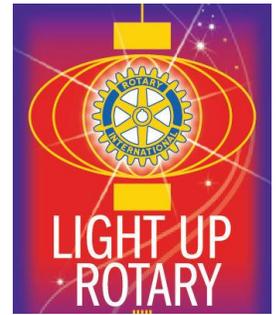


SPOKES
FROM THE
ROTARY CLUB
OF PENN YAN
Box 512, PENN YAN, NY 14527



Facebook: www.facebook.com/pyrotary Website: <http://py-rotary.weebly.com/>
Please Join Us! Tuesdays at Noon – Top of the Lake – 301 Lake Street, Penn Yan

VOL: 93 – No. 33
February 17, 2015

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HEROIN KILLS: THE YATES COUNTY SUBSTANCE ABUSE COALITION REPORTS

Club members **Warren Kinsey**, High School Vice Principal and **Jackie Shrader**, Professor and counselor, reported on the activities of the Yates County Substance Abuse Coalition and the terror of heroin addiction. The club heard the bad news that the use of heroin is up and increasing in Yates County and that as unlike other chronic and severe afflictions, it kills. Statistically, most heroin abusers are dead by thirty. Dr. Dave points out that an overdose is not the only cause of death, rather dirty needles, poisons substances, AIDS, Hepatitis and acute untreatable infections kill about half of the addicted users.

The path to addiction, though it can be a gradual process of seeking a better high after use of other recreational drugs, most often comes after a period of use and addiction to prescription pain killers like Percocet or Vicodin. Typically, a person is injured, has one of the pain killers prescribed, goes out on the street to buy drugs when a prescription is no longer available, and finds heroin a much cheaper alternative to the prescription drug. Another common route is where a teenager raids the parent's medicine cabinet for Percocet or Vicodin left over from one of their surgeries, gets a pleasant high and wants more.

In Yates County, a Substance Abuse Coalition was formed to address the heroin problem that Sheriff Spike was reporting. As heroin use increased, burglaries increased as well. The first of two Forums were held in Penn Yan and attracted a huge audience. A second was held in Dundee with equal success. The coalition of concerned individuals include parents, youth, police agencies, the DA's office, the Sheriff's office, Finger Lake's FLACRA, social service agencies and educators. It meets monthly and is working to steer away from Intervention Programs (the Forums) and toward Prevention through message awareness and education.



Jackie and Warren painted a graphic, horrible picture of the heroin addiction, leading to death. It is clear that your youth are not only at risk, but presently involved. This is not a problem associated with cities or other groups. It affects us. Successful rehabilitation is not easy. Most addicts require 3-5 rehab visits. Most families cannot afford the costs of a six week, let alone a six month, highly successful effort.

In the future, the coalition will be putting together future plans and budgets for the prevention efforts. At present, the Elks and Lions are supporting the effort with modest contributions. Rotary might be involved in the near future. In response to Don O., our foundation planner, Warren thought that funding in the near future might be \$2,500.

Certainly, there will be more to come.

NEWS AND NOTES:

Larry L. has returned from Colorado. It was a 20th Annual Ski Weekend and reunion with his THE Ohio State classmates. Also he spent time out west with his son; and a second trip to Florida with Diane for more time with relatives.

Carol and **Rob** are taking a break and leaving chores in the hands of very capable folks. Have fun y'all!

From the 2/9 Wall Street Journal, Baris Yoruk reports that one's donations improve one's health status. He even speculates that the cost of lost federal tax revenue from personal income tax charitable deductions may be less than the nation-wide savings in healthcare expenditures. What a concept!

It was mentioned that the sun is actually the most direct and warmest in February. That is why standing outside in the sun on a cold day like it was on Tuesday is nice and warm. Old wives' tale?

There was a rousing applause and gratitude to **Jackie** and **Warren** for the program. Many were thankful for the insight.

Diane was looking ahead to the March birthdays of grand-babies. **Jorgen** looked happy after a week with his grandchildren from Denmark and the west coast.

Prez Stacy won \$14 from the 50/50 drawing and **Bob Shrader** won the last packet of Camp ONSEYAWA note cards. Yes, **John S.** has lost for five weeks in a row. The "fix" is no longer in.

