
| Fayetteville-Manlius     | 8            | 7            |
| Fulton                   | 26           | 28           |
| Fulton Sunrise           | 23           | 23           |
| Greater Utica Sunrise    | 6            | 6            |
| Hamilton                 | 33           | 32           |
| Herkimer                 | 28           | 28           |
| Kuyahoor Valley          | 31           | 28           |
| Little Falls             | 29           | 29           |
| Marcellus                | 25           | 27           |
| Moravia                  | 14           | 15           |
| New Hartford             | 25           | 26           |
| North Utica - Whitestown | 21           | 23           |
| Oneida                   | 57           | 57           |
| Onondaga North           | 7            | 7            |
| Oriskany Falls           | 17           | 17           |
| Oswego                   | 33           | 32           |
| Oswego Sunrise           | 12           | 12           |
| Rome                     | 45           | 39           |
| Rotary E-Club            | 18           | 18           |
| Sauquoit                 | 15           | 16           |
| Sherrill                 | 12           | 13           |
| Skaneateles              | 61           | 58           |
| Skaneateles Sunrise      | 16           | 17           |
| Syracuse                 | 58           | 57           |
| Syracuse Inner City      | 9            | 11           |
| Syracuse Sunrise         | 20           | 20           |
| Tully                    | 25           | 26           |
| Utica                    | 124          | 124          |
| Waterville               | 17           | 17           |
| West Winfield            | 10           | 9            |
| <b>TOTAL</b>             | <b>1,228</b> | <b>1,218</b> |

## CLUB MEMBERSHIP BY THE #'S

This is the second month of featuring our district's membership numbers by club. I added a total at the bottom of the list so you can see how the district is shrinking or growing overall.

Remember that each club is responsible for keeping their membership data up to date in Club Runner - usually a task handled by the club secretary. It's important to have your members' info in the database for tracking purposes, and also to ensure they get their subscription to The Rotarian magazine, we have their current email address for communications, your district and RI bills are accurate, etc. What we input in Club Runner will be communicated to RI!

## ROTARY GLOBAL REWARDS MAKE GREAT GIFTS & SAVE YOU MONEY!

Use Rotary Global Rewards this holiday season and throughout the year for discounts and special offers on everything from airline travel to shopping to events. Look for offers that send a percentage of your purchase back to Rotary.

### Airline Discount Center

Discounts on over 600 airlines and 4 percent back to Rotary

### Hotel Discount Center

Discounts at thousands of hotels and 10 percent back to Rotary

### Amazon Smile

Get up to 8 percent back on eligible purchases to Rotary

### Hertz

Discounts on rental cars and 2 percent back to Rotary

### Spend Less. Give More.

Get the details at: [www.rotary.org/globalrewards](http://www.rotary.org/globalrewards)

## AREA 2 PRESIDENTS MEETING



The meeting serves as an opportunity for club presidents, and district leadership to meet, share, and plan. Pictured are: (front row L to R) Bruce Pierce, Marv Joslin, Jim Cook, (back row L to R) Jeff Reynolds, Randy Wilson, David Bauer, and Judith Reilly. Stephen Karbowski had to leave before the photo was taken.

## Advertising in Rotary 315!

Showcase your club event or Rotarian-owned business in this guide to every club and program in Central New York & the Mohawk Valley. Copies distributed at District Conference and available to every Rotarian, plus a digital version on [rotary7150.org](http://rotary7150.org) all year-round.

**Business Card Ads JUST \$50**



Get your advertising space in the next edition of this district booklet today! Full, half, quarter and business card ads are available. Click here to download the form for details: <https://goo.gl/8bf4VZ>

For more information or to send camera ready artwork, your business card or get help in creating your ad, please call Ed Helinski at (315) 664-3103 or reach by email at [eddhelinski@yahoo.com](mailto:eddhelinski@yahoo.com)



# AUBURN ROTARY NEWS

November was a busy month for Auburn Rotarians, first beginning with the Jim Balloni Memorial Pancake breakfast where monies were raised for Warm The Children of Cayuga County. Auburn Rotarians Matt Feola and Toni Colella returned from Argentina from the water projects where four new wells were created. More than \$5,000 was raised to complete this project. Matt presented keepsake momentos to President Rob Forcey and Chad Hayden. Both played prominent roles in this project.

We mourn the loss of Cal Weldon of the Cato Rotary Club who passed away in November. Cal could always be counted on to attend Auburn meetings. Farewell dear friend. And Auburn Rotarians aided the Salvation Army by bell ringing at Bass Pro Shops just after Thanksgiving.



