# **DISTRICT 7410 NEWSLETTER**



#### Praying this message finds you well and safe fellow Rotarians.

As we head into May with our focus of "Youth Service" I am very happy to let you know that all our outbound exchange students are safely back home and I'm sure have some very interesting stories to share. Our inbound students have seen 5 of the 9 make their way home while 4 remain here in the District with their host clubs and families. Decisions were made by the students' families and Countries if they felt it was safer for them to stay put for awhile longer or travel home. We are grateful that all

are well and each club along with our committee, are working with the host families to ensure the best environment for the students. A huge shout out to those Clubs and the entire Youth Exchange Committee for all their efforts in this most unusual situation. We were all very sad to hear that Youth Exchange for the 2020 – 2021 Rotary year has been cancelled.

The cancellation of RYLA 2020 was also particularly difficult, but the right thing to do. We truly hope that summer of 2021 will see both awesome programs back stronger than ever.

Does your club sponsor an Interact club? Have you checked in with them to see if they are meeting virtually? I attended both a Rotaract and Interact Meeting via Zoom in the past few weeks and while college is coming to the end of the year, High Schools still have a month to go and the students need to connect now more than ever.

A little recap of last month... April probably saw more "firsts" than any 30 day period, in my history anyway!!

1st District Wide Zoom Meeting ever AND featuring RI President Mark Maloney! He joined us to help wish Pittston Rotary a happy 100th Anniversary!!

1st District Conference kick off via Zoom. Complete with a "flag ceremony" by our Inbound Youth Exchange students, some in PA and other's safely at home in their own countries. We even had the National Anthem sang acapella by our keynote speaker.

1st ever New Member Induction by Zoom meeting, and several more followed.

1st Virtual Presidents-Elect Training.

1st Rotary International Telethon via streaming on Facebook.

I'm sure there were many more throughout the District as we all found new ways to keep our clubs doing the good things our communities have come to expect from us. And speaking of those good things, here are just a few more that I have been made aware of recently.

Towanda, Trail, North Pocono, Honesdale, Scranton & Kingston have made direct financial donations to their local food pantries to assist with food insecurity.

Mt. Top was able to repurpose a Grant from earlier in the year designed for an education project and turn it into 2000 masks and 10,000 gloves for their local first responders.

Tunkhannock was able to donate to their local ambulance corps for masks, foggers and other needed supplies.

These are just a few of the projects you are all working on at this time, I'm sure there are many other's and we would love for you to share them so other clubs might find something they can duplicate in their communities.





#### **Welcome New Members**

New Milford—Brian Lione Passport—Zachary Snyder Stroudsburgs—Christie Bower Hannah Chan John Dennis Catharina Litjens Ryan Lohman Sandra Mungro-King Thomas Nieman Eugene Prospero William Riker Denise Tasick Send the information to PDG Karin Breitlauch at to add to our District Website.

Rotary is still GROWING even during this Pandemic. Our promotion will run through the end of this month. So, how creative can you be to add new members?

Some clubs are reporting even larger meetings virtually than before. Invite those that might have visited or were speakers in the past to join your club. Can you give a dues discount next year for new members? That is what Stroudsburg Rotary did and as a result they have 11 new members.

Keep up the great work you are doing in your communities! I know its Grant time and after a call last Friday it was awesome to hear what plans you have to use grant funds to further that work. The deadline is May 31<sup>st</sup> for Local District Grants and feel free to reach out to our Grants Committee for assistance. Grants are made possible through YOUR donations to The Rotary Foundation.

I certainly thought my letters would be getting shorter by this time in my term, instead they seem to have gotten longer and I apologize for that. Please follow the guidelines of our state with regards to meetings, events and personal safety. Rotary International has asked that we comply with our local authorities and to do our best to be innovative and creative as we continue to do the good work of Rotary.

Stay safe, be well and PLEASE Stay CONNECTED!!







District 7410 North East PA



TOGETHER, WE

GROW ROTARY

## Let's GROW our District to new heights! In the Months of Dec, Jan, Feb and March the club with the greatest NET gain in new members will receive : (net must be more than 3) \$50 per member in the club as of December 1st 2019 & Extended \$25 per NEW member Dec. thru Marchtod May 30th The club with the greatest GROSS gain will receive \$25 per new

member Dec thru Markyoson

Just think of all the great projects you could do for your community with those funds and all those new hands to help with the projects.

All new members MUST be entered through Clubrunner along with any members you might lose during that time.

