### Keepin' Up With The District A Message From: DISTRICT GOVERNOR Samantha Maruzzelli





Dear Rotarians,

Our Rotary theme for March is Water, Sanitation and Hygiene Month. Over 750 million people in the world lack access to safe water and more than 2.5 billion people lack access to adequate sanitation facilities. At least 3,000 children die each day from diarrheal diseases caused by unsafe water. When you donate to the Rotary Foundation's Share Fund you are supporting all the projects we do for Water, Sanitation and Hygiene.

Our District is entering a team in the Alzheimer's Walk on October 19th at the PNC Field. I think most of us have had a friend or family member affected by Alzheimer's'. It is a cruel disease that not only destroys the patient, but deeply hurts family and friends. We are asking each club to raise at least \$100.00 to donate to the walk and to have at least two members join us all on October 19th at PNC Field. Please contact me with your participants. It will be a great day for us all to put on our Rotary shirts and walk together as the fantastic team that we are! Email me at

samanthamaruzzelli@gmail.com or text me at 570-885-1810.

NAMI, National Alliance on Mental Illness is hosting the 12th Annual Hawley Spring Run: A Race for Mental Wellness! Please gather your members and join the District on June 2 nd , 2024. DGND Andy Chapman, alcrotarv@gmail.com can hook you up with the information, help you order t-shirts and give you the details of the day. I hope to see you all there!

March is also Grants Training month. We have 2 sessions left, March 13th in Scranton and March 16th in Tunkhannock. I hope to see many of you there. Registration in on the District website.

The District Conference registration is also on the website.

Some new news since last month is that we have a Rotary International President's Representative joining us for the entire event. PDG William Duane Benton, judge of the United States Court of Appeals for the Eighth Circuit, from Kansas City, Missouri. PDG Duane is going to speak to us about Rotary and give us some suggestions on how to balance our lives and Rotary. One of the most common problems people have about committing to Rotary is, where will they find the time? We are looking forward to hearing from Judge Benton and spending the weekend with him.

This past month I have had the pleasure of having lunch and dinner with several clubs. Pocono Mountains, Wyoming, Plymouth, Wilkes Barre, and Kingston. The amount of service projects that are done across our District amazes me. Our communities need us! This next month is a busy one as well. I have many club events, meetings, Grants training and one of my favorite events, PETS! I am looking forward to all of it!

Remember to read the entire Newsletter to find out all that is happening across our District. You will be inspired! Join any club anywhere that you can.

I hope you all have a fun St. Patrick's Day filled with corned beef and cabbage, Guinness, Irish music and pinching anyone not wearing green!

Enjoy your Easter holiday with your friends and family! Eat the chocolate bunnies! Life is short, make the most of it.

Yours in Rotary Service, Sam

Rotary







# DON'T BOTTLE TUP Rotary



Mental Health Initiatives

## "I'm not afraid to speak up – Neither should you"

otary

Samantha Maruzzelli Tunkhannock Rotary Club District 7410 DG 2023-2024

Approximately 1 in 4 people officially suffer with some form of mental illness and due to Covid this is rising.

In reality, almost everyone will encounter a mental health issue either directly or indirectly at some point in their lives.

Even if you're not in the 25% directly affected, help break the taboo of Mental Health.

Don't suffer in silence. #dontbottleitup

Upcoming Events

## Calendar

March 2024

Mon	Tue	Wed	Thu	Fri	Sat	Sun
26	27	28	29	1	2	3
SHINE Volunteer At South Eleme	ntary (Newfoundland)					
					Grants Training Sand Springs Country Club	
4	5	6	7	8	9	10
SHINE Volunteer At South Eleme	ntary (Newfoundland)					
		Bingo Night March 6th (Newfoundland)				
11	12	13	14	15	16	17
SHINE Volunteer At South Eleme	ntary (Newfoundland)					
		Grants Training in Scranton			Grants Training Tunkhannock	
18	19	20	21	22	23	24
SHINE Volunteer At South Eleme	ntary (Newfoundland)					
25	26	27	28	29	30	31
SHINE Volunteer At South Eleme		27	20	25	50	51
Shine volunteer At South Lienie						
1	2	3	4	5	6	7
SHINE Volunteer At South Eleme	ntary (Newfound <b>l</b> and)					
		Bingo Night April 3rd (Newfoundland)				
<ul> <li>Committee Meeting</li> <li>Official DG Visit</li> </ul>	🗌 - Deadline	🗌 - District Ev	rent 🗌 - Fi	undraiser	🗌 - General	

#### Grants Training in Scranton- March 13th

Grants Training in Tunkhannock- March 16th

Newfoundland- Bingo Night- April 3rd

See You There!

Don't see your event on the calendar? Email jpoperotary@gmail.com for instructions on how to add it!

Submit to the Newsletter!

## Thank you to everyone who contributes to the monthly Newsletter!

#### Instructions to submit your articles and photos to the newsletter:

Please send submissions to the email box: RotaryDistrict7410Newsletter@gmail.com

#### Please remember to keep your content:

-Simple & Brief, Limiting all articles to a total of 2 pages. -Connecting to trending topics or events if possible

Also, please submit your newsletter articles in **one Word Document with photos attached separately, not in the body of separate emails or in the document.** This helps assure that all of your articles are included in the newsletter and nothing gets lost.