## BVILLE GROWS 5K TO FIGHT HUNGER

Baldwinsville Rotary has hosted a 5K run/walk for many years, but this was the third year as a fundraiser specifically to benefit the Baldwinsville Community Food Pantry. After struggling to get to 100 participants, the event committee sought to improve the race experience and add features that would attract area runners. Improvements included beautiful finisher medals that went to every participant to finish the race, free food like ice cream and pizza for everyone afterwards, and awesome prizes donated by local businesses. The club also added

online registration by using the web site [runsignup.com](http://runsignup.com), which provides affordable and customizable sites for race, and ran advertising on Facebook targeting people who like to run or walk in the Baldwinsville/Syracuse area. And all of the efforts paid off, with 129 registrations! The final tally is still being determined, but it should be another great year for supporting the local food pantry. Full race results, a list of sponsors and more information is



available at [www.baldwinsvillerotary.org](http://www.baldwinsvillerotary.org).

In photo: Baldwinsville Rotarian Abe Morelli completed his first every 5K at this year's race!

## NEED A LUNCH PROGRAM?

Cancer 101 Given by: Leslie Kohman, MD Director of Outreach, Upstate Cancer Center  
Dr. Kohman's presentation will describe what Cancer is, what it does, and how we treat it. The presentation will review some recent statistics on Cancer and trends in the rates of Cancers that we see today. Cancer screening methods will be discussed as well as what new services can be offered to outpatients and their families. New cancer technologies will be explained, integrative and complimentary cancer techniques will be addressed and the benefit of being treated in a Commission on Cancer accredited cancer program will also be discussed.

If interest, contact Linda J. Veit in Community Relations at (315) 464-6303

## DEWITT HONORS YEARS OF SERVICE AT SPECIAL EVENT

Dewitt Rotary has served the CNY community for over 60 years. Recently, at a special Honors Dinner held at Traditions at the Links, Dewitt Rotarians congratulated eighteen of their members who joined Rotary at least 30 years ago.



(Photo)- 30 plus years of "Service Above Self"- back row from left, Dick Humpleby, Jack Schultz, Dr. Michael Cadin, Leo Eisner, Don Burns, Dave Schneckenburger, Larry Schunck. Front row from left, Paul Garrett, Richard Gingold, Carmen Davoli, Joe McCarthy, and John Shepard. Not pictured, were Don Pair, Dr. Paul Nozynski, Fred Talbot, Leonard Goldberg, Pat Testa, and Sam Mitchell. Those celebrating over 50 years of being a Rotarian were Dick Humpleby with 59 years, Fred Talbot with 58 years and Richard Gingold with 53 years.

## CAZ ROTARY CLUB NEWS

The Annual Fall Fest was held Oct. 22nd. Hot dog and chili sales were cancelled due to the high winds and the rain. Instead, the food was donated to the "Friendship Inn", a free Monday evening mea where everyone is welcome. Cazenovia Rotarians volunteer to serve the food there once a month as a community service project. Horse drawn wagon rides did happen - even in the rain! Cazenovia Rotary sponsored refurbishing the Kiosk in the village, which is a community calendar with events and pamphlets from the local chamber and other groups. It really needed some rotten wood replaced and new plexiglass doors, repainting, etc. Unfortunately, the wind damaged the plexiglass door and it will have to be replaced weather permitting.

The next project is the Dec. 2nd Tree Lighting in the village. Rotary has an annual drive for winter mittens and other warm clothing which is on-going, but donations can be brought to the table that evening. A large Teddy Bear will be raffled off and all proceeds, 50/50 money and clothing are donated to Caz Cares, a local food pantry and clothing center. Cazenovia Rotary also donates money to help buy turkeys for the Holidays to Caz cares. We have been busy!



## Area 5 Holiday Party

Sat., Dec. 10th at Battle Island

2150 State Route 48, Fulton  
5pm Cocktails & 6pm Buffet Dinner

\$25/person - CASH ONLY at the door

Area 5 Rotarians can RSVP with your club,  
everyone else can email donaldetodd@gmail.com

## EAT, DRINK & RAISE MONEY

with Eastwood Rotary

**JAN 31, 2017  
MAY 30, 2017**

*Eat at one of the following  
UNO's locations on these dates  
& 20% of your tab goes to their  
club foundation!*

Download details & coupons here:  
<http://goo.gl/3HAP3w>

EST. 1943

# UNO

PIZZERIA & GRILL

Fayetteville  
Liverpool  
Destiny USA

## JOIN US

Grants Management Seminar &



### SATURDAY, JANUARY 7TH

#### Grants Management Seminar

*Learn how to qualify & apply for a District or Global Grant*

**THIS IS REQUIRED TRAINING**

*for at least two members of your club in order to qualify for a grant!*

#### OneRotary Summit

*Learn how to membership, foundation giving and public image work  
together to grow Rotary*

**SEND MULTIPLE MEMBERS**

*including your foundation chair, membership committee and your  
public relations chair for this Rotary year and/or next!*

REGISTER FOR THIS FREE EVENT TODAY!

