

The Toolb



December 2017

Barb Wyllie ~ Editor

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Please send submissions to Barb at: THETOOLBOX7190@GMAIL.COM Deadline: 20th of the month

From the Governor's Desk

An ounce of prevention...

You've heard the saying: An ounce of prevention is worth a pound of cure! Well, Rotary's been on the forefront of prevention for many decades now, and the leadership at Rotary International and District 7190 are rightfully focusing on prevention in many ways, both big and small.

December is Disease Prevention and Treatment month on the Rotary Calendar. Of course, we all know about Rotary's commitment to end Polio forever, and this month we'll have Rotarians up in Glens Falls to enjoy a hockey game with the Adirondack Thunder on December 9th to raise both awareness of and funds for Polio Plus. Have you ever wondered what the Plus is in Polio Plus? Well, the framers of the polio effort also included other treatable diseases in the Plus category, like diphtheria, whooping cough, measles, and several other diseases that are eminently vaccine-preventable. And, while the emphasis has been squarely on polio, there are throughout the world many large-scale Rotary sponsored efforts to prevent these other diseases.

Even locally we are working on numerous projects to prevent disease right in our own backyard. Several clubs offer information and service projects aimed at Lyme Disease, and one club has taken over the local DARE program in collaboration with the Sheriff's Department. No less important are the many clubs which participate in hunger related programs, like weekend backpack efforts, so that kids who are better fed can be healthier, concentrate harder and miss less school.

I also know that several clubs are starting to talk seriously about tackling opioid abuse, and that is a big, big complex topic. If your club's interested in this issue, please reach back to me; I'd like to connect the interested clubs up for a deeper conversation.

All of this great work notwithstanding, prevention takes on many forms. Certainly, disease treatment and prevention are critical topics, but there are several versions of prevention which are important also. How about these?

Let's prevent Rotarians from drifting away from our clubs. Getting a new Rotarian to join a club follows the

sales process: it takes about ten good prospects to bring in one new member. In comparison about 25% of new Rotarians leave a club within a year for reasons which mostly can be controlled. Why do Rotarians drift away? The biggest reason is that they are not engaged meaningfully in the life of the club, and this is something which we definitely can control.

Let's prevent irrelevance. Rotarians do incredible work, and it is all good. But this does not mean that all of the work we do is perceived as relevant. Has your club leadership recently had a meaningful conversation about the relevance of the club's service initiatives? How does the community benefit? Have community leaders been asked to identify what the community actually needs the club to be doing? This effort alone can effectively prevent the perception that Rotary is no longer relevant.

Let's prevent resistance to change. Rotary is starting to change. Leadership at the top of Rotary International has recently taken steps to accelerate change. Our clubs are beginning to adopt change, and that starts with taking some time to think through what's important to the culture of the club. Can those important things be made more relevant? More engaging? Can "how" we do "what" we do be improved for the good? By the way, most clubs which are making significant changes are reporting good results in membership and vibrancy.

District 7190 is on the right track. We continue to be more gender balanced (34.5% now, still with a ways to go). We are gaining in racial and ethnic diversity, though this needs much work and careful thought. And, we are getting very busy being more innovative, dynamic, and responsive. Dynamic innovation makes progress in the two other categories easier. As we become more responsive to our communities our clubs' racial and ethnic composition should look more like the communities we serve. As we are more innovative and dynamic we increase the ability to attract and retain the kinds of members we want, who share the vision and ideals of Rotary.

Maybe the phrase should be: an ounce of prevention YIELDS a pound of cure. Let's cure all of our ills, real and perceived. Thank you for the incredible work you do.

YIRS, DG Fred

DISTRICT EVENTS AT A GLANCE

- **December 2-10: Happy Hanukkah**
- **December 9: Adirondack Thunder Hockey vs Admirals** Glens Falls 50/50 and Chuck a Puck to benefit End Polio Now Campaign *pp 3, 6*
- **December 25: Merry Christmas**
- **January 1: Polio Plunge** *pp 8, 9, 10*
- **June 23-27: RI Convention/Toronto** *p 7*

CLUB EVENTS AT A GLANCE

- **Now: Christmas Ornament Sale** Sponsored by Cohoes Rotary *p 2*
- **Now: Christmas Tree Sale** Sponsored by Ballston Spa Rotary *p 2*
- **December 6: Holiday Auction** Sponsored by Albany Rotary *pp 2,4*

Help Wanted!

