



The Sulphur Smell



The newsletter of the Rotary Club of Clifton Springs, NY

The Rotary Club of Clifton Springs is a dynamic service organization reflecting the growing diversity of our community while engaging in local and international initiatives for the betterment of people's lives..

Issue of 20 February 2024

Clifton Springs Rotary Club Chartered June 29, 1933

Meeting Tuesday's at noon at the Clifton Springs Hospital Rotary Room and virtually via Zoom.

Officers 2023-2024

Co-Presidents: Vivian Ryan and Scott MacDonell
President Elect: Mary DePorter
Vice President: Sue Schermerhorn
Secretary: Theresa Dorgan
Treasurer: Hugh Kane
Past President: David Hamilton

Directors 2022-2024

Kathy Barrick, Doris Hunter

Directors 2023-2025

Kris Blair, John McCarthy

Rotary International 2023-2024

President: Gordon McInally

District 7120

Governor: Julie Carney (Avon)
Governor Elect: Dave DeMers (Spencerport)
Area 6 Asst. Governor: Jim Crane (Victor-Farmington)
Foundation Dir.: PDG Dave Hanan (Newark)

Online

www.cs-rotary.org
www.rotary.org
www.Rotary7120.org

Clifton Springs Rotary Club
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Newsletter
Scott MacDonell
Submissions to
Scottdg1415@gmail.com

Find us on Facebook and Linkin



Check out Camp Onseyawa
<http://www.onseyawa.org>

ANNOUNCEMENTS

- 1) The "Grant Management Seminar" is scheduled for Mar. 02, 2024 9:30 a.m. at the Methodist Church Grace Hall. Go to Rotary7120.org -> Events -> Training -> Grant Management Seminars to register. It is free.
- 2) Plans have changed for our **Networking Event** originally scheduled for April 9 at Warfield's. The date, location, and format will be changed. New plans are being formulated and will be rolled out in the near future.

RECAP OF MEETING OF 13 FERUARY

ATTENDANCE: 11 + Barb Barkley and John McCarthy on-line. **50/50:** Scott. "Let it Ride". **BIG POT** is now \$90+.

PROGRAM: Daniel Tilden gave us an overview of the book Lost Connections by Johann Hari. This book is focused on the role of connection in the development as well as the remediation of depression and mental health symptoms.

9 Main Causes of Depression:

- Disconnection from Meaningful Work
- Disconnection from Nature
- Disconnection from Others – Loneliness
- Disconnection from a Secure and Hopeful Future
- Disconnection from Meaningful Values
- Genetic Influence (37%)
- Childhood Trauma
- Changes in the Brain
- Disconnection from Status



This presentation was very much aligned with Rotary President Gordon McInally's focus on mental health. As Danielle so eloquently stated: "When I think of Rotary and what it has meant to me, and reflect on the 9 Main Causes of Depression, I feel confident in asserting that Rotary positively impacts half of those, connecting our members to meaningful work, providing a connection to others, a connection to positive values, and hope for the future". Thank you Danielle for an important program and for making the connection between Rotary and a positive outlook on life.

MEMBER NEWS: Past President David Hamilton informed the club that he has taken a position as a worship leader at Christ Church in Bennettsville SC. This leadership position offers Dave significant professional opportunities. He will begin his duties in early March. Accordingly, Dave will be resigning from our Rotary Club effective at the end of this month. He and Jean will be moving to Bennettsville. We want to sincerely thank David for all of his service to our club over the last several years in several roles including; President, Webmaster, and Foundation Chair. We're very sad to see David and Jean leave Clifton Springs but wish them all the best and much happiness as they begin a new chapter in their lives.

PLAN TO JOIN US FOR INTERESTING UPCOMING PROGRAMS

DATE & PLACE	PRESENTER(S)	TOPIC
Feb. 20 Rotary Room CS Hospital	Lisa Orlando	A Night to Shine.
Feb. 27 Rotary Room CS Hospital	Kevin Mooney	Habitat for Humanity Campaign "Framing Frenzy".

FEB. BIRTHDAYS	FEB. ANNIVERSARY	ROTARY ANNIVERSARY
02-04 Karl DuBash	02-22 Mary DePorter	02-28-2012 David Hamilton
02-22 Mary DePorter		02-28-2012 Sue Schermerhorn





**CLIFTON SPRINGS ROTARY MEETING ASSIGNMENTS
THROUGH MARCH 2024**



Rotary 2023-24				
<u>Date</u>	<u>Program Chair</u>	<u>Greeter</u>	<u>Pan Handler</u>	<u>Reflection</u>
02/20/2024	Mary DePorter	Nub Allen	Bob Woodhouse	Jennifer Carlson
02/27/2024	Jeff Criblear	OCP	Nub Allen	Stefanie Smaldone
03/05/2024	Tracy Crosby	Kris Blair	Chris Brooks	Denise Burnett
03/12/2024	Jean Day	Paul Birtel	David Hamilton	Nick Ganster
03/19/2024		Don Shaw	Dave Hook	Lori Reals
03/26/2024	Theresa Dorgan	Scott Upchurch	Midlakes	Sue Schermerhorn

ROTARY INTERNATIONAL THEME 24-25



Stephanie A. Urchick, a member of the #Rotary Club of McMurray, Pennsylvania, USA, will be our Rotary International President for 2024-25 and the new theme is “The Magic of Rotary”.

RI President-elect Stephanie Urchick celebrates the magic of Rotary. She says members create that magic with every project completed, every dollar donated, and every new member of Rotary.

Every club is different. There’s not a cookbook that we can give to clubs and say, “Do this and you’re going to be fine.” Every club develops its own culture. Country to country, Rotary is done differently. You can have Rotary clubs in the same district that are very different. We need every club to take a moment, do an assessment, and look at

the four priorities of the Action Plan. Then they must ask themselves, Is there something we can do a little differently, or are we already doing the best we can in this or that category?

If you’re already irresistible, then stay that way. But we have to attract people to our existing clubs, and we have to start new clubs. That’s the way to grow Rotary and to have a future.

It’s simply The Magic of Rotary. People can put any verb they want in front of it. Believe in the magic of Rotary. Spread the magic of Rotary. Build on the magic of Rotary. Celebrate the magic of Rotary. There are all kinds of words that we can use.

How much magic will you be creating in the next Rotary year?



Save the Date for the
2024 District Training Assembly

Saturday, April 13, 2024,
8:00 AM to 1:00 PM

Canandaigua Academy

NO registration fee but registration is required, see page 9 for details.
REGISTER NOW!
<https://rotary7120.org/event/district-training-assembly-2024/>