

Rotary
District 7150



**Rotary Opens
Opportunities**

OCT 2020

NEW & LETTER

Six months into an international pandemic and I'm seeing Rotary clubs thriving in our District and around the globe. Members are keeping in touch, the needs of our communities are more evident and being met in creative ways, and virtual meetings and events have taken center stage. I was able to attend a Changing of the Guard event in England and the induction of a club president in Mexico, without even leaving my house!

So, what's coming up this month? We are holding a District 7150 Virtual Fall Conference for YOU! And it's FREE!! Everyone is invited. Bring your partner, have the kids watch, and even invite former members. We'll kick off with a Virtual Social Hour & Ice Breaker Thursday October 15, and five sessions each on Friday October 16 & Saturday October 17. **Register for the conference NOW** on the District 7150 website at www.rotary7150.org and then select only those sessions you want to join. All the sessions are via Zoom so you can join on your laptop, I-pad, or phone, in your own living room or kitchen. We also have an opportunity to celebrate World Polio Day on October 24th. Each club is encouraged to commemorate this date. Rotarians can also donate to the Polio Plus efforts still underway at www.endpolio.org/donate.

All my official club visits will be completed soon. Please continue to stay safe & healthy, wear a mask, practice social distancing and wash your hands.

District Governor Cheryl Matt

DeWitt Rotary Club
cherylmatt7150@gmail.com



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WALKIN'4 LITERACY

The Rotary District 7150 Literacy Committee invites you to walk with us! We are holding a Virtual 4K Walk to raise money for literacy projects in our district. We've never done this before and that makes it fresh, exciting and something fun to look forward to. And we all need good things to look forward to during this pandemic! The Virtual 4K Walk (or run, if you are so inclined) will be held the weekend of our District Conference, October 16-17, 2020. The entry fee is cheap, just \$5 per person but additional donations will be greatly appreciated.

Who can participate? Anyone of any age and you don't even have to be a Rotary Member.

What is it? A virtual 4K Walk puts you in charge. Remember, the best antidote to these anxious times is ACTION.

Where do I walk? In your neighborhood, on your treadmill, at a park, anywhere you can put one foot in front of the other.

When do I walk? You choose the time on either October 16th or 17th (or the following week—we know you'll do it because Rotarians follow through!)

Why should I walk? For your health, of course! And to get some fresh air, commune with nature and have an opportunity to take off your mask. But mainly to help improve literacy in our district!!

How does this help Literacy? Every penny raised will be made available to clubs for their local literacy projects.

To register and pay your fee, please [click here](#).

Questions can be directed to the District Literacy Chair Liz Metzger at Lmetzger@midyork.org.

PLEASE INVITE YOUR ROTARY ALUMNI

Rotary Alumni Zoom Social Hour During our Rotary District 7150 Conference, **Saturday October 17, 2020 from 4-5P.M.**

You are a Rotary Alumni if you have had a Rotary experience but never joined Rotary. If you participated in Rotary Youth Leadership Awards (RYLA), were a Rotary Youth Exchange Student, were in a Rotaract Club or participated in any Rotary projects . . . please join us on October 17th!

We will be sharing Rotary experiences, catching up on where we are now, and deciding on projects we want to get involved in to help out in our communities. **There will be fun activities and prizes for everyone.**

your hostesses



Dona Occhipinti
District Alumni Chair
dgocchipinti@gmail.com



Chandra Hewitt
RYLA Alum
chandrahewitt@gmail.com

Email Dona and Chandra right away to let them know you are interested in attending our Alumni Social Hour.

REASONS TO ATTEND CONFERENCE

If you have never been to a district conference, or it's just been a while, this virtual event is a great time to try it out. Sign up for the sessions that would be the most interesting and enjoy these benefits of a district-wide event!

Listen to
inspiring
speakers

Be part of a
service project

BE PART OF SOMETHING GOOD

LEARN SOMETHING NEW

MEET NEW PEOPLE

Enjoy the fellowship and kindness that emanates from every Rotary meeting and every Rotarian

Hear
what
fellow
clubs are
doing

see old friends

IT'S FUN

FIND A
NEW
PASSION

FIND A NEW PROJECT IDEA

Remember why you are proud to be a Rotarian

SIGN UP

CONFERENCE
REGISTRATION WILL BE
**OPEN UNTIL NOON ON
10/14, BUT SIGN UP NOW
AS SPACE IS LIMITED!**

REGISTER FOR CONFERENCE TODAY!

