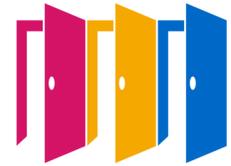


Rotary District 7450

NEWSLETTER

DECEMBER/
JANUARY
2020-2021



Rotary Opens Opportunities

Message from the District Governor

As we close out November and The Rotary Foundation Month, I've been taking some time to reflect on what I am thankful for this Rotary Year.

2020 has certainly continued to provide its challenges to all of us, personally and professionally. It has changed the way we approach our everyday activities as well as each other. We've had to reshape our lives based on social distancing while we try to continue to work, raise and provide for our families and put service above self. We haven't been able to gather for fellowship or in service for more than nine months now, but clubs continue to make impacts in their communities.

As the holiday season is upon us, this is the time of the year for kindness, thanks and giving. As Rotarians, we embrace these attributes all the time. We spread cheer all year round with the service work we do in our communities and the projects we participate in around the world. We are provided these opportunities of goodwill because of our clubs, The Gundaker Foundation and The Rotary Foundation. It's because of our charitable ways and our selflessness that Rotary has opened such opportunities of service and support.

Earlier in this calendar year, the District made a decision to allocate substantial funds to our clubs to take action during this pandemic, and clubs stepped up and took advantage of this opportunity. Additionally, The Gundaker Foundation allocated funds through their GREAT Grants program and, again, our clubs took action to benefit their communities. And now our District Rotary Foundation Committee has opened another opportunity for your clubs to achieve even more in your communities with funding available through the Disaster Relief Fund. Our District continues to reshape our ideas and direction so that we can be a better resource for clubs during such a challenging period in life.



Newsroom Staff

Paul Quintavalla

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So in flipping the calendar page to December, it is hard to believe we are almost halfway through the Rotary Year. 2020 hasn't gone as planned for anyone; however, as your District Governor, I am grateful for the opportunities and personal growth that Rotary and my Rotary family provide. I am thankful for YOU, our Rotarians, this year. You are people of action and make things happen, even during the most challenging of times we have seen. You continue to make an impact.

Be thankful for what you have done. Be thankful for each other and the ability to serve those in need. Let us continue to spread our cheer into the new year and embrace the new opportunities ahead of us.

Be kind, be merry and let's get our ducks in a row

Kevin Katarynick

In Memoriam

We'd like to honor the following Rotarians for their dedicated service:

David M Frees, Jr.

The Rotary Club of Phoenixville

Henry P. Jansen

The Rotary Club of Wayne

Eugene Mastrangelo

The Rotary Club of Conshohocken-
Plymouth-Whitemarsh

Roberto Rendon

The Rotary Club of Jenkintown

Robert Stahl

The Rotary Club of Media

How to Succeed in Great Local Publicity Without Really Trying

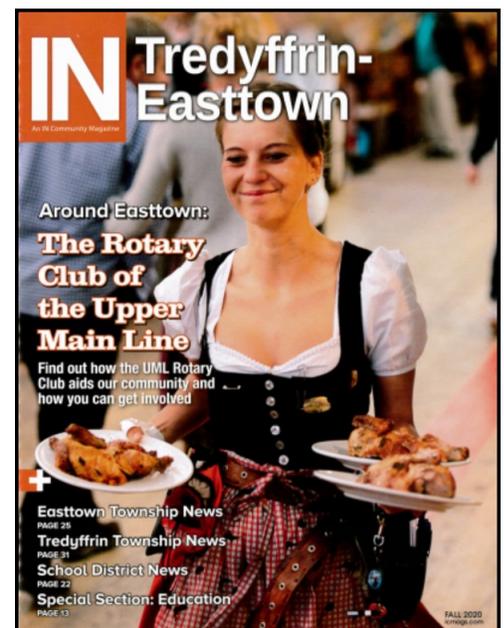
How did the Upper Main Line Rotary Club get on the cover of the *Eastown & Tredyffrin Township News*, which is sent to every household in the town? "I just called up and asked if we could be on the cover page and write an article inside," Said Stacey Ballard. "And they said yes. That's how you do it. Just ask."

The cover photo portrays The Rotary Club of Upper Main Line's annual Oktoberfest where Rotarians celebrate the holiday in Bavarian tradition. The event is a regional favorite each year that attracts hundreds of people. There are activities all day for every member of the family. Attendees enjoy German style foods and beer while watching live entertainment including an oom pah pah band, folk dancing, audience participation games* and more. There is a separate area for children's games and entertainment.

