

The Toolbox



Send submissions to: THETOOLBOX7190@GMAIL.COM Deadline: 15th of the month Barb Wyllie ~ Editor

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www.Rotary7190.org

From The Governor's Desk

Well, here we are, one half of the year is almost gone. Gone are the months and the days but not the spirit of Rotary. As I begin my second trip around the District, I find that the light and sprit of Rotary has grown in intensity.

In all this cold weather and snow, meetings take place and programs continue on. Donations to The Rotary Foundation and the clubs own foundations are coming in at a steady flow. It's great to know that our District will be able to help in the aid of those who are in great need this year and beyond.

The EREY (Every Rotarian Every Year) program has increased this year, thanks to the club foundation chairs, to the point where we may have more 100% clubs at the end of this year. HOORAY!

Simplified Grants are on the rise. We still have money left, so you had better get your applications in soon. We have had several applications for Matching Grants and that is good.

February 23rd the District will celebrate the birthday of Rotary with a birthday party, location to follow. The Assistant Governors and Foundation Coordinators and a few others are selling raffle tickets for a beautiful afghan made by Donna Duffy (SGFRC). The monies will help The Rotary Foundation. Other events that went well: District Polio Plunge at Lake George and Twin Bridges bartending at Bentley's. Someone needs to show Tony how to pull a beer.

Presidents; It is now time to show the District how your clubs have become "Bigger – Better – and Bolder". It is now the time to apply for the Presidential Citation for 2010-11 from R.I.

President Ray Klinginsmith. Consider the four Avenues of Service, not five, and see how the clubs results apply to the questions in the new citation program. The program has been made easier this year and we can hope for many more citations this year. The filled out questionnaire must be sent and received by the District Governor no later than 31 March 2011 to be eligible for the Citation.

The first half of this year has been fantastic. I look forward to an even better second half working with all the superb Rotarians in our District. Let us go forward and finish this year with Gusto and give Bill a strong running start next year.

Thanks for all that you do for Rotary.

Dan Stec, District Governor

DISTRICT EVENTS AT A GLANCE

- **February 21st Mon – Rotary Youth Assembly**
- **February 23rd Wed – Rotary's 106th Birthday!! Join the Celebration!** (see pg 2)
- **April 2nd Sat – Albany Devils Hockey Game Fundraiser**
Sponsored by Gift of Life
- **May 21st-25th Sat-Wed – Rotary International Convention in *New Orleans***

CLUB EVENTS AT A GLANCE

- **Feb 1st – March 15th - 'Books for Troops' Challenge** Sponsored by Glenville Rotary
- **February 4th Fri – Ziti Dinner**
Sponsored by Glenville Rotary
- **February 14th Sat – Origins of Romantic..**
Sponsored by BH-BL Rotary
- **March 5th Sat – Chicken & Biscuit Dinner**
Sponsored by Shenendehowa Rotary
- **March 10th Thu – Karaoke Contest**
Sponsored by Schenectady Rotary
- **June 4th Sat – Winery/Brewery Tour**
Sponsored by Glenville Rotary

Ziti Dinner

Sponsored by Glenville Rotary
Friday, Feb 4th

**\$7 in advance / \$8 at the door
(5 years and under free)**

4-7:30 pm

**Glenville Senior Center
Worden Rd, Glenville**

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BH-BL Rotary presents

**"The Origins of Romantic Love"
Feb 14, Valentine's Day – Spouses Night**

Reservations needed.

If interested please contact Ken Crotty at
kcrotty2@nycap.rr.com by February 1st.

The location is our usual meeting place: the Town of Ballston Town Hall on Charlton Road, Burnt Hills. We meet in the Sewell Room, on the East side.

Happy 106th Birthday, Rotary!!

Celebrate with your fellow Rotarians on

**Wednesday, February 23, 2011
6 to 8 pm**

Empire State Aerosciences Museum
250 Rudy Chase Dr., Glenville
www.esam.org

\$10 per person

- **Remarks by DG Dan Stec**
- **Remarks by District Foundation Coordinator and PDG Anne Cargile**
- **Drawing for Handmade Afghan!!**
- **Cake and Coffee**
- **Live Entertainment by Ted Theriault**

Net Proceeds to Benefit the Rotary Foundation!!

One RSVP per club requested to:

Larry Jones at

518-369-2163 or larryfunds@yahoo.com

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Books for Troops Challenge!

Now through March 15th

Glenville Rotary has joined forces with

Books for Troops

(a subsidiary of **Operation Adopt a Soldier**)

Glenville has pledged to collect a minimum of **100** near new **paperback books** (and the **\$45 shipping fee**) to send to our deployed soldiers to alleviate their stress, loneliness, fatigue, boredom, and to let them know we at home are thinking about them.

