



# *The Peal*

## Rotary Club of Canandaigua



Meeting Thursdays 12:15 p.m.  
American Legion Post #256  
454 North Main Street

**[www.canandaiguarotary.org](http://www.canandaiguarotary.org)**

Club # 4765, District 7120  
Organized Apr. 24, 1919

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### *Official Newsletter of the Canandaigua Rotary Service Foundation*

**Today's Program: Marley Kuzka – Eagle Scout Project**

**Next Week: Don Collins and John Mueller – Farming Then and Now**

**Meeting Notes from: July 17, 2025**

**Pledge: President Kent Gilges**

**Song: Kim Tenreiro**

**Invocation: Judi Gorenflo**

**Guests:** Truman Mortillaro – Scout District (Prospective Member , Ellen Uebbing, Frank Puglese, Todd Bernhardt, JT Squires, Melissa Farrell, Jasmine VanBuren, John Reyes Guerra (3<sup>rd</sup> meeting – prospective member).

**Visiting Rotarians:** None

**President Kent** talked about Harvard Professor **Arthur Brooks** and his Happiness Project in concert with service. In essence, service is a fundamental element in building a truly happy and meaningful life. It's about finding purpose, contributing to the well-being of others, and experiencing the deep satisfaction that comes from feeling needed and making a positive impact. **As President Kent says – that's what Rotary is and who Rotarians are!**

**Announcements:** **Kim Tenreiro** reminded folks of the bike drive on July 26<sup>th</sup>. Bring bikes in any condition to the Civic Center from 9 am to noon.



**Ken Poole** reminded us of the Finger Lakes Community Band Concert at Kershaw Park next Thursday evening – 7 p.m. (See Flyer)

**Happy Dollars:** **Clark Kurtz** is one of 6 kids, and he instigated a family reunion in Rapid City, SD for 50-60 people, along with his twin brother (OMG there are 2 of them!). Joan didn't go with him, because she didn't want to slow him down or hold him back! **Margie LaTourette** was gone for a month to Las Vegas, Denver, and home with grandkids for a couple of weeks. **Kim and Janet** took a quick trip to Long Island for his brother's 75<sup>th</sup> birthday party, following a tradition of grandfather, father, and now brother. **Kent Gilges** missed last week due to a golf tournament – his team came in last on Thursday. **Mark Sheppard** ponied up \$20.00 for the **pit pass** which we'll hear more about in 3 weeks.

### **Board Meeting Notes:**

\$500.00 was approved for the **Habitat for Humanity Framing Frenzy**.

The board agreed to expand the **flag subscription** program up towards Farmington (after clearing with V/F Rotary) next spring. 2,000 potential homes!

**Rick Hawks** announced that the **Jackpot Raffle** drawing will take place **on November 1 at the Monte Carlo Night at Hotel Canandaigua**.

Our club received a **\$4,000 district grant** for new furniture for **Wood Library's Teen Room**.

**Ellen Polimeni** introduced **Todd Bernhardt** of Family Promise of Ontario County and then he introduced others on his team: **JT Squires** – case manager, **Melissa Farrell** – jack of all trades, and **Jasmine VanBuren** – case manager. They were there to receive the \$6,000.00 that was collected on Past President's Day.



### Program:

**Pross Nalwanga** from Uganda met **Kent and Liz Gilges** in 2017, when Pross came here to have her son at Strong. He was very early, and spent a lot of time in the NICU, as he was under weight and malnourished as a result of poor diet on Pross's behalf. At Strong, they educated her on better nutrition – not only for her, but for pregnant mothers and their children. She has since started an organization (**ProWellnessVita**) that will teach mothers about proper nutrition from conception. Too many women think that a full plate will be healthy. Her objective is to teach them what a healthy plate looks like! Less starch, more protein and vegetables that provide essential nutrients and vitamins. Her organization, along with help from **the Rotary Club of Seguku** and **the Global Grant** originating here in our club, will train trainers in proper nutrition and get certified. They will then go out to villages, health centers and vocational schools and teach the mothers in the pre-natal stage. After birth, mothers will receive birth boxes to assist in the first 1-2 months. Their goal: Healthy meals, healthy children.

On a more somber note, Pross's father died yesterday (Wednesday, July 16) from complications of diabetes. He had been on dialysis, but no one had ever given them a proper diet for diabetics or dialysis. That will be another aspect of the training down the road. This project is very close to her heart and her family.

Scope of the grant: about \$92,000.00. One-third will be solicited from Rotary Clubs, one-third from District Designated Funds, and one-third from The Rotary Foundation. Private donations will also be accepted.

**Pross** with our new speaker's gift:



**50/50 and Joker Draw:** **Mary Green** drew the **Jack of Hearts** and **Donna LaCourse** took home **\$17.00**.



### Upcoming Events:

**FL Community Band Concert at Kershaw** – Thursday, July 24, 2025 – 7 p.m. at the Gazebo  
**Bike Drive** – July 26, 9-noon Canandaigua Civic Center  
**District Golf Tournament** – September 12, Reservoir Creek Golf Course  
**One Rotary Summit** – September 6, 8:30 – 12:30 Location TBD (probably Geneseo).  
**Monte Carlo Night** – November 1, Hotel Canandaigua

### Rotary International Theme:

