



The Peal

Rotary Club of Canandaigua



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

www.canandaiguarotary.org
Club # 4765, District 7120
Organized Apr. 24, 1919

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CREATE LASTING IMPACT

Official Newsletter of the Canandaigua Rotary Service Foundation

Today's Program: Jamie McCaughey – Hut to Hut - Ski Touring in the Swiss Alps

Next Week: Rob Nye – FLCC For Seniors & Citizens (SUNY Reconnect)

Meeting Notes from: July 23, 2026

Pledge: President Paul Harvey

Invocation: Beverly Cartwright

Song: Sean Buck – My Country Tis of Thee

Guests: Steve Uebbing had brother-in-law Frank Pugliese, and Doug Merrill had wife Deb Martin.

Visiting Rotarians: No visiting Rotarians.

Past President Kim Tenreiro presented members from **The Spot** - Russ Lyons, Kalene Reiner, and Leah Thomas with a check for \$2,100.00 from Past President's Day.



Announcements:

Adopt-A-Highway was held **July 25** at 9 a.m. at Roseland Family Fun Center. The intrepid crew had everything wrapped up by 10 a.m.



Pit Pass – Donna LaCourse bought the pit pass for \$20.00.

Happy Dollars/Fines/Confessions:

Adeline Rudolph just back from Ireland where daughter Addie was doing a short study term, then she went on to Montreal for a long weekend with friends.

George Herren had a couple of happy dollars in recognition of **Jack Moran** being cancer free, and that **Kathi Nevin's** son-in-law was unharmed after the hit in Jordan.

Mike Schiller celebrated his 20th anniversary in Mexico.

Kathleen Draper took her 90-year old father to the White Deer Farm in Romulus – fabulous!

Ken Poole is happy to turn over the reins to a new collaborator for the Finger Lakes Concert Band.

Jody Wilbur is glad to be back at Rotary and no longer has a broken heart after her heart surgery!

Rick Lessard is back from 2 weeks in NC and TN.

Jack Kellogg got an email from **Jeannie Kesel** with news that **Scott** had his 30 day check up and bone marrow was 100%.



Doug Merrill – was presented his **Paul Harris +2!**

[Program Notes: Deb Martin – ON VOLUNTEERING](#)

Deb Martin gave a very inspiring talk on volunteering – starting with Rotary's motto **Service Above Self**. Volunteering is a win/win for everyone involved. Her first volunteer service began at age 14, reading textbooks to a blind college student, and it changed her life. For the next 55 years, she has sought out volunteer service that would do just that – change her life for the better. Over 75 million people in this country volunteer, totaling up 4 billion hours of volunteer service.

Volunteers don't seem to talk about their volunteerism – but it needs to be promoted, encouraging others to volunteer, too. 70% of people are surprised that people volunteer! Volunteerism improves your esteem, lowers your blood pressure, gives you better weight control, improves insomnia and promotes better health in general. But you can't be a fake volunteer!

Many people have excuses why they don't volunteer: I spend so little time with my family I feel guilty; I got burned out; I want to spend my free time focused on my job; Don't ask me to do something, I just want to give money!

Answers to those excuses: take your family with you to volunteer; pick the right projects that fulfill your soul; try something totally different – like planting flowers, being a docent at a local museum, baking lasagna for Lasagna Love; many employers support volunteering – join a board that relates to your job.

If you're out of work – volunteering is a great way to add to your resume. If all you want to do is give money, check out what they do with your money – **Charity Navigator** is a good way to see how much they spend on programs versus administration.

So – bottom line: volunteering is good for your health, your family, your career, and your soul! And you can make life-long friends.

Janet T talked about the 40 Wilcox and 80 Parrish Street boards that she, **Deb**, and **Judi Gorenflo** serve on. **Kim** talked about delivering cookies at Christmas as a 9-year old cub scout, and **Meals on Wheels**, and **Noah's Blessing Box**. **Adeline** suggested inviting younger people to join in on one project to get them started. **Nancy** is on the **Wood Library** board to keep her young. **Ken and Donna L** renovate cemetery headstones. **Kathleen** volunteered at a **biochar** event and it changed her life!

There is an **Alzheimer's** walk coming up, and she suggested we put together a team like we did for **Light Hill**. There is also a Volunteers opportunity list out there: <https://www.flcc.edu/volunteer/volunteer-opportunities>

[Upcoming Events:](#)

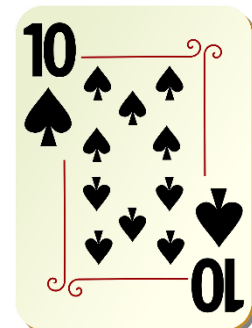
District Golf Tournament – September 11, 2026 at Reservoir Creek in Naples.

First Friday, August 7th – Roof top at **Nick's Chophouse**.

ChamberFest Canandaigua - July 24 – 28th. Tickets available at ChamberFestCanandagua.com

RPO concert – Thursday, December 3, 2026

[Joker Draw and 50/50:](#)



Janet Tenreiro took \$22.00 home, and **Larry Robinson** removed the ten of spades from the deck.