The news article written by Brian Winters (see page 7) gave a perfect understanding of Rotary and the Upper Main Line club. It was so effective the club received three inquiries about membership in a few weeks.

P.S. Oktoberfest was canceled this year due to the pandemic. So, to avoid just sitting around and feeling sad, UML ran a virtual event called Chocolate & Cheer. It paired chocolates with beers in an event conducted by a food and beverage professional. Thanks to the great publicity from the article, there was an excellent turn-out. It was lots of fun. See www.UMLROTARY.Com

*Kevin Katarynick won first prize for holding a stein of beer at arm's length for the longest amount of time in 2018 and third place in 2019.



Polio Eradication Set-back



I would like to introduce myself. My name is Michelle Gromilovitz and I am the “End Polio Now” Chair for District, 7450 and past President 2019 -2020 of the Rotary Club of Langhorne.

October 24th was World Polio Day. Rotary had vowed in 1988 that we would not stop until Polio is eradicated and that no child would be paralyzed by Polio again. To date, Africa is free of the virus, Afghanistan reported 53 cases of Wild Virus Polio as of November 3, 2020, and Pakistan has reported 80 cases. However, COVID-19 has created a tremendous obstacle. We are up 800 cases worldwide in 2020. Afghanistan is particularly hard hit due to the Taliban’s effort to ban inoculations for the past 28 months. Sub-Sahara nations are also reporting Polio cases for the first time in months.

Rotary aims to reach its fundraising goal of \$50 million this year so it can work to safely reach all children with the polio vaccine. It is understood, that in the midst of a global pandemic, polio eradication will be temporarily diverted. What we can do as Rotarians is to remain strong in our fight to end Polio. Please consider contributing to www.endpolio.org/donate

I would like to suggest a few ideas your club can implement for World Polio Day next year or any day before then:

1. Consider holding an On-Line Auction or Raffle
2. Purple Pinkie.
3. On-Line or Outdoor Bingo.
4. Donate your Clubs Happy Dollars for the month of October.
5. Hoagie Day.

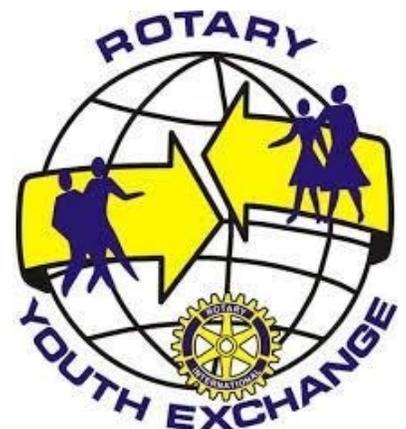
We are asking all our outstanding, selfless Rotarians to pull together like never before. Help make 2021 the year the greatest effort to eradicate Polio once and for all. Thank you.

Youth Exchange Program on Hold

Our Youth Exchange Program committee participated in a Zoom conference with 130 participants from around the world. There was extensive discussion about their plans for restarting exchanges. Some European districts will only exchange with other Europeans. In general, all participants are taking a wait and see approach while expecting travel restrictions to lessen later in 2021.

YEP chair Donna Henry advises students to register online now to be contacted when matters become certain. “We anticipate making decisions in March 2021 for the 2021 fall semester. Like everyone else, we are monitoring conditions worldwide and will plan with safety foremost in mind,” says Donna.

Please Register at: <https://www.exchangestudent.org>



Sister Club - Tigre, Argentina

Last year, the West Chester Rotary Club and the Rotary Club of Tigre, Argentina, formalized their long-term partnership by becoming Rotary Sister Clubs.

Although Tigre is a resort area renowned for its beauty on the delta of the Plata River, it has a sizable low-income community with limited resources. Led by Ernest Zlotolow, the West Chester RC has contributed to several humanitarian projects that addressed the needs of Tigre's least served communities.

The West Chester RC focused on the education and health care avenues of service. Our District 7450 had provided since 1989 funding and other assistance,



including Braille and A/V equipment, to Tigre's school for the Blind and Disabled. And, since 2014, West Chester RC provided a range of materials to

the islanders' high school, including refrigeration units, heaters, A/V and water treatment equipment.

West Chester's recent contributions included a mobile prenatal clinic, neonatal equipment and COVID-19 ventilator helmets, that have been critical contributions to Tigre's public health.