Kim H. checked in and reported skiing. She belongs to the "I skied all day and didn't fall down" club. It was not so fortunate for her sister, though, who entertained laughing relatives with her not so graceful falling down dismount from the chairlift.

Larry L. points out that **John S.** has a nasty habit of skiing over the tails of Larry's skis....so Larry's falling down doesn't count.

According to Rotarians at this table, getting back on the slopes after a period of not skiing is like getting back on a bicycle. A little tense at first, then relaxing and fun as old muscle memory comes back. **Warren, Kim, Sue** and others seemed to agree. Not bad when a hot-dogging parent outshines his or her kids....says Sue as she is wake wave hopping. Was it one or two skis, Sue?

Sue's reflection for the day was: "Be grateful for every day we are given."

We sang..."Sing a song of Rotary." It was new to us, but we somehow managed. It sounded as if we all ended in a harmonious note.

The club decided that we would prefer to do **Arbor Day - Earth Day** celebration by bagging trees and handing out trees all on the same day, in lieu of a formal luncheon at Top of the Lake - April 28th. The trees will be delivered on the 25th, the day of our Radio Auction. The plan is to assemble at the Schwarting's barn at noon on the 28th, bag trees, gossip, tell stories, and eat pizza. Then, club members would go to the various 2nd grade classes at the three schools and deliver the trees that afternoon, say at 2:00 PM.

Having trouble opening some email attachments? **Bob Shrader** went online to any number of different suppliers, in his case Google, where you can download a program to open/decode winmail.dat. Just google on winmail.dat opener and you will find several free sources. Choose carefully!



FELLOWSHIP OVER LUNCH:

24 Rotarians and guests braved the sub-zero wind chill and came out for a great variety of super sandwiches and wraps. **Barb E.** said she took five minutes to make up her mind which filling it should be. For the first time in months we had no guests or visiting Rotarians. It must be the weather.



A B C'S OF ROTARY

As an international organization, Rotary offers each member unique opportunities and responsibilities. Although each Rotarian has first responsibility to uphold the obligations of citizenship of his or her own country, membership in Rotary enables Rotarians to take a somewhat different and grander view of international affairs. In the early 1950s a Rotary philosophy was adopted to describe how a

Rotarian may think on a global basis. Here is what it said:

"A world-minded Rotarian:

- Looks beyond national patriotism and considers him/herself as one who is sharing responsibility for the advancement of international understanding, goodwill and peace;
- Resists any tendency to act in terms of national or racial superiority;
- Seeks and develops common grounds for agreement with peoples of other lands;
- Defends the rule of law and order to preserve the liberty of the individual so that he may enjoy freedom of thought, speech and assembly, and freedom from persecution, aggression, want and fear;
- Supports action directed toward improving standards of living for all peoples, realizing that poverty anywhere endangers prosperity everywhere;
- Upholds the principles of justice for mankind;
- Strives always to promote peace between nations and prepares to make personal sacrifices for that ideal;
- Urges and practices a spirit of understanding of every other man's beliefs as a step toward international goodwill, recognizing that there are certain basic moral and spiritual standards which will ensure a richer, fuller life."

That is quite an assignment for any Rotarian to practice in thoughts and actions! It is interesting too that as these ideals were promulgated, there was still much work to do in the United States, such that these goals would be reached. In 2015, how would we apply these ideals in our Service to Humanity?



JOIN IN A PROJECT:

Northwest Rochester Rotary Club is holding a "Books and Blues" fundraiser on March 7th. It is an initiative to support Rochester's Mayor in pre-school literacy. Watch for more details.

There will be a **Bowling Tournament Fundraiser for Camp Haccamo** on Saturday, March 21 beginning at 5:30pm at Clover Lanes, 2750 Monroe Avenue.

Price is \$20 per person, with 5 member teams/\$100 per team, which includes pizza, soda and shoe rental.

