

# The Toolb



**December 2016**

**Barb Wyllie ~ Editor**

Distribution 1,113

**Please send submissions to Barb at: [THETOOLBOX7190@GMAIL.COM](mailto:THETOOLBOX7190@GMAIL.COM) Deadline: 20<sup>th</sup> of the month**

## From the Governor's Desk

Holiday greetings to Rotarians, families and friends! It's hard to believe that Christmas is upon us and that a new year begins soon.

November was a great month for our District with a wonderful Foundation Dinner at Saratoga National Golf Club. We had over 200 in attendance including most of our exchange students. The final figures are not yet in, but we expect to exceed \$20,000 in donations to the Rotary Foundation during this Centennial year. Thanks to all who attended/supported this great event for a great cause.

As we near the end of the year and many folks are thinking about charitable donations, perhaps it's a good time to remind everyone of Rotary Direct, the Rotary Foundation's recurring giving program. With Rotary Direct, you do not need to remember to write a check or donate to the Foundation. Once you sign up, your donation will automatically be taken from your credit or debit card. You can sign up for as little as \$10 per donation and it can be done monthly, quarterly or annually. Information can be found at <https://www.rotary.org/myrotary/en/document/rotary-direct-frequently-asked-questions>.

December 15 is the last day to register for the Rotary International Convention in Atlanta before the registration price increases by \$75! If you are planning to attend the Convention, please register by December 15 and beat the increase! You can register online at [riconvention.org](http://riconvention.org).

Finally, please remember the Polio Plunge on January 1, 2017 at Shepard's Park in Lake George. Many clubs sponsor club members (or the District Governor!) to jump in the lake to raise money for the End Polio campaign. In addition, we will have the Bowl for Polio program again on January 1 at various local bowling alleys. Join us for fun and a great cause.

I wish all of you a most joyous and peaceful holiday season and a terrific 2017.

Thanks for all you do for Rotary!

DG John Mucha

## DISTRICT EVENTS AT A GLANCE

- **December 25: Merry Christmas**
- **December 25 – Jan 1: Happy Chanukah**
- **January 1: Polio Plunge** pp 5-10

## CLUB EVENTS AT A GLANCE

- **Now: Christmas Tree Sale** Sponsored by Ballston Spa Rotary p 1
- **Now: Ornament Sale** Sponsored by Cohoes Rotary p 2
- **Now: Bell Ringers Needed** Requested by Hudson Shores Rotary p 2
- **December 9: Community Christmas Party** Sponsored by Northville Rotary p 2

**Ballston Spa Rotary** presents  
its annual

### Christmas Tree Sale

**11/25 until sold out**

**10-8 Weekdays**

**9-8 on Weekends**

Most trees are **\$45** with some larger trees priced accordingly.

**At Curtis Lumber**

**on Rt. 67 Ballston Spa**

This is their major fundraiser and allows them to finance most of their local projects for the year. They have over 700 trees to choose from and they are all beautiful, full, and fresh. Stop by and help support Ballston Spa Rotary and its work in their community.

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## Merry Christmas

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Cohoes Rotary presents  
Its annual

### Christmas Tree Ornament Sale

Featuring *CARLSON'S ICE RINK*

Cost for the ornaments is \$15.

Mugs are \$8.

To purchase ornaments or mugs go to  
<http://www.rotaryclubofcohoes.org> for  
further information.

Ornaments are also available for purchase at  
Marra's Pharmacy, 217 Remsen Street,  
Cohoes.

In 2004 The Rotary Club of Cohoes started a collectible series of Christmas ornaments featuring historic landmarks in the City of Cohoes. This year's ornament design is Carlson's Ice Rink. The 2016 ornament is the second in the slim design series. Coffee mugs with the Carlson's Ice Rink design are also available for purchase.