All clubs that match, or exceed this challenge, will be listed in the April Toolbox as **Patriotic Contributors to the Cause**

The Club collecting the greatest number of books (with accompanying shipping fees) will be awarded the prestigious

Certificate of Patriotic Honor

and the distinction of knowing you have aided the greatest number of deployed soldiers.

All tallies must be received by Barb Wyllie at thetoolbox7190@gmail.com by March 15th in order to be included in this challenge and published in the April Toolbox.

See additional information detailing **Books for Troops** on page 6. Thank you very much!

Shenendehowa Rotary presents its
4th Annual

Chicken & Biscuit Dinner

Saturday March 5th

4pm to 6pm

Vischer Ferry Fire Station
360 Riverview Road, Rexford

**Tickets: \$10 for adults,
\$7 for seniors**

\$5 for children (10 and under)

Contact any Shenendehowa Rotary member or email shenendehowa.rotary@gmail.com for tickets. Thanks very much Alex Gutelius agutelius@sals.edu 728-6613

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Schenectady Rotary presents their
2nd Annual

Karaoke Contest

Thursday March 10, 2011

6:00-9:00 p.m.

The Van Dyke Restaurant

237 Union Street, Schenectady, NY

\$25 entry fee includes ...

food, fun, silent auction and celebrity judges

**Dr. Quintin B. Bullock, Schenectady County
Community College**

Mona Golub, Price Chopper

**Jeffrey McDonald, Schenectady County
Legislator**

CASH PRIZES AND TROPHIES AWARDED

**For tickets and info call: (518) 421-9680 or
email karaoke@schenectadyrotary.org**

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Gift of Life presents

Albany Devils Hockey Fundraiser

Saturday, April 2nd

7:00pm \$15pp

Times Union Center

Contact Richard Hodge for info at
rhodge@roadrunner.com

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SAVE the DATE!

Glenville Rotary presents its 3rd Annual

Winery & Brewery Tour

Saturday June 4th

Details to follow!!!

Rotary Youth Assembly

In the spirit of the 5th Avenue of Service NEW GENERATIONS we will again join the youth of District 7190 into a single unified group for a day of fun, education and fellowship for the middle and high school age youth of District 7190. **On February 21, 2011 we will have the second annual District 7190 Youth Assembly.**

The purpose of this event is to develop the youth groups within our district and bring together in a unified event. In doing so, we assist our youth in their understanding of the objectives of Rotary by furthering understanding, good will, and peace through fellowship.

This event introduces the different youth from around the district to their counterparts in other clubs which normally operates as a separate entity. In doing this we create a network of youth learning from each other and working together to make a stronger Rotary presence in the world.

When bringing all of the youth together in one meeting we accomplish several things:

1. An opportunity is provided to further their education about Rotary and how it affects them and their world.
2. It allows young adults to meet likeminded people of their own age group from all over the District.
3. It enables the youth share their ideas on how to make things better.
4. It builds future Rotarians because only through knowledge and experience do we understand the value of Rotary.

By putting this in a relaxed, playful environment we accomplish two things:

1. We have created an event draw to bring them into a single location at one time.
2. It breaks down the protective boundaries that we put up to shield ourselves from the world. Strangers become competitors, competitors become friends.

The future of Rotary isn't just in our hands; it is in the hands of the New Generations of Rotary. Whether they are members of an Interact Club, Youth Exchange students or RYLA students, they are the future of Rotary. By providing them with opportunities to experience the fellowship and understanding that comes with the experiences of meeting other youth we can foster their ideals of international understanding, service and instill in them that Rotary isn't just a youth exchange experience or a high school club experience, it is a life experience that they can stay connected to for the rest of their lives.

For more information Contact Daniel Graves of the Wilton Rotary Club at Lillguy1@aol.com Thank You.

Gift of Life Children Under Go Life Saving Cardiac Procedures

Recently, Tsende, a 14 month old child from Mongolia, and Cristain, a 9 year old child from Bolivia, have undergone successful, life saving cardiac procedures at Albany Medical Center, and are currently staying at Ronald McDonald House.

Visitors are desperately needed. Please see following article.

Below are photos of Cristain's operation and Tsende in the Pediatric Intensive Care Unit. Most of the operation was photographed by Lansingburgh Rotarian John Musco.



Gift of Life Needs YOU!!!!

Susan Appe, Ambassadorial Scholar
Update No. 13; January 7, 2011

Did you realize that ALL Rotarians are also members of Gift of Life?