These two clubs' partnership worked both ways, as Tigre RC provided funds and sponsorship to West Chester RC's signature international project, Charitable Orthopedics Rehabilitation Strategies, which sends American surgeons abroad to train foreign surgeons in cutting-edge orthopedic protocols.

Senior Rotarians Serving Seniors

Sometimes, it's the little things that count the most. Giving attention to and being thoughtful of seniors goes a long way for residents in nursing homes. The average age of Levittown Fairless Hills Rotarians is 68 and they are sensitive to the conditions of older people. The members recently prepared and delivered over 100 gift bags for the residents of two local senior living facilities, Statesman Nursing Home and Woodbourne Place. The bags contained word search puzzles (and other brain-health activities), personal care items such as tissues and chap-stick, and chocolate because, well, because it's chocolate. Residents also received a bud vase with flowers to brighten up their surroundings.



New Members

Gary Amato

Rotary Club of Broomall

Roscoe Brown

Rotary Club of Philadelphia

Elizabeth Church

Rotary Club of Swarthmore

Elizabeth Cieri

Rotary Club of Philadelphia

Javon Cope

Rotary Club of Philadelphia

Anthony Figliola

Rotary Club of Levittown-Fairless Hills

John Filip

Rotary Club of Ardmore

Matthew Gaughan

Rotary Club of Haverford Township

Jonathan Gault

Rotary Club of Phoenixville

Herb Harris

Rotary Club of Jenkintown

Syed Islam

Rotary Club of Jenkintown

Nancy Lorback

Rotary Club of Greater West Chester Sunrise

Meghan Miller

Rotary Club of Philadelphia Happy Hour

Rosa Montijo

Rotary Club of Jenkintown

Stephen Moyer

Rotary Club of Glenside

Nancy Ottaviano

Rotary Club of Concordville-Chadds Ford



Profiles – Each month we tell about a Rotarian whose life and career are unique and inspirational. Share your stories of fellow members. Contact: Rotarian.Paul@Outlook.com

Dr. Mark Cunningham-Hill

Dr. Mark Cunningham-Hill was born in Kent, England where his father was an officer in the Royal Air Force. Because he was frequently stationed abroad, the family became familiar with the customs of many countries. Before attending college, Mark attended eleven schools in the United Kingdom, Singapore, and Bahrain. He was graduated from the University of Manchester, England with a degree in medicine and was well prepared for a career requiring international travel. And, indeed, he has seen more of the world than most. Mark has been to more than ninety countries for work and pleasure and continues to do so for his business and as a Rotaplast volunteer.



His career began with Great Britain's National Health Care Service where he provided primary health care in the greater Manchester region. He then joined the international pharmaceutical company, GlaxoSmithKline, which offered more challenging opportunities for work and travel abroad. The company operates numerous pharmaceutical production facilities around the world and Mark instituted procedures for handling highly potent pharmaceuticals ensuring the safety of employees.

He later joined New Jersey based Johnson & Johnson and extended his work to address the occupational health care of its employees. At J&J, he created wellness programs that included mental wellbeing and has contributed greatly to the lives of J&J employees.

Today, he operates his own company from his home in Newtown Square. Worldwide Health, Consulting LLC provides consulting services to pharmaceutical and other global companies. "Many of the chemical components needed to make drugs are highly toxic and require exacting procedures. My clients are concerned with the overall health of employees and I work with both management and unions to ensure the best possible and safest environments." Since early March he has been helping several companies and performing arts unions in how they navigate and respond to the SARS-CoV-2 pandemic.

Although he was away from home for extended periods, he was always available to help raise funds for worthy causes. On a fundraiser in India he drove a three wheeled rickshaw powered by a 149 cc two cycle engine cross-country for 2,300 miles and took twelve days to do it. The event raised \$16,000 for *Frank's Water Project* providing safe, sanitary water in rural communities and a charity that supported children orphaned by HIV/AIDS. "The only danger was elephants at night. They don't have lights!" says Mark.

A few years later in South America he crossed the Andes from Asuncion, Paraguay, across Bolivia to Cusco, Peru to raise money for Operation Smile. There he drove an underpowered Mototaxi, a 3-wheeled ½ motorcycle ½ garden bench, used as a taxi at best made strictly for city streets. Mark noted, "It was never designed for cross country travel and certainly not for scaling a 15,000-foot mountain range. From time to time (daily) I needed to get out and push uphill."

