

The Toolb



April 2019

Barb Wyllie ~ Editor

Distribution 1,113

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

From the Governor's Desk

Each year, the first Rotarian magazine of the Rotary year carries a profile of our Rotary International President. Pictured are Barry and Esther Rassin from that photo shoot. Many of you know, they are from the Bahamas. Barry states that the star of the picture is not him and his wife, but the flock of flamingos. All were going in the same direction...except one.

Are you the one "flamingo" going the other way in Rotary? That one flamingo knows that everyone is going one way. But, maybe that path isn't the best way. Maybe, just maybe, there's a better way to go.

Change is hard! The longer we go one way, it becomes that much harder to turn around and do something differently. But change...careful, considered, goal-directed change is essential for Rotary if we want to evolve, stay relevant, and move forward in the right direction.

Are you the "flamingo of change" so needed in our clubs? Value the past certainly but plan for the future. It's about having the curiosity, the courage, and the conviction to look at different ways that might be better...

DG Tammy Heckenberg

Be the Inspiration!



DISTRICT EVENTS AT A GLANCE

- **April 6: District Training Assembly/Grants Management Seminar**
- **April 18: Cabaret: Talent Competition**
Sponsored by Next Gen Rotary *pp 4, 18*
- **May 3-5: District Conference** *pp 6-9, 12*
- **May 5: GoL 5K Run** by Delmar Rotaract Club *p 5*
- **June 1-5: RI International Conference**
- **September 16: GoL Golf & Bocce Tournament**

CLUB EVENTS AT A GLANCE

- **NOW: Cell Phone and MicroCard Collection**
by Niskayuna Rotary *p 2*
- **April 1: *Don't get fooled!!!***
- **April 4: Karaoke and Talent Night** by
Schenectady Rotary *pp 2, 14*
- **April 10: Brooks BBQ** by Scotia Rotary *p 2*
- **April 13: 5K Corporate Challenge** by Glens
Falls Rotary *pp 3, 16*
- **April 13 & 14: Regatta/Ironman/Triathlon
Weekend** by Middleburgh Rotary *p 3*
- **April 27: Community Breakfast** by BH-BL
Rotary *p 4*
- **May 4 & 18, June 8: Run for the Roses** by
Glove Cities Rotary *pp 4, 16*

Wilton Rotary - New Schedule:

**1st and 3rd Tuesday
Skidmore Dining Hall 7:30 AM**

**2nd and 4th Tuesday
The Wishing Well Restaurant 6PM**

~ ~ ~

NEW MEMBERS

District 7190 Welcomes the Following New Members!!!

Shenendehowa Rotary
Li Zhang

Glens Falls Rotary Club:

Alisha Hanley
Ryan Haig
Julia Steciuk
Norm Dascher
Gabrielle Grasmeder
Andy Holding
Janice Holding

~ ~ ~

Schenectady Rotary is sponsoring its
Karaoke and Talent Competition

**Thursday, April 4th
4:30-5:30 Happy Hour
5:30-8:30 Event**

Schenectady Armory Center
195 Washington Avenue, Schenectady
Local Celebrity Judges
DJ "Sparks" Sari Medick
\$25 ticket includes Light Dinner Fare
Cash Bar / Prizes / Silent Auction /
Raffle and Surprises

Funds are being raised to further the Rotary Mission here in Schenectady which includes grants to various non-for-profit groups

~ ~ ~

Your Help is Needed Now!!!

Got Cell Phones? PLUS... How Rotarians can deliver a High School Education for under \$10: the cost of a microSD card, an envelope and a postage stamp.

Niskayuna Rotarian, Keni Banda, has requested donated cell phones for his remote hometown village in Africa. Not only can cell phones be used as phones, but if the phone is a smart phone, it can be used as a tablet, and thus it can be loaded with educational software. But regardless of the type of phone, leave a message for Lon Penna, 518-399-4522, if you would like to donate a phone. [By the way, Niskayuna Rotarians also purchases new TracFones, \$30 each, and microSD cards, \$7.50 each, for holding Rotarian Frank Quinn's "education on a chip".]