Following are the ornaments in the original series: 2004-the Cohoes Falls; 2005-the Harmony Mills; 2006-the Cohoes Music Hall; 2007-the Cohoes Mastodon; 2008-Cohoes City Hall; 2009-The Half Moon; 2010-Silliman Memorial Church; 2011-the Van Schaick Mansion; 2012-Keveny Memorial Academy; 2013-Cohoes High School; 2014-Cohoes Library. The 2015 slim design ornament featured the former Cohoes Movie Theatre.

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### 200 Thesauruses Available

Glenville Rotary has about 200 remaining thesauruses they are offering at the discounted price of \$1.75 per copy and plan on using the proceeds for another community project. (These books retail for \$2.50 each.) If you are interested please contact Rick Siciliano at [Ras3457@Gmail.com](mailto:Ras3457@Gmail.com).

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## Happy Chanukah

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Hudson Shores Rotary

Requests **BELL RINGERS** in Menands

for the two weeks prior to Christmas.

They have done this for 30 years and now need assistance due to club shrinkage.

Times slots are one or two hour segments between noon and 8pm, and can be worked with or without a buddy.

If interested please contact Peter Mason  
at 423-4877 or [pamasoniv@hotmail.com](mailto:pamasoniv@hotmail.com).

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Northville Rotary presents  
its annual

### Community Christmas Party

Friday, December 9th

at the Sport Island Pub

in Northville

The party will begin at **6:00 pm** with a social hour and include a prime rib buffet dinner

**Cost is \$40 per person**

A **complimentary drink** will be included in the ticket price at the upstairs event bar.

**The evening will include entertainment by Don Hoffman.**

Other entertainment will include a Silent Auction and a raffle of a large "Basket of Spirits". Raffle tickets for the Spirits Basket are presently on sale at the Pub. Raffles winners will be drawn that evening.

Proceeds will go to local community organizations as well as Rotary International projects.

To purchase dinner tickets contact Chas Owens at email [chasowens86@gmail.com](mailto:chasowens86@gmail.com) or 883-3338. **Pre-sale tickets only** - Space is limited.

The Northville Rotary Club invites all community members to join this festive holiday celebration!

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## UN Day Photo Op



Waiting in line to get into the UN: (from left) Tammy Heckenberg, Jan Strachan, and Robin Noble, with a photo bomb by Ed Brown

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## Recent Blood Drive



Led by Rotarian Patricia Philips, the Salem Rotary Club has sponsored Red Cross Blood Banks for the last 16 years. Shown in the photograph are Rotarian Al Cormier, registering faithful blood donor John Solan from Cossayuna Lake.

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## North Country Rotary Clubs Help to Deliver Handicap Accessible Bus to Adirondack Tri-County Nursing Home

October 20<sup>th</sup> brought to fruition, a project that the North Creek Rotary Club began working on in early 2016, with the assistance of the Lake George and Chestertown Clubs. In the March of this year, North Creek Rotarian & Director of the Adirondack Tri-County Nursing Home (ATCNH), Hal Payne, and ATCNH Board Members and North Creek Rotary Past-Presidents Karen Smith and Wayne Thomas, approached the Club with the request for assistance in purchasing a new bus for use transporting residents of the nursing home to doctors' appointments and other outings. With well over 200,000 miles, the bus they were using was frequently in repairs and out of service. The Board of ATCNH has secured funding for approximately ½ of the cost in the form of a matching grant from the Cloudsplitter Foundation – but ½ of \$60,000 is still a great deal to raise.

Then President Robin DeArmas brought this request to the Club Board and membership and it was quickly agreed upon to donate \$5,000 from the Club treasury and to committee the proceeds from their 2016 Hornbeck Canoe Raffle to this cause, with the hope of raising at least \$15, 000 of the remaining \$30K. Robin also thought this might be a great opportunity to work with other Clubs in our area and engaged the help of then AG John Crawford. With his help, volunteers from North Creek worked with Lake George Rotarians selling raffle tickets at Americade, and invited the Chestertown Rotarians to participate as well. In the end, with over \$11,000 donated by North Creek and \$1,500 each from Lake George and Chestertown, we were able to help ATCNH reach its goal and acquire the bus.

