District 7170 Newsletter



Wendy Deis – District Governor 2023-2024 Rotary Club of Owego, USA

Gordon R. McInally – Rotary International President 2023-2024

Rotary Club of South Queensferry, Lothian, Scotland

www.rotarydistrict7170.org | www.rotary.org

April 2024

Governor's Message

Environmental Month



Hello Fellow Rotarians,

The spring is always a busy Rotary month. This year we have the Grant Seminar via Zoom April 1st, the District Training Assembly on April 6th and the grand finale: the Multi-District Conference at the Binghamton DoubleTree April 26th – 28th. I must give a BIG shout out to Tom Overbaugh, D7170 conference chair, for sharing his expertise and experience with me and the whole committee. He's been a life saver! We have a stellar lineup of keynote speakers from around the

US and Canada. There are also several Rotarians from our District who'll be presenting breakout sessions. We'll also be offering some non-Rotary breakout sessions too. Are you interested in taking better pictures with your phone, or

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maybe learning about home brewing? Do you know about the challenges artificial intelligence brings? There's something for everyone! Don't forget, if you've never had the chance to attend the conference before, there is a scholarship program to help offset the cost. It's on a first come first serve basis so don't wait to get your name on the list!



Let's not forget that April is also Environmental month in the Rotary calendar. It's so tempting to go out on a nice day and start cleaning up the gardens. But it's important

to wait until the temperature is consistently above 50 degrees. This is because many pollinators overwinter in the dead material surrounding plants and bushes. By waiting to do yard cleanup you'll be saving many bees and pollinators.

Finally, the creation of CNY Rotary, D7180, is almost complete and will go into effect on July 1st, 2024. Here are a few facts about the new district:

- Approximately 110 clubs
- Roughly 2900 members
- Dues \$35/year
- Leadership structure is almost complete
- Visit CNYrotary.org to learn more

There are many members of all 3 districts who have dedicated hundreds of hours to establish a new model for Rotary in our



region. My thanks to every one of them for their time, effort, and commitment to our organization. Best regards,

Wendy

District Governor 2023-2024 Wendy Deis Owego Rotary Club

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CNY Rotary News

Three More Months of Preparation Ahead

We are inching ever closer to officially becoming CNY Rotary and having our three current districts become one this July. CNY Rotary will have 112 clubs, 22 areas, and 2,900 members. Here are a few important reminders about what's been recently announced, what we are currently working on and what is still to come.

Proposed Budget is Out for Review

A copy of the proposed 2024-25 CNY Rotary budget was emailed to all club Presidents, Secretaries and President Elects. Club leaders can share this information with their members, and we welcome any feedback. Each club will receive instructions for voting at the end of the month and will be asked to cast one electronic vote per club. If you have questions on the budget, you can come to our <u>April 2 Town Hall</u> on Zoom or ask in person at <u>District Training Assembly</u> on April 6th.

District Training Assembly - April 6th

Our first official CNY Rotary event is one that will help club leaders prepare for the year ahead. District Training Assembly will be Saturday, April 6th in Verona, NY from 10am-4pm. All are welcome at this FREE event. The day will include general sessions on key Rotary topics, breakout sessions with focused learning, and lots of time to connect and chat with local leaders at their trade show booths. It will be a fun and social day! By the time of publication, registration is no longer required, and walk-ins are welcome. We cannot provide lunch for walk-ins, but you can brown bag it if joining us last minute. Click here for details.

Monthly Virtual Town Hall Meetings

We know more questions are coming up as we get close to becoming official, so we have set up monthly virtual sessions in the first Tuesday of each month. You can come and ask anything during the 7pm Zoom sessions. We'll share updates on our work and open the floor to all of you. Shy about asking a question? Submit an anonymous question with the form here and we'll answer it in the next meeting. Click here to register to get the zoom link, which is the same for each monthly session.

District Conference & Inauguration

Our annual conference is a joint event for the three outgoing districts, and it will include our first ever CNY Rotary Inauguration. This is the new term we will use for the annual changing of leadership that typically includes celebration, words of inspiration and the installment of officers. Inauguration will take place after brunch on Sunday, as the finale to our conference weekend. If you have booked a full conference package or even the Saturday & Sunday package, you are all set to join us for brunch and the ceremony. If you only want to attend Inauguration that weekend, you can register for Sunday only at \$50/person, which includes brunch at 10am. We hope everyone will consider coming for the whole conference weekend, but if that's not feasible, we hope you can at least make it to Inauguration to celebrate our current District Governors Elise, Wendy and Whitney, and meet the incoming leadership team for CNY Rotary. Click here for details and to register now.