- Make your plan to GROW right away, host a meet and greet or an educational event and invite the community.
- Invite the parents of your RYLA and Interact students to join.
- Follow up on recent speakers you feel would make a good addition to your club.
- Use the Resources available from the District and Zone

Let's Add Some new Rocks to our clubs and GROW!!!!

CONTACT SAM MARUZZELI @ SAMANTHAMARUZZELLI@GMAIL.COM

# GROW ROTARY Promotion

Results as of May 1st 2020NET gain must be 3 or more newmembers from Dec. 1st ~May 31stStroudsburgs+13Pittston+5

Dallas	+4 +3	
North Pocono		
Scranton	+3	

## World Immunization Week

I remember as a five plus year old in the 1960s, trying to wiggle my way out of the shot line at the base clinic at Aviano Air Base Italy. As a military dependent traveling the world, we and our parents were expected to maintain vaccinations for all sorts of exotic diseases. The nurses that day saw my brother and I repeatedly step out of line to go to the bathroom or get a drink of water; and finally put us back in line to get whatever vaccinations were on the menu that day. In retrospect, I am happy they did so, and I am sure my parents were/are as well. I was fortunate to grow up having experienced no serious vaccine preventable diseases, including the dreaded polio virus, which was running rampant when I was born and learning to walk in 1955.



World Immunization Week is celebrated this week, from 24-30 April. Today more than ever it is important that the Rotary Foundation continue its long legacy of funding disease prevention and projects that focus on such despicable bugs called polio. Each year more than 400 million children are vaccinated against polio world-wide. Our own District Governor, Karen DeMatteo recently volunteered

- as a Rotary member on a National Immunization Day (NID) multi-day effort in the nation of India. The funding to accomplish
- this NID and other polio eradication efforts benefits enormously from Rotarians like you and I, when we invest ourselves in the PolioPlus Fund. It is imperative that we continue funding these projects through investing in our https://www.rotary.org/en/pluspolioplus.

Recently the Rotary Foundation established a Disaster Response In 1956 I took my first steps with my parents on our way to Fund, in response to the world-wide COVID-19 pandemic. I

assignment in Hawaii. (Oh! Yes, I can Hula Hoop.)

would encourage you to consider investing in this https://my.rotary.org/en/disaster-response-fund to support our work in addressing

this emergency, including the ongoing development of an immunization to prevent contraction of this and possibly an entire family of the COVID virus.

I joined Rotary in 2013 upon my retirement from the military as a result of a promise to a Rotarian neighbor. One of my first impressions with Rotary was Every Rotarian Every Year (EREY) effort that encouraged each Rotarian to

donate \$26.50 once a year to the Foundation. That \$26.50 symbolized the initial contribution in 1917, from a club in Kansas if my memory serves me correctly.

Today, in that same spirit I am challenging each member of District 7410 to donate \$26.50 to the Foundations' PolioPlus fund... and or donate \$19 to the Disaster Response Fund. Why \$19? To symbolically attack the virus, we call COVID-19. At last count, we have 1,043 active members in District 7410. 19 x 1,043 = 19,817. Let us put a dollar sign on that, \$19,817!

## **VACCINES WORK!**

Yours in Rotary, DAVID J PALMER, Polio Chair, District 7410



# Rotary

# Plains

## **Plains Rotary Supports Local Heroes**

The Plains Rotarians applying Rotary's moto "Serves before Self" purchased 20 Snack Boxes. The snack boxes were distributed to the Plains Twp Fire Stations 1 & 2, Plains Twp Police Department, Plains Volunteer Ambulance Association, Geisinger Hospital, Timber Ridge Nursing home, Sheehan's Pharmacy, Rite Aid Pharmacy, Golden Living Center Plains, Weis Market Plains, Laflin Volunteer Fire Department, Shield's Family Market, Plains Post Office, and VA Medical Center. The Plains Rotary is proud it had the opportunity to show our local heroes how much we appreciate all they are doing during this crisis.

<image>



# The Abingtons

## **Masks for First Responders**

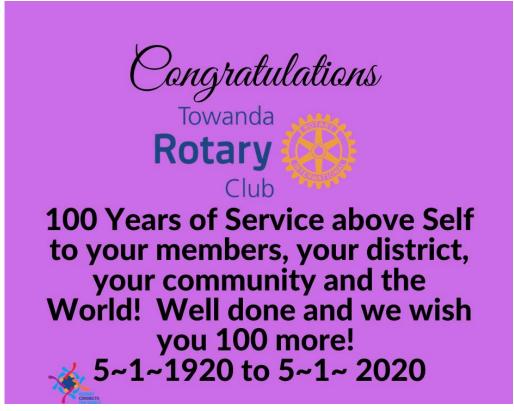
This week the Rotary Club of the Abingtons donated masks to four of the Abington fire houses.