We celebrated the arrival of the new bus with a joint dinner event held on October 20, 2016 at Basil & Wick's in North Creek. Just another example of Rotarians in Action – Serving Humanity.

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## The Rotary Club of Glens Falls Exceeds RI President's Goal

In celebration of the 100<sup>th</sup> Year Anniversary The Rotary Foundation issued a challenge inspired by The Foundation's beginnings. In 1917 Rotary International President Arch Klumph made the first donation of \$26.50 to begin The Foundation. The 2016-2017 Rotary International President John Germ challenged all clubs to raise \$2650.00 for Polio Plus in honor of The Foundation's 100<sup>th</sup> anniversary. The Rotary Club of Glens Falls, founded in 1922, took the challenge and, led by Chairman William Fitzgerald, the club was able to beat the goal with a total of **\$2,847.00**.

Rotary International has an ongoing campaign for the global eradication of Polio, a project they are very proud of. So in keeping with this tradition The Rotary Club of Glens Falls was very active in meeting the Polio Plus initiative. The Rotary Club of Glens Falls, whose motto is "Service Above Self" has a history of service oriented projects both locally and abroad and it has the largest membership of the 41 clubs in the district spanning from Cobleskill to North Creek including Albany, Schenectady and much of Rensselaer counties.



DG John Mucha with Hudson Shores president, Mel Horowitz



DG John with new Paul Harris Fellows at Sharon Springs Rotary



DG John at Glenville Rotary Club Visit with PDG Bob Comins, PDG Dave Hennel and Club President Kate Toombs



Save the date....

January 1<sup>st</sup> 2017

**Polio Plunge** | Lake George

**Bowl over Polio** (multiple bowling alleys)

More information to come in the upcoming December toolbox.

Stay tuned!



All the Money  
Raised goes to  
Eradicate Polio!

**Each \$1.00 is matched by \$2.00 from the Gates Foundation**



**Support the Insanity | Join the fun**  
**District 7190 Family Polio Plunge**

**January 1<sup>st</sup>, 2017**

Shepard's Park Lake George NY

Pre-register with Sandy McAlonie (518-339-9907)  
or email [smrotary1213@gmail.com](mailto:smrotary1213@gmail.com)

Breakfast at 10:00 am at Lake George Bowl, then Lake George  
Rotarians will take us to the beach for the plunge at 12:30 pm

Doug Ford, District 7190 Polio Co-Chair

Sandy McAlonie, District 7190 Polio Co-Chair



## Rotary District 7190 | **BOWL OVER POLIO**

Raising funds to help eradicate Polio worldwide

# January 1<sup>st</sup>, 2017

If you can't bowl, please consider a sponsorship or donation in any amount

**PAYABLE TO: ROTARY DISTRICT 7190/POLIO**

Mail to: Sandy McAlonie, District 7190 Polio Co-Chair

PO Box 523 Clifton Park, NY 12065

518-339-9904

Join us on New Year's Day

Fun | Food | Music | Bowling

\$20.00 per person

Bowling, shoes, pizza, soda and a chance to win!

Sign up as a single bowler or grab some friends

and sign up as a team!



### 4 Fun Bowling locations!!

Clifton Park Bowl 1668 Route 9, Clifton Park 3 – 5 pm

Lake George Lanes 2211 Canada Street, Lake George 2 – 4 pm

Latham Bowl 375 Troy Schenectady Road, Latham 2 – 4 pm

Town & Country Lanes 2509 Western Avenue, Guilderland 2 – 4 pm

### Bowler Registration

\$20 X (# Bowlers) = \$ \_\_\_\_\_

Please enclose check payable to: Rotary District 7190/Polio

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Name: \_\_\_\_\_

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Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