Yes, you are...and WE NEED YOU!!!

Please volunteer to help us welcome our families when they arrive at the airport, and visit them during their stay at the Ronald McDonald House in Albany, NY. Come experience, first hand, the miracles that Gift of Life provides these families. These opportunities are extremely rewarding. You'll experience the draw that keeps us doing what we're doing.

Most Rotary Clubs acknowledge these visits as make-ups for missed meetings, so everyone wins through these acts of kindness.

Please contact Richard Hodge at rhodge@roadrunner.com to coordinate your visit(s). You'll be glad you did. We sure will be. Thank you!



Let the Good Times Roll... Experience living history in the French Quarter, extraordinary homes in the Garden District and a world class zoo and aquarium. Try the fantastic nightlife, New Orleans is a 24-hour town, the place where Jazz was born. Ride a streetcar, paddlewheel riverboat or horse-drawn carriage. Sample New Orleans famous Creole and Cajun cuisine, such as jambalaya, seafood gumbo, red beans and rice, po-boys, café aulá it, beignets.

There is something for everyone....



The Whitney Wyndham Historic Hotel and Rotary District 7190 have contracted to hold 30 rooms for the 2011 Rotary International Convention. The Whitney is located near Lafayette Square at 610 Poydras St. It is 7 blocks from the Morial Convention Center and ½ block from the Rotary Shuttle pick-up/drop-off stand and ½ block from the City Bus, City Trolley and Taxi stands. Single rooms have one king bed and doubles have two double beds. All suites are one bedroom suites. All guest room rates are subject to the current tax of 13% and city occupancy tax of \$1.00 per night. **THE ROOM RATE IS \$139.00 PLUS TAXES OF \$19.07 FOR A TOTAL OF \$158.07.** Reservation Method is by Individual Call-in. **HOTEL CONTACT IS CAROLYN BARKETT AT 504-212-8888.** Credit card must be presented when making the reservation. Individual reservations are cancelable up to 72 hours prior to arrival. Cut off date for reservations are March 21, 2011. Check-in Time is 3 pm and Check-out Time is 12 noon

Happy New Year!

I am happy to report that I had three visitors over the New Year in Ecuador. My sister, sister-in-law, and my boyfriend made the trip from Albany out to Ecuador to take advantage of my tour-guide skills. It was a LONG trip, particularly because of the heavy storm, I think it was deemed a legitimate BLIZZARD, that hit the New York City area specifically. As many of you heard, read, or worse, experienced, some estimated that over 10,000 flights were cancelled. My boyfriend was one of the "lucky" ones – he only spent one night at JFK and flew into Quito about 36 hours late. My sister and sister-in-law spent two nights in JFK and a THIRD night at the airport in Ecuador's largest city, Guayaquil. It was a long trip and threw off some of the vacation plans, but considering, all were in good spirits and once in Ecuador jumped right into the holiday.



Old Town and New Years in Quito

We spent several days in Quito and stuck around here for New Years. New Years is a fun time to be in Quito because of the "burning of the old year." This is depicted by rather large dolls stuffed with wood chips and wearing masks of figures from Nixon to Bart Simpson to Hawk or Bird like masks. These dolls are burned during the night of December 31st. We welcomed the New Year with a walk to a nice restaurant and some good food.



Baños

For the first time since being in Ecuador, I took a trip to a 'tourist hot spot' called Baños, translated as Baths. It is a beautiful small town set in a valley and surrounded by awesomely green, tall mountains,

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including the famous Tungurahua *Volcano*, which unfortunately was mostly covered by clouds while we were there. Needless to say, the town and landscape was stunning. Here, we took a tour and visited at least a half dozen waterfalls and crossed a river on what to US standards might be deemed a rusty suspended metal basket. The *Tarabita* fits about 25 people and is quite exhilarating. Check out the pictures. In addition, we did *canopying* or often called “zip lining” in English. This might be considered an extreme sport of sorts and, well, is terrifying but I managed to pull it off! I have included the great shots of the take offs of my sister, sister-in-law and boyfriend. It was really neat and I might be able to be convinced to do it again.



Back to Normal

Folks here in Ecuador are back to work after the long holiday week. This means I will be continuing my interviews for my research and visiting Rotary clubs and participating activities. I have about 10 interviews left, which is great progress. I am here in Quito until March 1, wow have these nine months really passed by fast. Looking forward to really enjoy these last two months! Happy New Year to all 7190 Rotarians and beyond!

