



From the Governor's Chair

As we visit other clubs and meet Rotarians we often hear the phrase "what we do in Rotary." In fact, for the Rotterdam Sunrise induction dinner we were asked to put that into our own words, so here it is as a conversation starter for your own thoughts:

"WHAT WE DO IN ROTARY – 10 EASY REASONS"

- Have fun at meetings, the weekly meetings are something you look forward to as a break from the workweek
- Make new friends in our club and in other clubs in the District as well
- Give back to our communities with the projects we do
- Making a difference in the world at large, like eradicating Polio from the face of the earth through our membership worldwide, providing clean water to countries in need, as well as a multitude of other humanitarian and educational programs that are offered
- Pledge ourselves to a high ethical standard: when we recite the Four-Way-Test and by wearing our Rotary pin at all times
- Network as business and professional people: members know each other by their character and participation in the club. We are members for service to others, but business among ourselves often results. For example, in selecting a contractor for some home improvements that we made,

we chose a club member who we knew would be good to do business with

- Give special attention to youth with our international Youth Exchange Program, Interact clubs in local high schools and Rotaract in colleges, as well as scholarships and leadership programs
- Share core values with over a million people in more than 200 countries, all of whom are members of Rotary. We all speak the same language when we talk Rotary
- Experience international travel by attending conventions: visiting great cities – we've been to China, Russia and other countries doing Rotary travel (our latest country was N'Or-lins!). We've met people in the course of it from all over the US and other countries as well. In our own experience on post-convention tours, it's always easy to meet people because we all had something in common, and have formed lasting friendships
- Ask someone else and you'll get answers I haven't thought of!

15-second wrap up: "we have fun at meetings, make new friends, give back to our communities with the projects we do and even to the world at large, like eradicating polio from the face of the earth through our membership worldwide."

Yours in Rotary,
DG Bill Nathan



DISTRICT EVENTS AT A GLANCE

- **Now - August 31st - Order District Cookbooks NOW!**

CLUB EVENTS AT A GLANCE

- **August 4th Thurs – Golf Tournament**
Sponsored by Glenville Rotary
- **August 9th Tue – Golf Tournament**
Sponsored by Rotterdam Sunrise
- **August 9th Tue – Rotarians-of-the-Year-Recognition Night at the Joe**
Sponsored by Glenville Rotary
- **August 13th Sat – Golf Tournament**
Co-sponsored by Salem Rotary & Salem Chamber of Commerce
- **August 13th Sat – Yankee Baseball Trip**
Sponsored by Albany Rotary
- **August 21st Sun – Run for Rotary Scholarship** Sponsored by Niskayuna Rotary
- **August 28th Sun – Muddy Sneaker 5K & 1 Mile Fun Run** Sponsored by Glenville Rotary
- **October 19th – ELVIS is BACK!**
Sponsored by Mechanicville Rotary

Order District Cookbooks NOW!!!

See page 5 for order form, and pages 9 & 10 for detailed information.

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Glenville Rotary presents its
13th Annual

Golf Classic

Thursday August 4th
VanPatten Golf Course

\$110 per Golfer includes 18 holes of golf with a cart, coffee and bagels, food at the turn and luncheon

Raffle with Great Prizes

Registration time 7:30am

Shot Gun start at 8:30 am

More information at www.GlenvilleRotary.org

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Rotterdam Sunrise Rotary presents its
33rd Annual

Golf Tournament

Tuesday August 9th

(This is a dark day at the track)

Located at the Mohawk River Golf Course
on Riverview Rd.

Cost \$125 per golfer

This year's event will include a Continental Breakfast, 18 holes of golf, cart, lunch on the turn, ALL the beverages on the course included with entry, Open Bar for 1 hour before the best golf dinner you'll have anywhere, plus loads of prizes.

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LAST DAYS to secure tickets to the

5th Annual

Rotarians-Of-the-Year

Recognition Night

Tuesday August 9th

Honor YOUR Rotarian-of-the-Year at this memorable annual event.

It's also Irish Night and

Two-fer Beer Night!!!

The three clubs purchasing the most seats from our block of seats will have their 'Rotarian of the Year' throw out the first pitches.

