



CREATE HOPE  
in the WORLD

# 7150NEWS

**ROTARY DISTRICT 7150**  
**SEPTEMBER 2023 NEWSLETTER**


ROTARY INTERNATIONAL DISTRICT 7150 | DISTRICT GOVERNOR ELISE HERETH





7150NEWS  
ROTARY DISTRICT 7150  
MONTHLY NEWSLETTER

District Governor

 2023-2024 Governor  
Elise Hereth ..... VVS Community

District Executive Committee

 CNY Rotary President 2024-25  
Lizzy Martin ..... Baldwinsville


 CNY Rotary President 2025-26  
Bob Balk ..... Moravia Rotary


 Immediate Past DG  
Jerry Seguin ..... Fulton

 District Trainer 2022-24  
PDG Dennis Schonewetter ..... VVS. Comm.


 CNY Rotary Trainer 2024-25  
PDG Deb Glisson ..... Onondaga North Rotary


Assistant Governors

 Area 1  
Steve Mercurio ..... Rome


 Area 2  
Dorene Gortner ..... New Hartford

 Area 3  
Jim Cook ..... New Hartford


 Area 4  
Jim Eklund ..... Chittenango

 Area 5  
Steve Osborne ..... Fulton

 Area 6  
Linda Ervin ..... DeWitt

 Area 7  
Charlie Smith ..... Marcellus

Newsletter Editor

 James Morrow ..... Syracuse

A MESSAGE FROM DG ELISE

Elise Hereth | DG | VVS Community

I hope your Rotary year is in full swing as we “Create Hope in the World.” I see this year’s theme in action at every club I’ve visited. Members are excited about their own community projects and Rotary projects that impact the world. We continue to work towards a Polio-free world! What an amazing thing that will be. Our huge Rotary machine that can work towards this goal will also keep combating other diseases that affect people all over the world. We do so much more together than any of us could do alone!

If I haven’t visited your club yet, please keep in mind that part of RI President Gordon’s theme in addition to promoting peace through our areas of focus, and eradication Polio, is to address Mental Health. Please look at your own communities and think about what you can do to help eliminate the stigma around mental health and look at what resources are available.

There is a [Rotary Action Group](#) for this as well and we will continue to address it throughout the year. We can all start by checking on members we haven’t seen lately, our neighbors, friends, and relatives.

Keep reading our District Newsletter and reach out to your Assistant Governors and Committees for support. There are many Polio Day events coming up next month in October. Contact and visit other clubs to participate or lend a hand with their events. ♦

UTICA DONATES \$17,000 TO ZOO

Jerry Kraus | Utica

The Rotary Club of Utica’s Second Annual ‘Service Above Self’ Gala was a big hit, not only in the sold-out event itself, with Soul Injection at The Stanley Theater recently and a delicious dinner on stage, but also with the grand total raised: **\$17,291!** That donation will be used by The Utica Zoo for their ongoing renovation of the Red Panda Exhibit. At a recent Greater Utica Chamber of Commerce Business After Hours event at The Utica Zoo, Rotary Club Members presented Zoo officials with the ceremonial check to cap off a very successful Gala Event held in June. The Rotary Gala Committee would like to thank the sponsors and supporters for helping to make this event a great success. The committee has already begun planning for next year’s Gala! ♦



CENTRAL NEW YORK ROTARY UPDATE

CNY Rotary Shares Survey Results & Town Hall Invite

CNY Rotary Communications

Building a new district of more than 3,000 members can be daunting. The CNY Rotary steering committee was curious to hear from club members and wondered how they felt about the upcoming changes. How are they getting updated? What are their concerns?

Last spring, over 400 members of the three districts about to become CNY Rotary took the time to provide their feedback on the process thus far. The steering committee appreciates all the feedback and has put together a video to share the results with you as well. You can watch the video on [YouTube](#).

