

### POVERTY SIMULATION



Have you ever wondered what it's like to live in poverty?

It's time to find out. Join in a live role-playing simulation of families trapped in poverty. Make the impossible decisions - between food and clothing, between healthcare and monthly rent - that millions of Americans are forced to make every day. Foster empathy and awareness of the needs in our communities.

**Wednesday, March 13, 2024**  
**10 a.m. to 2 p.m.**  
**The Lamplighter Restaurant**  
**Route 22 - Delmont, PA**

**Registration deadline is March 6.**  
**Cost is \$5/person and includes lunch.**

THANKS TO OUR SPONSORING ROTARY CLUBS



INTERACT  
 POVERTY  
 SIMULATION  
 ROTARY  
 DISTRICT  
 7305



Registration info can be found by scanning the QR code or by going to the District website under the Interact tabs.



**Interact**  
 Rotary District 7305



On Wednesday, January 31, Felicia Mycyk organized a Meet and Greet at Bobalicious in Ambridge for all District Interactors and Youth Exchange. It was a great opportunity for all of these young people to "hangout", make new friends and to exchange experiences. THANKS for arranging for this Felicia!!





Last month we met via Zoom with the seminarians in Ukraine to closeout the Ukrainian Orphanage Project for 2023.

All in all, the Project was a huge success and with the extra gifts there were enough gifts for orphans who recently arrived from Eastern Ukraine. Several suggestions were made: (1) sizing was a problem for some of us in the U.S., so next year the sizes will be small, medium and large, (2) we need to start much earlier this year as the boxes did not arrive at the seminary until early January (in time for their New Years celebration), (3) we need to find a better way to ship the boxes of gifts, (4) the ID numbers and tags worked perfectly and were used as gift tags on the packages in Ukraine and (5) the cards from the Ukrainian students at North Allegheny High School written in Ukrainian were very much appreciated.

The seminarians were very very appreciative of all that we did and hope someday to be able to thank all of you personally.

The consensus of all of those in attendance was that we do the project again in 2024 with some changes.....



The seminarians will get lists to us no later than August 1. We will then generate the tags as we did last year. There will NOT be a caring tree this year BUT we will send an email blast to all Interact Advisors in mid-August to ask how many tags they would be willing to take for their Interact Club this year. The tags will then be sent to the Interact Advisor. On a side note, we have suggested that for shoe sizes, that they trace the outside of one shoe and send us those papers so we can match it with U.S. shoe sizes.

Assuming that everyone has all of their “tags” by September 1, this year we are asking that the gifts be placed in plastic bags, same as last year and be brought to the Rotary District 7305 Interact District Conference on October 17 at the Greensburg Country Club. There they will be packed into shipping boxes and transported to whoever will be handling the shipping this year.







WHAT A COOL IDEA

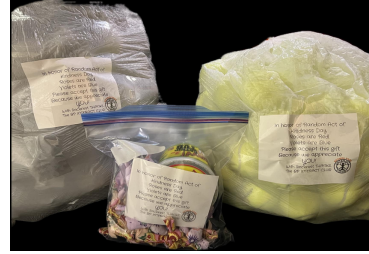


February is Random Acts of Kindness Month! Our club members made this calendar with easy, small and meaningful acts we can do everyday this month. Be Part of the Heart Today: Smile at Someone.

Random Acts of Kindness Month  
February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Be a Part of the Heart!</b>						
Call a family member to ask how they are doing 4	Tell someone you are proud of them 5	Pick up a piece of litter 6	Leave a positive message outside with sidewalk chalk 7	Smile at someone 1	Do an extra chore at home 2	Post an encouraging message on social media or around the community 3
Make an origami heart and give it to a neighbor 11	Go the whole day without complaining 12	Make a list of your own positive attributes 13	Tell someone how much they mean to you 14	Let someone go in line in front of you 8	Encourage a classmate 9	Leave a positive review for a local business 10
Send an uplifting email 18	Thank someone you take for granted (ex: sibling, mailman) 19	Give away a pencil 20	Compliment a stranger 21	Thank a teacher or give them a small gift 15	Hold the door open for someone 16	Donate old clothes, toys, or books <i>National Random Acts of Kindness Day</i> 17
Give someone the benefit of the doubt 25	Tip someone extra/pay it forward 26	Write something uplifting on a sticky note and leave it at school 27	Give a random high five 28	Tell a friend a joke 22	Talk to someone who looks lovely 23	Reach out to an old friend 24
				Make a card or draw a picture for a friend 29		

In honor of National Random Act of Kindness month, club members made paper bouquets for school counselors, horse treats for Horses for Hope and dog/cat toys for South Hills Pet Rescue!



Welcome



We have a new Interact Club in Rotary District 7305! Welcome to the Central Westmoreland Career and Technology Center Interact Club in New Stanton. They are sponsored by the Rotary Club of Mount Pleasant. We look forward to working with you!





Somerset Area's Interact Members have been very busy this winter. We made a donation of \$1745 to the Somerset County Military Family Support Group. Funds were raised during a Veteran's Day Walk A Thon. We helped the local Kiwanis Club make and serve pancakes at their Annual Fire and Ice Pancake Breakfast. That Same weekend we helped make and serve Hot Chocolate with our local Rotary Club. Finally, we volunteered at Maple Ridge Elementary's Glow Night Writing Event.

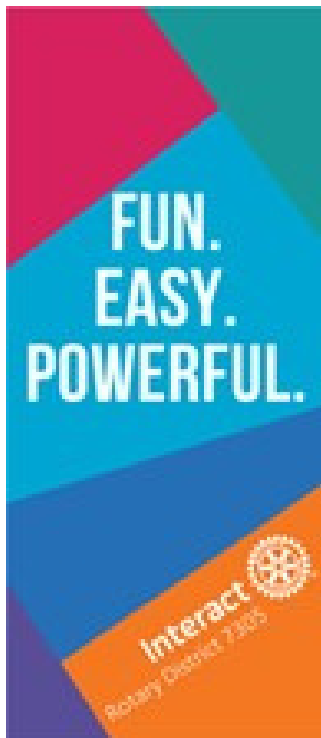
Articles and pics for the April Newsletter are due no later than March 26 to: [mbarnhar@verizon.net](mailto:mbarnhar@verizon.net)







The Jeannette High School Interact Club successfully hosted its second annual “Galentines Gala”. The event is for female students and a special woman in their life to spend time together. During the event, the students and their special woman figure enjoyed lunch, games, prizes, and fun filled conversations. On top of that, hygiene and food items were collected to be donated to Catholic Charities in Greensburg. It was a great afternoon.



Today, there are 14,719 Interact clubs across 147 countries.



More than 300,000 Interactors drive positive change across the world!

# ROTARY DISTRICT 7305 2023-2024

## INTERACT CLUB OF THE YEAR

Who will take the honors at this year's Interact District Conference?

Nomination forms for this year's Rotary District 7305 Interact Club of the Year will be available by the middle of April. The deadline to complete your nomination form and submit it will be May 15, 2024.