I/We will be bowling at: \_\_\_\_\_

Send check to: Sandy McAlonie

PO Box 523

Clifton Park NY 12065



## HELP ROTARY WIN THE FIGHT AGAINST POLIO

Here are the top 5 reason to **END POLIO NOW!**

1. **The human cost:** If we choose to control polio rather than eradicate it, polio could rebound to 10 million cases in the next 40 years.
2. **Its achievable:** We have the tools to end polio and the means to reach all children. The new bivalent vaccine successfully target the two remaining strains of polio in one dose.
3. **It's a good investment:** An independent study published in the medical journal estimates that the \$9 billion global investment in a polio-free world will net an economic benefit of \$40 to \$50 billion over the next 20 years.
4. **It strengthens the system:** Our polio eradication efforts have established an active disease surveillance network in all countries that is being used for other health interventions such as measles vaccinations, deworming tablets, and mosquito bed nets.
5. **It sets the stage:** The ability to reach all children with the polio vaccine is proof of concept that we can succeed on our next major global health initiative.



**All the Money  
Raised goes to  
Eradicate Polio!**

**Each \$1.00 is matched by \$2.00 from the Gates Foundation**



## Join us and four local bowling alleys on January 1<sup>st</sup>, 2017 for “Bowl Over Polio”

On January 1<sup>st</sup>, 2017, local kids and their families will come together at four area bowling facilities from Albany to Lake George to bowl for a cause as we continue our work to eradicate Polio once and for all!

### We need your help too!

Facts about Polio:

What is it?

In short, Polio, or poliomyelitis, is a highly contagious viral infection that can lead to paralysis, breathing problems, or even death. Rotary along with our partners, has reduced polio cases by 99 percent worldwide since our first project to vaccinate children in the Philippines in 1979. We are closer than ever to ending it, but we need your help!

Why does polio eradication matter?

- No child anywhere in the world will have to suffer from this crippling disease.
- Until polio is stopped, children everywhere are at risk.
- Reaching all children with the polio vaccine leads the way to reaching them with other life-saving resources.
- Achieving a polio-free world will prove what's possible when the global community comes together to improve children's lives.

Please consider being a sponsor for our event. Our goal for the day is \$4,000, which is just \$1,000 per participating bowling centers. All sponsors will be listed on our Facebook page and at the venues on the day of the event!

Please complete the form below and return it by December 15<sup>th</sup>, 2016 with your sponsorship of any amount possible.

Thank you for your time and consideration,

The Rotary Foundation to End Polio Now

Name: \_\_\_\_\_

Company (if applicable): \_\_\_\_\_

Amount of sponsorship: \_\_\_\_\_

Send checks payable to Rotary District 7190/Polio to:

Sandy McAlonie, District 7190 Polio Co-Chair  
PO Box 523  
Clifton Park, NY 12065



## So Many Dreams Swinging Out of the Blue – Oh Let Them Come True

**August 9th 2016. CAC returning volunteer Frederick Schwarzmaier wrote about his time in Malawi with the Banda Bola Foundation. (This foundation was created by Keni Banda, Glenville Rotarian.)**



“We lack messages that reach the households for active participation in matters like early marriage, school drop-outs, Tuberculosis and Malaria deaths, HIV/AIDS, domestic violence and sanitation issues” proclaimed Judith Manda, the chairperson of Malengamzoma Women Empowerment Forum, on the first day of our ‘ASK for Choice’ program that focuses on gender equality and female empowerment. We quickly found that it would be vital to address the topics of child rights, women’s rights and health & wellness with fun, far-reaching and universally applicable games throughout our programs in Chituka

Village. During the program we thoroughly enjoyed the support and advice of our local partner Keni Banda, co-founder of the NCAA Women’s Soccer Division, a persistent fighter of inequality in his homeland.