Assistant District Treasurer



Contact DG Fred Daniels if interested... or wait long enough and he will contact you!

Join the fast paced District Finance Team, where every day is a new day! Get on the fast track to the top finance position in the District - the Treasurer! We offer no pay, unlimited recognition, and undefined benefits... the perfect volunteer job for you!

Call DG Fred at 518-573-4109

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The Rotary Club of Albany is sponsoring its annual

Holiday Auction

Wednesday, December 6th

12 noon – 2pm

American Legion Post

4 Everett Road, Albany, New York

Auction proceeds to benefit Gift of Life

ALL District Rotarians are invited to join this event to raise funds to provide lifesaving procedures to otherwise terminally ill children due to lack of access to such medical services.

Thank you in advance for your attendance!!!!

~ ~ ~

Cohoes Rotary Christmas Ornament Sale



Erie Canal Locks

In 2004 The Rotary Club of Cohoes started a collectible series of Christmas ornaments featuring historic landmarks in the City of Cohoes. Following are the ornaments in the 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 Public Library; 2015-Cohoes Movie Theatre; 2016-Carlson's Ice Rink.

The 2017 ornament, Erie Canal Locks, is the third in the slim ornament style, white china with a gold band edge.

Cost: \$15

To purchase ornaments contact
Linda or Ed Tremblay
at 518-235-4311 or email ljt@nycap.rr.com

Supply is limited. Get yours today!

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Ballston Spa Rotary Club is sponsoring its annual

Christmas Tree Sale

In Progress

Rotary Trees have arrived!

800 trees are ready to go!

Most trees are \$45 each.

(VERY large trees are marked accordingly.)

**Open daily from 10am-8pm
and 9am to 8pm on weekends**

Their lot is located at the

Curtis Lumber Store

on Rt. 67 in Ballston Spa

All funds raised support their projects to help those in need locally and around the world. Hope to see you soon!

~ ~ ~

Drop the Puck on Polio!**Saturday, December 9th****7pm****Tickets are \$15****COOL Insuring Arena****Glens Falls**

Look for the Rotary flag at the arena entrance to pick up your tickets.

Let's Drop the Puck on Polio at this family fun event in Glens Falls. Enjoy a great hockey game as the Adirondack Thunder take on the Admirals and we raise good funds for Polio. Rotary will be front and center during the evening, and we need your team to cheer us all on!

See flyer on page 6 for details and contact information.

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2017 Albany Rotary Club**Holiday Auction****Wednesday, December 6 at Noon**

The annual Rotary Club of Albany Holiday Auction will take place on Wednesday, December 6, 2017 noon – 2 pm at the American Legion Hall, Everett Road, Albany. All proceeds from the holiday auction will benefit Rotary's Gift of Life program, which provides life-saving heart surgery for children around the world with congenital heart disease.

The event features a live auction, silent auction and raffle all donated by Rotary members and community supporters of the Gift of Life program. It's a fun afternoon of good food, Rotary fellowship and an opportunity to support one of Rotary's finest philanthropic endeavors. And, it's a great chance to find some unique holiday gifts including hand-made items, theatre and music tickets, gift baskets, and much more.

We would love to have you join us. The cost to attend the luncheon is \$25 per person and lunch reservations are required. Please contact me at terry.tyson49@gmail.com or 783-5348 to reserve your spot.

Yours in Rotary,

Terry Tyson, Holiday Auction Chair

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Rotary Foundation:**How to Donate Stock to the Rotary Foundation**

With the stock market regularly breaking records at the closing bell, many of your investments are likely worth more today than what you originally paid for them.

Time to sell? If you do, you might have to pay capital gains taxes. There's a better option that provides you with valuable tax incentives as well as the satisfaction of supporting a cause close to your heart: Give your stock to The Rotary Foundation.