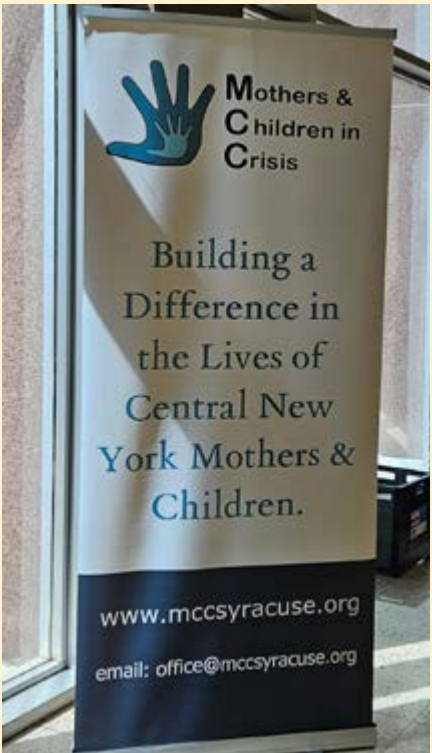
The biggest takeaway from the survey is many of us are on the same page when it comes to what we need from our district leaders.

The team we are building now will deliver on your top three identified needs: effective communication,

inspirational leadership, and grants management. As a result of the survey feedback, the steering committee would like to hear more from you on your feedback about service projects in CNY Rotary. Are you looking for support so your club can do more? Do you want more collaboration? Are you looking for regional events?

Come to the CNY Rotary Service Town Hall on **Tuesday, September 12th at 7 p.m.** to be part of that discussion. Bring your ideas and questions, and be ready to share. [Register here](#) to receive the zoom link.

Please be sure to follow [@CNYRotary on Facebook](#) and Instagram to stay updated and encourage your fellow Rotarians to do the same. Additionally, you can visit [www.cnyrotary.org](#) for more information as well!. ♦



DeWitt Rotary donated \$2000 to Mother's & Children in Crisis for their back-to-school event recently held at treatment court in Syracuse. \$50 food gift cards to Aldi's were given to 40+ families. 82 children each chose a new pair of sneakers, a new age appropriate backpack full of school supplies, books, and new outfits for school. With other community partners, they helped families start the new school year on a positive note. Rotarians Doug Freeman, Mark Matt, and Cheryl Matt volunteered at the event. <https://www.mccsyracuse.org/>



District Officers



District Secretary  
PDG Pete Cardamone ..... Tully



Co-Treasurer  
Tara Renner ..... Onondaga North



Co-Treasurer  
Charrise Kidd ..... Fulton



Finance  
LaVerne DeLand ..... Fulton



District Conference  
Jenny Doane ..... Baldwinsville



Foundation  
Chair, Don Reese ..... Utica



Diversity, Equity & Inclusion  
Co-Chair, Cheryl Matt ..... DeWitt



Diversity, Equity & Inclusion  
Co-chair, Devin White ..... Eastwood



Membership  
Joe Caruso ..... Utica



Innovative Clubs  
Lizzy Martin ..... Baldwinsville



Public Image  
Lizzy Martin ..... Baldwinsville



Parliamentarian  
PDG Dennis Schonewetter... VVS Community



Rotaract  
Jonathan Yost ..... Eastwood



Veterans Service  
John "Ziggy" Zygmunt ..... New Hartford



Youth Exchange & Rotary Youth Leadership Awards  
PDG Phyllis Danks ..... Marcellus



RLI Site  
Jenny Doane ..... Baldwinsville



Environment Service  
Chuck Tomaselli ..... New Hartford

NEW EVENT: DEWITT COMMUNITY DAYS

Cheryl Matt | DeWitt

DeWitt Rotary is composed primarily of members from the DeWitt, Fayetteville, Manlius and Syracuse areas, with some members as far away as Cortland, and Wellesley Island! For about 65 years, DeWitt Rotary had one large annual fundraising event each year in May — the Dewitt Rotary Pancake Day at Shoppingtown.

However, during the pandemic, they had to switch gears, and instead of flipping pancakes, the club held a successful spring basket fundraiser two years in a row.

Coming this fall is a new fundraiser called [DeWitt Rotary Community Days](#). Hopefully, this new idea will get DeWitt back to a large community event similar in scope to the Pancake Day.

Please join us on Saturday, October 14 for this event. There will be a pancake breakfast in the morning, booths from area community organizations all day, musical entertainment, food trucks, and displays. There will also be a raffle of special gift baskets.

**If your business would like to be an event sponsor, download the [sponsor sheet](#) to sign up. If you or your club would like to volunteer at the event, contact DeWitt Rotarian Davis Yohe at [dyohe1271@gmail.com](mailto:dyohe1271@gmail.com).**

We invite you to check out our website [www.dewittrotary.org](http://www.dewittrotary.org) as well as our Facebook page "Rotary Club of DeWitt".

