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ROTARY:
MAKING A
DIFFERENCE

"Medical science has proven time and again that when the resources are provided, great progress in the treatment, cure, and prevention of disease can occur." Michael J. Fox
In the olden days people died through starvation, a lack of cleanliness, and the absence of medical knowledge. Now we have plenty of food, we wash our hands with soap, we go to the doctor when we are ill, and we use all types of technology to diagnose and treat conditions that effect our quality of life. However, in the western world our desire to live longer and better, has created life threatening conditions such as high blood pressure, obesity, diabetes, cancer, and coronary heart disease.

So, is there really a role for Rotary in disease prevention and treatment? Will we as Rotarians live long and healthy lives that enable us to take on such a role.

Studies show that a diet made up of fruits, vegetables, nuts, seeds, along with meat, fish and eggs, is best for weight control and improving the risk markers for illnesses such as heart disease and diabetes. The notion of eating mindfully, drinking plenty of water, getting plenty of sunlight and sleep, as well as participating in a certain amount of exercise to help maintain strong muscles and healthy bones seems achievable.

So, if we as Rotarians of the United States of America keep fit and healthy in mind and body what can and should we do about good health for the rest of the Rotary world?

Our health is everything. Yet 400 million people in the world cannot afford or do not have access to basic health care. Disease results in misery, pain and poverty for millions of people worldwide. That is why treating and preventing disease is so important. Rotarians aim to improve and expand access to low-cost and free health care in underdeveloped areas. Rotarians lead efforts both large and small by setting up temporary clinics, blood donation centers, and training facilities in underserved communities struggling with outbreaks and lack of access to healthcare. We educate and mobilize communities to help prevent the spread of major diseases such as polio, malaria, HIV/AIDS, Alzheimer's, multiple sclerosis, and diabetes. Disease prevention and treatment can take on many forms, from supporting studies that help immunize people to improving drinking water and the sanitation infrastructure. The world relies on Rotary to tackle these global challenges and to set an example for others to follow.

So, as we enter this very special time of year, regardless of whether you celebrate the Jewish holiday of Chanukah called the Festival of Lights, where a candle is lit each night for seven nights to commemorate a miracle of light, or you celebrate Kwanza, which refers to the first fruits of the harvest and is a celebration of family, community, and culture, or Ramadan, the month of inner reflection that focuses on mercy, forgiveness, and freedom from fire, or the Christian holiday of Christmas, also known as the Feast of Love, it commemorates the birth of Jesus, who has been called the Prince of Love. These attributes fill the world at this special time of year and the world becomes unique because of it. Imagine, if you will, if Light, Love, Reflection and Celebration could be a part of every day of the year. What an amazing world it would be. If, for this season of the year, our lives can be filled with happiness, warmth, and a spirit of giving, then assuredly, we as Rotarians can work hard to make this feeling last throughout the whole year. May we all count our blessings for another year of happiness, of good physical and mental health. May we continue to reach out to those less fortunate.

Wishing you all the joy of family, the happiness of friends and the love of this special holiday season throughout the coming year.

District Governor Phyllis Danks
Marcellus Rotary
phyl7150@gmail.com



COUNCIL ON RESOLUTION POSTS VOTING RESULTS

This council, featuring representatives from all of Rotary's districts, meets online each year. They vote on resolutions that clubs, districts, the RI Board and the General Council or Conference of RIBI have proposed. The RI Board of Directors will consider all resolutions that this council adopts. The representative from District 7150 is Past District Governor Deb Glisson.

The council recently voted on dozens of resolutions, like:

- To request the RI Board to consider requiring a minimum of 20 members in each club
- To request the RI Board to consider retaining original membership information for returning members
- To request the RI Board to consider raising the Rotaract age limit to 35
- and many, many more!

Click here to review all the resolutions and see which ones they adopted and which they rejected: <https://goo.gl/XtqoNn>

Remember, these are recommendations that get sent to the Rotary International Board for consideration.

DISTRICT PUBLIC IMAGE TEAM NOW RECRUITING

Are you skilled at social media? Interested in doing more with public relations? Want to build up your marketing resume with volunteer work? The District Public Image Chair is seeking team members to assist with managing the social media, web site and district communications. Interested volunteers should be computer proficient, an excellent team player and good communicator. Training opportunities will be provided (and are really cool!). Working at the district level is a great way to meet Rotarians from other clubs and get a bigger picture of Rotary!