When you give the Foundation appreciated securities that you've owned for more than one year, you will receive two tax benefits:

1. You are entitled to a federal income tax deduction based on the current fair market value of the securities, regardless of their lower original cost.
2. You will be exempt from paying capital gains taxes on any increase in value—taxes you would pay if you sold the stock.

Reap the Rewards

To realize full tax benefits from your gift, keep the following IRS guidelines in mind:

- **Donate long-term appreciated property.** For short-term assets (owned one year or less), only the amount you originally paid is deductible.
- **Watch the ceiling.** The gift deduction for long-term capital gain property is limited to 30 percent of your adjusted gross income in the year of your gift, but the excess is deductible over the next five years.

More information

To learn more about making a planned gift to the Foundation, contact your District Rotary Foundation Sub-chair at KateToombs@gmail.com or (518) 688-2846.

Sue Austin, Chair

Kate Toombs, Sub-chair

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The Passing of a Rotary Giant- George Frost

On Monday, October 30, 2017, District 7190 and the Rotary world lost a giant. George Frost was the personification of "Service Above Self." It's true all clubs have Rotarians who are giants. Their contributions and sacrifices exemplify our Rotary ideals. The loss of any giant is always a sad occasion. However, George Frost was unique. His passing leaves a gap that will be impossible to fill. District 7190, his community and the world was transformed by his presence and will be forever altered by his absence.

He joined our organization at the young age of 28 in February, 1956. Three years later he became president of the Rotary Club of South Glens Falls. For over 55 years he maintained perfect attendance until physical infirmities prevented the continuation of this magnificent record. In 1970, he took on the responsibilities of being District Governor for District 719, as it was known then. At age 42, he was the youngest Governor ever to lead the district and one of the youngest governor's in the Rotary world at that time.

Since then, George's advice, guidance and steady hand have been instrumental in making him one of the most respected and influential contributors to the progress and growth of the district. These actions alone would be remarkable. Yet George's commitment to service did not end there. His participation at the Zone, Foundation and Rotary International level brought him recognition and honors including the Service Above Self Award, (Rotary International's highest acknowledgement), the Distinguished Service Award, the Citation for Meritorious Service, along with becoming a Major Donor to the Rotary International Foundation. In 2011, he was appointed as the Rotary International Presidential Representative to District 7850 speaking on behalf of R.I. President Ray Klinginsmith. There are very few areas of Rotary, where George Frost did not have an impact. His love of Rotary touched the student exchange program, the GSE teams, Rotary Leadership Institute, membership development, Foundation work, Ambassadorial exchanges, polio eradication, hundreds and hundreds of committee, PETS, club, district assemblies, zone and other vital meetings, meals and conferences. The list is endless. If it had to do with Rotary, George was there willing to help.

To say Rotary was important to George is an understatement. But it wasn't his only passion. As a lifelong Boy Scout, George was 11 years old when he began his journey in scouting. Only the lack of a Lifesaving Merit Badge prevented him from becoming an Eagle Scout. This goal eluded him until 2013, when he was made an Honorary Eagle Scout. By then he could add the Eagle badge to his other tributes of the Silver Beaver, Silver Antelope and Distinguished Eagle, the Good Scout Award (2010), and the prestigious Cliff Dochterman Award presented by Rotary International which recognizes exemplary service to both Rotary and the Boy Scouts. George said, "Scouting, like Rotary, is a great vehicle for doing good and bringing about positive change." He added, "I think it's a great way to help kids become leaders; teach them respect for others, themselves, fellow scouts and the community. Just follow the scout code. Do that and you can't go wrong."

And then there was his service to the community. He graduated in 1950, with honors, from Northeastern University with a degree in Mechanical Engineering. He served two years in the U.S. Army

Continued on next page...

Signal Corp during the Korean War. In 1960 he became chairman and CEO of Rist-Frost Associates, consulting firm. He was a licensed engineer in several states and a retired member of the National Society of Professional Engineers. Over the 36 years he worked at Rist-Frost, George won numerous awards for innovative engineering designs including the American Consulting Engineers Council Community Service award. In 1996, he was appointed by Governor Pataki to the NYS Employment Relations Board, a position he held until 2006. George was also president of the South Glens Falls Central School District Board of Education, Director Emeritus of the Arrow Financial Corporation, chairman of the board for Glens Falls National Bank, past president of the Glens Falls Country Club. He received the J.Walter Juckett Community Service Award from the Adirondack Regional Chamber of Commerce, served as a trustee for the Glens Falls Hospital, receiving the NYS Trustee of the Year award in 1995. These are only a few of the recognitions too numerous to list.