HERE's THE PLUS: If your club would like to do a similar project, Niskayuna Rotary will be glad to provide the software. The software, unofficially dubbed RISE, Rotarian's Inspirational Software for Education, includes 1000 books, lots of read-and-hear books, an encyclopedia, a dictionary, maps, off line Khan Academy, PBS videos, and software from learn-to-read to learn-first-aid. Niskayuna Rotarians also load the software on refurbished desktops and laptops that we procure for \$10 from ComputerRehab.org. The computers can go in any school, any library, any 501c3 or in the home of any family in need.

GOT USED CELL PHONES?
PLUS...HIGH SCHOOL EDUCATION on a
microSD Card



~ ~ ~

Scotia Rotary presents its annual

Brooks BBQ

**Wednesday, April 10th
4pm until Sold Out**

**Full Chicken Dinner (incl. beverage)
\$12.00 / Half Chicken \$10.00**

Rib Dinner \$14.00 / Just Ribs \$12.00

Glenville Senior Center

32 Worden Road Glenville, NY 12302

Tickets Available at the Door

Eat in Or Take out ~ ~ ~

Glens Falls Rotary presents its
Rotary 5K Corporate Challenge

a run/walk event

Saturday, April 13th

10:00am

SUNY Adirondack

in Queensbury, NY

Race registration (\$26) is available online at www.active.com or by mail on club website at www.glensfallsrotary.org.

The course winds around the exterior of the campus, providing scenic views of the campus, as well as, surrounding mountains and countryside.

Funds raised by this year's event go to The Conkling Center (seniors) & Prospect Center (developmentally disabled individuals).

Online link -

<https://www.active.com/queensbury-ny/running/distance-running-races/rotary-5k-corporate-challenge-2019?int=>

Additional information link -

<https://glensfallsrotary.com/stories/rotary-5k-corporate-challenge-2019>

Contact - Jim Goodspeed - Email:

Jimmyg12804@yahoo.com or Phone: 518-321-8041

See page 16 for flyer.



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Middleburgh Rotary Club will sponsor the
**2019 Middleburgh Slougher
 Canoe/Kayak Regatta and
 Ironman/Triathlon Weekend**
April 13th and 14th

- **Saturday's Regatta registration starts on-site at 9:00 with the race start time of 11:00**
- **Sunday's Ironman/Triathlon registration begins at 9:00 with the race starting at 11:00**

Registration forms for both events can be found on the website:

www.middleburghrotaryny.org, select your event of choice from the top or bottom bars.

- **Pre-registration is strongly encouraged!**
- **Free event t-shirts to early entrants!**
- **A Fun Flotation class** has been added to Saturday's events.
- **Food trucks, music and activities all day**, join us to give an early welcome to Spring!

This year's proceeds are slated to support local food pantries and Middleburgh Rotary Club's efforts to dedicate a monument in Memorial Park to pay tribute to local service members who fought in WWII and in the Korean Conflict.

They would love to see a Rotary Club Challenge as part of that activities! This could be in the regular regatta classes or in the Fun Flotation class. If you're interested, please contact Joan Wissert at joan.wissert@outlook.com and they will see what they can do as a committee. If there is not adequate interest, please consider spending part of the day with them and enjoying the events! Volunteers from other clubs are ALWAYS welcomed 😊

~ ~ ~

The Next Gen Committee proudly presents

Capital Cabaret:
The Capital Region's Talent Show

Thursday, April 18th 6pm
Tickets are \$20 in advance
(\$25 at the door)
\$10 for prospective Rotarians
\$10 for kids age 7-14
(under 7 are free!)

This year's show features 15 performers, including singers, performers, magicians, rappers, and storytellers! This fun event raises money for the RI Foundation (last year \$5,000) and is a great way to introduce folks to Rotary. In fact, Capital Cabaret is a **ready-to-go prospective member activity**, and we're specifically encouraging Rotarians to bring prospective new members with a half-price ticket for guests. **You can register to attend Capital Cabaret through the District website at Rotary7190.org.** Have some fun and do some good! Come to the Capital Cabaret!!

~ ~ ~

Happy Passover
April 19-27

~ ~ ~

Happy Easter
April 27th

~ ~ ~

BH-BL Rotary is sponsoring its annual
Community Breakfast Saturday



Saturday, April 27th
7:30-11:00 am

\$8 pp, 5 and under free

Presale tickets available at Mail n More.

Tickets available at the door.

Burnt Hills United Methodist Church

816 Saratoga Rd Rt 50

Pancakes, eggs, bacon, sausage, fruit, coffee, tea and juice provided. Real maple syrup!
Proceeds support Rotary service activities locally and internationally.