Noreen Thomas, Rotary President; Sean Connelly and Donald Snyder, Jr, Chinchilla Hose Company; Chris Calvey Jr,, Rotary Vice President; Lauren Calvey and Aspen, members of Rotary.



Jay Miller, Clarks Summit Fire; Doc Stanik Jr.,Dalton Fire Company; Jeff LaCoe, Newton Ransom Fire Company; Lenny Hazleton, Clarks Summit Fire; Jamie Kresge, Abington Rotary and Clarks Summit Fire; Noreen Thomas, Rotary President; Chris Calvey Jr., Rotary Vice-President; Lauren Calvey and Aspen (hiding), Rotary members





Passport

## **Cookbook Fundraiser - We Need Your Help!**

The District 7410 Passport Club is conducting its inaugural fundraising event and we need your club's help! During this time while everyone's at home we could all use a little inspiration in the kitchen.

We request that each club in the district share 3 or 4 local recipes along with something brief to share about your club and the area that you serve. Feel free to include an appetizer, main coarse, dessert, or even a favorite beverage. We'll compile the submissions and prepare a Taste of District 7410 cookbook. Your electronic submissions can be sent to rotary7410pi@yahoo.com. Submissions received by the end of May would be greatly appreciated. Thank you for your support!

#### **NURSES WEEK MAY 6-12, 2020**

#### ROTARY WANTS TO THANK ALL OUR COURAGEOUS NURSES IN DISTRICT 7410 BY GIVING BACK A LITTLE SOMETHING TO OUR FRONTLINE HEROES

We will be awarding 3 Visa gift cards in the amounts of \$100, \$75, and \$50 to three nurses who submit an entry with criteria listed below.

Name, healthcare setting and 2 sentences on "What being a nurse means to me". Please include a return address and email or phone number. Entries can be forwarded on index cards and sent to :

> PDG Toni McAndrew RN MPA 2715 Bethany Tpke. Pleasant Mount., PA 18453 Or via email: <u>tonim@epix.net</u> ( put Nurses week in the subject line) Deadline: May 12

3 random drawings will take place on May 13<sup>th</sup> and recipients will be notified and forwarded their small "thank you" from Rotary.



## **Essay Contest**

Mya Corcoran—11<sup>th</sup> Grade Coughlin High School—Mrs. McCabe

## **Rotary Unites the World**

As Paul Harris, the founder of Rotary International once said, "Whatever Rotary may mean to us, to the world it will be known by the results it achieves." Paul Harris created Rotary International to fulfill his vision of bringing people of diverse backgrounds together to proffer humanitarian service to communities throughout the world. Harris's goal continues to be achieved by the 35,000 clubs that are currently active at both a local and international level. Rotary International has clubs in 200 countries across six continents that ensure goodwill and benevolence are spread across the globe.

In my community, local Rotary clubs play an active role in ensuring that the youth are receiving the best education possible. Every year, the Plains Rotary Club gives out free dictionaries to third grade students at Solomon Elementary School. I remember receiving my own dictionary when I was a third-grade student at Solomon. Still to this day, I have that dictionary on the bookshelf in my room where I frequently use it to help me with my schoolwork.

Rotary not only supports local schools, but also promotes education internationally. They have acknowledged the high rate of illiteracy worldwide and work to provide basic education for children and adults who otherwise would not have the opportunity to receive schooling. Rotary members have already opened a girls' school in Afghanistan, helped lower the adult illiteracy rate in Detroit, and have provided clean water to public schools in Lebanon.

Rotary clubs in my area have been especially busy since the beginning of the winter season. The Plains Rotary has completed a winter coat drive in order to provide coats for children in the area who cannot afford one. New winter coats were donated by the community and given to the children in need of one. Both the Rotary Club of Wilkes-Barre and the Rotary Club of Plains have volunteered with the Salvation Army by bell ringing during the holiday season. They have collected donations from the generous public which will go towards benefiting local community members who are in need.