We meet at noon for lunch the first and third Monday of each month, except holidays. We currently meet at the Collegian Hotel at 1060 E. Genesee St. Syracuse, near SU. You are welcome to attend one of our meetings. Thank you again for your support. Your support allows us to help meet the needs of our community. ♦

Save the Date

Pins for Polio!

Friday October 6th

Sherrill Community Activity Center

139 E Hamilton Ave, Sherrill, NY

MORE DETAILS TO FOLLOW!

VVS Community Rotary Club

SAVE THE DATES: March 15-17, 2024

NEW LOCATION: DOUBLETREE CARRIER CIRCLE, SYRACUSE

Empire Rotary Multi-District PETS

Training for President Elects, Assistant Governors and members of Rotary Districts 7120, 7150, 7170 and 7190

Find us on 

[www.rotaryempiremdpets.org](http://www.rotaryempiremdpets.org)



SYRACUSE WELCOMES "RENEWEST" MEMBER GLENN IVERS

PP James Yonai | Syracuse



The Rotary Club of Syracuse is pleased to welcome back Glenn Ivers as a "renewed" member. On July 14, Glenn rejoined the club after a long hiatus while he pursued his literary passions and authoring of a book titled, *"Angels of Bastogne: A Remembrance of World War II"*.

Mr. Ivers is a native of North Syracuse and graduated from Colgate University in 1973 with a degree in English literature. After college, Glenn served in the U.S. Peace Corps in Liberia, West Africa from 1974-1976. Following his tenure in the Peace Corps he travelled extensively throughout West Africa.

Glenn returned to Central New York and spent his professional career in the human services field at Syracuse Boys Club, Laubach Literacy International, and the American Lung Association. He is currently a volunteer with Honor Flight Syracuse and the Jamaica Trail Project.

During the 1990s, he produced three one-hour documentary films. Each was a Telly Award winner and was distributed by the Public Broadcasting Service. Glenn is married and has three sons.

It was during his time at the American Lung Association that Glenn met Dr. "Jack" Prior of Manlius. As an amateur World War II historian, Glenn was captivated by Jack's stories about his service as a doctor in an aid station in Bastogne during the Battle of the Bulge. Those stories and Glenn's subsequent research led to the publishing of his novel. ♦



D7150 PROJECT NEARS COMPLETION IN TANZANIA VILLAGE

D7150 Public Image Chair Lizzy Martin

The new school our district sponsored for the village of Oltepeleki in Tanzania is complete and has passed inspection! Here are photos, including one with our builder, staff and some village elders celebrating the finalized inspection.

This past year, our district raised \$18,500 with donations from clubs and individuals throughout District 7150. In partnership with the Fulton, Missouri Rotary Club, we were able to put those funds into a life-changing project to build this school, with a water catchment system, and a brand new latrine. Now the children in this village can go to school in safety, no longer having to brave wildlife to travel far away for an education. Coordinator Bob Hansen said, "Your project will save lives of young kids, increase the number of kids going to school, provide clean water, provide the only latrine for miles, and take away stress from parents who were worried about their kids walking many miles to and from school."



From left to right: Paulo, TO, village elder, Isack (the builder), village elder (behind) and another village elder on the front porch of the new school building in Oltepeleki, Tanzania, constructed thanks to contributions from clubs and members in District 7150.



The new school building. To the left: a large water catchment system.



Soon, children will fill this space as they gather for school.



A new latrine is the only real latrine for many miles.

Stay tuned for future updates once the children have been able to start their classes in this new facility!

ONONDAGA NORTH: FLAGS OF HONOR AND GRATITUDE

PDG Phyllis Danks | Onondaga North

The time of year is upon us to reserve your flag space on our field for 2023. The Rotary Club of Onondaga North is proud to present its 11th annual "Flags of Honor and Gratitude" project. This project grows bigger and bigger every year. Therefore, please get your re-fly orders in by October 5, 2023, to ensure your space on the field for this year.

The Flags of Honor and Gratitude will be displayed from Saturday, November 4 through Saturday, November 18 in front of the Wegmans on Route 57 in Liverpool. If you are a current flag holder, you are eligible to redisplay your flag (or flags) this year for a donation of \$15.00 per flag. This can be claimed as a charitable deduction.