## Rotary Convention



#### **SHARING HOPE WITH THE WORLD**

#### SINGAPORE | 25-29 MAY 2024



REGISTRATION CATEGORY	27-31 MAY 2023	1 JUNE 2023 TO 15 DECEMBER 2023	16 DECEMBER 2023 TO 31 MARCH 2024	1 APRIL 2024 TO 29 MAY 2024
Club member, nonmember, or guest, age 31 or over	\$450	\$500	\$595	\$695
Club member, nonmember, or guest, age 30 or under	\$150	\$175	\$225	\$275
Guest age 5-18	\$20	\$20	\$30	\$40
Guest under age 5	Free	Free	Free	Free
Saturday, House of Friendship only	\$60	\$60	\$60	\$100



Register today at convention.rotary.org #Rotary24 All amounts are in U.S. dollars.



CLICK HERE to REGISTER NOW for the District Conference!

<u>CLICK HERE</u> to for the latest information on the District Conference and keep checking back to view the Featured Speakers, Itinerary, and more details.



## Celebrating Service with Fellowship

Rotary

District 7410

Coming together to acknowledge the value of our service, while fostering and focusing on our camaraderie between our fellow Rotarians.



District Governor Samantha Maruzzelli

#### JOHN H. HERSKER



Donna Labar



Curt Goldacker



#### District Conference Highlights Include:

FRIDAY - MAY 3RD

Golf: 10am Rotary Service Project: 2pm Conference Dinner and Fellowship

#### SATURDAY - MAY 4TH

Nature walk: 8:30am Keynote speaker - John Hersker: 10am Wellness is a Vibe: 11am Lunch: 12pm Keynote speaker - Captain Curt Goldacker: 1:30pm Keynote speaker - Donna Labar: 2:30pm Rotary Olympics: 3:30pm Conference Dinner and Fellowship

May 3rd, 4th, & 5t 2024

Skytop Lodge

Skytop, PA

**SUNDAY - MAY 5TH** Breakfast with the Governor: 8am Memorial Service: 10am

We look forward to seeing you! Visit RotaryDistrict7410.org to Register!

Membership

#### Suggestions on How to Increase Membership

1. Ask yourself when was the last time you invited a friend or family member to come to a Rotary activity or meeting? Rotary needs more Rotarians so we can do more work for our community and international. The most effective way is to invite prospective members in person.

2. "Each One Bring One " events. Hold a dinner or mixer.

3. Each club has a membership chair and an assistant.

4. Create a club trifold highlighting your club's projects, mission, and some action pictures of members. Give the trifolds to your guests and speakers.

5. Assign a mentor to each new member for at least the first year to increase their engagement in Rotary.

6. Keep your club's Facebook page and website up to date.

7. Always ask your speakers if they would like to learn more about Rotary.

8. Enter a Rotary float into the local parade.

9. Have a Social Media Chairperson for Facebook – Highlight various members on the Facebook Page. (Rotarian of the Week)

10. Most importantly tell jokes, play games, and have fun at your service projects and meetings.

Share why we joined Rotary: to meet people, fellowship, professional development, continuing education, public speaking, traveling opportunities, help others, and serve local and international.

Club presidents and membership chairs please join in on our next zoom discussion 3/27/24 at 6 PM to talk about more opportunities on how to Increase our membership.

I will send out the zoom information closer to the date. Membership is a priority, and we all need to work together.

Regards, Mary Tempest - Membership Chair

Public Image

Don't forget!

#### Visit the **Public Image page** to:

-Download a printable/fillable <u>"Connect With Us" business card</u> to pass out to prospective Rotary members.

-Find a link to take you directly to <u>Rotary Internationals Brand Center.</u> Here you can create and download videos, images, brochures, logos, business cards, flyers and much more.

-Download a copy of the District Directory.

-Download your <u>club logo</u>.

Ukraine Relief

#### Canada and Pennsylvania Score a Goal in Ice Hockey to Benefit Humanitarian Relief in Ukraine

The Laval Canada Rockets and the Scranton/Wilkes-Barre Penguins game together on the afternoon of February 17th at the Casey Plaza of the Mohegan Sun Arena to compete in their American Hockey League rivalry. Little did the teams know that this night would include a fund-raising effort by Rotary District 7410 to raise funds for Ukraine humanitarian relief. The two teams played an exciting hockey game, with the Penguins coming out ahead 6-3 thanks to a number of goals achieved by their defense in response to power-plays by the Rockets.

Rotary District 7410 and its International Service Committee also performed a power-play raising at least \$1,329 to go to the Warsaw City Poland Rotary Club steady state effort to aid Ukrainian Refugees in Poland as well as Ukrainian Displaced Persons in Ukraine proper. The Plains Rotary Club first introduced and supported this humanitarian relief effort and since December 2022 District 7410 and its various clubs and non-Rotarians have sent \$13,700 to the Warsaw City Poland Rotary in support of this effort.

Very soon a check will be sent by the District Treasurer via international wire transfer. The needs for this relief are ongoing and necessary every day of the year. If you or any of your fellow Rotarians or non-Rotarians would like to donate to this steady state effort, send your check to the District Treasurer made out to District 7410, in the memo section make note of the Warsaw City Poland Ukrainian relief effort.

Another benefit is potentially two new Rotary members, thanks to the advertising of the event.

"Service Above Self "continues as the principal motto of Rotary International. Come join us!