REMINDER TO CLUB PRESIDENTS:

Be sure to be updating your goals and data in Rotary Club Central at rotary.org

It will be easier to update as you go than try to remember everything your club did at the end of the Rotary year!

MEMBERSHIP

| CLUB | July '17 | Oct '17 |
|------------------------|--------------|--------------|
| ADIRONDACK FOOTHILLS | 29 | 28 |
| AUBURN | 42 | 44 |
| SOUTHERN CAYUGA | 3 | 5 |
| BALDWINVILLE | 55 | 58 |
| CAMDEN | 9 | 9 |
| CAMILLUS-SOLVAY-GEDDES | 33 | 31 |
| CANASTOTA | 18 | 17 |
| CATO | 16 | 16 |
| CAZENOVIA | 14 | 14 |
| CHITTENANGO | 36 | 34 |
| DEWITT | 72 | 78 |
| DOLGEVILLE | 19 | 17 |
| EASTWOOD | 27 | 27 |
| E-CLUB OF SYRACUSE | 14 | 15 |
| FAYETTEVILLE-MANLIUS | 3 | 11 |
| FULTON | 24 | 27 |
| FULTON SUNRISE | 24 | 22 |
| GREATER UTICA SUNRISE | 7 | 7 |
| HAMILTON | 30 | 32 |
| KUYAHOORA VALLEY | 25 | 26 |
| LITTLE FALLS | 28 | 25 |
| MARCELLUS | 28 | 28 |
| MOHAWK VALLEY | 28 | 35 |
| MORAVIA | 17 | 16 |
| NEW HARTFORD | 25 | 25 |
| NORTH UTICA-WHITESTOWN | 22 | 21 |
| ONEIDA | 53 | 55 |
| ONONDAGA NORTH | 7 | 7 |
| ORISKANY FALLS | 20 | 20 |
| OSWEGO | 31 | 30 |
| OSWEGO SUNRISE | 15 | 17 |
| ROME | 38 | 37 |
| SAUQUOIT | 16 | 13 |
| SHERRILL | 11 | 12 |
| SKANEATELES | 60 | 57 |
| SKANEATELES SUNRISE | 17 | 17 |
| SYRACUSE | 60 | 60 |
| SYRACUSE INNER CITY | 11 | 9 |
| SYRACUSE SUNRISE | 19 | 19 |
| TULLY | 21 | 21 |
| UTICA | 114 | 112 |
| WATERVILLE | 17 | 17 |
| WEST WINFIELD | 8 | 9 |
| TOTAL | 1,166 | 1,180 |

ROTARY WORKING PUERTO RICO

Utica Rotarian Heather Beebe took a trip to Puerto Rico to put to use almost \$4,000 she raised online, including through Rotary, to help with hurricane relief efforts. Here are her notes from the trip:

It was such a successful trip. With the help of Rotarians throughout this district, friends, family, and complete strangers that followed my journey online, I raised \$3,974 in total. I also shipped 16 large boxes of supplies and personally carried 300lbs in supplies with me on my flight. With only a backpack of my personal belongings, I headed down with an open mind to help. I had no idea the devastation. Flying in to San Juan, my flight was full of people from different agencies sending help - FEMA, SBA, military and people like myself. Not one child on the flight, and it was interesting to see work boots, not flip flops.

The beginning part of my time I was in the San Juan area. Although there is a lot of damage to signs, trees, light posts and property, the most obvious sadness was the lack of people enjoying the city. A lot of businesses were closed. Beaches were empty. At night, everything is totally dark, to even to drive around it can be hard to see. It just looks so different. The city will suffer without the tourism and that is a big fear of mine. Through social media I connected with other volunteers and helped with other projects going on. Each day was different, helping with supplies and basic needs.