Your contribution is important as it not only honors someone for their service it also helps our club contribute to charitable organizations or groups that serve our community. All flags purchased last year were stored for your convenience unless you requested to pick it up after the flag was taken down.

[Download the Application Form](#)

You can send a check to:  
**PO Box 2493, Syracuse, NY 13220**  
please enter the honored person's name on check's memo

made payable to:  
**Onondaga North Rotary Club Foundation**

or visit:  
[www.onondaganorthrotary.com](http://www.onondaganorthrotary.com)

There will be Flag Dedication Ceremony held at the flag site on Sunday, November 12 at 10:00am. Various music groups, the North Syracuse Boy Scout Troup 157, the Liverpool Girl Scouts, and the Cicero American Legion will all take part in the ceremony and assist with the project.

Thank you all for being a part of this project year after year and supporting all those who serve and have served our country. If you have questions or concerns, please feel free to contact me:

Phyllis M. Danks, Project Chair  
315-256-2152

WHAT IS EQUITY?

District 7150 Diversity, Equity & Inclusion Committee

**DEFINITION:** Equity is the fair treatment, access, opportunity, and advancement for all people, while at the same time striving to identify and eliminate barriers that have prevented the full participation of some groups.

Sometimes we are asked about equity versus equality, and while they sound familiar and do sometimes overlap, they really are two distinct concepts. The illustration at right helps us to see the difference between them.

We can see across the top an example of equality where everyone got the same bicycle. But clearly not everyone can use the same bike because people come in different sizes and abilities. The equitable solution is that everyone gets a bike designed and sized properly for their needs, eliminating any barriers to full participation. Equity is fairness.

As Rotarians it is defined explicitly in our values that fairness matters. It is the second question in our Four Way Test. In Rotary, we should take pride in doing our best to be fair to all concerned!



You can learn about this and more with a program from your District 7150 Diversity, Equity & Inclusion (DEI) Committee. They have a program perfect for laying out the basics and introducing your members to the importance of DEI in our organization, Rotary International's commitment to it, and how it is vital to a long legacy of service above self.

This summer, the committee shared their presentation with Moravia Rotary, and they will be visiting Syracuse Sunrise and Syracuse Rotary this fall. Get them to visit your club in person or on zoom by emailing co-chair Cheryl Matt at [cherylmatt7150@gmail.com](mailto:cherylmatt7150@gmail.com).

Chittenango Rotary  
*presents*



**2023-2024 SU MEN'S BB  
SEASON PASS RAFFLE**

Drawing held at  
Chittenango  
Fall Fest  
October 2023

**\$20.00**  
ONLY 400 TICKETS  
WILL BE SOLD!

Win TWO  
Season Passes:  
SECT 308 ROW C  
SEATS 13-14

Proceeds from this ticket raffle will benefit local and worldwide projects for fighting disease,  
providing clean water, supporting education, and promoting peace.

[www.ChittenangoRotary.org](http://www.ChittenangoRotary.org)



TEXAS MAN LIVES 70 YEARS IN AN IRON LUNG: ‘I NEVER GAVE UP’

Paralyzed by polio in 1952, Paul Alexander has led a full life confined to a ventilator

David Kindy | Smithsonian Magazine

On a hot summer day in 1952, Paul Alexander of Texas was not feeling well. His neck and head hurt and he was running a high fever. Within days, the six-year-old boy could not move, speak or even swallow: he had contracted polio.

Today, though almost completely paralyzed from the neck down, Alexander—who is now 75 years old—is alive and well, thanks to the large steel ventilator that has enabled him to breathe for nearly seven decades, reports Andrew Court of the New York Post. He is one of the last people to use an iron lung, a device that was a common sight in polio wards at the peak of the epidemic.

I never gave up and I’m not going to,” Alexander says in a recent video interview with storyteller Mitch Summers.

Instead of being imprisoned by the medical device that keeps him alive, the man in the iron lung has used it as a springboard to thrive. He graduated with honors from high school, then received a scholarship to Southern Methodist University after first being rejected by the school. He attended classes in a wheelchair for the brief moments when he could escape the iron lung, reports Linda Rodriguez McRobbie of the [Guardian in a 2020 article](#).

Alexander graduated in 1984 with a Juris Doctor from the University of Texas at Austin Law School, reports Linda Hasco of PennLive.com, and actually worked as a lawyer.