Yours In Rotary, DAVID PALMER, Chair, Rotary District 7410, International Service Committee



Keith Foster; Andrew Kelemen, New Milford Area Rotary; JoAnne Brown; Kenneth Masters; Peggy Foster-Kelemen, New Milford Area Rotary; Annie Palmer, New Milford Area Rotary



Left to right: Hal Harris, Mount Pocono Rotary; Adelina Katz, Mount Pocono Rotary; Dave Palmer, New Milford Area Rotary; James Baker,Scranton Rotary; Joseph Bunk, Abington Rotary; Bob Courtright, Scranton Rotary



Joseph Bunk and family, Abington Rotary, enjoying the game.



Michelle Reilly, Mt. Top Rotary, singing God Bless America



Gino Merli Veterans Home delivering 10 resident Veterans thanks to a Rotarian donating tickets



#### Roba's Visits the Rotary Club of the Abingtons

Julianne Hunt Roba came to the weekly meeting yesterday to update Clark's Summit Rotarians about her Roba Family Farms in North Abington Township. For many years the Roba Family has worked tirelessly to offer family fun for the public, schools, field trips and corporate outings. Annually, the Roba Family invests in their property to bring seasonal treats to our community.



#### New Member Chris Loftus

Thursday February 15 the Rotary Club of the Abingtons installed new member Chris Loftus at their weekly meeting at Camelot in Waverly. The international service club is present in 160 countries, has 1.4 million members and gives more than 47 million volunteer hours annually.

Pictured (L to R): Member and sponsor Bruce Valentine, Loftus, Past District Governor Roger Mattes and President Virginia Johnson



#### Amy M. Clark, LCSW & Associates LLC

On Thursday February 22nd Amy Clark of Tunkhannock visited the Rotary Club of the Abingtons to discuss the mental health therapy and the resources that are available for children and adults in NEPA. Information is available at AmyClarkCounseling.com.



#### Bob Acobe MSW

Today Bob Acobe, the Outreach Coordinator for ClearVision Health and Wellness in Hazleton spoke to the Rotary Club of the Abingtons about ClearVision's addition treatment programs. At the core of their organization is a strong culture that values recovery with love and respect. Visit clearvisionhealthandwellness.com.





#### Dallas Rotary supports Fork Over Love

At a recent meeting of the Dallas Rotary, their guest speaker was Tracey Selingo, founder and CEO of Fork Over Love. The organization began as an emergency response in January 2021 to bridge the gap between two groups of people severely affected by the pandemic: the working poor and small, independent restaurants. The working poor struggled to put food on the table, and restaurants struggled to keep their staff employed and their doors open. Solution: use donations, the restaurants, and volunteers to prepare and make meals available for those of our neighbors in need.

Tracey shared some astounding facts and figures. So far, \$600,000 has been spent on meals, 60,000 dinners have been made and distributed, 83 local restaurants are involved, 348 food distribution events have been held to date, and 250 people volunteer their time to help. All this has taken place since January 2021. The Rotarians congratulated her and thanked her for a job well done by making a generous donation to Fork Over Love.

From left: Dallas Rotary Vice President Heather Fritz, Fork Over Love founder and CEO Tracey Selingo, Dallas Rotarian Joann Prohaska, Dallas Rotary President Elect Jason Moran.





#### Club Updates

Hello from the E-Club of International Innovators!

We hope everyone found ways to celebrate Black History Month this past February.



#### March is Women's History month.

WOMEN'S HISTORY MONTH



On April 24th at 7:30pm we will have a speaker: JoAnna Van Tine, our NEPA contact for NAMI. Please join us! You can email us to RSVP to make sure we have enough spots: intlinnovatorseclub@gmail.com.



Wind Dates of Water Wortheast Region PA

We are a virtual club in the district. We meet on Zoom, Wednesdays at 7:30pm EST. All are welcome! Our current link is:

Topic: E Club of International Innovators Weekly Meeting https://us02web.zoom.us/j/87010456077?pwd=QWI0NU1QY28yUnZPMW5TQ2dLRIZ1QT09

Meeting ID: 870 1045 6077 Passcode: 092720

Our speakers are listed on our website: <u>https://rotaryeclubofintlinnovators.com/speakers</u>



#### Paul Harris Fellow

Rotary International District 7410 District Governor Samantha Maruzzelli, third from the right, and Freeland Rotary President John Maso, second from left, award Mark Whitmer, third from left, and Nikki Kokiko, left,Paul Harris Fellows. The Paul Harris Fellow recognition is the Rotary Foundation's way of expressing its appreciation for a substantial contribution to its humanitarian and educational programs. Also taking part were Tim Genetti, District Governor Nominee and Pat Ward, left, Assistant District Governor.





#### Club Updates

The Hamlin Lake Ariel Rotary Club has been honored with the prestigious title of ShelterBox Bronze Hero! This recognition is a testament to the dedication and commitment of each member in the club who tirelessly works towards making a positive impact on the world.

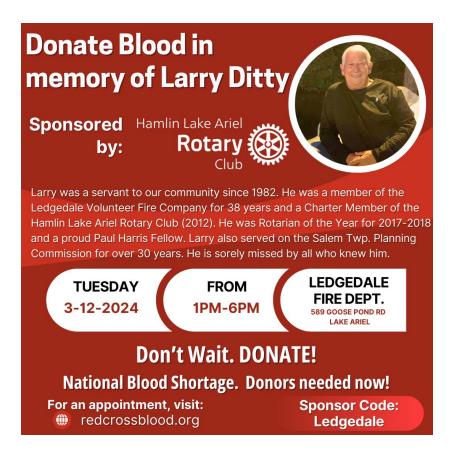
Here is a short blurb from ShelterBox about the work they do: "In 2023, we supported more than 325,000 people (approximately 65,000 households). It is our second biggest year, behind the 420,000 supported in 2022, in terms of people reached since ShelterBox began in 2000.