Friday, October 16 & Saturday, October 17

There will be five sessions offered per day from 9 am through 8:30 pm. Choose from speakers, a service project, musical entertainment, interactive seminars, a virtual social hour for Rotary Alumni, a virtual run/walk for literacy and much, much more. Check out this video interview of DG Cheryl for more on what to expect!



DON'T MISS SPECIAL CONFERENCE GUESTS

Friday morning of the virtual conference will start with a special speaker, Michael Angelo Caruso. Sought after by big businesses looking to motivate at their conferences, it's an honor to have such a seasoned speaker coming to energize our conference morning. An experienced Rotarian, Michael Angelo Caruso knows how to motivate volunteers. Register for his Friday at 9am session when you register for conference to take your club's membership and fundraising to the next level!



Closing out the conference is an entertainment and fellowship session featuring the popular and talented Todd Hobin. Todd has lent his musical gifts to many Rotary events around the district and will be accompanied by Syracuse Sunrise Rotarian Greg Hoover. They make a great pair!

CONFERENCE SCHEDULE

Virtual means flexible! You choose which sessions you want to attend when you register. The conference committee has put together opportunities for you to learn, connect, and just relax and enjoy!

Thursday Session:

6:30pm – 7:30pm - Conference Kick Off
Social Hour & Ice Breaker
Join us with your own beverages and snacks

Friday Sessions:

9am – 10am - Michael Angelo Caruso – “The Venn--Why Overlapping Interests Are the Future of Your Rotary Club”
Michael Angelo Caruso is a well-known author, motivational speaker and Rotary Zone 28 East Public Image Coordinator. (A chance to listen to one of Michael Angelo Caruso's presentations is very special. You won't want to miss this session!)

11am – 12pm – “Using Virtual Tools to Engage Members”

1:30pm – 2:30pm – “Engage Young Families with Service and Alternative Meetings”

4pm – 5pm: Happy Hour - “Project Showcase & Generation”
Presentations from different clubs in our Rotary District 7150

5:45pm – 6:45pm - PDG Social Hour
Spend some social time with our Past District Governors in a casual setting

7pm – 8pm – TRIVIA NIGHT – Join us with a real live Trivia expert for an evening of fun!

Saturday Sessions:

9am – 10:30am – “Walkin' 4 Literacy” (Virtual 4-K Walk)
Our District Literacy Committee is holding a Virtual 4K Walk all weekend to raise money for literacy projects in our district.

11am – 12:30pm – “Good Practices for Vibrant Clubs”
with District Membership Chair Janet Joslyn

1:30pm – 2:30pm – “Supporting the Environment”
Your District ESRAG Task Force Update

4pm – 5pm - Alumni Social Hour
You're a Rotary Alumni if you have had a Rotary experience but never joined Rotary (RYLA, Youth Exchange, Interact, Rotaract, etc.). Invite any alumni you know!

7pm – 8pm - Musical Entertainment – Award winning Musician Todd Hobin & Greg Hoover
Bring your own beverages and snacks and settle in for a truly enjoyable evening of popular music.

[CLICK HERE TO REGISTER](#)

FIRST VIRTUAL RLI GETS GOOD REVIEWS

On Saturday, September 26th, over 20 members of District 7150, plus more than a dozen from districts all up and down the east coast, came together for a new virtual experience - Rotary Leadership Institute. Levels I, II, III and graduate each had their own Zoom room where facilitators encouraged sharing and conversation about all kinds of Rotary topics. Now that RLI is virtual, consider completing the series by attending upcoming virtual events that you can log onto from anywhere at a discounted price. See upcoming events and register at www.rlinea.org Photo: RLI's newbies in Part 1 pose for a group photo.



HEADS UP ON MULTI-DISTRICT FOUNDATION EVENT

Our District 7150 has been invited to join our surrounding Districts from the Binghamton, Rochester, and Albany areas in hosting a virtual Foundation Dinner in mid to late November. The special highlight of that event will be the keynote speaker: Jennifer Jones. She was recently named the future Rotary International President and Jennifer will be the FIRST female RI President ever. Details will follow. Watch for more information!

THE LATEST MATERIALS FOR BRANDING ROTARY: VIDEOS

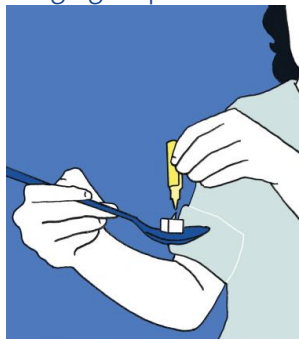
Rotary's newest PSA video, Rotary Responds, shows how Rotary members take action in times of crisis. Visit rotary.org/brandcenter to download and share Rotary's latest PSA video. Get more information on how you can get involved in this exciting campaign at the U.S. Public Service Announcement Campaign Learning Topic on the [Learning Center](#).