Dar de Sí antes de Pensar en Sí... (Service Above Self)



Susan Appe, Ambassadorial Scholar
Update No. 14; January 21, 2011

Getting in all my Favorite Foods

Sadly, I have to start coming to terms with the fact that my time in Quito, at least for now, is coming to an end in March. What does this make me think about? That I need to get healthy helpings of all my favorite foods here before I am back in Albany! The fruits, the sugar cane sweets, the fried meats(!), soups and various fish dishes... all of which I am strategically making an effort to eat lots of before time runs out.

In addition, I need to make sure I get in all the famous museums and sites I have yet to visit. It is easy to take for granted special sites when you live here and you tell yourself

that ‘there is plenty of time.’ All of a sudden I am staring at only 6 weeks left. Lots to do! Many of my Rotarian friends have been good at directing me to what I need to see—museums and churches tend to top the list here! Stay tuned for more about getting these last spots in during my time here.

Hornado con Tortilla

It is hard to name my one favorite Ecuadorian dish, but I would have give a shout out to a very typical dish called *Hornado con Tortilla*. It includes a Latin American staple, i.e., a good portion of potatoes as well as oven-baked pork, a salad with avocado and baked pig rinds. For some reason eating pork rinds seems acceptable for me in Latin America whereas in the states I would not even consider it. Pork rinds just make sense for this dish! In addition, one eats it with lots of hot sauce that really is not all that hot. The word *hornado* is related to the Spanish word for oven: *horno*. And the word *tortilla* might look familiar but the development of the dish has morphed from a flat patty-like tortilla of potato puree to just now being a healthy mound of potato puree or mashed potatoes. It is delicious.

The dish is prepared in bulk and often served in food markets for a few bucks. The meat is baked within the skin of a pig, head and all. The baked skin (pork rinds) therefore is really important to the overall dish. The entire pig is then displayed with the juicy meat for serving. Bright jalapeño peppers logged into the pig’s ears add color and character.



The Middle of the World

I finally made it to one of Ecuadorian’s tourist hot spots – its Middle of the World site. Of course the country’s name suggests that, yes, the actual Equator passes through the country and I can vouch that it does. It is just about an hour bus ride outside of Quito to the site that is adored with a giant monument and plenty of spots to get some great photos. Here, you will see a classic tourist picture of me facing east to the camera with one leg in one hemisphere and one leg in the other. Sadly, since the construction of the Middle of the World site, with new GPS technology, we

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have discovered that the middle of the world is actually hundreds of yards from the moment, but shhhh no one needs to know that.



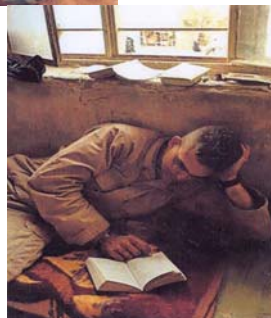
Dar de Sí antes de Pensar en Sí...(Service Above Self)



Editor's Note:

Thank you for sharing your events, recaps, pictures, good deeds, and stories with us by sending them to TheToolbox7190@gmail.com by the 15th of the month. Thank you.

Barb Wyllie
Editor



BOOKS FOR TROOPS is an all volunteer, non-profit organization started in southern Saratoga County, New York, under the auspices of Operation Adopt A Soldier (www.operationadoptasoldier.org)

Ellen Keegan, a retired teacher, founded BOOKS FOR TROOPS in April of 2010, remembering the many times when books offered an escape from difficult periods in her life and wanting to offer the same escape to the troops.

BOOKS FOR TROOPS sends care packages for the mind. We focus on one of the day-to-day sacrifices that the troops mention often – the lack of books.

The troops often mention that one of the biggest enemies of their off-duty time is boredom. *Books can help to alleviate that boredom.*



Books also:

- 1) offer a means of escape from the horrors of what a soldier experiences daily;
- 2) bring them a sense of home;
- 3) produce a quiet way to reduce stress and relax;
- 4) offer a time to forget;
- 5) offer a distraction or something less stressful to think about;
- 6) use the mind in a non-life threatening way; and
- 7) give them the message that “you are not forgotten.”

We also include all forms of puzzle books in our book care packages, as well as coloring books & crayons, which are used to help the soldiers relate with the local children.

**Find them on Facebook at:
Books For Troops / Part of Operation Adopt A Soldier**

716 Clifton Park Center Road
Clifton Park, NY 12065

The President's Visit



Schenectady Rotarians at General Electric for President Obama's recent visit. Nice going guys.
Rowie Taylor, Michael Saccocio and Chuck Steiner
(Chuck, is that a halo? Hmmmm.)