~ ~ ~



See related item on page 16.

~ ~ ~

Spring is Here

...so now it's time to get this sleepy Village of ours ready to greet all of its wonderful residents and visitors.

On April 27th starting at about **8am**, as we do each year, your Ballston Spa Rotarians team together with Boy Scouts, neighbors, family, friends, and maybe even some Lions, to do a bit of a clean-up of Wiswall, Kelly, and Old Iron Springs Parks, the Tedisco Trail, The Submarine Memorial Park, as well as other areas around town. If you, your business, or your club would be able to help us this year, just get a hold of any Ballston Spa Rotarian, such as Ray Otten (518-852-2642), and we will give you more details. Or, just show up on April 27th with rake in hand (or any other cleanup tools you may have). **Can we count on YOU and your Club?**

~ ~ ~ Gift of Life 5K

On **Sunday May 5th, 2019**, yes that's Cinco de Mayo Day, Bethlehem Central Middle School children will put on **the 2nd Annual 5K Run/Walk** to benefit Rotary District 7190 Gift of Life.

Last year BCMS children got over 220 runners and walkers to help raise \$2,500. The money was used to perform a lifesaving heart surgery on Tai'vna from Mongolia.

It was a very magical moment when Tai'vna and his mother visited the children responsible for organizing the 1st 5K Run/Walk. With the help of an interpreter, Tai'vna's mother's eyes lit up with wonder when she was told that these 6th, 7th & 8th grade children put together a fundraiser to help her son whom they had never met. And there was not a dry eye in the room when the BCMS children were reminded that this little boy from Mongolia would die if not for the lifesaving operation they had helped provide. Tai'vna will live a normal healthy life because of their hard work and generosity.

Please come out and join the 5K Run/Walk for Gift of Life on May 5th at the Bethlehem Middle School 332 Kenwood Ave in Delmar at 10 am to help save another child's life. You can run, walk, donate or be a volunteer. **For more information** call Tom Burdick at 518 441-3800 or email Tom at Tom@empirefa.com.

Rotary International President Elect Mark Maloney speaking at MDPETS



~ ~ ~



Conference of Clubs
Essex Junction, Vermont
May 3 - 5, 2019

General Conference Attire – Rotary Casual
Saturday Night – it's a Party
wear your party outfits including hippie or styles
from 1969

Special Events

Friday Afternoon of Service – see below

Inspiration Café Coffee House and Open Mic
Friday night after casual dinner

Salute to Past District Governors
Saturday Lunch Plenary

Rotary Foundation Recognition Celebration
Wear your PHF medallions please
Prior to Dinner Plenary

Welcome to Yasgur's Farm Dinner Plenary
and club anniversary recognition

Our Amazing International Speaker
Immediately following Dinner

Psychedelic Groove
After dinner Music, Fun and Fellowship

Remembering Rotarians Memorial Service
Sunday Morning Plenary

DG Tammy's Hugs From the Heart
Throughout the Weekend



Conference of Clubs
Essex Junction, Vermont
May 3–5, 2019

**PEACE, LOVE, ROTARY
INFORMATION**

Dates: Friday May 3rd-Sunday May 5th 2019

Location: The Essex Resort & Spa
Essex Junction, Vermont
EssexResortSpa.com

Registration Info: To register, visit:
rotary7190.info/ConferenceofClubs

Registration includes conference
materials, and meals (Friday dinner
through Sunday breakfast)

\$187.00 by December 31st 2018
\$207.00 beginning January 1st 2019

Conference Contact: Harriet "Pepi" Noble
Conference Chair
hnnoble@nycap.rr.com
518.373.8574

Hotel Reservations: \$159.00/night + taxes & fees
Rate valid three days prior to and
after conference dates.
\$20 fee per adult with rooms/suites
with three or more guests.
Resort fee waived.

Phone: 877.684.1123
Online: rotary7190.info/ConferenceofClubs
Group Name: Rotary District 7190

District Governor • **2019 Conference Chair**
Tammy Hunter Heckenberg • Harriet "Pepi" Noble



Conference Service Projects Announced

- We are very happy to announce the Service Projects available on Friday afternoon, May 3 in the Essex Junction Vermont area.
- Please read about each project and the time involved. All three are within a 30-minute drive from the Essex Resort (or closer).
- Friday night's casual dinner begins at 6 PM and is a buffet so you will have time to change and freshen up.