For the second half of the trip I headed into the mountains in the western part of the island, in a rural area known as Adjuntas. This was a whole new shock. Although San Juan was in poor condition, people at least had access to supplies and water. Adjuntas was the complete opposite. It was 40 days after the storm and there were people who still did not have water. They would get it from the rivers. Bucket after bucket so they could have it to flush their toilets, wash their clothes and clean their houses. There was absolutely no communication technology whatsoever (San Juan at least had a cell phone signal, albeit sketchy). I met with many amazing people who helped us distribute basic supplies to over 100 families. The majority of what I gathered from back home was distributed here. People heard about what we were doing and joined in. We ended up with a crew of about 30 people. Complete strangers started showing up to help and it was a great scene. I'm a Rotarian, but I am also a human, a mother, a caregiver, and no title mattered on this trip. People are in need and people show up to help.

Many couldn't believe I had come from so far, but to me it was the least I could do. The people of Adjuntas probably won't have power or communication for a while. Roads were still blocked in certain areas and we even cut some trees out of the way on one. I could go on and on because it was so incredible. I will continue to stay connected with the San Juan Rotary Club and accepting donations to help with rebuilding projects. It is my hope that the clubs there can join forces to rebuild public facilities that will create more sustainable conditions for everyone. I have many people to thank for making this possible - fellow Rotarians from District 7150, my friends, my family, Madison Central School and many more. If you wish to make additional donations I will still accept them and make sure they go to the Rotary Clubs doing good works there. You can send them to Heather Beebe, PO Box 1981, Utica NY 13503.



DISTRICT HOSTS ONEROTARY SUMMIT

The first of two workshops, called the OneRotary Summit & Grants Management Seminar, was held in Little Falls on November 18th. Over 30 Rotarians from around the district participated in small group discussions, sharing new and proven ideas on how to get new members, improve public image and grow foundation giving; with an understanding of how those are all intertwined. It was an inspirational and motivational morning, and the delicious pastries energized us too! Participants were also led through the process of applying for a district grant. Having two members in attendance at the second part of this event is a requirement to even qualify for a grant! Another identical event will be held on Saturday, January 6th in East Syracuse. Consider registering to join us and get more information here: <http://rotary7150.org/page/onerotary-summit>



ONE SUMMIT
& Grants Management Seminar

SATURDAY, JAN 6, 2018
EAST SYR FIRE STATION

CLICK HERE TO REGISTER
and get more information

DISTRICT 7150 YOUTH EXCHANGE

50TH
Jubilee

SATURDAY, JANUARY 6, 2018

REGISTER ONLINE

Rotary Foundation Gala
DISTRICT 7150 FEBRUARY 10, 2018
A NEW CENTURY OF GIVING



REGISTRATION REQUIRED

**CLICK HERE
TO SIGN UP**

DISTRICT CONFERENCE 2018

April 27-29, 2018 | Radisson Hotel, Corning NY
www.rotary7150.org



**ROTARY:
MAKING A
DIFFERENCE**

COME TO CORNING!

**\$250/Guest includes all meals
and registration**

\$119/night - Queen Room

\$129/night - King or Double Bed

SAVE THE DATE NOW - PLAN TO BE AT CONFERENCE NEXT YEAR!

We will be once again putting together a weekend full of fun, education and fellowship, taking into account your feedback from this year.

We have a great location that's close to many interesting and unique attractions like the Corning Museum of Glass and so much more!

DOWNLOAD A REGISTRATION FORM AT
www.rotary7150.org



Elm Street Café

Tuesday Jan.23 , 2018
by Reservations Only ~
4:30 , 6:00 , and 7:30 pm
seating times available

all-you-can-eat boneless and traditional chicken wings, fries, tossed salad, fountain drinks, and soft serve ice cream for dessert

Only \$17 !!! Contact Angela
at 315-729-1453 for Tickets

SUBMIT YOUR NEWS

Email Lizzy by the 25th of each month to get your club's next event or latest news in the District Newsletter
ebrown@advancemediany.com

ROTARY INTERNATIONAL CONVENTION

Just a short drive away in Toronto, this is your best opportunity to experience a once-in-a-lifetime event like an international convention.
Register now to get the best price!

BOOK BEFORE IT'S TOO LATE

With a couple dozen hotels on the list for the convention and almost half already sold out, **YOU CANNOT WAIT TO BOOK YOUR STAY!**

REGISTER & BOOK YOUR HOTEL ON THE SAME SITE

DON'T DELAY!