Contact Barb Wyllie at bw4rotary@gmail.com

or call her at 518/370-2214 to reserve your tickets.

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Salem Rotary Club & Salem Area Chamber of Commerce present their

2nd Annual

Golf Tournament

Saturday August 13th

2 Tee Times: 8am & 1pm

\$50 per person and includes lunch or dinner

(For Lunch or Dinner Only: \$20)

Please make checks out to 'SAVE' and mail to Salem Area Chamber of Commerce (SACC)

PO Box 717 Salem, NY 12865

Proceeds benefit The Salem Area Van Endeavor - a community service providing transportation for Salem Area Senior Citizens, and others without transportation, to grocery shop and to attend other local events at no charge.

Albany Rotary has arranged...

For Baseball Fans
Family Bonding Time

to

Yankee Stadium

Saturday August 13th

Tampa Bay Rays vs Yankees

It's a 4pm game

and will leave Albany around 11am.

The fun package includes: cont. breakfast, games and lots of prizes on the deluxe, a/c video bus, lunch with beverages at the stadium, movie, etc...and, of course game ticket"!!!...all for only \$87/person.

Great day with family bonding and fun with other Rotarian families/friends.

Call 371-3737 and book early since it surely will sell out.

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Rotary Club of Niskayuna presents its
2nd Annual

Run for Rotary Scholarship

Schenectady Central Park

Sunday August 21th

Race starts at 9am

...starting at the Pavilion in Central Park

\$20 for adults, \$10 for students or children ages 10-16. (Children under 10 free)

Free T-shirts to the first 50 participants.

Proceeds go to benefit the Scholarships for local high school students as well as other rotary projects.

For questions email Emily Miller at emily.lauren.miller@gmail.com

Register Day-off or Preregister and enclose payment with the form below:

Name: _____

Number of People Running & category:

Payment Type: Cash Check

T-Shirt Size: Small Medium Large Ex Large

Make Checks payable to

Niskayuna Rotary Club

c/o Emily L. Miller

120 Maplewood Drive, Glenville, NY 12302

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Glenville Rotary presents its

Inaugural

Muddy Sneaker 5k Trail Run

& 1 Mile Fun Run

Sunday August 28th

5k @ 9 AM

1 Mile @ 10 AM

Indian Meadows Park, Droms Road in Glenville

\$20 per runner for 5k until 8/24

... afterward \$25 per runner

\$10 per runner for 1 Mile Fun Run

T-shirts for first 150 registered

More information at www.GlenvilleRotary.org

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Mechanicville Rotary presents

Elvis is Back!!!

Donny Elvis Romines

Proceeds benefit Project Warm and other Rotary Projects.

Wednesday October 19th

Doors open at 6pm

The Arts Center on the Hudson

(2 South Main St., Mechanicville, NY)

Adults \$10 ~ Families \$20

Students, Seniors, and Veterans \$5

Tickets available at the door

Concession Available

Tickets and Information:

Contact any member of the Mechanicville

Rotary or Matt Hosek at 664-3200,

Matthew.Hosek@bsnb.com (Ballston Spa National Bank, Stillwater Branch Manager).

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Mechanicville Rotary Time Change

The Mechanicville Rotary Club announces a time change for their weekly meetings. Effective the first Wednesday of the new Rotary year, July 6th, 2011, the club will start the weekly meeting promptly at 7:45 AM. Doors will open at 7:30 AM and the meeting will end promptly at 8:30 AM.

The club will continue to meet at the Arts Center on the Hudson, 2 So. Main St., Mechanicville, NY.

According to Matt Hosek, the 2011-2012 Club President, the time change makes it easier for members and guests to attend the meeting and still open their businesses on time. For more information call Matt at 664-3200.