## Hope for the Holidays

JOIN THE OLD NEWSBOYS!  
Friday, Dec 9 & Saturday, Dec 10, 2016

DeWitt & Baldwinsville Rotary Clubs will be out in  
Syracuse hawking newspapers to raise funds for  
the Syracuse Christmas Bureau, which provides  
meals, toys and books to less fortunate families.

**DeWitt Rotarians will be  
at Shoppingtown Mall.**

**B'ville Rotarians will be at the Dunkin Donuts  
on Genesee Street from 6-11am both days.**

**You can also give online at  
[www.syracuse.com/oldnewsboys](http://www.syracuse.com/oldnewsboys) and  
choose the appropriate club from the  
drop down!**



PAUL HARRIS  
ROTARY FOUNDER

ROTARY DISTRICT 7150

# Foundation Centennial and Polio Plus Gala

JAN 28, 2017 | YAHNUNDASIS GOLF CLUB



REGISTER ONLINE AT [WWW.ROTARY7150.ORG](http://WWW.ROTARY7150.ORG)



# FULTON SUNRISE NEWS

At a recent Fulton Sunrise Rotary meeting, Rotarian Peggy Donnelly was awarded the coveted Paul Harris Award. Presenting the award is Rotarian Dennis Goss.

Fulton Sunrise Rotary members rang the bell for the Salvation Army. Did you know that one hour of bell ringing raises enough money to provide a family in need with two bags of groceries? Ringing the bell at a Salvation Army's Red Kettle is a great way for you, your family or your organization to make an impact locally, as money raised in your community stays in your community to provide assistance to those in need. Pictured are Rotarians Doug Stevens and Donna Kestner.

Fulton Sunrise Rotary also recently donated two benches to the Veterans' Memorial Park. The purchase of the benches was made possible by a District Grant. Rotarians stopped by to check out the new benches which were installed just in time for Fulton's Veterans' Day celebrations. Pictured seated is Doug Stevens and standing from left is Donna Kestner, Peggy Donnelly, President Linda Rossiter and LaVerne DeLand.



# FILL A SUB

We have adopted a US Navy submarine and all the soldiers on board. As they serve our country out at sea, we can provide some comforts of home with snacks and treats. Will your club take up a collection for these men & women who truly know the meaning of "Service Above Self?"

**MUST BE READY FOR PICK UP BY DEC 14, 2016!**

When you have your donations collected you can contact John "Ziggy" Zygmunt at (315) 723-0877

## WE ARE COLLECTING:

Beef Sticks/Jerky  
Cheese or  
Peanutbutter Crackers  
Cereal Bars  
Bagged Candy  
Energy Bars  
Chewing Gum

Any snack foods that won't go bad too quickly!



The club that donates the most will get 100 points that can be used towards a Paul Harris!

## MORAVIA RECOGNIZES FOUNDATION DONOR

At a November meeting, Moravia Rotary President Stuart Wood, Jr presented club member Thomas Collins with his sixth award of the Paul Harris Fellowship. Tom told the members in attendance that he made the decision three years ago to join the Paul Harris Society, pledging to donate \$1,000 per year to



The Rotary Foundation. He said that he hoped by his example to encourage all club members to become sustaining members by pledging to donate at least \$100 a year to the Foundation. "The Rotary Foundation

is my charity of choice", he said. Tom is a 13 year Rotarian, who has twice been his club's President. He also served as an Assistant Governor for three years and directed the District's Group Study Exchange Program for four years.

## BVILLE CELEBRATES CENTENNIAL

The Baldwinsville Rotary Club held a birthday party to celebrate 100 years of the Rotary International Foundation. The event included a presentation on the history of the foundation, special guests from around the district, cake, and a champagne toast. The club's foundation chair, Marcia Benson, encouraged members to make a special donation of \$26.50, the same amount that started the foundation a century ago, and all that did were entered into a drawing for four prizes - Rotary mugs with Rotary bears in them. It was a packed room at the Red Mill Inn and the cake was delicious!



*Cheers!*

## NEW HARTFORD PARK CLEANUP

Ten New Hartford Rotarians braved the elements to help clean up the New Hartford Veterans' Park. This is a bi-annual clean-up effort done as part of the club's commitment to the Adopt-a-Highway program. It ensured that the park is free of debris when our vets are honored at special ceremonies at the park on both Memorial Day and Veterans Day. In the photo (from left to right) are Craig Push, Jill Gates, Frank Fazekas, John "Ziggy" Zygmunt, Club President Jim Cook, Dan Daly, Mark Mercurio, Gary Wileczka and Connie Smith.