And remember, ONE WHEEL - ONE COLOR! Be sure you are using the most up to date logos on all of your club materials and online (HINT: check your Facebook profile image!). Click here to access our district Public Image page where you can download all the current logos under the resources along the right hand side of the page.



WHAT IT'S LIKE TO SURVIVE TWO PANDEMICS

Paul Engleman was two years old when he was diagnosed with polio in 1955. One of the lucky ones, as his mother would say, he was not paralyzed by the crippling disease that sometimes kills. Now, he is in the age group that is more susceptible to a new threat, COVID-19. A frequent contributor to Rotary magazine, Engleman describes what it is like to survive polio and live through the COVID-19 pandemic and talks with polio survivors determined to eradicate polio. [Click here](#) to read more.



IMPROVE YOUR PUBLIC SPEAKING SKILLS & MORE

A series of leadership courses in the Learning Center will help you achieve your professional goals and grow as a speaker. Part of our [alliance with Toastmasters](#), the newest courses walk you through fundamental leadership skills like motivation, integrity, and team inclusiveness. You'll also discover how ethics, decision making, goal setting and delegation help you develop skills necessary to lead a team effectively. All of this and more is available in Rotary's Learning Center. [Click here](#) to log in with your My Rotary account and get started today!

ENGAGING VIRTUALLY

This is the third post in a series from your District Membership Committee to help clubs with virtual meetings and making online connections. You will find this valuable information in this newsletter, on the [Membership page](#) on the district web site and it will be shared with your club's membership chairs each month! Achieving engagement from your audience, especially online, takes practice and experience. Even if you're new to leading your club — or just new to leading in a virtual format — you can make your online meetings interesting and memorable with a few fresh ideas.

MAKE IT RELEVANT

To earn people's attention, make sure the content you're delivering is useful. How do you learn exactly what your club wants out of your meetings? Ask them. Send out a free Doodle Poll or SurveyMonkey survey, or even just ask for emails with ideas. Consider a committee that fields club suggestions and books speakers that match the topics and activities your club is interested in.

When a meeting starts, kick-off by giving a brief overview of what attendees are going to learn and get them excited. In order to do this, you need to be knowledgeable of your club's programs, which requires team effort and communication.

DITCH THE TRADITIONAL PRESENTATION

People learn in different ways. Some of us are visual learners who prefer pictures, videos, and diagrams, while others respond to spoken and written word, music, logic, or even physical activities. To create an inclusive online environment, try to combine just plain talking with audio and visual presentations, PDFs, and interactive tasks. You can do any combination of these things within one meeting, but try not to just show a PowerPoint the whole time or just talk the whole time.

CHANGE YOUR BACKDROP

Take advantage of being virtual to have a great background (not a virtual one, a real one!). Challenge convention and surprise your attendees by showing up on-screen in front of interesting artwork, outside in a garden area, or in a space that's more dynamic and inspiring than a lamp on a side table. As long as your internet connection and audio won't be compromised, don't be afraid to get creative with your location.

USE PROPS

Props can make your meeting even more engaging. Invite speakers to show off items that tie into their subject matter. Props liven up your session and will help people remember what they learned.

PLAY GAMES

Need to keep your members focused? Tap into their competitive sides. Puzzles or riddles, memory games, ordering tasks — all are great ways to keep your attendees engaged and on-task. For added drama, impose a time limit. Try introducing a quick quiz, helping recap on what you learned at the last meeting or what people think they will hear about at the current meeting, and offer a small prize for the winner.

TELL A STORY

Whatever the subject, don't be afraid to ask your speakers to try to make it relatable to everyday life by using real examples, case studies, and creative metaphors. People will sit still for hours watching a movie — why not steal some cinematic tricks? It's also helpful if they can relate their area of expertise to Rotary, since that's what we are all doing here! Stories are central to the way memory works. Even if we don't realize it, we're always searching for the narrative. If you can find a way to weave information into an overarching story, attendees will be more engaged and more likely to remember the new information well after the meeting has been ended.