One of the main areas of focus of Rotary International is preventing disease. Over the last few decades Rotary has cut the number of polio cases by 99.9%. They have immunized 2.5 billion children and have completely ended the spread of polio in all but two countries. Rotary International believes that health care is a basic human right but understands that not everyone can afford it. They have set up temporary clinics and facilities in areas of outbreak and areas that lack health care. They strive to give people routine vision, hearing, and dental care which is something that many people just take for granted.

Rotary International has truly changed the world for the better. I have first-hand seen how impactful local Rotaries have been on my community. Without them, there would be less of an outreach from the community to help contribute to schools and make sure the students have the resources they need to be successful. Rotary International has not only brought together local community members but has also unified groups from totally different places in the world. Despite the apparent differences between the groups, Rotary International has made a network of people capable of overlooking their differences and uniting to complete the common goal of making the world a better place.

## **Essay Contest**

JIM THORPE ROTARY Carbon Career & Technical Institute Alexandria Harris

CCTI

Teacher: Mr. Wildoner

## **Rotary Unites the World**

Rotary International is a service organization and a global network of friends, neighbors, and leaders that, according to their Mission Statement: "advance world understanding, goodwill, and peace through its fellowship of business, professional, and community leaders." With a little over 35,000 clubs in 200 countries, the smaller clubs help to contribute to a world view which looks to improve the lives of everyone within their reach.

Founded by Paul Harris in 1905, Rotary International has touched the lives of people globally through a multitude of programs, some of which include: fighting polio and other diseases, providing clean water and a healthy environment for people, and uniting different groups with varying beliefs, to combat common problems. The unification of people in the same area [Lebanon for example], brought together people of different "political, religious, and cultural divisions" that prolonged war, pestilence, and suffering throughout the region. However, through the work of ALL of the Rotary clubs in Lebanon, the members realized that they could fight a common enemy- poverty and disease-through vaccinations and education. This example from Lebanon is the epitome of how "Rotary Unites the World."

Organization is a key to the success of Rotary International. From the cities and rural areas of the world, clubs are organized and mobilized to help create the greatest good for the most people. The key to the success of Rotary is to organize and mobilize the local people and organizations within the region where they are working to bring about change. Without the help of small communities within the region of the program, it could not be possible to promote and make change.

In closing, it becomes clear that Rotary International does help to unite the world, but as the old, African proverb states: "It takes a village to raise a child." With over 35,000 "villages" in over 200 countries, uniting the world is no longer out of reach- just look at all the successes this organization has helped to achieve.

Jim Thorpe Rotary Jim Thorpe Area School District 1st place winner

1

Rodgers

**Connor Rodgers** 

Jim Thorpe Area High School

11th Grade

08 December 2019

Father - Vince Rodgers (570-325-8169)

#### "Rotary Unites the World"

"We are only as strong as we are united, as weak as we are divided." - J.K. Rowling

Uniting is bringing people together for a particular cause. It is displayed nationally and internationally, most of the time, for a good cause. It is something the Rotary organization has done since February 23, 1905, when Paul Harris had his brilliant world-changing idea. I am sure, at the time, Harris never could have expected his group to have immensely impacted the world as it has today.

The Rotary unites people for the desire of achieving solutions to problems, in particular, fighting disease and providing to the poor. When the goal of fighting disease is at hand, hard-working people set up temporary clinics for areas in need of relief as well as blood donation centers to help collect blood during the blood shortage. This can be witnessed around the nation and the world. It is a good source of uniting because it brings volunteers together who have similar interests in making a difference. With regard to providing to the poor, the Rotary has built buildings and provided clean water to people living in underdeveloped areas such as Tanzania and the Philippines. The effort was a united effort among gracious people who donated

Rodgers

money to the cause. These two goals are just of a few of the many that the international Rotary group is achieving.

This past summer, I was given the opportunity to participate in the RYLA conference as a representative on the Jim Thorpe Rotary. This leadership program equipped me with skills as a leader and gave an advantageous experience to connect with others. The opportunity also informed me to what the Rotary organization actually does. I learned that the Rotary, both nationally and internationally, is not afraid to take on a challenge. It is a united worldwide organization dedicated to providing service, building peace, and encouraging high character. Not only did I learn more about what the Rotary does for the community and nation, but I also learned problem-solving skills, learned leadership strategies, and was able to unite with other students from across Pennsylvania with similar interests and similar personalities. While at the conference, my group was tasked with coordinating the graduation ceremony and brainstorming a theme. As a group, we decided to make an "International Rotary" theme, in which we identified the countries that have active Rotary groups and also areas that have been supported by the Rotary. When we were doing research, we all realized just how much each group is united with other groups. The RYLA conference is just one of the many ways that the Rotary unites youth across the world.