We supported thousands of people in Türkiye and Syria after earthquakes devastated the region. In Morocco, where a powerful earthquake had caused widespread damage in the Atlas Mountains, our teams worked with our partner Association Le Grand Atlas, and Rotary District 9010 to distribute emergency shelter aid to around 20 affected communities. East Africa has been victim to the worst drought in 40 years, causing millions of people to be displaced. We've supported thousands of people in Ethiopia this year providing essential household items, tarpaulins, and ropes for people who have been displaced. We also launched our first project in Somalia since 2011 and have so far been able to provide support for hundreds of people, with additional projects in the pipeline for 2024.

As the conflict in Ukraine approaches its third year, we are delivering our sixth project in the country supporting thousands more people with winter clothing, blankets, and stoves. We are continuing to support people affected by conflict in Syria with winterization projects too, making sure people have thermal clothing, blankets, and tarpaulins to help make temporary shelters waterproof.

In Cameroon, we've supported over 100,000 people who have had to flee their homes due to conflict, the climate crisis, and poverty. Our latest project in the country has supported over 63,000 people with shelter."

ShelterBox is doing remarkable work providing emergency shelter and tools for families robbed of their homes by disaster. As a ShelterBox Hero, this Rotary Club has actively supported their mission, contributing to the global efforts of rebuilding lives and communities.







#### Young Rotarians Meet and Greet State Representative Dane Watro



Rotarians Nina Bonus, Anne Frey, Mary Pat Stroia, Tim & Michelle Genetti, 116th District GOP Chair Mike LaRocca., State Representative Dane Watro and Rotarian Alan Whitaker in attendance at Young Rotarians February meeting.



Young Rotarians Dr. Billy Spear, 116th District GOP Chair Mike LaRocca, Jace Whitaker, Marti Joines, Claudia Stroia, Athena Nicholas and Carmen Cicioni got together for the Young Rotarians meeting on February 2, 2024.

#### Hazleton Area Academy of Sciences Junior Wins Local Rotary District 7410 Essay Contest

Kim McNulty, Chair-2024 Hazleton Rotary Essay Contest, announced that Ana Batista, a junior at the Hazleton Area Academy of Sciences will receive the \$100 prize from Hazleton Rotary for her winning entry in the Hazleton Rotary Essay Contest.

Her essay has been forwarded to Rotary District 7410 (Northeast PA) for the opportunity to win the essay prizes of \$1,000 for first place, \$500 for second place and \$250 for third place.

The District Committee will begin judging essays at the end of the month and will be in touch with the local essay winners as the process unfolds. The three larger prizes will be awarded at the District Conference.

Essay topic was "Create Hope in the World: How can Communities, Schools, Families, and/or Friends support mental health with caring, giving, and compassion?" The contest was open to High School Juniors and Seniors.

Hazleton Rotary President Michele Kushmeder remarks, "We congratulate Ana on winning our local contest and wish her success as her essay proceeds to the District Contest. Hazleton Rotary is very proud of you!" Please take a moment to read Anne's essay below. Creating Hope in the World: How can Communities, Schools, Families, and/or Friends support mental health with caring, giving, and compassion?

In a world where everyone experiences different challenges and obstacles, prioritizing supporting friends and family is essential to the wellbeing of those we love. We all perceive life in diverse ways, and life experiences vary from person to person. Some of us have sad stories that shape who we have grown into and some of us have carried interesting stories that can assist in the growth of others. One thing that most of us have in common, a trait we all carry, is a lack of understanding about one another. A significant component to community is the importance and influence of family and friends. These influences can have a direct positive or negative impact on a person's social community wellbeing and mental health.

Community is the substructure to meaningful relationships and social interaction; places such as school, church, and workplaces are the foundations that expose us to new meaningful relationships. When engaging in community it is important to encourage dialogue about mental health issues. Open conversation unstigmatizes mental health and allows individuals to feel safe, welcomed, and heard. The underlying thing that can help unstigmatize mental health and support those who are struggling is promoting access to support services. This could be done by implementing support services such as counselors, and training our educators and trusted adults to identify, refer, or treat community members who are suffering from distress. By having professionals train our influential community members such as teachers, clergy members, and employers, they will then obtain the ability to hold these sensitive dialogues and conversations to gain trust and guide those suffering with mental illness to seek appropriate help and treatment. Building trust establishes a solid foundation for any of the relationships in the community. For example, people with the same religious affiliation may seek comfort and compassion within their religious community where there would be a stronger sense of understanding by having a trained clergy member the person would receive proper referral, and compassionate care.

Schools are not only a learning environment but a fundamental place for social interaction, and emotional development. Children and adolescents spend an unprecedented amount of time with teachers, school administrators, and peers. Over thirteen years, the school environment becomes one of the most influential environments in one's lifetime. This is why it is crucial for teachers and school administrators to be educated on mental health, accessible mental health services, and semi-annually host speakers or professionals to aid in the destigmatization of mental health and its importance. It is a necessity to have these programs implemented to allow children and adolescents to thrive in a supportive and nurturing environment while breaking the boundaries of stigmas surrounding mental health.