DG Bill's Club Visitation ScheduleThursday, July 28

Twin Bridges, 12:00 pm, Salty's Pub & Bistro

Tuesday, August 2

Latham, 6:30 pm, Century House

Wednesday, August 3

Schenectady East, 7:30 am, Hibernian Hall

Thursday, August 4

Malta Sunrise, 7:15 am, Malta Diner

Friday, August 5

Glenville, 7:15 am, Turf Tavern

Monday, August 8Hudson Falls, 12:10 pm, Pizza Hut
Lake George, 6:15 pm, Holiday InnTuesday, August 9Northern Lake George, 7:30 am, Watson Art Center, Silver Bay
Chestertown, 6:15 pm, O.P. Frederick's RestaurantThursday, August 11

Middleburgh, 6:05 pm, Mrs. K's Restaurant

Tuesday, August 16

Ballston Spa, 12:15 pm, Factory Eatery

Tuesday, August 23

Glove Cities, 12:15 pm, Holiday Inn

Wednesday, August 24

Cohoes, 12:15 pm, Century House

Thursday, August 25

Shenendehowa, 7:15 am, Coburg Village Retirement Community

Wednesday, August 31

Cobleskill, 6:10 pm, Best Western Inn of Cobleskill

Thursday, September 1

Fort Ann, 6:30 pm, Country Meadows Par 3

Tuesday, September 6Hudson Shores, 12:15 pm, Valente's Restaurant
Lansingburgh, 6:15 pm, Frear Park PubWednesday, September 7

Turning Point, 7:30 am, Byron's Market

Wednesday, September 7Albany, 12:15 pm, Wolferts Roost
Saratoga Springs, 12:15 pm, Longfellows RestaurantMonday, September 12

Racing City, 5:30 pm, VFW Post 420, 190 Excelsior Avenue

Thursday, September 15North Creek, 7:30 am, Marsha's Restaurant
Corinth, 1:00 pm, Des & Dill's Bar & Grill, Palmer Avenue
Northville, 5:30 pm, Sport Island PubMonday, September 19

Burnt Hills-Ballston Lake, 6:15 pm, Bill Sewell Community Room

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Congratulations District 7190

District 7190 has 100% Club Participation in RI Foundation Annual Giving for the second year and has exceeded its RI Foundation Goal for 2010-2011. District Totals to follow when the RI accounting is complete.

Congratulations District 7190 for your generosity, your concern for the world, working to change and save lives, for following the Rotary Motto of "Service Above Self".

Thanks to DG Dan and PDG Harriet Noble, Annual Giving Chair for all the help to achieve a great finish of 2010-2011 year.

Past District Rotary Foundation Chair
PDG Anne Cargile

ROTARIAN FLAVORS OF THE WORLD COOKBOOK DISTRICT 7190 ORDER FORM

The Rotarian Flavors of the World cookbook will be available for distribution this September. The cost of the book is \$12.00 which includes shipping & handling.

For every Cookbook purchased within District 7190, \$5.00 will be credited towards our District PolioPlus Contribution.

One or more of our six winners in the District Recipe Contest will be included in the book!

This colorful book will make an excellent Holiday gift. It would be a long-lasting presentation gift to weekly speakers at our clubs or for special recognition to club members – as well as to our business associates or company employees!

Name: _____

Club: _____

Address for shipping books:

Make check or money order payable to:
Rotarian Flavors of the World Cookbook

Number of books ordered _____ @
\$12.00 per book (incl. shipping & handling)

Amount of check or money order
\$ _____

The publisher needs our orders by July 31,
2011

Send order forms with payment to:
David Rey
310 Juniper Drive
Schenectady, NY 12306

*Everybody wins in Rotary:
If each of our 42 Clubs can sell 20
books, our District will
be credited with over \$4000 toward
PolioPlus!*

Cookbook details on pages 9 & 10!

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Reach Within to Embrace Humanity

Take Us Out To The Ball Game!

The Mechanicville Rotary Club celebrated its 2011-2012 changeover event and installation of officers at a Tri-City Valley Cats baseball game at The Joe on Sunday, July 10th.

District Governor Bill Nathan and his wife, Betty, and Assistant Governor, Dee Pangburn and her husband, Lyle were honored guests.

Governor Bill installed Matthew Hosek as Club President, Harriet Noble as Secretary and Dick Lohnes as Treasurer. Club members and their guests enjoyed dinner and a Valley Cats win.

Past President Bob Lohnes was recognized for his leadership for the past two years and Frank Renna was presented with his 20 year perfect attendance pin.

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Bottles for Pets



Recently, Glenville Rotarian Kevin Newman took the initiative and held a 5 week long bottle drive to benefit the Glenville Animal Shelter. He collected (and dropped off to their collection site) 3 SUV truckloads of bottles together with \$100 in contributions.

