



NEW & LETTER

What's happening in District 7150? Well, we salute those of you who are educators or have school-age children or grandchildren. You have just gone through a very challenging "Back To School" period during a worldwide pandemic. So, when your clubs are thinking about projects and community need, look to the schools and young families for ideas. There may be an OPPORTUNITY to provide funds, helping hands, or an invitation to a virtual meeting.

On Saturday September 26, I'm looking forward to The Rotary Leadership Institute. It will be held virtually and will include small, interactive break-out sessions. Leadership development, working in groups with volunteers, and other Rotary related subjects will be covered, but all the information can be used at work or at home. RLI facilitators are highly qualified and well-trained. I encourage all Rotarians, especially potential club officers and newer members, to attend this year. The cost is only \$ 25. Register today on the RLI website at www.rlinea.org.

And on Friday October 16 & Saturday October 17, we will hold our District 7150 Virtual Fall Conference. You can register for any of the sessions you want to attend. There will be virtual social hours, a presentation by world-renowned speaker Michael Angelo Caruso, a virtual 4k Walk for Literacy, an evening of music with well-known talent Todd Hobin and Rotarian Greg Hoover, a Trivia Night, sessions on project ideas, membership, and the environment, and much, much more. [Click here](#) to register now for the conference. Sessions will fill up fast!

District Governor Cheryl Matt

DeWitt Rotary Club
cherylmatt7150@gmail.com



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FROM OUR CLUBS

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DISTRICT CONFERENCE REGISTRATION OPEN

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](#)

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

REGISTER

DON'T WAIT!
GET FIRST PICK AT THE
SESSIONS YOU WANT
TO ATTEND MOST!

VIRTUAL DO'S & DON'T'S

This is the second 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! While some clubs have been able to resume in-person meetings, virtual meetings are likely to continue and we should be putting some energy into doing them well, for the health and wellness of our clubs. The meeting experience provides value to existing members and can help sell potential member on joining your club. It's important when meeting virtually that your members understand and practice how to be courteous online. Here are some quick tips to share with your club and improve your meeting experience. And remember to un-mute yourself when it's your turn to speak!

PLEASE DO

BE COURTEOUS TO OTHER PARTICIPANTS
SPEAK CLEARLY
KEEP BODY MOVEMENTS MINIMAL
MOVE AND GESTURE SLOWLY AND NATURALLY
MAINTAIN EYE CONTACT BY LOOKING INTO THE CAMERA
DRESS APPROPRIATELY
PLAN AHEAD TO ASSIGN CO-HOSTS
MUTE YOURSELF WHEN NOT SPEAKING
BE YOURSELF AND HAVE FUN!

PLEASE DO NOT

MAKE DISTRACTING SOUNDS
SHOUT
MAKE DISTRACTING MOVEMENTS
INTERRUPT OTHER SPEAKERS
CARRY ON SIDE CONVERSATIONS
WEAR "NOISY" JEWELRY
COVER THE MICROPHONE

AND DON'T FORGET

IF LOGGING ON LATE, MUTE RIGHT AWAY
TO USE CHAT TO CONNECT WITHOUT INTERRUPTING
TO USE CHAT IF YOU WANT TO SAY GOODBYE EARLY
TO SHOW YOU ARE ENGAGED

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!



HURRY & SIGN UP FOR VIRTUAL RLI!

SATURDAY, SEPT 26 from 9AM-2PM - ALL VIRTUAL

The Rotary Leadership Institute is now cheaper and all virtual so you can attend from your home or office for just \$25. This is the premiere program for learning about Rotary and honing your leadership skills (something you can use in all areas of your life!). You do not have to be a club leader to attend. This is open to all Rotarians! Register now at www.rlinea.org.

CLICK HERE TO LEARN MORE IN A GREAT VIDEO FROM DISTRICT RLI CHAIR DONNA SCHONEWETTER



AFRICA DECLARED POLIO FREE

Rotary's project to End Polio Now celebrated a milestone as the continent of Africa is declared polio-free after four years of no new cases in Nigeria. Read more on this major accomplishment [here](#).



Volunteers and health care workers set out to administer oral polio vaccines to hundreds of children during an immunization campaign in Cote d'Ivoire.

START PLANNING POLIO DAY

World Polio Day will be October 24, 2020

After several months of suspended activity to the COVID-19 pandemic, our Rotary End Polio Now Vaccination teams are now back at work in the mountains and villages of Afghanistan and Pakistan, delivering two drops of polio vaccine to children!

There are several Polio Resources that Clubs can access through the Rotary website. Plan a Polio Update Program for one of your Club's meetings in September. And **please begin now to work on your Club's plan for celebrating World Polio Day (or even World Polio week!)**. This is a great time to engage your local community with information and maybe come up with a new fundraising idea.

As the District Polio Plus Chairperson, I am willing to make a Polio Plus Presentation (my kind of PPP) to your Club virtually or maybe even in person with appropriate social distancing and face mask apparel in place!

I look forward to hearing from you!!

Stay Safe, Stay Healthy, and Stay Connected,
Randy Wilson
7150 PDG 2019-2020
District Polio Plus Chairperson
randyw7150@gmail.com
cell: 315-790-1326

BEING GOOD IS GOOD FOR YOU!

Doing good doesn't only benefit other people. It helps us, too. Studies show that helping others boosts serotonin, a neurotransmitter that makes us feel satisfied. Another benefit to feeling rewarded when we do good: It lowers our stress levels. Who couldn't use that right now?