## AMAZON SMILE

**Is your club utilizing this free program that can earn you money?**

Amazon Smile allows shoppers to choose a charity that will receive a portion of all eligible purchases. It doesn't cost shoppers any extra and not all items on the site will generate a donation.

Your club must be a non-profit and prepared to submit documentation to prove it. You will also need your club's banking information so donations can be automatically paid to you. Once you have it set up, you can encourage your members and community to opt into the program simply by going to [smile.amazon.com](https://smile.amazon.com) to choose their charity one time, and then resume shopping as normal. Not a certified non-profit? You can choose the Rotary International Foundation or fellow clubs.

**START TODAY AT**  
**[smile.amazon.com](https://smile.amazon.com)**

**amazon**smile  
You shop. Amazon gives.



# STEP UP WITH SHORT TERM EXCHANGE

The Short Term Exchange Program (STEP) is a family to family summer exchange program covering a two month period in the summer, July and August, each year. Students will each spend 3-4 weeks together in each others homes in each others countries.

- Family to family: Each family must be willing to host & provide room, board and activities
- Families arrange their own transportation – buy their own airline tickets
- Families must agree to Criminal and Abuse Background check
- Students must purchase medical and liability insurance & cover costs outside the US

## Student Selection & Eligibility

- Age 15 to 18 (not graduated high school) at departure.
- Average to above grades with interest in foreign language and cultures
- Active in school & community activities
- Rotary Club Youth Exchange Officer must interview students & their parents

We participate with 10 countries for the Summer Exchange: Italy, Germany, Spain, Austria, Sweden, The Netherlands, France, England, Ireland, Switzerland

## NOW ACCEPTING APPLICATIONS

January 15th: APPLICATIONS DUE to your local Rotary Club Youth Exchange Officer

**January 31st: APPLICATIONS DUE** to District Chair from Club YEO

Students MUST attend a mandatory orientation in April (exact dates TBD)

QUESTIONS – Please contact Catherine Docous - Oneida Rotary Club  
D7150 STEP District Chair  
(315) 264-3947  
Email: [RotaryD7150STEP@gmail.com](mailto:RotaryD7150STEP@gmail.com)

For more information visit <http://7150youthexchange.org/our-exchanges/summer-outbound-exchange-students/>

## MEDICAL RESEARCH CO. SPONSORS ROTARACT INTERN

Perhaps Utica Rotarians and guests never felt healthier than after Ron Kamp's presentation, Nov. 4 at the Masonic Medical Research Laboratory (MMRL.edu). The Scientific Research team guided Rotarians through their beautifully appointed facility and gave us hope in the power of scientific research. The Laboratory's independent research in experimental cardiology, genetics, stem cell biology in collaboration with scientists around the world, changes lives.

Ms. Dy was selected by the Rotary Club of Utica Rotaract Committee to participate in the 15 week internship experience at MMRL. Dr. Panama serves as her academic mentor. The MMRL and Rotary jointly sponsored the \$2,000 scholarship to Ms. Dy, a Utica College undergraduate.

Photo: Peter Cardamone, Rotary District 7150 Governor, Mark Foresti, Rotary Club of Utica President, Jenna Dy, Rotaract Fall 2016 Intern, Dr. Brian Panama, MMRL scientist and MMRL Rotaract Internship Mentor, Jennifer DePasquale, Rotary Rotaract Committee Mentor, Maria Pavelock, Rotaract Committee Chair, and Ronald Kamp, MMRL Director of Development and Program speaker.



## YE STUDENTS RETURN TO VISIT KUYAHOORA VALLEY ROTARY

Two previous exchange students come back this summer, to visit NY and the USA. While they were here, they came to a Kuyahoorra Valley Rotary meeting to catch up and say hi. The photo shows Yannick from Switzerland and Linda from Germany (who both happened to be here at the same time) and Rotarian Melissa McCredie (YEO).



## FULTON'S STUDENTS OF THE MONTH HONOREES

Each month the Fulton Noon Rotary Club invites two students from Fulton High School for lunch. In the first photo, Judy Young, Chair of the Student Activities Committee, is introducing Megan Nicholson a senior from G Ray Bodley High School. After graduation, Megan would like to study pre-law at one of several New York colleges and hopes to run her own successful law practice in the Fulton-Oswego area. In the second photo, Trey LaRock, also a senior, is a student who excels in academic achievement, school participation and service to the community. Trey aspires to be accepted and attend the United States Air Force Academy, or if not accepted go to an Engineering School. Trey has taken several advanced placement and participation in several school organizations. We honor some of the finest students once a month at Rotary.