In 2020, Alexander wrote a book about his experience, Three Minutes for a Dog: My Life in an Iron Lung. It took him five years to do it, writing every word himself with a pen attached to a stick he held in his mouth.

“I wanted to accomplish the things I was told I couldn’t accomplish and to achieve the dreams I dreamed,” he says in the video.

Polio—short for poliomyelitis—was a mid-20th-century scourge that sickened tens of thousands of

people and killed thousands each year. The infectious disease caused by the poliovirus attacks the central nervous system, resulting in some form of paralysis in about 0.5 percent of cases. Franklin Delano Roosevelt, the 32nd United States president, lost the use of his legs when he contracted polio in 1921. Health officials declared the U.S. polio-free in 1979 following a long campaign to inoculate Americans after virologist Jonas Salk invented the vaccine in 1953.

The polio plague sickened tens of thousands of people and killed thousands each year during the mid-20th-century. At the peak of the scourge, iron lungs were an absolute necessity for those who suffered paralysis of the diaphragm. The medical device allowed them to breathe by creating negative pressure through a vacuum, which forced the lungs to expand.

Today, Alexander is thought to be one of only two people still using an iron lung, reports the Guardian. According to Smithsonian’s National Museum of American History, 1,200 people in the U.S. relied on tank respirators in 1959. By 2004, only 39 individuals used them.

Alexander admits in the Guardian article that adjusting to life in the iron lung was extremely difficult. He says he felt rejected by others and had to learn how to “frog” breathe by using his throat muscles to push air into his lungs when he was outside of the ventilator.

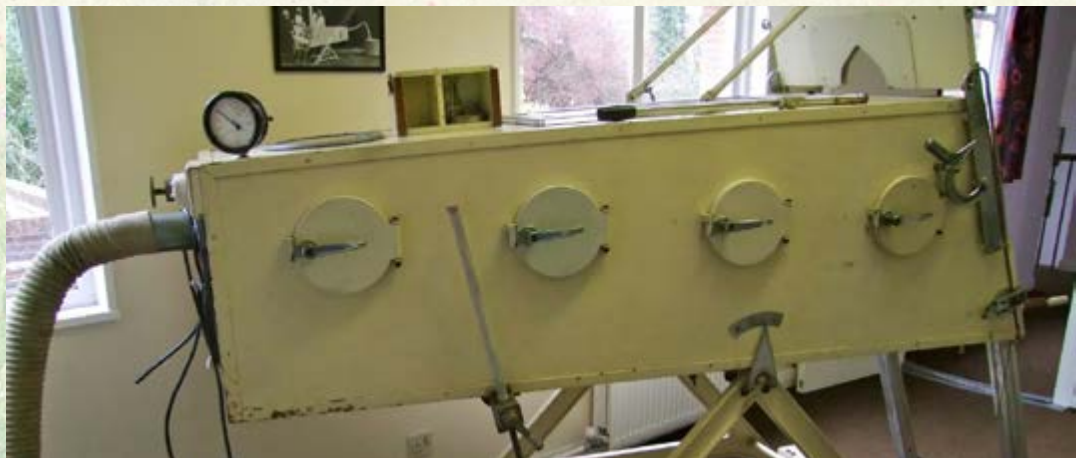
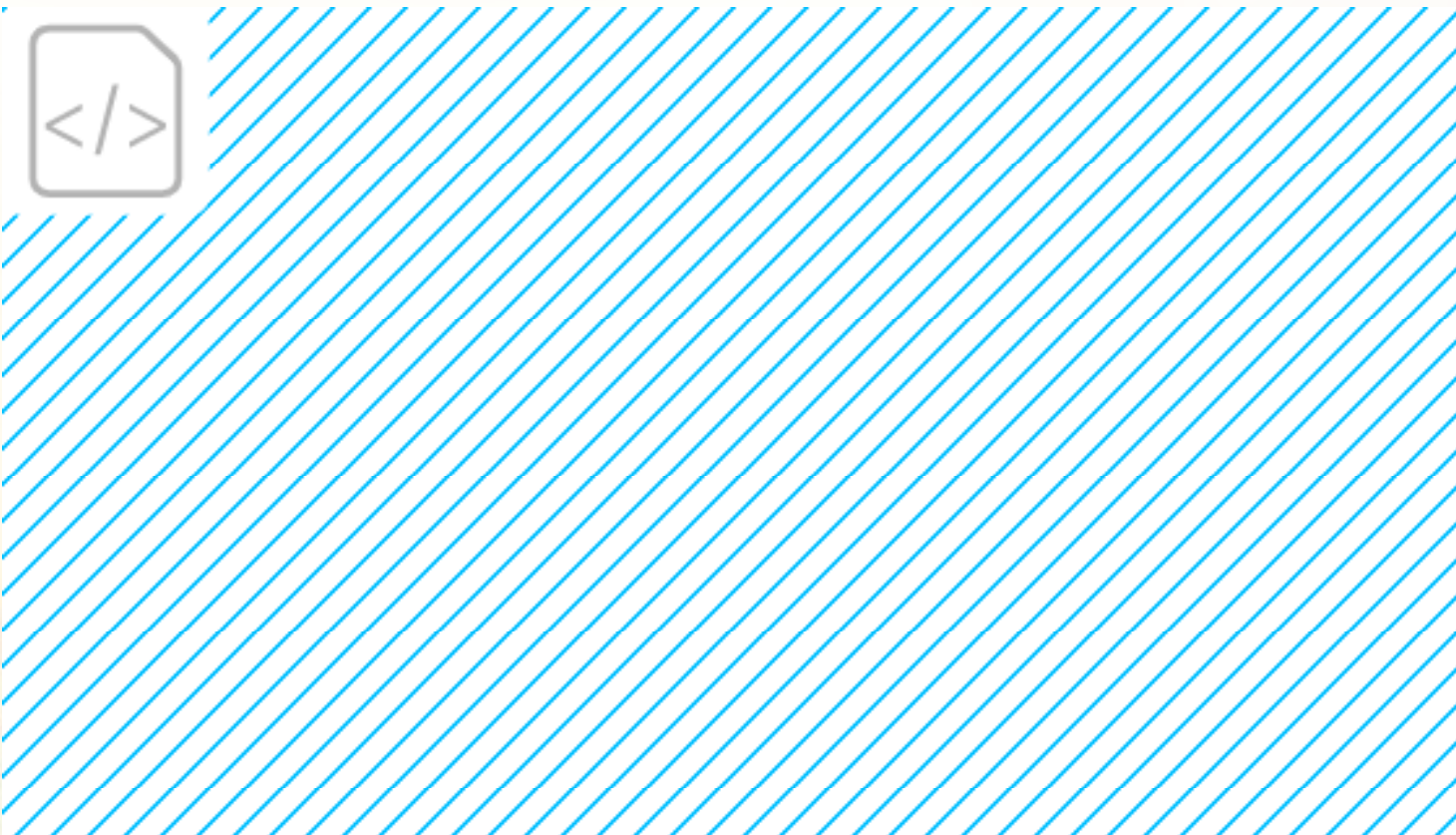
“I didn’t want to die, so I continued to fight,” he says in the video.