Connect With Us

As always, you can get more details at www.cnyrotary.org and follow us on Facebook and Instagram with the username @cnyrotary.

- CNY Rotary Communications



District News

Global Grant Update

Progress Update from Mercy Akumu, primary contact from the Nairobi Thika Road Rotary Club for Rotary Global Grant GG2349839-AIC Child Care Centre WASH Project. The Nimmonsburg Hillcrest Rotary Club with the guidance and hard work of Lana Rouff of District 7170 Foundation Global Grants raised over \$51,000 and provided additional support for the project.

- Russ Sanaeko

Dear Rotarians,

Greetings! I hope this email finds you well. On behalf of the Rotary Club of Nairobi Thika Road. Once again, I would like to extend our sincerest gratitude for your generous financial contribution and invaluable advice towards Rotary Global Grant GG2349839.

Your support has been instrumental in advancing the project, and I am pleased to inform you that things are progressing exceptionally well. The impact of your contribution is already being felt within the community, and we are incredibly grateful for your commitment to our shared vision of making a positive difference in the world.

I have [included links to] a PowerPoint summary detailing the progress of the project, along with a selection of photos and videos showcasing some of the key developments in the links below. We hope that these materials provide you with a glimpse of the meaningful impact your support has helped us achieve.

https://docs.google.com/presentation/d/11Op7Fbf24afw9nDcZDb2-

mkJULHH9ol83KbklyZLEOM/edit?usp=sharing -Power point presentation

https://drive.google.com/drive/folders/1H37DVOmCRajK6uMeOnQ-HNc_IP6IvMEg?usp=sharing - Photos

 $\underline{https://drive.google.com/drive/folders/1X6KrLkoFIpw3fbK7mQm0WRALxfCOEx1n?usp=sharing-Videos} - \underline{https://drive.google.com/drive/folders/1X6KrLkoFIpw3fbK7mQm0WRALxfCOEx1n?usp=sharing-Videos} - \underline{https://drive.google.com/drive/folders/1X6KrLkoFIpw3fbK7mQm0WRALxfCOEx1n$

We look forward to keeping you updated on our progress and to sharing more success stories with you in the future. Please do not hesitate to reach out if you have any questions or require further information.

Warm regards, Akumu Mercy, Primary Contact-Rotary Global Grant GG2349839 International Service Director RCNTR

Climate Action Notes

Reduce ... Reduce

Learn more

What would you say if I could give you a *guaranteed* way to save money, improve your health, *and* reduce your carbon footprint with little effort? Yes, all three can be accomplished by reducing the amount of beef and dairy you consume. This month's brief topic: **Reduce beef & dairy for a better world.**

The costs of livestock.

Environmental

Methane emissions: Ruminant livestock account for between 7% and 18% of global methane emissions from human-related activities.

Land use: Pastures and cropland, required for livestock, account for about 77% of global farming land. Land that could be used for crops to feed people directly. Land that is damaged and made fragile by grazing. Water: Raising beef and dairy uses significantly more water per pound than pork or chicken. One can go down endless rabbit holes arguing amounts and definitions BUT regardless beef ALWAYS take more!

Health: Beef per say isn't bad for you. Large amounts can cause issues.

"If you eat red meat, limit consumption to no more than about three portions per week. Three portions is equivalent to about 350–500g (about 12–18oz) cooked weight. Consume very little, if any, processed meat." *World Cancer Research

"Red and processed meats *do increase health risks...*Dr. Hu says that an accumulated body of evidence shows a clear link between high intake of red and processed meats and a higher risk for heart disease, cancer, diabetes, and premature death. "The evidence is consistent across different studies," Harvard School of Public Health

Financial: This is a tough one as prices change with time and source but beef is general around twice pork and 3.5 x chicken.

Take Action:

It's pretty simple, eat less beef and dairy...for protein go with fish, pork, chicken. Regarding dairy, there are many plant-based products you can try instead of milk.

- Evan Zurtz



Club News

Cooperstown Rotary

The Cooperstown Rotary Club is celebrating their 100th anniversary this year. The Club was charted in January 1924 and was sponsored by the Oneonta Rotary Club. Starting with 24 Charter members, the Cooperstown Club has grown to a membership today of 83. Their activities include two scholarship programs, four major fundraising activities, support for many local organizations and a number of Rotary events involving cooperation with other local groups.