Mark's wife, Jackie, whom he met when working in the ER in Manchester, UK, is a nurse and has also worked abroad in unconventional circumstances. At one time she was in Oman bringing health care services to a rural hospital, while Mark supported ten rural health centers in areas where there were no roads. Jackie is now a realtor with BHHS Fox & Roach and has been voted best realtor of the Mainline for the last two years.

Continued...

...continued Dr. Mark Cunningham-Hill

Mark and Jackie have inspired their children - one is a surgeon at Temple University another a nurse at Children's Hospital of Philadelphia, and one who chose a very different path in digital marketing. But she has Mark's travel bug and has already visited several countries in Asia, Europe and Central America.

Mark joined the District 7450 Rotaplast Committee to aid children with cleft lip/palate. In 2018, he participated in a fifteen day Rotaplast mission to Monrovia, Liberia where he assisted in non-medical support services. In 2017 Mark also joined the Paoli-Malvern-Berwyn Rotary club where he is currently president-elect. It should be an interesting year for PMB as it celebrates its ninety-first anniversary.



Global Grant Awarded

A Rotary Global Grant of \$71,000 was awarded for the Sitatunga* Project in Kalisizo, Uganda. The grant was co-sponsored by the Rotary Club of Central Chester County. The club joined with the Rotary Clubs of Coromandel, Madras, India and Kalisizo, Uganda to plan, organize and develop the requirements for the Rotary Global Grant.



According to a project sponsor, Vasanth Prabhu, "The project required the determination of many people and was several months in the making. But it is well worth the effort and contributions by all. The funds were used to provide clean water and sanitation facilities for six

schools in greater Masaka County, population 31, 500. These facilities will greatly improve the health conditions for over 2,500 children and adults for years to come."

**Sitatunga is an African swamp antelope*



Toilets for Men and Women and water collection tanks

New Members

Kyle Rheiner

Rotary Club of West Chester

Beth Rotunno

Rotary Club of Kennett Square Light

Richard Schaphorst

Rotary Club of Jenkintown

Steve Sklar

Rotary Club of Jenkintown

Jaren Solomon

Rotary Club of Northeast Sunrisers
Philadelphia

Dan Toy

Rotary Club of Haverford Township

Jason Williams

Rotary Club of Longwood

Elizabeth Wolff

Rotary Club of Jenkintown

Theodore Zak

Rotary Club of Longwood



Sister Rotary Club in Nottingham, England

Since 1921, The Rotary Club of Philadelphia has enjoyed a sister club relationship with the Rotary Club of Nottingham, England. The clubs continue to have virtual meetings and discuss ideas and experiences. From time to time, visitors from England attend meetings in Philadelphia and share fellowship.

During the Blitz in 1940, English children were being evacuated from cities to schools and homes in the countryside. The Philadelphia Rotary Club offered to take them in, but trans-Atlantic passage was too dangerous. Nonetheless, the Philadelphia Club donated funds for two Mobile Feeding Units to serve those in need. At a time when conditions were at their worst, their friends reached out to the best traditions of Rotary.

From the heart of England your fellow Rotarians in Nottingham send this message of sincere appreciation. Deep gratitude is felt in the Rotary Club of Nottingham for the wonderful gesture of goodwill expressed by members of the Rotary Club of Philadelphia in offering to take care of our children for the duration of the war.

“Circumstances that proved insurmountable, including the danger of having our children cross the Atlantic Ocean, denied us the pleasure of availing ourselves of the Philadelphia Rotary’s generous hospitality.

“However, your magnificent gift of dollars to provide two Mobile Feeding Units for the relief and sustenance of families and children in dire distress will remain as an outstanding feature of the real friendship between us.”



Around Easttown: The Rotary Club of the Upper Main Line

As this pandemic progressed and we stayed home with spouses, kids, work, and 1000 piece puzzles, maybe COVID-19's silver lining has been bringing our families closer together, and providing uninterrupted time to reevaluate our priorities while we shelter in place. We live in an area filled with abundance, and yet in our neighborhoods there are families here struggling for basics like food and a safe place to call home. Many of us would like to help, but don't know how. Fortunately, there are local volunteer organizations like Rotary Club of the Upper Main Line (umlrrotary.org) who help people come together and make a difference.

Rotary, the world's first service club, began in 1905 when a small group of friends got the idea to use their business skills and resources to help their community. Rotary's first service project: a public toilet. From that humble beginning, the idea of Service Above Self spread across America and around the world, bringing together people of all professions and backgrounds to form local Rotary Clubs. Through Rotary, they help others, network, and form life-long friendships.