KEEP IT SHORT

One of the best ways to keep your audience engaged is to avoid overloading them with information. Give them too much and their brains will shut off. Either make your online session a maximum of two hours or, if it's taking place over the course of a day, allow short breaks. Give attendees a chance to get up, walk around, and grab a cup of coffee.

PROVIDE RECOGNITION AND SHOW GRATITUDE

Members will be more motivated to attend and stay at your meetings if their efforts are recognized and if they have something to show for it at the end. Thank people for their time and attention, give special thanks to guests or contributors, and follow up with more information from the speaker or on what's coming up next for the club.

*Sign up for our session
at District Conference:*

**GOOD PRACTICES
FOR VIBRANT CLUBS**

REGISTER TODAY!

YOUR MEMBERSHIP COMMITTEE:

Any questions relative to membership may be forwarded to District 7150
Membership Chair - Janet Joslyn
at jmjoslyn83@hotmail.com

She is being assisted by a new membership committee, including:

Bernie Bregman, Eastwood
bernardbregman@gmail.com

Joe Caruso, Utica
jpcaruso12@gmail.com

Sheree D'Agostino, Liverpool
sheree7150@gmail.com

Lizzy Martin, Baldwinsville
emartin@advancemediany.com

Patricia Talaba, Little Falls
i4evropt@hotmail.com

Jonathan Yost, Eastwood
jonathanm.yost@yahoo.com

Alicia Zaret, Eastwood
alicia.zaret@yahoo.com

Never hesitate to reach out for membership assistance - whether it's to have membership as a program for a meeting or to get help for your leadership team!



WORLD POLIO DAY OCT 24

How will your community know about Rotary's 32 year effort to eradicate polio and how far we've come? How will they know that the systems our organization has built around the world help combat, trace and treat diseases of all kinds, include COVID-19? Are you planning an event to increase awareness and/or raise money for the cause? Consider getting on board for this year's World Polio Day!

REGISTER YOUR EVENT

Share with Rotary International what you are doing and get access to additional materials to educate your club and community on our End Polio Now project. [Click here](#) to register your World Polio Day event with Rotary.

SHARE YOUR EVENT

Tell the district what your club is doing by emailing Public Image Chair Lizzy Martin at emartin@advancedmediany.com. Events will be shared on the district calendar and Facebook page so we can support each other's events!

\$1.8 BILLION INVESTED

2.5 BILLION PROTECTED

2 COUNTRIES TO GO!



For support, contact District Polio Chair Randy Wilson, randyw7150@gmail.com | cell: 315-790-1326

pints for polio
DRIVE-THRU BEER & WAFFLES

SATURDAY, OCTOBER 24 | WT BREWS
HOSTED BY BALDWINVILLE ROTARY CLUB

JOIN US FROM NOON-4PM FOR THIS COVID-SAFE FUNDRAISER.
A PORTION OF ALL SALES OF OUR CUSTOM BREW AND ALL
SALES OF OUR SUGAR WAFFLES WILL GO TO FIGHT POLIO!
#WORLDPOLIODAY #ROTARY #ENDPOLIONOW

PLEASE JOIN & SHARE OUR FACEBOOK EVENT

Rome Rotary Club
CHICKEN BBQ



All Diners to Go
Each meal will
feature:
½ BBQ
chicken, salt
potatoes and
coleslaw

TUES, OCT 20, 2020
@ WESTGATE PLAZA, ERIE BLVD
1:00PM TO 5:00PM

Presale Tickets \$13
Day of Tickets \$14

Buy tickets from any
Rotarian or at the
Community Bank Branches
on Griffiss Park or Turin Rd

Questions: Contact Steve at 315-795-7997 or
4856@icloud.com



SYRACUSE INNER CITY ROTARY HOSTS BIKE & MASK GIVEAWAY

The Syracuse Inner City Rotary Club gave away masks at the CNY Family Bicycle giveaway on Sunday, 9/13/20. The event, organized by Jan Maloff, was held at the Ballweg and Lunsford Funeral Home. The club gave away 100+ masks and more than 1,000 bikes were given away.



ROME ROTARY'S FAMILY FUN DAY A WRAP

FAMILY FUN DAY took place on Friday, August 28, 2020 from 9am-11am at the RACC. The Rome Rotary Club, in conjunction with the Elks Lodge and the Rome Art and Community Center, presented a second family fun day to chase off the summertime-stay-at-home blues. This event was created to celebrate summer and be a fun learning experience. Children ages 4-8 were invited to participate, along with older siblings who encouraged and supported them through the activities.