Way to go, Kevin! Thank You!!

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Editor's Note:

Thank you for sharing your events, recaps, pictures, good deeds, and stories with us by sending them, by the 15th of the month prior to publication, to me at

TheToolbox7190@gmail.com.

**Barb Wyllie
Editor**

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District 7190 to Match 2011-2012 Foundation Contributions

The District will, once again this year, match non-Paul Harris Contributions to The Rotary Foundation's Annual Giving Program with 100 points.

Eligibility:

- Rotarian must be a non-Paul Harris Fellow
- Rotarian must contribute \$100.00* in cash to the Rotary Foundation
- Club must contribute \$100.00 in cash* in the person's name
- The appropriate form must accompany the donation—Global Contribution form (123-EN)
- Multiple Donor Form (094-EN) can be used for more than one contribution
- Donation and forms** must be mailed directly to The Rotary Foundation-14280 Collections Center Drive—Chicago IL, 60693
- To receive the 100 point match, a copy of the check and form must be sent to Annual Giving

Chair Anne Cargile annec@nycap.rr.com 8
Burning Bush Blvd, Ballston Lake, NY-12019
877-5530 H/275-7796 C

*Only new cash contributions are eligible for the district match.

**Forms may be found at www.Rotary.org by typing the code into the search engine. They may also be found in the Member Access portion at www.rotary.org.

Questions regarding the district 100 point match or assistance with finding or filling out the form may be directed to Anne. On October 15, 2011 there will be a Rotary Foundation Seminar we will show you how to fill out the forms.

Greetings from Australia

Ambassadorial Scholar Report

July 7, 2011

Hi All,

It's been a while since I wrote so I wanted to update you all on how I'm doing. It's been a very busy, very involved first semester in Australia...but the good news is that I lived to tell the tale and am really getting a lot out of my time here.

First off, now that I've been here for a few months, I can share a few general observations about Australia. July 4th/Independence Day being upon us, I'll start with a little nationalism. Australians don't feel a sense of 'pride' in Australia in quite the same way people do in the United States - it seems to be much less about the country and much more about a personable sense of camaraderie with other Australians. Melbourne is the cultural hub of Australia, while Sydney is the commercial capital - they're a bit different but if I were to make a comparison I'd say Melbourne sees itself as an artsier, cultured, sophisticated, and well-caffinated city. The coffee culture here is pretty strong, people take their coffee very seriously - I think that comes from the influence of a major Italian immigration.

My first semester was really pretty crazy. I didn't get much sleep and I spent a lot of time in the studio learning about animation, programming and completing numerous practice exercises for my course. I've chosen to focus more on studying different types of interactive media - applications for mobile phones and ipads, for example - but a lot of my fellow students are interested in animation. We all spend days working on a project and the result is very often brief: one of my classmates spent an entire night in the studio and two full days, the result of her efforts was about ten seconds of animation. It really puts things into perspective when you watch the latest Pixar films just how much work goes into creating every tiny detail. As a class, we also were given a group project to work on: we had to create an exhibition space using 3D modeling software. We all took on different roles - Producer, Director, Production team, Programming team, etc. - and had to work together as a group to set up the exhibition and create the space. You can read more about that in my first report, which Milan should have a copy of.

I have a week or so off and have been reacquainting myself with sleep and also presenting to different Rotary clubs. Last night was a presentation I gave along with another American scholar. This talk was a

little different from other talks I've given. That particular club specifically requested information about how Americans celebrate July 4th. We came prepared to talk about general things - picnics, barbeques, fireworks - but the evening really marked a turning point for me in my time here. I think before yesterday I could say I was really enjoying myself; but after yesterday's talk I can honestly say I really love it here in Australia.

The Rotary Club of Forest Hill, just outside Melbourne in the town of Nunawading, invited us to their club dinner. They had contacted the American consulate in Melbourne and picked up some patriotic decorations - the entire room was decked out with American flags, American flag napkins, toothpicks, and a red/white/blue color scheme in our honor. The restaurant played the star-spangled banner and they even organized a Revolutionary War trivia quiz. We didn't feel like guest speakers - we felt like celebrities. The other American scholar and I gave our talk, and we were presented with club banners as well as hand-crafted pens made from red gum tree wood. I was so touched by their thoughtfulness - they really went above and beyond to show their appreciation for our talk.