The Cooperstown Club is a major supporter of the Cooperstown Food Pantry and supports other local organizations such as the Children's Program at the Farmers Museum. This winter, the Club allocated funding to 10 other programs totaling over \$6,000.

Our weekly lunch meetings are well attended, and speakers range from our opera director to local physicians. Our theme this year has been the health of our Lake and the health of our members, but includes local civic organizations and groups, too.

To celebrate the anniversary, the Club is conducting "100 Acts of Service" during the year. January was 100 hours of service, February was 100 valentines for our senior residents, and March is 100 hours of reading to school children. A gala celebration is planned for April 18th and local Rotary Clubs, including our sponsoring Club Oneonta, are invited.

In 1924, for the Club's Charter meeting, the entire Oneonta membership came via trolley. This was made easy because one of the trolley's Board members was a Rotarian and provided free passes. We invite all Rotarians to come and help us celebrate, but no free trolley passes this year. Contact our Secretary at margaret.37ms@gmail.com for further information.

- Bill Waller

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Delhi Rotary

The Delhi NY Rotary Club has had a busy this winter.

Our annual pay-what-you-can Sweetheart Breakfast was a great success, feeding pancakes, eggs, sausage, and fruit to approximately 300 members of our community. Members of the Family, Career and Community Leaders of America as well as the SUNY Delhi Kappa Omega Iota sorority sisters volunteered to help us, and the Delhi Fire Department gave us the use of their space and kitchen.

Then, just in time for spring, we installed a blue-and-yellow Little Free Library in a park in the heart of Delhi village. Our members designed and crafted the library and worked with village officials and the Delhi Beautification Committee to select the location.

The premise of a Little Free Library is to take a book, share a book. Our club has had a commitment to literacy ever since we started our Summer Reading Challenge in 2020. Our library is registered with the Little Free Library system and as long as it stands our club will steward it, making sure it is stocked with books and maintained. Photo shows club members Vince Olechnowicz and Billy Hancock installing the library.

- Tracey Hancock



Ithaca Noon & Sunrise Rotary

Rotary Highway Cleanup

Calling all Rotarians! We need your help! The Ithaca noon and Sunrise Rotary clubs' Spring highway cleanup is less than a month away and we are seeking volunteers to help clean the two mile stretch of Rt. 13, from the Stewart Park to the Triphammer exits.

The cleanup is scheduled for Saturday, April 20 and we will meet at 9:00 am in the parking lot of the Tops supermarket on Triphammer Road (2300 N Triphammer Rd). We will then break into small teams and head out to clean sections of Rt. 13. It is a fun project, and we encourage Rotarians to help us keep the gateway to our community free from trash and looking good. All necessary supplies needed for the cleanup will be provided including gloves, hard hats, vests, garbage bags and picker uppers.

Please consider joining us for this Spring Earth Day event and if you can help, email Bob Gravani (bobgravani@gmail.com) of the Ithaca Rotary [noon] club and let him know you can help. Thanks so much!

- Bob Gravani

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Owego Rotary

Owego Rotary Club's 'Care Committee' contributes

Owego Rotary has donated nearly \$7,000 worth of personal care items to Tioga County's food pantries from March 2021 to January 2024. Each month three pantries serving Tioga County are identified. They indicate their nonfood needs, and the Care Committee endeavors to purchase and deliver the products. Items like shampoo, laundry detergent, soap, toilet paper, etc. are not routinely available in food pantry stock. This helps fill a basic family need. These donations have been made possible in part through a generous \$10,200 contribution from Carrie Schroll and her husband Alex Penney given in memory of Carrie's grandmother, Eleanor Melville, mother of Owego Rotarian Judy Quigley. Mrs. Melville was a longtime Owego resident known for her charitable work and her years of service to the Coburn Free Library.

- Brian Eldridge

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Stamford Rotary

Stamford Rotary Club President Heidi Pickett awarded a Paul Harris Award, with two sapphires, to George Bergleitner for his over 50 years with perfect attendance and the weekly market report. George also leads the annual project "Christmas Feeling Fund" Give Away that distributes food packages, coats and gifts to over 140 families in need, serving those less fortunate for over 52 years. He has been a contributing member of the Club since November 1, 1965.

- Beth Marranzini

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Trumansburg Rotary

Trumansburg Rotary will conduct its 4th annual rubber duck race at 1pm on May 11 this year.