JUNE 23-27, 2018



CLICK HERE TO REGISTER & BOOK HOTELS ONLINE



SATURDAY, JAN 20TH

NOON - 2PM | MERCER PARK
Polar Plunge & Best in Bowl

Cheer on teams jumping in the frozen river for charity & taste food from local chefs for just \$5/person

PLUS

Poker Bear Express Pub Crawl

Hit the town from 5-9pm to participate in our poker run for \$10/person - best hand wins a cash prize!

Learn more, get details and sign up your own polar plunge team at:

www.bvillebigchill.com

AUBURN ROTARY NOVEMBER TO REMEMBER

First, the club welcomed new club President Bob Edmunds. Bob wasted little time by leading the Jim Balloni Memorial Pancake Breakfast where Auburn Rotarians raised more than \$4,000 for Warm The Children of Cayuga County. Bob also presented \$1,000 to the United Way of Cayuga County, and presented former District Governor Henry MacDonald with yet another Paul Harris Fellowship Award. And of course during the Thanksgiving break, Auburn Rotarians raised monies for the Salvation Army with its bell ringing day at Bass Pro Shops.

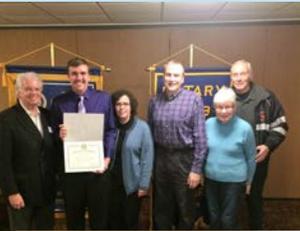


The Baldwinsville Rotary Club kicked off November with a successful 5K run/walk to raise money for the local food pantry. In its 6th year on the school campus as a fall race, the club had 199 runners and walkers, including District Governor Phyllis! Recent tallies show they raised \$4,000 - also a new record. The funds are split with the Baldwinsville Community Food Pantry, which serves hundreds of families in the immediate community. Club members also gather leftover baked goods from Tops to bring to the pantry every Wednesday, year-round.

Rotarians also enjoyed meeting the two Students of the Month for November - Collin and Meredith. Collin has been a volunteer firefighter since he was 13 and hopes to become a paramedic someday. Meredith volunteers in many ways, including helping handicapped students at lunch time, and does competitive synchronized figure skating. With kids like these in the next generation, our future is bright!

Finally, several Rotarians and Interact students visited the Ronald McDonald House to serve a meal to families staying there. Many hands made light work and it was fun having Rotarians and youth working side by side!

SPECIAL EVENTS KEEP B'VILLE BUSY



OSWEGO ROTARY PRINCESS SUCCESS

Oswego Rotary hosted Breakfast with a Princess at The American Foundry recently. Princess Elsa (past Oswego Rotary President Danielle Hayden) was the Princess for the day. Elegantly dressed little girls and one handsome young prince attended the affair where a variety of breakfast foods and beverages were served by Rotarians and Oswego High School volunteers. Photos with the Princess were available and current President Carrie Penoyer, along with



community member Steve Phillips did hair and makeup for the young ladies. Another great Oswego Rotary event!

ONEIDA ROTARY HOSTS THANKSGIVING

The Oneida Rotary Club hosted a massive Thanksgiving Dinner at the Kallet Civic Center on November 22nd, serving approximately 450 diners! All food and supplies were donated and food prep done by Dibble Inn, along with the help of many Rotarians. Servers were a team of people both from Rotary and several area clubs - the Oneida Interact Club, Zonta Club, OHS National Honor Society and OJHS Junior Honor Society. It was the 25th year that the club has hosted the dinner, which includes take out meals to local senior homes.



MOHAWK VALLEY FIGHTING HUNGER



Hannaford in Herkimer donated 50lbs of food to the Mohawk Valley Rotary Club (MVRC) Holiday Food Drive on Friday. "We are extremely happy to be partnering with Hannaford, the generosity of this store will really help us in our holiday food drive collection," said Club President Cindy Bennett. **The MVRC is accepting non-perishable food items until December 12th.**

Donations received will be distributed between the Salvation Army Food Pantry, and the Catholic Charities Food Pantry serving Herkimer County. The Rotary Club will also happily accept donations of cash or check in support of this project. Any monetary donation can be mailed

to Mohawk Valley Rotary Club at PO Box 222, Herkimer 13350.

For more details, including most-needed items for each organization look for the event page linked to the club's Facebook page at <https://www.facebook.com/MohawkValleyRotaryDistrict7150>