Sign-up is necessary so please respond to Pep (Harriet) at hnooble@ycaprr.com as soon as possible.
DG Tammy



3 SERVICE PROJECTS –

Friday May 3 (see details for time)

Sign up necessary

Volunteer at the Chittenden Emergency Food Shelf

228 N Winooski Ave, Burlington, VT 05401

Friday, May 3rd 1 – 4 PM

<http://www.feedingchittenden.org>

[Parking on street](#)

[Accessibility – old building with some garage wheelchair access. Cramped work space](#)

Volunteers Needed - 8

We will work these areas as needed that afternoon.

Rotary casual, expect to get a bit dusty

- Grocery Distribution – Helping guests in our grocery program check into our database, pick out foods and navigate our distribution room
- Warehousing- Helping to stock shelves, sort groceries & donations, put together bags of

food, process and package bulk and cooked foods

- Receiving - Staffing our receiving area to accept, weigh, record and organize donations from the community. Receiving volunteers also help stock our grocery distribution room with vegetables, bread, pastries and refrigerated foods as they come in from local grocery stores.

Skill Level or Expertise – something for everyone

Tea Party at Mansfield Place Assisted Living

18 Carmichael St Essex Junction VT

Friday, May 3rd 2 – 4 PM

<https://mansfieldplacevt.com>

[Accessibility – yes](#)

[Parking](#)

Volunteers Needed – 20

- Tea Party for guests at the Assisted Living facility in Essex Junction.
- Serve tea and cookies to residents. Visit and chat. There is a grand piano for a sing along.
- Opportunity to put together a sing-along or a group of Rotarians and Rotary Youth to sing to the residents.
- Friendly visits to the Memory Care residents as well.

Skill level and Expertise – something for everyone.

Vermont Community Gardens

Friday, May 3rd 1 – 4 PM

<https://vcgn.org>

Dig in the Dirt and assist local housing communities to get ready for Spring planting
Garden gloves, sunscreen, work clothes
Accessibility – see below
Ample parking

Continued on next page...

Service project site: Ethan Allen Homestead. The address is: 1 Ethan Allen Homestead, Burlington, VT 05408. There are a handful of community-based gardens located at the site, including: the Community Teaching Garden, the Family Room Garden, and Winooski Valley Park District Community Garden. A description of each garden site and a tentative list of activities proposed for each community-based garden is below:

- **Community Teaching Garden:** the Vermont Community Garden Network runs a 22-week long organic gardening course at this site. Activities will likely include: spreading wood chips along pathways, sign painting, using broad forks to aerate soil, tending to early spring crops, and more!
- **Family Room Garden:** the Janet S. Munt Family Room is a parent child center that provides programming for families with young children. During the summer months, weekly playgroups take place at the garden where families can sign up for individual kitchen plots and participate in a variety of programs. Activities might include: dividing up garden plots, spreading compost, planting early spring crops in shared beds, reviving the "Children's Exploration Garden" for the upcoming season, pruning raspberries, sign painting, and more!
- **Winooski Valley Park District Community Garden:** This is one of 14 community gardens in Burlington where individuals can sign up to rent a plot for the growing season. Activities will likely include: restoring perennial planting areas, marking off garden plots, spreading wood chips along pathways, organizing tool shed, sharpening tools, and more!

Skill Level and Accessibility: We can propose activities for different skill levels and interest, however please consider that all three garden sites are on uneven terrain.

~ ~ ~

What Is Peace Cash?

Excited to tell you about Peace Cash! In keeping with my theme of gratitude and Hugs from the Heart, Peace Cash is simply a way of saying Thank You for attending our Conference of Clubs.

Each person attending will be given 5 Peace Cash tokens to drop in a bag of a corresponding basket you would like to win. The drawing will take place on Sunday morning.

You can also purchase additional Peace Cash if you would like with proceeds going to End Polio Now campaign or to our little super hero's Foundation, Logan Strong. Just a way of paying it forward. DG Tammy



~ ~ ~

Peace Prizes

Use your Peace Cash tokens to take a chance on these great gifts – a thank you for joining us at the 2019 Conference of Clubs.

Vermont Teddy Bear

donated by PDG Susan Austin

Essex Resort and Spa Gift Certificate Overnight Stay

donated by Essex Resort and Spa

Mary Kay Beauty Basket

donated by Marissa Multari

Italian Food Basket

donated by Mary Burch Macherone

K Noble Soap Relaxation Basket

donated by PDG Susan Austin

High Peaks Distillery World-Class Bourbon

donated by Lake George Rotary

Lake George Massage and Spa Basket

donated by Joyce Azukas

Proctor's Gift Card

donated by PDG Pepi Noble

Afghan Queen-size

Handmade by PDG Susan Austin

~ ~ ~

The Power of Rotary, applied to A BATHROOM for a Girl's High School in Africa (Central Malawi)

On March 7, the same day as District 7190's Membership Meeting, Ellie von Wellsheim asked Niskayuna Rotarians if Rotary could raise \$2000 for a Girl's Bathroom. She said her MoonCatcher.org would provide the girls with washable menstrual kits, that high school kids are raising money for mattresses and for mosquito nets, and wondered if Rotary could build the toilet facilities? YES was the answer. In fact, we explained to Ellie, Rotary's very first service project was a public restroom. And, we explained to Ellie, you have the good fortune to be asking the same day that Rotarians from around the district will be gathering. All that would be required is for 9 clubs, in addition to Niskayuna, donating \$200. The attendees of the Membership Meeting have been taken their requests back to their boards. We are pleased to report that the total to date is \$1050, including a \$50 contribution from Glenville Rotarian Phil Arony of Glenville Rotary. As with any Rotary project, raising the money is half the job. The other half is designing a lasting, sustainable, bathroom.

Rotary to the rescue. One of the 9 structured tools that Rotary provides is Rotary Action Groups (RAGs). RAGs are open to Rotarians, Spouses and Rotaractors. All 26 RAGs have members from at least 3 countries. The average size is 700 members. The RAGs collaborate in the areas of Promoting Peace, Fighting Disease, Saving Mothers and Children, Supporting Education, Growing Local Economies, Environmental, etc. One of the purposes of RAGs is to provide clubs with project ideas. For a list of the 26 RAGs, see below, or visit <https://my.rotary.org/en/take-action/empower-leaders/join-rotarian-action-group>.

Knowing that there was a RAG focused on Water and Sanitation (WASRAG), we turned to them for advice. We couldn't have been more excited and pleased to see that WASRAG had published exactly the guidelines we needed. It described 10 different options for building a latrine or public bathroom,

depending on if the region had water, if it was prone to flooding, etc. So, by working together, District 7190 will be able to help our friends in Malawi not only with the funding, but with the guidance needed to construct the right structure that makes sense for them. So, if you happen to have read this, consider asking your board for a \$200 contribution to a project made possible only by the teamwork of D7190 Rotarians.

See Donation letter on next page.

List of 26 Rotarian Action Groups

Addiction Prevention	www.rag-ap.org
AIDS and Family Health	www.rfha.org
Alzheimer's and Dementia	http://adrag.org/
Blindness Prevention	www.rag4bp.org
Blood Donation	www.ourblooddrive.org
Clubfoot	www.rag4clubfoot.org
Diabetes	www.rag-diabetes.org
Disaster Assistance	www.dna-rag.com
Domestic Violence Prevention	www.ragfamsafe.org
Endangered Species	www.endangeredrag.org
Environmental Sustainability	www.esrag.org
Food Plant Solutions	http://foodplantsolutions.org
Health Education and Wellness	www.hewrag.org
Hearing	www.ifrahl.org
Hepatitis	https://ragforhepatitiseradication.org
Literacy	www.litrag.org
Malaria	www.remarag.org
Mental Health	http://ragonmentalhealth.org
Microfinance & Community Development	http://ragm.org
Multiple Sclerosis	www.rotary-rfmsa.org
Peace	www.rotarianactiongroupforpeace.org
Polio Survivors and Associates	www.rotarypoliosurvivors.com
Population and Development	www.rifpd.org
Preconception Care	www.ragphc.org
Slavery Prevention	www.racsrag.org
Water and Sanitation	www.wasrag.org

~ ~ ~

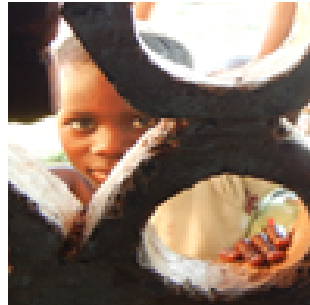
Support Gift of Life as You Shop!

Go to smile.amazon.com/ch/22-2704726 and Amazon will donate to Rotary District 7190 Gift of Life Inc. Please share this link and information with your family, friends, and social media contacts. GoL appreciates your support in the mission to save young lives around the world.

~ ~ ~



CLUB PLEDGE LETTER (Rev. 3, 2012-02-07)



Donor's return address, phone, email & date:

DATE: _____
 NAME: _____
 ADDRESS: _____

 PHONE: _____
 EMAIL: _____

TO: Rotarians Lori & Helen Penna
 39 Saint Stephens Lane East
 Glenville, NY 12302-4319
 H: 518-399-4522
 C: 518-312-6588
 Lawrence_Penna@yahoo.com
 Helen_Penna@yahoo.com

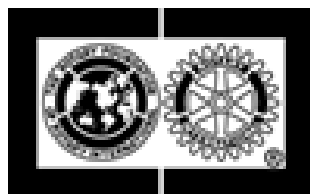
RE: Letter of Support for
 CHAMWAVI SECONDARY SCHOOL GIRLS' HOSTEL BATHROOM
 ROTARY DISTRICT 9210, MALAWI

The Rotary Club of _____, In District 7190 is pleased to provide \$_____ for the subject project.

We have heard how girls drop out of school for lack of (1) bathrooms and (2) feminine hygiene products. This project is for \$2000 to build a stand-alone girls' bathroom at the Chamwavi Secondary School Girls' Hostel in central Malawi. The MoonCatcher Project will provide the feminine hygiene products, namely free MoonCatcher Kits, which include 3 washable menstrual pads and accessories. Oversight, stewardship & reporting will be provided by BridgesToMalawi.org and by the Rotary Club of Lilongwe.

Although girls education for the multitudes may seem insurmountable, we know that Rotarians working together are facing the challenge. Our Rotary Club is proud to be a part of this project.

Please find enclosed a check made out to "Niskayuna Rotary" with Malawi Girls & Global Grants in the memo line. We understand that \$2000 will be delivered by Lori and Helen Penna as part of their April 2019 volunteer trip to Malawi, and that any excess funds raised will be deposited with The Rotary Foundation in a Donor Advised Fund, and will be used for District Supported Global Grants.



Yours in Rotary Service,

 Club President

A project of the Rotary Club of Niskayuna NY in partnership with the Rotary Club of Lilongwe, Malawi.

Printed 3/31/2019, 4:30 PM

FASHION IN 1969

In 1969, fashion stretched, softened and became even more body conscious. A woman wanted to look lean, linear and long.

The sometimes funny, frequently edgy and nearly always mini-skirted girl of recent years grew up. Her fashion image became more feminine, sensuous and sophisticated.

She wore softer, clingier clothes. Sweaters and sweater dresses now hugged every part of her figure, particularly around the ribs, waist and hips.



Above all, she had freedom to choose from an unprecedented variety of hemlines.

Instead of choosing a hemline, designers gave women the choice. Both in Paris and in the United States, couturiers showed maxi-lengths, but were aware of sales enough to keep some styles short. Yves Saint Laurent made waves with his “lowdown’s”, while skirts at Courreges barely covered the torso.

No matter the hemline, outfits were often topped with a jacket or long coat.

The long, lean line was the most obvious fashion trend in 1969. “The Skinny Sixties” closed appropriately as women looked for clothes that would give them a tall, slim body. Elongation was accomplished by extended skirts, long, straight-cut pants or, if she had long legs herself, they were accentuated by sheer dark tights.

Slender tunics, skinny long sleeves, low-rise pockets and belts, hip-hiding weskits and body-length cardigans helped fight a top-heavy look. The more fringe the better.

People also loved to wear super-scarves. Oblong in shape, some were 10 feet long, called Isadora Duncans. Long, fringe adorned shawls mimicked pearls. Feather boas, red fox stoles, and mink tails extended the silhouette by descending below the hemline.

Accessories flourished in fantasy, especially with young people. They couldn’t afford diamonds, so they enjoyed linked metals, chain belts, tassels, snake rings, snake bracelets and arm bracelets.

In addition to new fabrics that did nothing to hide the figure, designers splashed color all over them. Tie dye and ink-splatter had broken into the mainstream.

Patchwork, Persian and Navajo rug motifs were seen everywhere. Intense primary colors turned subtle in the fall. Purple was a hot color in late 1969.

Because women were becoming more traditionally masculine (wearing pants) and men were becoming more traditionally feminine (wearing bronzing gels and moisturizers), the term “unisex” was coined for fashion styles that both men and women could enjoy equally.

Thanks to

<https://www.retrowaste.com/1960s/fashion-in-the-1960s/>



~ ~ ~

**Irish themed Mystery Bus
Tour...we ultimately ended up at
Northville Rotary Club. Fellowship
at its finest!**



~ ~ ~

Meeting Time Change!!
Racing City Rotary Club has changed
their meeting time from 5:30 pm to 6:30
pm, same location, as follows:
1st and 3rd Monday, 6:30 PM
 (excluding holidays)
VFW Post 420
 190 Excelsior Avenue
 Saratoga Springs, NY 12866

~ ~ ~

**New Meeting Location
for Capital Region Rotary**

EFFECTIVE IMMEDIATELY, Capital Region Rotary
will now meet at Warehouse Grill and BBQ located
on Wolf Road in Albany.

~ ~ ~

Help Wanted

After 4 years of heading up
Rotary District 7190's Day of Service,
I would like to pass the baton. I will train
the new hire during the 2018-19 year.
Call or email me at 518-944-3997 or
Barrelbackbuilder@mail.com
for questions or interview.
Thank you. Bruce McConnelee

~ ~ ~

Attention All Clubs:

DG Tammy has requested that every
month all clubs kindly submit the names
of their NEW members to
thetoolbox7190@gmail.com for
District recognition.

~ ~ ~

Attention All Clubs:

DG Tammy has also requested that
every month all clubs kindly submit the
names of their members who have passed
on to higher service to
thetoolbox7190@gmail.com for
remembrance.

~ ~ ~

Looking for Speakers?

Gift of Life will be glad to arrange for a member to
address your club about their life saving mission.
Please contact Pat Herman at
phpherman@gmail.com.

~ ~ ~

Save the Date:

September 16:

GoL Golf & Bocce Tournament



Thursday April 4th
**KARAOKE
 & TALENT
 COMPETITION**
LOCAL CELEBRITY JUDGES
 Schenectady Armory Center
 4:30 – 5:30 Happy Hour
 5:30 – 8:30 Event

Schenectady
Rotary
 Club

Tickets \$25 ea. • Light Fare Dinner Included. Cash Bar w/ Drink
 Specials • Prizes • Silent Auction Raffle and Surprises! Funds are
 being raised to further the Rotary Mission here in Schenectady
 which include grants to various non for profit groups.

Find us on Facebook or Eventbrite for more information!



Sari Medick
 Dj "Sparks"
 518-248-9584
 Facebook.com/DJforSparks
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 All Rights Reserved

Home Instead
 SENIOR CARE
 To us, it's personal.

NET BANK

DEMARCO DESIGN

ARMORY

JUDA LAW OFFICE, PLLC
 Mark A. Juda, Esq. 518-382-6146

Kiwanis
 CLUB OF SCHENECTADY

SARATOGA
 NATIONAL

ALCHAM PRINTING

Congratulations to all our RYLA Graduates...you make us proud!



District Rotarians celebrating at RYLA Graduation...we sure do love our Youth!





**Proceeds benefit The Conkling
Center & Prospect Center**

Corporate Challenge!
Saturday, April 13, 2019
START TIME: 10:00AM
at SUNY Adirondack Student Center

Pre-registration: On or before April 4th, 2019 - mail to Glens Falls Rotary, PO Box 2702, Glens Falls NY 12801 or register online at www.active.com **Entry Fee:** ADULT \$26, AGE 12 & UNDER \$17 **Race Day Registration:** 8AM to 9:15AM ADULT \$31, AGE 12 & UNDER \$22 **Course:** One small-hill start, then flat and fast! **T-shirts:** Available for the first 300 entrants (sizes not guaranteed) **Awards:** Male and Female overall, age groups 1st, 2nd, 3rd, Team Awards (see page 2)



NAME _____ M _____ F _____
STREET ADDRESS _____
CITY _____ STATE _____ ZIP _____
AGE ON RACE DAY _____ PHONE _____ EMAIL _____

SHIRT SIZE S M L XL

*Checks payable to: The Rotary Club of Glens Falls Foundation, Inc.

I know that running/walking a road race is a potentially hazardous activity. I hereby attest I am medically able and properly trained to run/walk. I agree to abide by any decision of a race official relative to my ability to safely complete the run/walk. I assume all risks associated with running/walking in this event including, but not limited to, fall, contact with other participants, the effect of the weather including high or low temperatures, wind, traffic and the conditions of the road, all such risks are being known and appreciated by me. For safety reasons, dogs are not allowed and headphones, roller skates and similar devices are prohibited. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Glens Falls Rotary Club, SUNY Adirondack, Town of Glensburgh, Warren County, Washington County, sponsors, volunteers and officials, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. Further, I consent and give permission to use my likeness and/or voice in photographs, motion pictures, records and/or other record of the Rotary EX for any legitimate purpose. The Glens Falls Rotary Club reserves the right to cancel this event without the return of fee due to unforeseen circumstances, such as dangerous weather.

SIGNATURE _____ DATE _____

SIGNATURE OF PARENT OR GUARDIAN IF RUNNER IS UNDER 18 YEARS OLD _____



Local Groups to Host 6th Annual 5K Triple Crown Running Event



Three local groups are joining forces to raise money and promote their causes in Fulton County with the 5K Triple Crown presented by St. Mary's Healthcare. 5K races will be held on the three days that coincide with the Triple Crown horse races resulting in one male and female grand champion. Dr. Jen Hulbert, President of the Glove Cities Rotary Club, said, "The collaboration between these three 5K traditions in our community will elevate the caliber of the racing season for area runners. Participants will have a chance to enter three of their favorite races as a series, with the added bonus of possibly winning cash and/or prizes: runners gear, activities and more in their quest for the Triple Crown title."

Glove Cities Rotary will host the first leg which is the Run for the Roses 5K on Saturday, May 4th starting from Partner's Pub, 21 S. William St., Johnstown. The second race is to benefit Johnson Hall State Historic Site on May 18th beginning at the historic site on Hall Avenue. The third race will be a benefit for Lexington ARC Family Services on June 8th starting at 465 N Perry Street in Johnstown. There will also be cash prizes and medals awarded and other prize drawings for those who enter the Triple Crown.

All Triple Crown entrants are automatically entered to win raffle prizes, including gift certificates, running gear, clothing and more. Runners will also receive a free Triple Crown shirt, as well as a shirt and goody bag for each of the three races. Runners may also choose to enter individual races.

All 3 Races for only \$50! (If registered by May 1. Individual races \$20 each)

Register Online At:

<https://www.zippyreg.com?event=1066> or visit

Facebook at

<https://www.facebook.com/5ktriplecrown>


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Conference of Clubs


May 3-5



Be there!

ROTARY PRESENTS: 

Capital Cabaret

Rotary District 7190 

The Capital Region's Talent Show!

<h3 style="margin: 0; color: red;">\$500</h3> <p style="margin: 0;">1ST PLACE PRIZE</p>	<h3 style="margin: 0; color: red;">\$250</h3> <p style="margin: 0;">2ND PLACE PRIZE</p>	<h3 style="margin: 0; color: red;">\$100</h3> <p style="margin: 0;">3RD PLACE PRIZE</p>
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COST

ADULTS: \$20 // CHILDREN 7-14: \$10

WHEN

THURSDAY, APRIL 18TH 2019 AT 6:00PM

WHERE

LUCKY STRIKE SOCIAL, CROSSGATES MALL

WHY

MEET SOME FOLKS, HAVE SOME FUN, AND DO SOME GOOD!
PROCEEDS BENEFIT THE ROTARY INTERNATIONAL FOUNDATION.

TO PURCHASE TICKETS SEARCH "CAPITAL CABARET ALBANY" ON EVENTBRITE.COM
ROTARIANS CAN PURCHASE TICKETS THROUGH ROTARY7190.ORG

COMPETITION JUDGES
MONA GILLUB (MARKET32, PRICE SHOPPER) // PHILIP MORRIS (PROCTOR'S THEATER/CAPITAL REP) // SEAN MCMASTER (BPS.S)

THE ROTARY 07190 NEXT GEN INCEBOOK PAGE WILL BE UPDATED WITH MORE DETAILS AS THE EVENT
DRAWS CLOSER. ANY QUESTIONS, FEEL FREE TO REACH OUT TO OUR EVENT CO-CHAIRS:

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