Another way the Rotary unites people is through the four-way test. "Is it the truth? Is it fair to all concerned? Will it build goodwill and better friendships? Will it be beneficial to all concerned?" Part three of the test stands out in particular because it references friendships and overall, the unifying aspect of building them. In conclusion, Rotary brings people together for a particular cause and does it because of one reason; service above self.

# Clubs Events



#### Rotary Club of the Pocono Mountains

## **Citizen of the Year**

Rotary

#### **2020 Barrett Township Nomination**

Nominations for Barrett Township's annual Citizen of the Year award will be accepted now through Saturday, May 7th. A short message expressing the reason for the nomination is required. Please include your name & phone number. The Citizen of the Year will be announced at Concert in the Park on July 7th. Mail nominations to:

Rotary Club of the Pocono Mountains, PO Box 341 Cresco, PA 18326

## **Annual Scholarship**

#### Now - April 10th

Attention high school seniors living in Barrett and Paradise Townships, we are still accepting applications for our \$2,500 merit-based scholarship. Visit our website to access the application. Applications will be accepted through April 10th.

## **Banners Throughout Barrett**

#### On going

Help us beautify our community while demonstrating your pride for the people and businesses that make it great. Join our effort by purchasing a Hometown Hero banner or Business Banner to be displayed along Route 390 in Barrett Township. Our Hometown Hero banners are a great way to honor any hero - not just veterans or service men and women but also fireman, EMS members, policemen, etc. You can also promote your business by purchasing a business banner. For more information and applications, please visit our website.

## **Senior Giving Tree**

#### December

Help make the holidays bright for some of our local seniors. Every Christmas we will be decorating a tree with ornaments that contain a small wish list for one of our seniors in need. Ranging in price, these small but valuable donations are most appreciated.

#### Night @ the Races

Sunday, March 29th • Starting @ 4pm

Hosted @ The PourHouse 1014 Route 390, Mountainhome, PA

#### **Concert in the Park**

Tuesday, July 7th · Starting @ 4:30pm

Hosted @ the Former Barrett Elementary Center (Rain Date: July 8th, 2020)

#### **Annual Golf Tournament**

Friday, August 7<sup>th</sup>

Hosted @ Skytop Lodge

## **Fall Festival**

Saturday, October 3rd • Starting @ 12pm

Hosted @ the Former Barrett Elementary Center (Rain Date: October 4th, 2020)

## Barrett Township Halloween Parade

Sunday, October 25<sup>th</sup> • Starting @ 2pm Along Route 390 in Barrett Township (Rain Date: November 1st, 2020)

#### (Rain Date: November 1st, 2020)

#### Annual Christmas Celebration & Tree Lighting

Friday, December 4th · Starting @ 6pm

Hosted @ the Mountainhome Methodist & The Friendly Community Center





#### www.rotaryclubofthepoconomountains.com

For more information or any questions please contact Annie Messina: info@rotaryclubofthepoconomountains.com or (570) 590.6494

# **District Contacts**

## **Assistant Governors by Cluster**

Cluster 1

-Athens, Sayre, Towanda, Troy, Wellsboro-Craig Devenport (Wellsboro) crd2864@ptd.net

#### Cluster 2

Forest City • New Milford • Trail
Tunkhannock • Winola • Wyalusing
Dave Palmer (New Milford)
davesolopalmer@gmail.com

#### Cluster 3

-Hamlin • Hawley • Honesdale --Milford-Matamoras • Newfoundland -Jim Pierce (Hawley) maryandjim.pierce@gmail.com

#### Cluster 4

-Blakeslee • Mt. Pocono • Pocono Mountain--Slate Belt • Smithfields • Stroudsburgs--West End-Bill Skinner (Slate Belt) skinww@gmail.com

#### Cluster 5

—Freeland • Hazleton• Jim Thorpe— —Lehighton • Mountaintop • Weatherly— Kevin Hooper (Mountaintop) kevin\_hooper@hotmail.com

#### Cluster 6

-Abingtons • Dunmore • Passport Club--North Pocono • North Scranton • Scranton-Ryan Campbell (Abingtons) rpcambell99@gmail.com