Today, in your hometown and in hometowns in every part of the globe, there are 1.2 million "Rotarians" working to create positive change in their communities. While Rotary Clubs do a lot of local community service projects, they also come together on a global scale through Rotary International to work on humanitarian challenges like fostering world peace, ending hunger, and the eradication of Polio.

Rotary is one of the few organizations where leadership comes from local Club members, not from a central organization. Each Rotary Club creates its own culture and goals, and organizes its own service projects and fundraisers.

Serving the Tredyffrin-Easttown community, Rotary Club of the Upper Main Line is engaged in a variety of charitable giving and hands-on monthly service projects. The Club's projects have included:

- Planting and harvesting crops for a food bank
- Organizing and shipping medical supply donations with Project CURE
- Cleaning up local waterways and planting trees
- Doing maintenance of playgrounds and community centers
- Free mammograms
- Clothing drives
- Book and dictionary donations to promote literacy
- Food packaging for the international hunger relief program Risk Against Hunger
- Helping distribute food donations at a local Food Pantry

Due to the COVID-19 pandemic, many of the Club's usual hands-on volunteer activities have had to be limited. But to help struggling families, they started a project to collect grocery store and drug store gift cards that could be distributed with minimal risk so that families could purchase groceries. Rotary Club of the Upper Main Line is working with local food pantries and shelters to distribute over \$8000 in grocery and drug store gift cards to people most in need.

Rotary Club of the Upper Main Line is comprised of folks who roll up their sleeves, get dirty and make a difference! They meet weekly, Wednesday mornings from 7:15-8:15AM, via Zoom (meeting number 512.908.8857), and as in-person protocol allows they will resume meetings at Waynesborough Country Club in Paoli. If you'd like to help make a difference, learn more by visiting umlrrotary.org, emailing umlrrotary@gmail.com, or visiting one of their Zoom meetings.

District Support for Club Signage

Has your club been looking to purchase or update signage to increase brand awareness? If so, the District Public Image Committee would like to help. DG Kevin has allotted Public Image funds to make \$150 available to each club in our district to purchase new road signs, auxiliary signs, yard signs, or pop-up banners. If there is another kind of signage your club would like to purchase instead, please contact Renee DeCoskey, District Public Image Chair, at rdecoskey@gmail.com to confirm that the district will cover it.

How It Works:

Once you've talked with your club and decided what kind of signage you want, go ahead and make the purchase. Please note that your club will pay up front and the district will reimburse you. If you spend more than \$150, we will reimburse up to \$150. If you spend less, we will reimburse for the entire cost.

When you receive your receipt, fill out the [Signage Reimbursement Form](#) and submit it with a copy of your receipt.

Signage Reimbursement Form Deadline:

Although you don't have to have the signs installed immediately, the purchase must be made, and the form and receipt submitted **no later than December 15, 2020**.

Signage Suggestions & Links for Purchase:

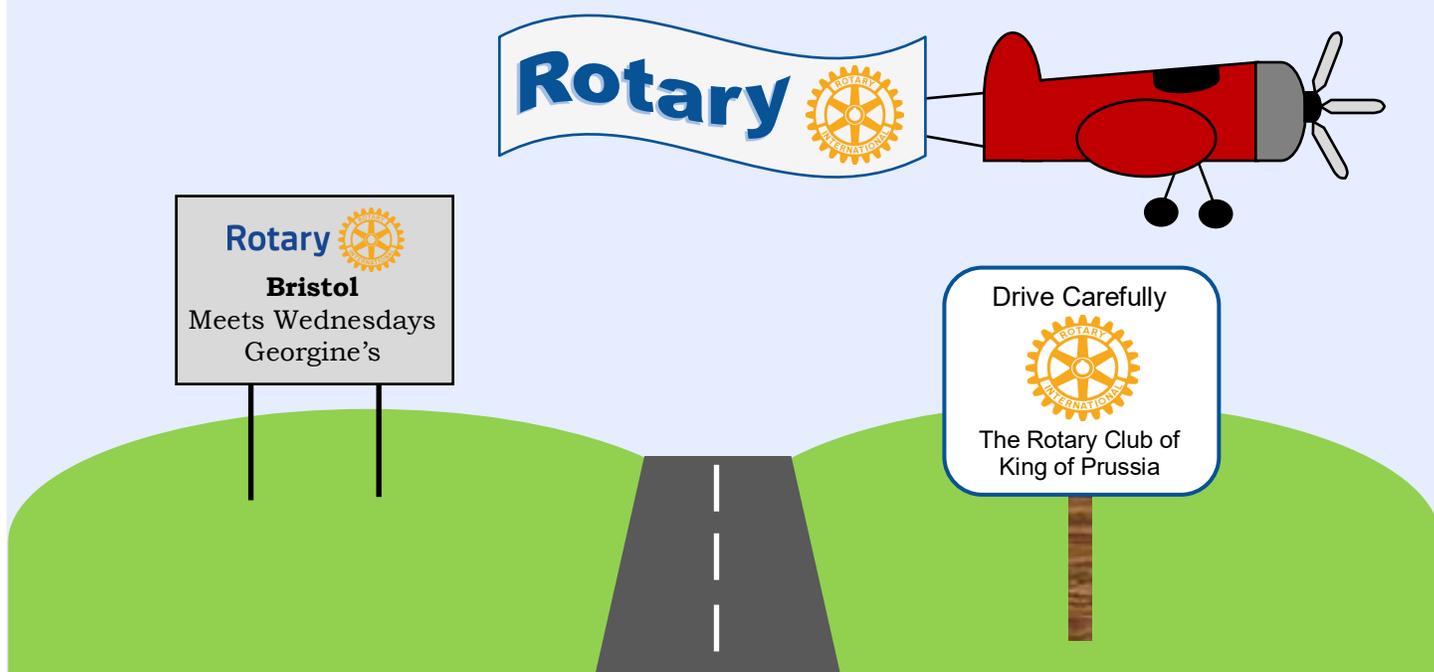
Many clubs have road signs that display the old Rotary logo, are rusted, or provide outdated meeting info. If that's you, take a look at the [road sign options on Russell Hampton's website](#) for road signs and the auxiliary signs to be placed below them with your club meeting info or website.

If your road signs are current and in good shape, perhaps you want to work with a local printer to create yard signs to place around your community, either with a specific message or to place at your service projects to say Rotarians are at work. If you do print yard signs, please remember that Rotary is a non-political, non-religious organization when choosing your message.

Perhaps your club is in need of a [new banner](#) or [other signage](#) such as a branded tablecloth for events. If you aren't sure if your item would be covered as signage, please reach out to us!

Contact District Chair:

Here is the link: <https://rotarydistrict7450.org/public-image-signage/>



Notes from the District

The Rotary Foundation - Rotary Direct

As we approach the beginning of the New Year, we are encouraging everyone to enroll in Rotary's recurring giving program, Rotary Direct. It makes giving easy, fast, and secure. You can schedule a monthly, quarterly, or annual donation that empowers Rotarians to change lives in communities around the world. Your donations can be directed to the Fund of your choice. Enroll through my.rotary.org



- *The Annual Fund*
- *The Polio Fund*
- *The World Fund*
- *The Disaster Response Fund*

Under the District 7450 *COVID-19 Relief Grant Food Program* \$24,500 has now been paid out to 49 clubs for support of local Food Banks. Most grants were matched by the clubs.

In addition to the funding from District 7450, The Rotary Foundation will provide a \$25,000 *Disaster Response Grant* to our District. It will also be dedicated to supporting local Food Banks. An application for clubs to apply for this grant is being developed and will be provided shortly.



Our YouTube Page

Do you know we have a YouTube page? Current monthly messages are posted on our YouTube website. All monthly videos and training recordings are available on [Rotary 7450 YouTube](#)

Coming Soon

District 7450 will soon bring a useful fundraising platform to the district that can be a resource for all clubs. Event Groove provides online support for fundraising opportunities such as Raffles, Auctions, Sales and Sweepstakes and more. This platform will allow clubs to create branded content and accept donations (happy dollars for example). It is also a one stop homepage for all your club's fundraisers both online and in person. Keep an eye out for information on this exciting resource for your club. General information available at eventgroovefundraising.com



News from the Board of Directors

A decision was made at the Board of Directors November meeting to waive the annual \$7 per Rotarian training fee for the year 2020-2021. With this decision, clubs will receive a reduced invoice for \$34 per Rotarian and will be the only invoice from the District.

Click [HERE](#) to post your Club's Online or In Person Event for February/March

Have an Engaging Speaker Visiting? Share the Zoom Link for other Rotarians to Join!

Organizing a Virtual Race or Fundraiser? Share the link for Members all over the District to participate!

Share your Club's Happy Hour Mingle and meet more people in 7450!