

Wednesday WRAP-UP

Rotary
Club of Geneva, New York



Miss a meeting?
Make up at
www.RotaryEClubOne.org

**Wednesday,
Oct. 7th, 2026**

Next week:

Susie Flick -Geneva Library

President Ethan Fogg opened today's meeting with the Pledge of Allegiance, a moment of silent reflection and the Four-Way Test.

Guests

Joanne Bleakley

Arlene Eddington, Geneva Breathes

Community Announcements

- Jim Dickson – Halloween Surprise! Sat., Oct 31 Highway Clean Up in the morning, 9 a.m. Come if you can!
- Stephanie H – Pivot and pushing gala dinner to Thursday, Nov. 19 to allow more people to participate (See Kath F or Linda Equinozzi to join the Rotary table)
- Dave Cook – Ray Ciancaglini reminder - [Shields of Honor Dinner](#) is Nov. 7 at Ventosa to benefit Geneva PBA and FD
- Susie Flick – Library has a new director starting 11/16, Josias Kai Bartram, local ties, coming from Binghamton
- Susie – 5 spots for Thursday's gnome making class!
- Ethan -- this Saturday, 11:30 – 1:00 HWS students will be helping to clear Rotary bed at the Visitor's Center, join if you can

Happy Dollars

- Ted Baker – Patriots win!
- Carol Chester – move is complete from their home to a townhouse in the village of Penn Yan. (Unfortunately, got a black eye in the process!)
- Linda Equinozzi .- had a trip to Vienna and Prague, did a class with Maggie at the Y
- Barb Geary – got a new car
- Dave C – dogs back home and behaving; Center of Concern speaker inspired closet clean out and a donation!
- (Ethan suggestion – when changing seasons for clothes, reach into the closet and hang things backwards. When you wear an item, put it back in the closet facing the right way. All clothes still backwards at the end of the season– think about donating.)
- Peter Einset – busy and tired – paying cash is cheaper these days often, service fees show up on checks and credit cards...
- Ruth Leo – happy that HWS forum was a packed house at the Smith on Friday; sad that another childhood friend and classmate, Judy Goff, passed away.
- Jim Dickson -- Ford Weiskittel visit, healing from knee replacement at Ashton Place rehab since he lives on his own and can't drive; sad that ND is having a horrible year
- Johnny O – Neil took a great photo of our guest speaker Cheryl, it's now on her website
- Eileen - Happy Arlene is here

- Mary Gearan – happy that Arlene is here, sad dollar about anniversary of Hamas attack on Israel today
- Ethan – going to CT to buy keys in the mecca of key production! (i.e. Yale Locks!); thanks to team for helping fill in when he couldn't be there
- Kathy Fuchs – acknowledging alumni award that Ethan got from FLCC, now very involved at Foundation there

50/50

\$33 to winner; \$34 to Foundation – Carol Chester was this week's winner

No Heart of Rotary

Program:

Kathy Fuchs introduced **Arlene Eddington, Geneva Breathes**. Arlene has been a retired teacher for five years, and currently teaches wellness classes. She is married to Gordie Eddington and is a grandmother.

- Leads mindfulness classes offered free across the community
- During Covid took a walk with friend and felt heaviness of Covid, the struggles of it all – how can we address it?
- We are all riding our waves of life – celebrating the happy times but sometimes needing to take a breath and be grateful. Some have anxiety, stress, mental health issues, and how can we help? Geneva Breathes was born.
- Mindfulness sessions - Not just in Geneva
- Mindfulness is being present.
- Think of a crying baby and trying to soothe them – what would you do? Rub their back (power of touch), sing (power of music), rock (motion) – can help to self soothe, swaying calms the nervous system
- Self talk – part of mindfulness and soothing
- One idea: Journaling – just a minute or two
- Easy when you wake up: place hands on your chest and say “I’m alive.” Gratitude.

Arlene led us through a series of mindfulness exercises to music.

Sit and get comfortable, put thumb in front of your lips, inhale and exhale, shake out your hands; repeat with other thumb.

Cupping and sway – cross hands across your shoulders and sway lightly, bring hands slowly down, give elbows a squeeze and place hands on belly, inhale and exhale.

Place hands on your head, think of place that brings you calmness or joy.... Bring hands down to eyes and see yourself walking by the lake, drop hands with eyes closed and what do you see? Hands to your ears, 3 seconds.... What do you hear? Hands to lips – being mindful of what comes out of your mouth..

Hands to heart and belly – what do you touch?

Hands across chest – inhale, exhale. Mantra: “Oh, my my! It's a good life.” (Make a list of things making it a good life—move in a circle, reverse the circle, one direction with inhale and the other with the exhale.

Make a circle with a finger and breathe in and out as you imagine going in and out. Hands up and exhale them down. Put hand on heart and exhale.

Hush the baby – cross hands across the chest and bend forward and backward to “hush the baby”

Two hugs – one for yourself and one to give away.

Breath work: Box Method – tracing the four sides of a box as you inhale and exhale

**Respectfully submitted,
Mary Sue Dehn**

Community Service Announcements

- Saturday - Boys and Girls Club Toddler Time (no volunteers needed the third Saturday of October. Will resume next month.)

Future Programs

- 10/14 Susie Flick -Geneva Library.
- 10/21 Nelson Ronsvalle, local airplane pilot (great story) waiting for confirmation...looks good

Locations of other Local Rotary Meetings

- *Seneca Falls meets Tuesdays at noon at the Seneca Falls Country Club. Lunch is \$15. (They are not meeting on the 21st)*
- *Waterloo meets Monday evenings at 6:00, upstairs at Ciccino's Restaurant, 22 E. Main Street. Attendees order from the menu*
- *Penn Yan meets Tuesdays at noon at Lakeside Country Club (145 Rte 54, PY). On the first Tuesday of the month they meet at 8:00 am at the Wagner Restaurant in the village.*
- *Dundee meets Wednesdays at noon at "Our Town Rocks" 12 Main St., downtown.*

Four way test:

"Of the things we think, say or do:"

1. Is it The Truth?

2. Is it Fair to All Concerned?

3. Will it Build Goodwill and Better Friendships?

4. Will it be beneficial for All Concerned?

Ethan Fogg
President

Garey Adamson
President-Elect

Vacant
Vice President

Ford Weiskittel
Secretary

Bob McFadden
Treasurer