#### Cluster 7

-Dallas • Kingston • Pittston • Plains--Plymouth • Wilkes-Barre • Wyoming-Position Open

#### District Governor 2019 ~ 2020

Karen DeMatteo 232 Eagles Ct. Stroudsburg, PA 18360 Cell 732.996.0403 Home 570.369.4776 karenandrotary@gmail.com

#### **District officers:**

Joe Loughman, DGE 2020~2021 jrotary@frontier.com Mary Ellen Bentler, DGN 2021~2022 mebrotary@echoes.net

#### **Newsletter Submissions:**

rotary7410pi@yahoo.com

#### **Volunteer Opportunities**

Do you need volunteers to help with an upcoming project or event? Send me your requirements - date, time, specific help needed. Let's bring our clubs together in service!

#### Traveling? Why not visit fellow Rotarians at other clubs in the District?

Please find dates and locations below.

# Attention Club Presidents: If the information below is not up-to-date, please update it on the District website RotaryDistrict7410.org and let me know at rotary7410pi@yahoo.com

Club	#	New	Morning	Noonish	After Hours
Abingtons	49	0		12:10; TH; Ramada	
Athens	12	0		12:05; W; Microtel	
Blakeslee	13	0			6:30; W; Century 21 Blakeslee
Dallas	44	6			6:30; TH; Irem Country Club
Dunmore	15	0			6:15; M;Carmella's
Forest City Area	12	0			6:30; 1st & 3rd M; Elegante
Freeland	4	0			5:45; M; MMI Prep Cafeteria
Hamlin-Lake Arie	30	0			5:30; T; R Place
Hawley	19	0			6:00; TH; Settlers Inn
Hazleton	67	0		12:00; W; Genetti's	
Honesdale	38	0		12:00; T; Cordaro's	6:00; 1st T; Rotating
Jim Thorpe	20	0		12:00; T; Gathering Place	
Kingston	23	0			6:15; W; Theo's Metro
Lehighton	9	0		Check Facebook	6:00; M; Beacon Diner Twice Monthly
Milford-Matamor	as33	0		12:15; T; Balch's Restaurant	
Mountaintop	22	0	7:30: W; Chalet Restaurant		
Mt. Pocono	19	0			6:00; TH; Bailey's Steak House
New Milford	17	1			5:30; 1st & 3rd TH; Green Gables
Newfoundland	38	0			6:00; M; John's Italian Restaurant
North Pocono	18	0			6:00; TH; Elmhurst Country Club
North Scranton	26	1	8:00; W; Perkin's		5:30; TH; Sidel's Restaurant
Passport Club	19	0	Rotating;	Check	Rotarypassportclub7410.org
Pittston	17	4		12:15; T; Perkin's	
Plains	21	0			6:00; 1st & 3rd W; Woodlands Inn
Plymouth	20	0			7:00; TH; Keeley's Alehouse
Pocono Mtns.	17	0			6:15; W; Carrazza's Italian Restaurant
Sayre	21	0		12:10; T; Grille at the Train Station	
Scranton	45	1		12:00; M; Radisson Hotel	
Slate Belt	18	0			6:00; TH; Scorecard Sports Bar
Smithfields	14	0			7:00; T; Shawnee Inn
Stroudsburgs	108	10		11:55; TH; Sycamore Grille	
" Satellite	?	0			6:15; TH; Peppe's Bistro, E. Stroudsburg
Towanda	15	1		12:05; M; Woody's Ale House & Grill	
Trail/Factoryville	13	1		12:00; T; Gin's	5:30; 4th T; D&L Rail House
Troy	27	0	7:30; TH; Iron Skillet		
Tunkhannock	73	1		12:15; TH; Purkey's Pink Apple	
Weatherly	8	0			6:30; 1 <sup>st</sup> & 3 <sup>rd</sup> W; Weatherly Country Inn
Wellsboro	47	0		12:15; TH; Penn Wells Hotel	
West End	13	0	7:30; TH; West Pocono Library		
Wilkes-Barre	25	0		12:00; T; Check Facebook.com	/RotaryClubofWilkesBarrePA/
Winola	11	0			6:00; TH; 1st Ardee's; 3rd Bartolai
Wyalusing Area	20	0	7; 1st TH; Mark's Valley View	12:00; 2nd TH; Wyalusing Hotel	5:30 Social; 3rd TH; Wyalusing Hotel
Wyoming	23	0			6:15; TH; Fire & Ice