In the meantime I'm preparing for my next semester, which promises to be very intense but rewarding. I hope to also get some more travel done while I'm here - it's been tough!! But hopefully I'll get to do some of that soon so I can see more of Australia.

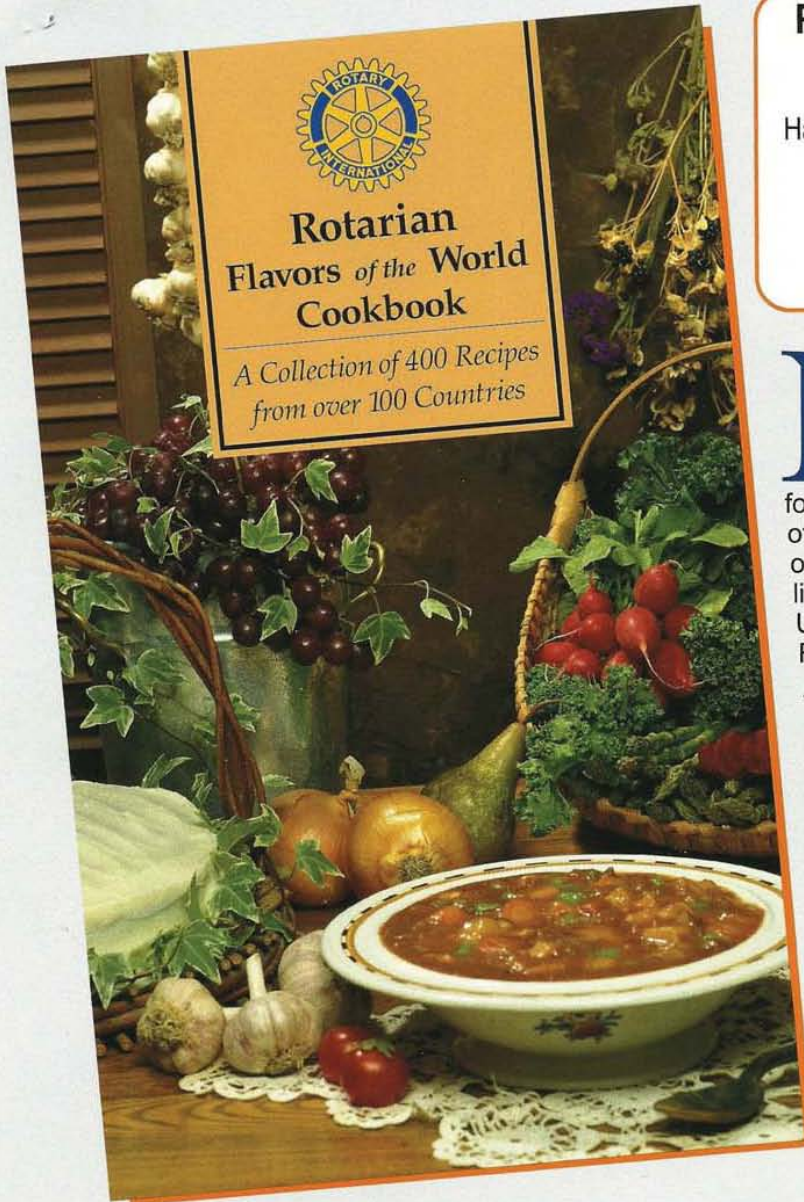
Thinking of you guys and hope you all enjoyed some fireworks.

Best,
Ariel Magnes



**List here who you would like to gift with
our beautiful new Rotary Cookbook:**

It's beautiful, useful, and tells the RI story.



Rotary Districts of the World

Reserve Your Place in History!

Have your District Recipe published in the

Rotarian Flavors of the World Cookbook

Never in the history of Rotary has a "Rotarian Flavors of the World Cookbook" been published to help raise funds for Polio--- until now. A unique collection of Gourmet recipes from Rotary Districts of the world is being developed by the RI licensee Rotary Club of Long Grove, IL USA and will be made available to Rotarians throughout the World.

