



## THE ITHACA ROTARY NEWS

November 12, 2003

The official bulletin of the Rotary Club of Ithaca, NY  
Chartered in 1915 :: District 7170

Read this newsletter online with pictures and more at <http://www.ithacarotary.org>

### ANNOUNCEMENTS

- **Notes from President Jeff**

*Rotarians in action:* Ithaca Rotary Community Grants were in the Ithaca Journal recently. This past year our club gave almost \$6,500 to local organizations and will be doing so again early next year.

Also in the Ithaca Journal was a Laurel from City of Ithaca Forester Andy Hillman. Andy thanked the area Rotary clubs for their commitment to plant 190 trees in the city over the next few years. 100 of the trees are in celebration of Rotary's 100th birthday and the 90 other trees are in celebration of the 90th birthday of the Ithaca Rotary club. Both birthdays are in 2005. Several thousand dollars has already been given to the city to start the project with more to come. Thanks, Andy!

Special thanks to our exchange students - Michael, Pepe, and Esteban who stepped in where and when they were truly needed as the clean-up crew after Pancake Day was a little short. These guys did a great job helping out and received a well-deserved round of applause.

- **Share the Warmth**

The award-winning Share the Warmth Program is getting under way for this year. Dick Page and crew have already made arrangements for collection boxes to be placed at Borg-Warner, Center Ithaca, P&C Markets at East Hill and in Trumansburg, NYSEG (new this year), Pyramid Mall, Tops Market at Triphammer, Wegmans, and Shur-Save in Trumansburg as well as locations on the Ithaca College and Cornell University campuses. The Samaritan Center of Catholic Charities will oversee the distribution and the Southside Community Center has agreed to store the clothes and host the sorting and distribution. Trumansburg Rotary is joining us this year as a co-sponsor of this wonderful event and they are responsible for arranging the two Trumansburg collection sites.

The program will begin collecting clothes on November 19 and end December 7. Sorting will take place on December 11 and distribution will be on December 12 and 13. Of course, in order for this program to truly be successful, your participation is required. Sign-up sheets will be available at the meetings and you are encouraged to sign up to help empty the collection bins, sort the clothes, or staff the distribution tables. Without your help, this program would not be possible. If you have any questions, please contact Dick Page.

- **Ringin' for the Salvation Army**

Once again the Ithaca Rotary Club will be ringin' bells for the Salvation Army's annual kettle drive. Following are the dates and locations for our days, please check your calendars and be ready to sign up for a time slot when you are asked. Believe it or not, those dates will be here sooner than you think! Mark your calendars now so you have the time set aside.

INSIDE at KMart on Route 13 in Ithaca:

December 1: 9 am - 8 pm

December 16: 9 am - 9 pm

December 17 - The kettle will be at our meeting for members who would like to make a donation. **The Salvation Army Brass Band** will also be in attendance at the meeting. The 4-5 piece group will be playing until 12:30 for your entertainment. Come early and enjoy this special musical presentation.

- There are now **Shut-in cards** on the tables each week along with the comment cards. If you know of a fellow Rotarian who is unable to make it to the meeting and would appreciate a visit from a friend, please fill out one of these cards and give it to PJ or Scott Russell.

Along those lines, Carm Hill has recently undergone open-heart surgery. He is at home now recovering and brief phone calls would be acceptable. Please keep Carm in your thoughts.

Former member Barny Cole was involved in a serious car accident recently and, at last report, was in Robert Packer Hospital in Sayre, Pa. Please keep Barny in your thoughts as well and as soon as any more information becomes available, it will be passed along.

## ANNOUNCEMENTS *(continued)*

- **Ithaca Rotary Community Grants**

Once again the Ithaca Rotary club will be presenting worthwhile organizations in the community with small grants to help them achieve their goals. Requests for Rotary Grants are now being accepted and any organization with a need can apply simply by making a request to the Community Grants Committee. A letter detailing the request should be sent to either President Jeff True or Secretary Scott Russell care of the Ithaca Rotary Club, P.O. Box 306, Ithaca, N.Y. 14851. Letters may also be addressed directly to the committee via chair Jessie Ripple, 57 Highgate Circle, Ithaca, N.Y. 14850 If you have any questions about the Small Grants Program you may also call Jessie at 257-6454 or 254-2372. Deadline for requests will be January 31, 2004.