The **Humane Society of Yates County** is threatening to jail **Tom May** if he doesn't raise enough to make bail. It appears that he is short about a Grand. Pledges to Tom: (tom.may@communitybankna.com)



UPCOMING PROGRAMS/EVENTS:

- 2/24 Regular Meeting – **Cindy Kimble** Tourism and Student of the Month (Jan. and Feb.)
- 3/3 Biography **Sue Andersen**
- 3/10 Board Meeting 8:00 AM LNB Conference Rm
- 3/10 Club Assembly
- 3/11 Auctions/Celebration team leaders' meeting at Carol's, 4:30
- 3/17 Potpourri or "St. Patrick's Day Celebration"
- 3/24 Rotary Branding – **Larry L** and **Bob Green**
- 3/31 Day before Fishing Season Opens "Special"

Birthdays in February:

- **Sakura** 2/2
- **Tom May** 2/2
- **Chris Bergman** 2/16
- **Teresa Vivier** 2/25

There are no birthdays in March, but many in April



OUR NEXT MEETING:

We will meet, next Tuesday, March 24th, at Top of the Lake. Our program is TOURISM and two students from January and February for scholastic recognition.

Club duties for February are:

- Set up Bob Shrader
- Attendance Stu Porter
- Reflection and Song Sue Andersen
- Happiness Honcho Ryan Hallings

Club duties for March are:

- Set up Teresa Vivier
- Attendance Stephanie Willson

- Pledge, Song Larry Lehner
- Prayer Evelyn Emerson
- Sergeant Ryan Hallings



ROTARY DAY & AUCTIONS

Tom H. and the high-flying Solicitation Team reviewed assignments and handed out a few orphans at the meeting. They have every blank form you need and helpful hints to make you a successful deal closer for Auction items. The **Sarah C.** of the PR team sent over a color copy of the INVITATION for the April 11th appreciation celebration. **Carol W.** will send out an electronic copy so that anyone can run off color copies. She will also email guidance sheets for the four levels of Sponsorships. **Ryan H, Bob Shrader and Rob S.** visited the club office/archives and found boxes and crates of unsorted records and hundreds of club banners. Many pieces of history, photos, books and existing sheets of banners can be used for the Rotary Day Celebration – April 11th.

- 3/24** Last day for Rotarians to return their donor's sheets, ads, sponsorships, etc. to Tom H. and the Solicitation Team
- 4/11** ROTARY DAY CELEBRATION – Party and Kickoff at Milly's: Let the Bidding Begin
- 4/11-4/24** Online bidding
- 4/25** Live WFLR Remote Auction from Milly's

Your team leaders and contacts are:

Promotion: Sarah Crevelling screvelling@pypl.org
 Production: Bob Shrader bob.shrader@proforma.com
 Data entry: Tom M tom.may@communitybankna.com
 Donations: Tom H ivesvine2@yahoo.com
 Scty: Rob Schwarting rob.schwarting.280@gmail.com



WHAT IF WE.....

...took a short breather after our two Auctions and the Rotary Day Celebration, and then capitalized on our greater presence and visibility with a strategic membership drive in May? To do this, we would have to be aware of who was inspired and touched by our Rotary Day message of Service to the Community and Service abroad. Could we then hold a number of

prospective member introduction meetings.... perhaps in lieu of regular Tuesday programs? We could have members and other Rotarians speak about why they became a Rotarian and how Rotary has affected their life and business.

...held a meeting on the Outlet Trail, say at the Seneca Mill site. Set up a picnic lunch, viewed the beautiful site and chatted about the future of the Outlet Trail with the Friends of the Outlet. Currently, Steve Knapp is heading up efforts to improve the stewardship and find a way to maintain the trail in perpetuity.



VISITATION OPPORTUNITIES:

Do you want some variety in your life? Well, visit a neighboring club. It is fun. Let others know when you plan on going, and you might be surprised by who might join you.

- **Canandaigua** – Meets Thursday 12:15 at the NYS Wine and Culinary Center. Awesome venue, but a little pricy at \$16.
- **Dundee** – Meets Wednesday noon at the Youth Center on Main Street. Great Buffet!
- **Geneva** – Meets Wednesday 12:05 at the Belhurst Castle, Route 14. A larger club.

MISSED A MEETING?

Club members are encouraged to make up for missed meetings whenever possible. One can make up by:

- Visiting neighboring clubs or attending a club while on vacation.
- Log in on District 7150's Internet Club www.rotaryclubNY1.com
- Attend Interact or Rotaract meetings
- Work on a club or district committee
- Attend a district function
- When you have made up a meeting, please be sure to notify Chris Bergman for proper credit. hatzcb@yahoo.com