It aches hearing stories about children, especially girls, dropping out of school because of early marriage or pregnancy – often suppressed by their male counterparts. Commonly uttered statements like “Mothers desperately wishing for grandchildren” or “We need our children as working power” are entirely egotistical and short-sighted. It comes as no surprise that Malawi has a female literacy rate of only 58.6% compared to the global average of 82.7%. Denying children the right to education forces them down an alley of broken dreams and uncertainty. Affected children will likely never have the chance to make up for their lost years in school – particularly in countries like Malawi where opportunity is a scarce commodity. People focus too much on the short-term benefits while also lacking foresight. This may seem rational to many as benefits can be realized promptly. However, sustainable success will fail to happen when people act for their own benefit and interest – admittedly this is a subliminal process as fear and uncertainty are driving factors when making those decisions. Nonetheless, as Barack Obama said before he was inaugurated, “We must ask not just ‘Is it profitable?’ but ‘Is it right?’”. I don’t claim this pointing at Malawian grown-ups but to every adult in the world. We have reached the point where when something does not make money, it is not a priority. Too often we tend to undermine and neglect long-term as well as indirect benefits. We need to restructure our society, how it is set up and re-prioritizes what values are important. Profit of the individual should never be more important than education and human life. The fact that it is, is a problem.



Why are these decisions made so often? Intellectual and material poverty triggers these decisions. If one fights for survival every day it comes natural to put oneself first. In order to make healthy decisions on somebody's behalf, one needs to act unselfishly to a certain degree, but how does one act unselfishly if they don't possess anything? The question itself seems absurd and contradictory. When you only give but not receive, it needs a lot of love and greatness to act selflessly.

Over the past week, we were talking a lot about our future which is the children. Sadly, they have no voice, they are not given any choices and they are restricted by culture and customs. To change these unhealthy patterns, culture and custom norms need to be reconsidered and education needs to be made a priority. Reconsideration of norms and particularly education are investments in the future. The more educated we become, the more opportunities will arise. Moreover, education can prevent cases such as child trafficking, alcohol and drug abuse, and other social issues. The term 'education' must not be limited to an antiquated view of going to school but to a broader one that also conveys children their rights. Education in this sense can make dreams come true again.

To disrupt this vicious cycle of unhealthy choices at the expense of others we need local superheroes of any gender and age. We need people with courage, persistence, the vision for a better tomorrow and the drive to lead change in their communities. However, in recent years we have made leadership about changing the world. But there is no world, there are only seven billion and counting understandings of it and we must respect every single one. If we can change the people's understanding of it, understanding of what they are capable of and understanding of how much people care about them, we might change the circumstances. This is where the local coaches come in – our superheroes. Small actions that come in numbers can make a big difference.

Although our team in Chitkua Village comes from three different continents, our common understanding is equality. Coaches Across Continents will not retreat from standing up for equal rights and opportunity, neither will I or should you.

Our participants in Chituka Village proved that change for the better is possible. While the children were sent away from the sessions at the beginning of the week; at the end they were included. We had a great time in Chituka Village and time flew by as swiftly as in a good movie. I sometimes felt like I was in a movie when driving in those overcrowded mini-buses or walking across the fields on paths landlocked by head-high crops and miles of car-suitable roads. However, the movie is not over yet and people are still writing their script. For that purpose, we imparted fact-based knowledge, fresh insights and alternative approaches to help them make healthy choices for a better communal living. I hope they are writing towards a happy ending but only the future will tell.



*Continued....*



## Title IX Crosses Continents

**August 4th 2015. Nora Dooley writes through a personal lens about our new partnership in Malawi with Banda Bola Sports Foundation and Chituka Village Projects.**

I vaguely remember wanting to be a famous ice hockey player when I was a little girl. For about five minutes. The next five minutes that changed to wanting to play in the WNBA. With confidence I can confirm that those dreams were fluid until I settled on the sport that has been in my blood since age five, ultimately beating out the others to win my heart.

But how is that possible? I'm a girl. Girls can't dream about becoming professional athletes...? No, it's not realistic for



most girls in our world, but for me? All I can hear is KG's euphoric outburst in 2008.

And only because I was born in a relative utopia for young girls like me – who followed their older brothers around, strived to be the best in every sport possible, and slept in full football kit.