The family unit is an intimate support system; family can provide an infinite amount of love and safety while also holding an extreme number of expectations. Children and adolescents want to appease their parents, but with that comes pressure to hold themselves to a certain standard and a fear of disappointment. For example, a student who holds themselves to a high academic standard due to the pressure of their family is more likely to be in distress and find it difficult to maintain the relationships around them. Children will now associate their failures as their worth and find it difficult to celebrate their accomplishments. Engaging parents in learning about how to have open conversations, regular family activities and the cultivation of a positive environment can strengthen their relationship with their child while also raising their child's self-esteem. While using the already established trust and unconditional love in a family dynamic you can engage parents and caregivers in mental health services and training to provide support in the home.

Friendships are typically developed through the community due to shared interests and experiences and play a vital role in one's growth because they can reflect and determine one's character. Friendships can develop under any circumstance but crucial in influencing one's life experiences and emotional development. Building relationships within a community outside of family and school such extracurricular activities and religious gatherings are important because peers provide a sense of belonging. These relationships, if positive, can provide an abundance of compassion and understanding. While being a solid support system, they can also share knowledge they have learned on mental health services through the community and recognize signs of a loved one struggling. Proper knowledge on mental health can also assist them in navigating difficult conversations, learn how to actively listen, and strengthen their relationship with friends. Friendships are arguably one of our greatest influences and provide a safe and comforting environment to share the experiences one has gone through.

Undeniably, a community is the most fundamental part of a person's wellbeing and mental health. Whether a community reaches a person through religious affiliation, school, family or friendships, the important aspect is that a person has community in their lives to support their wellbeing. By implementing strategic mental health services and training into community resources, better care, compassion, and nurturing can be provided to community members. It crucial to surround oneself with supportive, educated, and respected community members and mentors who can assist in destigmatizing mental health by having conversations with community members and educating them on the topic. Community can help establish healthy relationships and modes of communication between individuals with similar experiences to help relate and comfort people when understanding and compassion is needed the most. The mental health resources will instill a response of sensitivity due to strategic implementation of education. Community members, family, and friends are truly indispensable; they come together to make a unit that provides endless comfort. A saying that I believe can truly directly sum up how critical community benefits a person's wellbeing is, "It takes a village to raise a child".



#### Honesdale Rotary Hosts Pints for Polio

What was Mark Twain's real name?\* That was one of the questions asked during a fun Trivia Contest at Honesdale Rotary's Pints for Polio on February 21st. Held at the Runaway Train, a new brewery in Honesdale, the evening also included a basket raffle, a drink and snacks. Close to 30 tickets at \$25 each were sold, said Club President Dana Scott. "We also attracted a few prospective new members." Monies raised go towards Rotary International's fight to eradicate polio worldwide. Honesdale Rotary recently announced it will hold its second annual Beer & Wine Fest at the Wayne County Fairgrounds on October 13th.

#### Honesdale Rotary Donates to Students Helping Moms

Wow! Two students from Honesdale High School's Future Business Leaders of America (FBLA) were clearly surprised and moved by the gifts showered upon them by Honesdale Rotary for their school project, Motherly Grace. A short video taken at the presentation February 27th at Two Guys Restaurant in Honesdale shows Jordan Patzuk and Grace Albano hugging each other and literally jumping for joy as the club announced it was giving them \$1,000—in addition to diapers, pampers and other related items donated by Rotary members. Motherly Grace, a resource for new and struggling mothers, has helped 34 children and 19 mothers in just the past two and a half months. Rotary Club President Dana Scott said "We were thrilled to be able to help this truly worthwhile project. Our members responded immediately and generously."

Motherly Grace members are collecting new products such as diapers as well as gently used clothes, car seats, bottles and other items for young children. Anyone wishing to donate to Motherly Grace can contact FBLA advisor Laura Lockwood at llockwood@whsdk12.com or arrange a drop off at the Alpine, 1106 Texas-Palmyra Highway, between 9am – 3pm Tuesdays through Saturdays, by emailing <u>gretch\_24@outlook.com</u> or calling Gretchen (570) 253-5899.

Honesdale Rotary is a service club, part of Honesdale Rotary International which counts 1.4 million members worldwide. The club welcomes new members.

Photo: Honesdale Rotary Club President Dana Scott, far right with students Jordan Patzuk and Grace Albano.















Honesdale FBLA is collecting new or gently used baby products, such as: Diapers, Baby Wipes, Toiletries, Formula, Strollers, Baby Food, Breast Pumps, Car Seats, Bottles, Baby Clothes, Younger Children Clothes...

## **DONATE NOW!**

Tues.— Sat. | 9 AM - 3PM 1106 Texas Palmyra Hwy, Honesdale, PA 18431



FOR MORE INFORMATION:

Gretch\_24@outlook.com

7 1 (570)-253-5899 ext. 3



#### Spelling Bee Winners

At Thursday's night Delaware Valley School District board meeting, the 2024 Spelling Bee winners were presented plaques to be displayed in their respective schools. All elementary and middle school across the district participated. The Spelling Bee started in classrooms and continued until a winner from each school was found. Rotarians John R. Fisher and Carl Will are pictures with some of this year's winners. Milford-Matamoras Rotary Club was happy to support Delaware School District's National Spelling Bee through the sponsorship of the legacy plaques. Milford-Matamoras Rotary Club meets every Wednesday at 12:15PM at the Dimmick Inn. Anyone interested in becoming a member, contact Shaun Burger at 570-517-6654.





#### Purse Bingo Fundraiser

The Rotary Club of Mountain Top recently held a Purse Bingo Fundraiser to benefit securing essential supplies for the Crestwood High School.