"When we are all feeling lower than we are used to feeling, with some levels of situational depression, we all need a boost," says psychologist Mary Berge, a member of the Rotary Club of Johnstown, Pennsylvania, USA, who has led discussions with many Rotary clubs about coping during the pandemic. [Click here](#) to read more from Dr. Mary. There is also a link in the article to book her as a program!

**SUBMIT YOUR CLUB NEWS
BY THE 25TH OF EACH MONTH
TO LIZZY AT
EMARTIN@ADVANCEMEDIANY.COM**

SKAN ROTARIES TRIBUTE TO VOLUNTEER FIREFIGHTERS

The Skaneateles Sunrise(SSRC) and Skaneateles (SRC) Rotary Clubs have joined together to pay tribute to their local volunteer fire department. Due to the pandemic, the Fire Department (SVF) is unable to hold their annual Labor Day Firemen's fundraising festival, which helps fund SVFD operations. The SSRC initiated an on-line fund raiser, coupled with Red & Blue bows, which will be displayed through out the town over Labor Day weekend. The SRC has joined them in this Rotary Fire & Water Tribute. To learn more of this Rotary Fire & Water Tribute and to make an on-line donation, please visit: www.supportsvfd.com and help us pay tribute to, and support, our volunteer firemen.



AUBURN WORKS ON BOOKS, COATS NEXT

Auburn Rotarians have been busy during the past two months with Books For The World. Besides working with Moravia Rotarians on one pallet of books, Auburn Rotarians have collected enough books for another six pallets of books for the project, and have offset most of these costs with online donations at www.auburnrotaryny.org. Next will be a focus on Warm The Children, where families in need will receive new winter coats, hats, and gloves for kids up to age 14. We're already accepting donations for Warm The Children on our web site as well!



TULLY ROTARY MILK & PRODUCE GIVEAWAY



MORAVIA ROTARY SUPPORTS LOCAL FIRST RESPONDERS

On August 18th, Moravia Rotarians met with the board of FourTown First Aid (local ambulance squad) for a quick tour of their new building, which is almost completed, and to present our donation of \$20,000 to help finish up the project. Four Town had been planning for this building project for over 10 years and we were so excited to help them realize their dream! We have partnered with Four Town in the past for a few district grants and other community projects and we believe in the invaluable service they provide to our community. Our gift was made possible through our trust, which was established by a gift from PDG Earl Van Pelt (1964-1965), who was a member of Moravia Rotary.



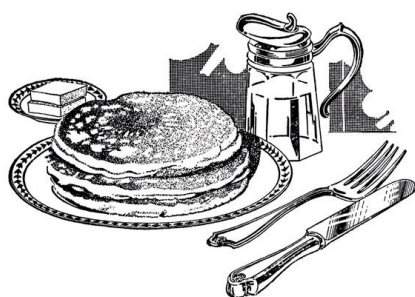
OSWEGO ROTARY HELPS W/SUPPLIES

The Oswego Rotary Club recently donated \$500 to the United Way of Greater Oswego County for their Stuff-A-Bus initiative. Typically the club donates actual school supplies purchased by members but in lieu of the current situation (Covid19) the club decided to make a monetary donation instead. Pictured are: Carrie Penoyer, Sue Witmer, Danielle Hayden, Laurie Kelly from the United Way and club President Mark DuFore.



Come celebrate National Pancake Day with us!

New Hartford
Rotary
Club



Drive-thru **Pancake Breakfast**

Saturday, September 26, 2020

From 8:00 a.m. — 11:00 a.m.

Price: Price: \$7.00 per person • \$12 for 2

Take-outs Only

New Hartford Presbyterian Church

45 Genesee Street, New Hartford, NY

Proceeds to benefit local charities

APPLY FOR UTICA ROTARY INTERNSHIPS

Amid the Covid-19 pandemic, paid internships are being offered to area college students by the Rotary Club of Utica. Applications are being accepted now for the spring and fall academic semesters of 2021.

Full-time college students vying for Rotaract Internships should be adaptable to working in a virtual or hybrid environment, as required by the current business climate. Through paid internships with local businesses, students will be able to apply their academic knowledge in a professional setting and gain skills that will be invaluable to their future careers. This prestigious scholarship will be a life-altering experience for qualified students committed to academic excellence and service.

In addition, area businesses will be able to evaluate students for possible future employment, thereby creating the opportunity to keep some of our best and brightest minds in the Mohawk Valley.

Applications must be submitted electronically, and are available by visiting the Rotary Club of Utica website at uticarotary.org and find the online application under the Rotaract tab. For more information, email internship@uticarotary.org.

The deadline for applying for 2021 spring and fall term internships is October 1, 2020.

SAUQUOIT GRANT IMPROVES FOOD PANTRY

Randy Wilson, Alec & Ali Drissi work on carpet removal for the Rotary Club of Sauquoit's district grant project at Sauquoit Valley Friends and Neighbors food pantry and thrift store.



B'VILLE ROTARY CHALK ART CONTEST CREATES FUN

Baldwinsville Rotary sponsored a contest to encourage local residents to submit and cast their votes for beautiful chalk art from artists of all ages. The contest was done all online and COVID-safe, cost the club less than \$250 to implement and included an anonymous donation for the \$200 charity prize. The contest generated 24 art submissions and over 650 votes in under two weeks, resulting in three winners chosen by a panel of Rotary judges, plus one chosen by the community that earned the winner a donation to her favorite charity - Helping Hounds. Follow [Baldwinsville Rotary on Facebook](https://www.facebook.com/BaldwinsvilleRotary) to be in the loop on fun events like this, or check out www.BaldwinsvilleRotary.org for more information. Contact contest chair Sally Fedrizzi for more information, saltrav@verizon.net.