So whom do I need to thank? The women who came before me, the men who supported them, the leaders who voted through Title IX, and all those who made it count. One of the latter came from Malawi. From a remote community on the stunning shores of Lake Malawi called Chituka Village. And that is the home of CAC's latest first-year program, kicking off our partnership with Banda Bola Sports Foundation.

Keni Banda's story is incredible. Among the first batch of NCAA women's soccer coaches in the US, leading the earliest teams of women reaping the benefits of the new policy, Keni is already part of a pivotal chapter in history. Throw into the mix the fact that he comes from a place where women and girls are every day at the mercy of long-standing traditions that would laugh at the thought of them kicking a ball... and we have a special tale.

Now let's add the element that takes this story to unprecedented heights. Keni started his foundation in 2010 and guess what lives at the core of his initiative? After seeing what women are capable of when given the opportunity he is bringing Title IX to rural Malawi. He knows it will take time, but beginning with guidelines that require at least one girls' team from every school that wants to take part in his soccer project is a fine place to start.

Is it working? From what we saw with the 31 participants who joined us On-Field in Chituka last week, it is absolutely working. Similar to what Banda Bola requires for school teams to participate in the program, Keni required schools to send at least one female teacher to the training, or no teachers at all.

This sounds easy – because Keni and his team are making it look just so. But remember, girls born in places like Chituka Village, Malawi do not ‘normally’ get to dream about becoming professional athletes. With Keni Banda, however, and the women and girls he is actively empowering in his childhood community, there will soon be a new definition of ‘normal’ for the local youth. And CAC is excited to be part of the journey.

Here’s to the next generation of little girls with big dreams that know no bounds.



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Gift of Life committee with DG John following their recent Golf/Bocce Tournament

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## IT Assistance Group Now on District 7190 Web Site

I am pleased to announce that the District 7190 IT Assistance Group has added a portion of to the District 7190 Website for you! Just go to the District 7190 Website - <http://www.rotary7190.org/> and click on CLUB TOOLS / IT ASSISTANCE GROUP.




HOME ABOUT US ▾ STORIES ▾ YOUTH PROGRAMS ▾ ROTARY FOUNDATION ▾ DONATE CLUB TOOLS ▾

**DISTRICT INFO** **TOP NEWS**

Organization Chart  
Organization Chart (Photos)

Rotary International Convention Seoul  
Posted by John Mucha

FORMS  
CALENDAR  
IT ASSISTANCE GROUP

You will see information about the IT Assistance Group including objective of the Group, the scope of their activities and the services they provide. When you need assistance, contact information is included for area and club level IT Assistance Coordinators. They are there to help you!

### IT Assistance Group

## WELCOME

#### Subpages

- » [My Rotary Tutorials](#)
- » [Club Runner Tutorials](#)
- » [Welcome](#)

#### Links

#### Files

- » [IT Assistance Coordinators Meeting Minutes](#)

**Objective:** The objective of the Rotary Information Technology Assistance Group is to assist Rotary clubs in District 7190 in the use of Rotary information and technology resources.

**Scope:** Assistance will be provided to club officers (presidents, secretaries, and treasurers), board members and committee chairs in utilizing software provided by RI and District 7190. Software provided by RI includes: My Rotary: Club Invoice, Membership Data, Club Data, and Rotary Club Central. Software by District 7190 is Club Runner. This is an on-going service provided to Rotarians in District 7190 each year beginning in 2015-16.

#### Services:

Click on My Rotary Tutorials to watch a video to learn how to create a My Rotary Account. Club Secretaries - Click on ClubRunner Tutorials and watch videos to learn how to add, edit and delete member contact information; and edit club executive information.

Soon we will be adding additional information about My Rotary, Rotary Club Central and Club Runner. If you have any suggestions, including information that we should add, contact Bob Van Alstine at 885-1024 or at [rvanals1@nycap.rr.com](mailto:rvanals1@nycap.rr.com)

18 Mohawk Trail  
Queensbury, NY 12804



## Rotary UN Day