This special cookbook can be enjoyed by Rotarians and friends who will experience some mouth watering dishes. You will get an exceptional array of International food recipes that will be unique, tasty and different.

How proud your district will be when someone tells you that your dish was enjoyed across the world.

How exciting it would be to actually email Rotarians in that District and discuss it with them. You will be making friends across the world through one universal element "Food".

The Cookbook will feature recipes in the following categories:

- | | |
|-----------------------------|--------------------|
| 1. Appetizers and Beverages | 4. Meat dishes |
| 2. Soups and salads | 5. Desserts |
| 3. Vegetable dishes | 6. 10 Minute Meals |

In addition, the cookbook will also have a section featuring information about Rotary and the Rotary Foundation.

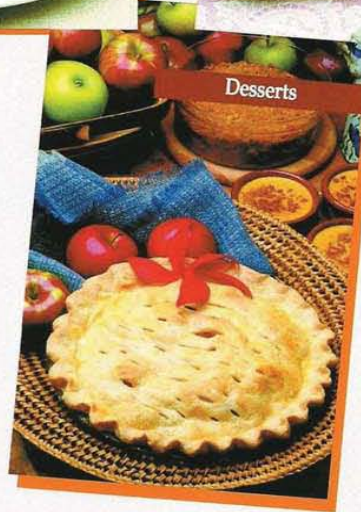
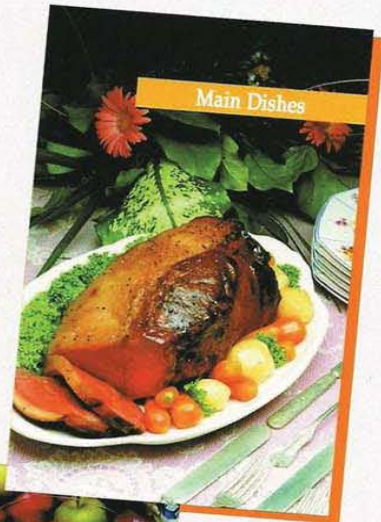
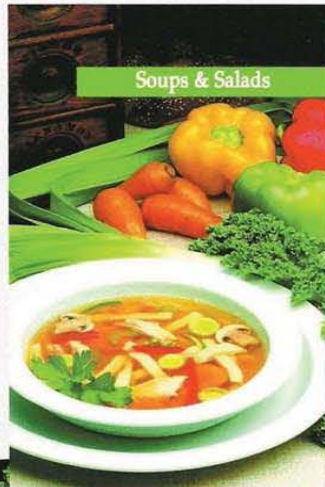
The cost of this book is \$10.00 + Shipping and Handling

For every cookbook purchased by your district, \$5.00 will be credited to your district's PolioPlus contribution.

Have your District Recipe published in this "**ROTARIAN FLAVORS OF THE WORLD COOKBOOK**". Reserve your place in history. Be the proud owner of this exceptional Cookbook. **Your support to eradicate Polio is much appreciated.**

Suggested uses for the Rotarian Flavors of the World Cookbook:

1. Try the delicious recipes and enjoy these dishes with your family and friends.
2. Gift this unique cookbook to your mother, wife, sister, aunt, In-laws, neighbors, friends and foe.
3. Makes an excellent "Thank You" gift to:
 - Weekly speakers at Rotary Clubs
 - Club members with perfect attendance
 - Attendees at club fundraisers
 - District leadership team
 - Business associates
 - Company employees
4. Timely gift for: Birthdays, Anniversaries, Special Celebrations, Thanksgiving, Christmas, Hanukkah, Divali, New Year, Rotary Awareness Month (January), Valentine's Day etc.
5. Key item for district and Club Polio Fundraising Events.
6. Promote and sell the cookbook at all Rotary events, Seminars, District Conferences, Zone Meetings etc.
7. Together, we Rotarians will help to eradicate polio.



16 Pine Hollow Road
Slingerlands, NY 12159

Local Dignitaries & Guests Enjoy Valley Cats Ambiance



Tri-City Mayors Visit with Mechanicville Rotary Club members:
Standing left to right are Camilla Lake, guest; Matt Hosek, Club President
Seated DG Bill Nathan and Maureen Hosek
Front Dick Lohnes, Club Treasurer

Story on page 6