The event, our 3rd Annual, was a huge success!. Thanks to the community support and the volunteers from our Club and Interact. Attendance included fellow Rotarians from Abington Heights and Plymouth clubs. Everyone in attendance enjoyed meeting Exchange Students (Boti and Tanguy) from the Tunkhanock club. We also acknowledge Dawn Kenzakoski and Anne Sehne, the District Rotarians who coordinate the incoming and outgoing exchange students.

Cheers to Joanne Joseph, who was the chairperson for this event.

The photos include the Mountain Top club members, Anne Sehne, Dawn Kenzakoski, Boti, Tanguy, Phoenix (Interact co-president), and other Interact members.

Supporting the event through her guidance to the Interact Club, (and event attendance) is high school teacher Renee Schwartz.











Pictured here are Mountaintop Rotarians and visiting are Rotarians from several clubs. All enjoyed an afternoon of purse bingo. Front row (L to R): Joe Aquilina, Rotary secretary, Carrie Hausher, Kyle Morty, Joanne Joseph, Phoenix Davis. Top row (L to R): Tylenda dodge, Michelle Reilly, Christine Homer, Claudia Vitiello.



#### New Milford Area Rotary Welcomes New Corporate Member

The Green Gables Restaurant in New Milford was the setting for the most recent new member induction on February 15th, 2024. The Susquehanna County Transcript is a new Corporate Member and represented by Primary Member- Charles Ficarro. The Alternate Member is Rita Ficarro. The addition of the Susquehanna County Transcript brings a welcomed attention to "Hometown" service and devotion to community, which will enhance the New Milford Area Rotary focus on education and literacy in the community.

New Milford Area Rotary President Tom Kurosky officially pinned Charles and Rita at the February 15th club meeting with sponsor David Palmer witnessing and celebrating the event.

The Club currently consists of thirty-nine members actively serving the community and world, and welcomes new membership. Contact information can be found at <a href="http://www.facebook.com/newmilfordrotary">www.facebook.com/newmilfordrotary</a>. Or one can contact David Palmer, Membership Chair at <a href="http://davesolopalmer@gmail.com">davesolopalmer@gmail.com</a>.



Tom Kurosky pinning Charles Ficarro, David Palmer observing.



Tom Kurosky pinning Rita Ficarro. David Palmer and Charles Ficarro observing

#### A First Birthday Celebration in America

Hannah Shmatok, seventy-seven of New Milford Pennsylvania recently celebrated a first birthday of sorts at her home, and with receipt of a bouquet of flowers, including the national flower of her Ukraine- the Sunflower.

Hannah arrived in the United States from Chernihiv Ukraine with her family on May 23, 2023, under the auspices of the United Four Ukraine (U4U) Humanitarian Parole Program of the United States Citizenship and Immigration Service (USCIS). Hannah and her family escaped the war- torn nation of Ukraine and arrived at Newark International Airport after a combined 28-hour bus and airplane ride.

Hannah and her family are sponsored by David and Annie Palmer Hop Bottom, Susquehanna County, with "Supporting Agency" support of the New Milford Area Rotary Club.

Hannah loves that they are "Now at Peace" and of course- the front porch of her New Milford Borough home.



#### Happy Birthday Hannah!



#### **Special Guest**

The Rotary of Pittston had the pleasure of having Danielle O. Keith-Alexandre, MSHS, CEO & Executive Director of Keystone Mission at their meeting. Danielle was able to fill in on their mission and action plan moving forward towards their Wilkes-Barre and Scranton location.





#### Hockey Recap

Let's go Tomatoes! Thank you to the Wilkes-Barre/Scranton Penguins for being the Pittston Tomatoes Saturday February 17th! Members from the Pittston Club came out to support the game and participate in the Rotary District 7410 Hockey Fundraiser.



#### Paul Harris Fellow Recognition

Tuesday, February 20th, the Pittston Club were honored to have another Paul Harris Fellow in the Rotary of Pittston. Congratulations to Elizabeth Kuna for your dedication and commitment to Rotary and the community!

Liz received her Paul Harris from Paul Harris Fellow Dr. Robert Bishop.





#### Jared Box Project

The Rotary of Pittston is partnering with the Jared Box Project in the month of March. Jared Boxes are little boxes of toys and other items to help put a smile on children's faces in the hospital. The Rotary of Pittston is collecting items and putting boxes together to be given to a local hospital in the area. Please find more information on the flyer below and the complete list of items in each age group below as well.



The Rotary Club of Pittston will be collecting donations (please refer to list on back or website) to fill Jared Box's to be donated to a local children's hospital. The club is collecting items until April 1st and to be donated to a local hospital the first week of April. If interested or would like more information please contact Pittston President Carmen Ciampi at 570-239-7534 or carmenciampi316@gmail.com.



Link to suggested toy list





Jared Box Project website at thejaredbox.org

### **Jared Box Project Suggested Toy List**

#### Infant (0 to 12 months) —

Softcover books, cardboard books, rattles, bibs, stacking blocks, farm animal sets, clip-on toys for strollers or cribs, crib mirrors, bath toys, stuffed animals, balls, busy boxes, light-up toys, musical toys, Oball toys. Lamaze@, Bright Starts@, and Sassy@ brand toys are great. Other toys that are labeled as suggested for infants.

#### Be aware of choking hazards.

#### Toddler (1 to 3) -

Softcover books, cardboard books, stacking blocks, farm animal sets, small toys that clip on strollers, bath toys, stuffed animals, balls, busy boxes, musical toys, colorful pillowcases, fun socks, chunky crayons, coloring books, flashcards, plastic cars, puppets, soft dolls. Other toys that are labeled as suggested for children under 3.