There were six interactive stations and activity challenges that consisted of a beanbag toss, scavenger hunt, duck race, penny toss, balloon pop and roll the dice. Stickers were awarded at the end of each activity. Upon completion of all the activity challenges, children turned in their sticker card for a book of their choice. Rounding out the fun was an ice cream station at the end with Miss Oneida County, Emily Dole. A great time was had by all!

BALDWINVILLE INTERACT VOLUNTEERS HELP OUT ON THE FARM

Nine volunteer teens came together to learn more about our local horse rescue, Sunshine Horse Farm, as well as pitch in with cleaning around the farm. Led by Interact Chair Katie Reap and student project manager Cate Iven, the group prepped stalls for new horses. They also got to learn more about what goes into rescuing horses, getting them adopted out, fundraising and more. A great opportunity and creative way to come together safely. We should be so proud of our Interact students for keeping service alive with our youth!



ROME ROTARY MOVES MEETING LOCATION

The Rome Rotary Club will continue to meet Tuesday's at noon, but now you will find them at the Rail and Canal restaurant located at 6611 Martin St. Rome, NY 13440. Anyone is welcome to attend the weekly meetings!



B'VILLE ROTARY NEWS

The Baldwinsville Rotary Club is turning up the heat this autumn with donations, social gatherings, fundraising and service. In September, the club presented a donation to the Out Of The Dark walk to raise awareness for suicide prevention (left photo), while socializing at their monthly Club in A Pub happy hour meeting. A group of volunteers from the club also pitched in for the local library's bag sale - a modified book sale that was made COVID-safe. The library was able to raise over \$2,000 that weekend! With school back in session, but taking on a very different format, talks are happening with the school district to see how the club can support student nutrition with their Backpack Program - more to come on that. Pints for Polio is back again for this year's World Polio Day (see page 6), along with a march through the village with Rotarians carrying banners and wearing their End Polio Now red t-shirts. There will be a lot of visibility between the march and the drive-thru beer and waffles event, with special videos created and posted in the Facebook event to educate the community as well. Finally, the club is planning their first ever virtual Charter Night, inviting several charter members to join in and providing gifts for all attendees. See all upcoming meetings at www.BaldwinsvilleRotary.org and plan a visit any time!



UTICA HELPS PREPARE FIREFIGHTING EQUIPMENT DONATION

The Rotary Club of Utica, along with several Rotary Clubs located in Western Pennsylvania and Rotary International, recently met to gather and sort firefighter gear from local area Fire Departments to send to the country of Kosovo. Over the last 16 months, 90 sets of jackets and pants as well as boots, helmets, suspenders, etc. were collected locally and stored in Waterville. On Thursday, September 24th, the gear was loaded by volunteers into several trucks and delivered to CABVI in Utica, to then be boxed, placed on pallets, wrapped and weighed for international shipment. A total of 1,750 pounds of firefighting gear is being shipped. The Rotary Club of Utica is continuing a successful event that was started back in 2014, when they sponsored a Matching Grant project to locate, sort and deliver approximately 500 sets of firefighter turnout gear to the country of Chile.

Photo: L-R: Roger Frank- Utica Rotary, Jim Turnbull- Utica Rotary, James Friedel, Utica Rotary, Mark Turnbull- New Hartford Fire Department, Paul Nandzik, Whitesboro Fire Department, Dan Buono- Utica volunteer, Past District Governor Don Reese- Utica Rotary.



LIVERPOOL INDUCTION HELD LIVE

The satellite club in Liverpool continues growing, adding two more members - Joe Kalil and Frieda Weeks. Joe is the owner of Home Team Pub, is very community oriented and proud to become a member of our organization. Frieda is the head of Hope For Heather, a non-profit raising funds for ovarian cancer research. She will be a great energy for the club! The inductions were done simultaneously during one of the club's twice monthly happy hours, held on the patio at Home Team Pub. The best part? It was aired on Facebook live so you can hear from the newest Rotarians [here](#).



AUBURN MOVES MEETINGS

After 40+ years at the Holiday Inn, the Auburn Rotary Club is moving its weekly meetings to the Auburn Public Theater in downtown Auburn. With new restaurant Cafe 108 as part of the theater, it makes for a good, safe and comfortable meeting place. Meetings will continue from 11:45 am to 1 pm on Tuesdays and we welcome all Rotarians from throughout District 7150.

Auburn Public Theater is located at 8 Exchange Street (located right behind Cafe 108 on Genesee Street) and next to Mesa Grande Taqueria in downtown Auburn.