Each of the past years have been a success as the creek water level, the weather and the community all cooperated. Money raised in the past has funded the Food Pantry and the Fire Company; this year's proceeds will be given to another good cause -The Trumansburg Conservatory of Fine Arts. The May 11 date coincides with the village wide yard sale and is a family fun event so bring all the kids from one to eighty-two!



- Frank Zgola

(Please see the poster at the end of this newsletter.)

The Last Page . . . for reference

Chat with the DG Track



Chat with the DG Track on the 1st Tuesday of each month from 4:30-5:30pm—this month, April 2^{nd} . This is an opportunity for any Rotarian in District 7170 to ask questions and talk with members of our District leadership.

Visit the D7170 Events Calendar

for the Zoom link: Events | Rotary District 7170



Is your Club Growing?

Let us know! Send new member(s) name, club joined, and sponsor to 7170newsletter@gmail.com.

Getting club events on our District Calendar is easy!



If your club uses ClubRunner: While creating the event post for your club's calendar, look toward the bottom of the page and you will see a radio button labeled 'Show Event in District Calendar?'. Select 'Yes' to make your event visible on the District calendar! If your club does not use ClubRunner: Send an email with all the pertinent information to <u>7170Calendar@gmail.com</u>. Include title, date, times, location, costs, event description, and a point of contact. If a point of contact is not provided, the default will be the club

president. It may be several days before this gets seen and posted, so please allow time.

And remember Social Media!

Do you have a large collection of photos to share? Send an email to Wendy Deis at wendygirl201@gmail.com to get them posted to the D7170 website and the D7170 Facebook page along with your story!

MONTH	ROTARY MONTHLY THEMES		
Apr 2024	Environmental Month		
May 2024	Youth Service Month		
Jun 2024	Rotary Fellowships Month		

Source: https://my.rotary.org/en/news-media/calendar

Submission and publication schedule for this newsletter

Soft Deadline – Send content to 7170newsletter@gmail.com by the 15 th of the month if possible.	Hard deadline – <u>By noon</u> on the 3 rd to last day of the month to allow time for final editing.	Publication!
Friday, April 15	Sunday, April 28	Wednesday, May 1, 2024
Wednesday, May 15	Wednesday, May 29	Saturday, June 1, 2024 FINAL ISSUE



Published newsletters can be found on the D7170 website on this path after being posted online: https://rotarydistrict7170.org/ → District 7170 ▼ → District Newsletters ▼

Are you a writer?

Do you like expressing yourself with the written word? Did you attend or participate in a club or district event, face-to-face or virtually? TELL US ALL ABOUT IT! Write up a report about it and send it to: 7170newsletter@gmail.com!

Here's what to include for a good story: Who is involved/invited? What is the event/activity? When did/will it happen? Where did/will the event/activity take place? Why did/will it happen? How did it happen? Other details? Other people to contact?

Remember to include your name and your club in the subject line! And attach photos if you got 'em!



District Governor: Wendy Deis Owego Rotary Log into ClubRunner for more info.



Editor: Christine (Chris) Haase Ithaca Sunrise Rotary P.O. Box 6565 Ithaca NY 14851 | USA 7170newsletter@gmail.com



Supplement: Flyers, Forms, Reports, etc.

ATTEND OUR TOWN HALLS

Save these dates to come get answers to your questions!



The first Tuesday of each month at 7pm:

APRIL 2 MAY 7 JUNE 4



Register for the zoom link at CNYRotary.org







https://rotary7150.org/page/district-conference-2024





Raffle tickets may be purchased online at www.tburgrotary.org. Tickets may also be purchased by check by completing this form. Make your check payable to the Trumansburg Rotary Club and write "Disney Raffle" on the memo line. Mail your completed form and check to -Trumansburg Rotary Club PO Box 259 Trumansburg, NY 14886 Incomplete entries will not be accepted. Entries must be postmarked by April 18, 2024 in order to be eligible for the drawing. Single Tickets: \$5.00/ticket = Five-Ticket Packets: _____ X \$20.00/5 tickets = Total Price: name: address: phone: _____ email:





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Norwich Rotary Club



Save The Date

Date: Friday June 14th

Time: 5.30pm (TBC)

Location: Canasawacta Country Club, Norwich

In 2024 Norwich Rotary Club is celebrating 100 years of service to the community.

We are organizing an evening of food, music and good company.

There will be a cash bar.

Tickets will be \$30 per person. Watch this space for more details.

Contact person: Ann Smith 607 336 5003 Email: norwichrotary4890@gmail.com