#### Be aware of choking hazards.

#### Preschool (3 to 5)-

Crayons, coloring books, grab-n-go activity kits, reading books, stickers, sticker workbooks, activity books, matchbox cars, NERF or rubber balls, stuffed animals, flashcards, fun socks, small action figures, small dolls, travel size games, Silly Putty, simple puzzles, card games (Go Fish, Old Maid, Memory), colorful pillowcases, dress up items, farm animal sets, dinosaurs. Other toys that are labeled as suggested for Preschoolers.

#### Elementary (5 to 8) -

Crayons, markers, colored pencils, pens, coloring books, word searches, activity books, reading books, joke books, matchbox cars, NERF balls, stuffed animals, stickers, Silly Putty, LEGO kits, craft kits, Slinky, travel games (Sorry, Connect 4), hand lotion, colorful pillowcases, reusable water bottle, fun socks, action figures, puzzles, deck of cards, UNO card game. Other toys that are labeled as suggested for school-aged children.

#### -Tweens & Teens (8 and up)-

Crayons, markers, colored pencils, pens, coloring books, word searches, doodle pads, writing journals, Silly Putty, stuffed animals, card games, LEGO kits, puzzles, brain games, books, magazines, Chapstick©, hand lotion, fun socks, colorful pillowcases, jewelry making kits, craft kits, paint sets, reusable water bottle. Other items that are labeled as suggested for teens.

All items must be new. No food items. No tiny items due to choking hazards. No snow globes or glass items that can break. No pencil sharpeners. No bubbles. No holiday items. Keep in mind, toys need to fit into a plastic shoe box.



#### PDG Paul "Budd" O'Malia Memorial Golf Tournament Sunday, May 19th , 2024 Wilkes-Barre Municipal Golf Course

#### Registration 7:00AM with shotgun start at 8:00AM

Capt and Crew Format

\$100 includes breakfast, golf, prizes and beverages on the course and dinner to follow at Keeley's Ale House, Pringle.

Those who only want to come to the dinner and not golf?? \$30

Make All Checks payable to Rotary Club of Plymouth PO Box 122 Plymouth, PA 18651

NAME		Phone	
Capt:			
Crew			
Crew			
Crew			
Hole Sponsors Available. Sponsorship to read	\$50 silver	\$100 gold	(circle)

Call JK Karavis at 570-574-4246 or Thomas Hogan at 570-592-4118 with any questions.

Proceeds to benefit the Alzheimer's Foundation, WVW Scholarship Fund and Kids @ Kristmas Shopping Extravaganza



ROTARY OF THE POCONO MOUNTAINS

EVENT OPENS 4PI

POST TIME 5:30PM Everyone is invited!

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Enjoy a fun and exciting night of horse racing and raffles. Come out and play! It's easy... no experience needed!

(d

ROUTE 390 | MOUNTAINHOME

#### • 50/50 TICKETS • Lottery Ticket Tree Raffle • Basket of Cheer Raffle

For more info on sponsoring a race or buying a horse contact Annie Messina (570) 590.6494 or email us at info@rotarypoconos.com

#### Save The Date & Buy Your Tickets Now! 27<sup>th</sup> Annual Rotary Community Aviation Day & Fly-In/Drive-In Breakfast



**Pocono Mountains Tradition Continues!** Mark your calendar, buy your tickets, and tell your family and your friends to join you on **Saturday, May 25, 2024** for our 27<sup>th</sup> Annual Rotary Community Aviation Day & Fly-In Drive-In Breakfast. This year's event will be bigger and better than ever with door prizes, bouncy houses, a car show, carnival games, **BINGO** with cash prizes, vehicle displays, children's games, live performances, music and & dancing, and, as always, **FREE airplane rides for children and youth.**<sup>1</sup>

**Pancake Breakfast** starts at 8AM and ends at 12PM The **International Food Trucks & Beer Trailer** will be available from 1PM to 7PM. To top things off, the drawing for our **\$100,000 50/50 Mega Raffle**<sup>2</sup> will be held at 7:00 PM. To purchase your tickets to the Community Aviation Day & Fly-In/Drive-In Breakfast and/or buy your **50/50 Mega Raffle** ticket(s) **SCAN QR CODE BELOW** or visit <u>www.RotaryClubOfMtPocono.Org</u>.

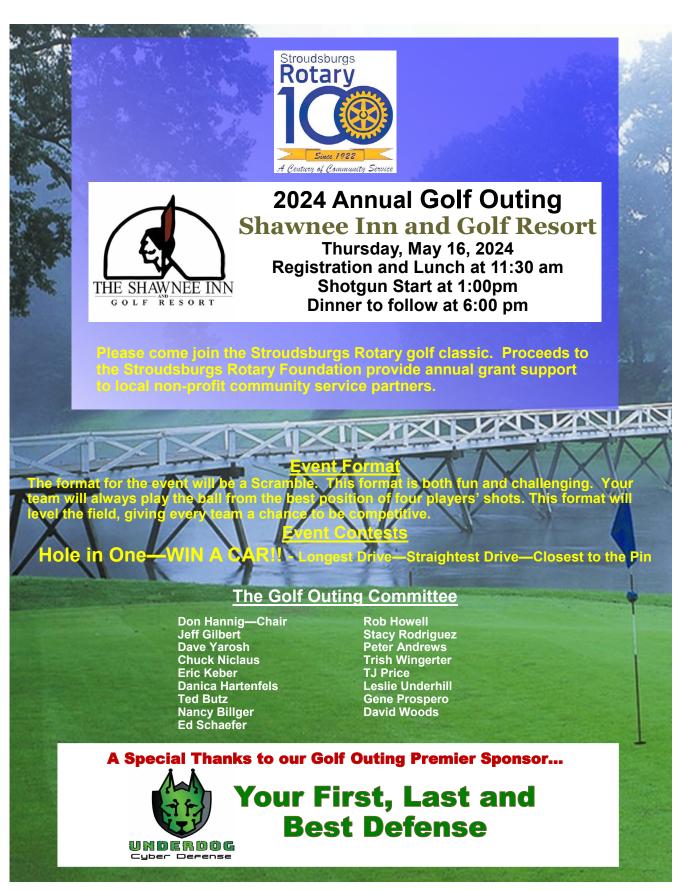
Early Bird BONUS! FREE Collector's Platter (\$10 value) for tickets purchased before March 1st, 2024.<sup>3</sup>