Today, Alexander continues his fight—not just for himself, but to let others know they are not limited by their circumstances, he proclaims in the video with Mitch Summers.

“My story is an example of why your past or even your disability does not have to define your future,” he says, adding, “No matter where you’re from or what your past is, or the challenges you could be facing. You can truly do anything. You just have to set your mind to it, and work hard.” ♦



Paul Alexander in his iron lung.  
Photograph: Allison Smith/The Guardian



Alexander’s machine was invented in 1928 and has not been manufactured since the ‘60s.  
Geoffrey Swaine/Shutterstock



Paul inside his iron lung as a child.  
Photograph: Courtesy of Paul Alexander

Mark your calendars for World Polio Day | PDG William R. “Randy” Wilson

Join the global movement on October 24 as Rotary, Rotaract, and Interact clubs around the world take action to promote awareness of polio and raise funding for Rotary’s polio eradication efforts. With poliovirus being reported in previously polio-free areas, the past few years have truly shown that polio anywhere is a threat to children everywhere.

In this critical year for polio eradication, we need your help to show the world the tenacity of Rotary members in accomplishing an audacious goal: a polio-free world. Visit our World Polio Day webpage for resources and tips on how you and your club can participate in promoting a polio-free world on October 24.

Let’s make polio history. Together, we end polio!



# 7150NEWS

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**KEEP US UP TO DATE WITH YOUR CLUB'S LATEST NEWS**

Email photos and articles to [rotary7150@gmail.com](mailto:rotary7150@gmail.com). Deadline to submit information is the 25th of each month.

Rotary



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