## FEATURED ROTARIANS

- **Visiting Rotarians**

Barry Downing (Endwell, NY)

- **Rotary Ambassadors**

11/8: Gene Erickson (Rotary Leadership Institute, Cornwall, Ontario)

11/11: Roger Sibley (Ithaca-Cayuga)

- **Visiting Exchange Students**

Esteban Campos (Costa Rica)

Jose Salcedo (Mexico)

Michael Sykora (Slovakia)

## PROGRAM NOTES “How healthy is OUR Rotary Club”

*Joan Ticknor*

June Losurdo introduced our guest speaker today, Joan Ticknor. June first talked to us about cancer detection guidelines as prepared by the American Cancer Society. A quick survey was given to the club, with results to be presented at the December 3rd meeting. We were also all encouraged to take a small list of cancer-detection recommendations with us and post them in our work places to encourage our colleagues to join us in living a healthier lifestyle.

Joan Ticknor is the Director of Corporate Relationships for the American Cancer Society and she shared with us today some of the facts and figures that relate to cancer in this country. 1.2 million Americans are diagnosed with cancer each year, and 1 in 4 deaths each year are due to cancer. The death rate is highest in people ages 20-65. Early detection and treatment have been shown to significantly reduce the mortality rate in cancer victims. Obesity, sedentary lifestyles, and nutrition problems have all been linked to higher cancer rates and we can all improve our chances of preventing cancer by making changes in our own lives to combat these conditions when present.



Joan also let us know that the workplace is a perfect place to start this battle. Workplace Wellness Programs are becoming more popular as work time is also prime time to address these issues. One great example of work-place problems is related to smokers. Not only are they creating health problems for themselves, but a smoker who takes four 10-minute breaks each day ends up working one month less than workers who do not take such smoke breaks. It doesn't take much extrapolation of that statistic to figure out what it will cost your business in lost work time alone, not to mention increased health care costs and possibly increased absenteeism as well. What can we do? It sounds easier than it really is, but all we have to do is to watch our diet, exercise more, and stop smoking!

Our thanks to June and Joan for their enlightening talk and for taking the time to speak to us.

- **Special Guest**

Yolanda Richardson was our special guest this week. Yolanda, Alan Green, Youth Bureau Director and Mike McLaughlin, Chair of the Recreation Partnership, were all on hand to update us on the Ithaca Rotary/Ithaca Youth Bureau Youth Soccer Program. With pictures by Guy Tabacchi flashing on the screen, Yolanda let us know that about 675 youngsters participated directly in the soccer program this year. The Ithaca College women's soccer team came down to present a clinic for the kids and several team members volunteered as assistant coaches.

In order to expand the program to a more manageable number of teams, a youth team from Newfield was also invited to participate in the program. Once again, this program was a great success and some great exposure for Rotary. Our club provides significant support to this program along with the Ithaca Sunrise club. This is the last year of the current agreement with the youth bureau so of you have any thoughts about continuing this program, please speak to President Jeff. Our thanks to Yolanda, Mike, and Alan for joining us and bringing us up to date on this great Rotary/Youth program in our community and our thanks to them for their support of this program.

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| CALENDAR |
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November 26: *Meeting* tba

December 3: *Meeting* Pride of Ownership Day

December 10: *Meeting* The Ithaca College Madrigal Singers

December 17: *Meeting* "Boots on the Ground: A Month with the 82nd Airborne in the Battle for Iraq", Karl Zinsmeister

December 24: **no meeting**

December 31: *Meeting* tba

2004

January 14: *Meeting* "Indian Land Claims" Robert Venables

January 21: *Meeting* "Remodeling the William Henry Miller Inn" Lynette Scofield

February 14-22: Rotary International Assembly (Anaheim, CA)

March 19-21: President-Elects Training Seminar, PETS (Syracuse, NY)

March 27: Rotary Leadership Institute, Parts 1-3 (Binghamton, NY)

April 1 – 3: District 9100 District Conference, Bamako, Mali, Africa. Our GSE team will be there!

May 23-26: Rotary International Convention (Osaka, Japan)

June 11-13: District 7170 Conference: Celebrating the Family of Rotary (Binghamton, NY)

June 20: Ithaca Rotary Chicken BBQ at Stewart Park

June 25: District Pass the Gavel Celebration

June 27 – July 2: RYLA 2004

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| CREDITS & CONTACT INFO |
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*Program Chair:* June Losurdo :: *Kettle Watch:* Dave Barr :: *Greeter:* Jessie Ripple :: *Thought:* Neil Tarallo :: *Introductions:* Bill Irish  
*Music:* Jack Burns and Siu-ling :: *Photography:* John Ziegler :: *Setup:* Mike Billing :: *Editor:* Dale Flinn :: *Website:* Matthew Dearing

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For eNewsletter comments, questions or corrections, and subscription requests please contact the Editor at [bigd@starflinn.com](mailto:bigd@starflinn.com).