The Growing List Of Event Sponsors Includes Those Listed Below:	↓ Scan For Tickets ↓
<b>Rotary Foundation Of Mt. Pocono</b>	
The Levy Law Firm	
Pocono Services For Children & Family	
Gotta Go Potties, Inc.	
<b>Rise Above Productions</b>	
The Kids Film, LLC	

<sup>&</sup>lt;sup>1</sup> Free Airplane rides to children aged 8 to 17 with purchase a child breakfast.

<sup>&</sup>lt;sup>2</sup> Must be 18 years to purchase raffle ticket(s). Winner need not be present to win. SGOC Lic. #2981 Special Permit #191. Drawing will be 7PM on Saturday, May 25, 2024 at The Mountain Center: 354 Memorial Blvd., Tobyhanna, PA 18466. For details visit www.Rotaryclubofmtpocono.org <sup>3</sup> One (1) Free Collector's Platter will be given to first fifty (50) "Early Bird" ticket purchasers at event on Saturday, May 25, 2024.







#### Tunkhannock Rotary Supports Community Organizations

At the February Rotary Meetings, President Elaine Walker presented donations to a variety of community organizations. These donations were funded by the profits from the Oct 2023 Harvest & Wine Festival.

The organizations receiving donations included: HANDS of Wyoming County, Victims Resource Center, Seven Loaves Soup Kitchen and Equines for Freedom. In line with Rotary's Mental Health Initiatives, several of these organizations have mental health and fitness as part of their primary missions.

On Feb 1 Tunkhannock Rotary heard from five team members from HANDS of Wyoming County, led by their Rotarian Executive Director, Cathy Franko. HANDS is a 501(c)3 non-profit that depends on funding from grants and donations. It is located at the former Mehoopany Elementary School. They offer 11 programs serving children from 0-16 years old and their families, including those with issues.

Their Family Skills Program and Personal Health and Wellness Program have now been expanded to include Wyoming County Drug Treatment Court clients to facilitate their sobriety and parenting.

One of their programs is their school garden, which includes a greenhouse. HANDS is now collecting plastics to get a new bench from Trex for their garden/greenhouse area in exchange for 500 lbs of plastics. To aid HANDS efforts, Rotarians have been collecting plastic bags and at the meeting presented the team with over 30 lbs and counting of bags of plastics.





(Left photo I to r): On Feb 1, Pres. Elaine Walker presented Rotary's donations (\$4,000 check & plastics) to the HANDS team: Cathy Franko, Alisha Myers, Shianne Wiernusz, Summer Frisco, and Jamie Smith.

(Right photo) On Feb 8, Pres. Elaine (right) presented a \$1,000 donation to the Victim's Resource Center. The check was accepted by Janet MacKay, who is their Grant Fiscal Specialist, after she gave a presentation on some of the resources at the Center to help victims and their families. She also spoke of the Team that provided services to 9/11 victim's families near Shanksville, PA and survivors and families in Liberty Park NJ.



(Left photo) At the Feb 15 Rotary meeting, Pres. Elaine (left) presented a check for \$2,500 to the Seven Loaves Soup Kitchen, which was accepted by Mission Coordinator Donna Shaffer. The Soup Kitchen provides regular hot, hearty, nutritious, well-balanced meals five days a week at no cost.

(Right photo) On Feb 22, Pres. Elaine (left) presented a check for \$500 to Equines for Freedom, which treats veterans and first responders with post-traumatic stress disorder using Eye Movement Desensitization and Reprocessing in the presence of a licensed mental health professional, a certified equine specialist, and a therapy horse. The check was accepted by their President Bruce Spencer and Therapist Roxann Graham (center).

#### Valentines for Methodist Manor Residents

On Feb 14, Pres. Elaine Walker and Mary Tempest delivered Valentines cards hand-made by Rotarians to the 30 residents of Methodist Manor in Tunkhannock. The Manor provides independent living and personal care services in a home-like community.

#### Exchange Students on Undefeated Swim Team

Exchange students Botond (Boty) Batyky and Tanguy Verrier-Pattyn are part of the Tunkhannock Tigers Boys Swimming & Diving Team, which finished its regular season undefeated on Feb 6. Boty and Tanguy competed in both winning relay and individual swimming events during the season.

Although hosted by the Tunkhannock Rotary and attending Tunkhannock High School, Boty Batyky from Hungary is sponsored by the Abington Club and Tanguy Verrier-Pattyn from France is sponsored by the Weatherly Club. Exchange student portraits are from the Feb 14 Wyoming County Press Examiner.



BOTOND BATYKY



TANGUY VERRIER-PATTYN