In his spare time, he was a Lector and Eucharistic Minister at his church along with being a past Grand Knight of the Knights of Columbus. And George always had time to play the game of golf. A sport he loved as much as his other activities.

But probably the best thing he ever did was marry Beatrice McDermott in 1952. The two of them recently celebrated their 65th anniversary. While Bea maintained an active career raising their family, she too, has contributed significantly to their overall success. Although small in physical stature, she stood at George's side, keeping tabs on him, encouraging him and making sure their lives were filled with love. There are many, many, Rotarians who have enjoyed spending time with George and Bea at the hundreds of social and family get-togethers. They truly are an unforgettable couple.

If the hyphen between the date of birth and the date of our death represents all we accomplish in life, George Frost spent his time making sure he left the world a better place. I once heard a description of a person as having the heart of a servant. I cannot think of a better way to remember George Frost, than as a person who lived his life as a gentle, caring Rotarian who put service to others before himself

"Charlie Grose (District Governor 1967-1968) ate, lived and slept Rotary. He attended any and all kinds of meetings everywhere he could. He kept himself involved well into his 90's. Anytime someone needed a volunteer, his hand always went up. I guess he probably was the biggest influence on me, to say raise your hand whenever you can." George Frost interview December 2003

Rest in Peace

Fred A. Carvin PDG
Rotary Club of Glens Falls, N.Y.

ROTARY DISTRICT 7190 INVITES YOU TO JOIN THEM

Drop the Puck on POLIO

ADIRONDACK THUNDER HOCKEY NIGHT



**Saturday 7pm
December 9**

**COOL Insuring Arena
1 Civic Center Plaza • Glens Falls**



VS



- 50/50 Raffle & Chuck-A-Puck To Benefit The Polio Foundation
- Knockerball featuring your fellow Rotarians
- Your District Governor riding the Zamboni during intermission



Tickets are \$15 each. For more details and to purchase tickets, contact District Polio Co-Chairs -
Doug Ford: ford@curtislumber.com or 518-365-4958 Sandy McAlonie: SMRotary1213@gmail.com or 518-339-9904

REGISTER EARLY AND SAVE!

Our convenient online system makes registering easy for all Rotary members, Rotaractors, and Rotary club and district employees.

Register today at riconvention.org.

Deadlines

| Deadline | Fee (US\$) | |
|---|------------|-------------|
| | Rotarians | Rotaractors |
| 15 December 2017 | \$345 | \$70 |
| 31 March 2018 | \$420 | \$100 |
| After 31 March 2018 until the convention closes | \$495 | \$130 |
| Cancellation deadline: 30 April 2018 | | |

New this year! Receive \$10 off your full adult registration fee if you register online by 31 March 2018.



We NEED you.
Can you HELP?



The Polio Committee is looking for team members who are passionate about ways to assist our clubs and the district with our Polio efforts.

Events

- Polar Plunge
- Bowling for Polio
- Night at Thunder

Fundraising assistance for Rotary clubs

- Hannaford ~~Clynk~~ Program
- Quarter holders

If you are interested in joining this team-please contact either-

Doug Ford at ford@curtislumber.com & 518-490-1434

Sandy ~~McAlonie~~ at smrotary1213@gmail.com & 518-339-9904



Support the Insanity | Join the fun

District 7190 Family Polio Plunge

January 1st, 2018

Shepard's Park Lake George NY

Pre-register with Sandy McAlonie (518-339-9907)

or email 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

POLIO PLUNGE | January 1, 2018



| Name | Club/Address | Phone Number | Pledge Amount |
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Sandy McAlonie, PO Box 523 Clifton Park, NY 12065

smrotary1213@gmail.com 518-339-9904

Checks payable to: Rotary International/Polio



**ROTARY:
MAKING A
DIFFERENCE**

