

# The Toolb



**August 2022**

**Barb Wyllie ~ Editor**

**Distribution 930**

**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**

Summer seems to be flying by because all of a sudden, it's August! While many of us are thinking of ways to beat the heat and stay cool, many Rotarians are thinking about membership because August is Membership Month in the Rotary year.

I have heard from several of you that you feel Rotary is too focused on attracting new members, starting new clubs, and finding new ways to engage potential new Rotarians. "What about those of us who have been members for years, Denise?" Someone asked me that question last month at a club installation event. It was a good opportunity for me to think and the answer is one I want to share with all of you.

In listening to people, I learned that somehow the message to find new members got more attention than the importance of caring for and cultivating our current members. At least, I'm guessing some people in our District heard the "membership message" and never thought it applied to our current members who already "get the message."

At the Rotary International Convention in Houston, RI President Jennifer Jones told us, "If we want responsible members, we have to give them responsibilities." Do we as Rotarians ask our fellow club members what they want from their Rotary experience? Do we offer them the opportunity to take on a new responsibility? Do we mentor them as they learn about all the learning and professional development they have access to through Rotary? Or do we just count them as another checkmark on a membership recruitment drive?

I hope you will engage your fellow club members in some thoughtful discussions this month about membership. But as you plan ways to engage new members, please take time to reflect honestly about your current members and their participation in your club. After all, it doesn't matter how many new members we bring to our Rotary family if we can't keep our current members meaningfully engaged.

To help guide your club's membership discussion, we are encouraging all clubs to watch the Multi-District Membership Monday video [How Can We Strengthen Club Leadership?](#) This video features Rotary leaders in short (2-3 minute) video clips offering tips about building strong leaders. After all, strong leaders are one of the keys to a vibrant club. And a vibrant club is attractive to both new and current members.

So please, invite new members into your clubs. Just don't forget to care and invest in the members you already have.

Yours in Service,  
DG Denise DiNoto



## Meet CNY Rotary

Dear Members,

We just returned from a very productive retreat weekend with district leaders from 7150, 7170 and 7190. During the weekend we shared ideas, put together our structure and planned how to progress. The biggest news to come out of this weekend's retreat is the name of our new region, which will be CNY Rotary.

Our mission is to create a new regional Rotary group that will comprise our three current districts. Instead of viewing this as a merger, we are embracing this as an opportunity to create something new in order to provide more resources, maximize opportunities and increase the impact we can have in our communities. For a region this size, we'll be modeling ourselves after other large districts from around the world who have created a board of directors. This will give us a strong leadership team to serve all of you.

Our vision statement is: *CNY Rotary unites, educates and inspires people in our communities to take action and create lasting change.*

While we don't have all the answers to all of your concerns today, know that we are creating transition teams to help with every aspect of running this new region. We intend to keep you updated through every step of the transition process. We know you have questions and look forward to engaging in dialogue about this process in the coming months. We are creating a web site and have a brand new social media page. Please like and follow CNY Rotary on Facebook. We will also be sharing messages in this newsletter every month as we work towards our goal of a unified CNY Rotary. Your participation

will be vital to our work. Visit [www.cnyrotary.org](http://www.cnyrotary.org) to learn about volunteer opportunities and see the latest from the steering committee.

We hope you share in our excitement. We look forward to connecting with you online and will see you here in the newsletter again next month!

Warmest Rotary Wishes,  
Rocky, Jerry & Denise

Photo caption: From left to right, Matt Adler, Whitney Pangburn, Rocky Martinez, Lizzy Martin, Bruce McConnelee, Evan Kurtz, Jerry Seguin, Drew Kessler, Denise DiNoto, Wendy Deis, Dana Jerrard, Cindy Kane and Melissa Ward-Rathbun.



## PDG Susan A Austin Receives Foundation Distinguished Service Award (One of 38 awarded world-wide.)

At the June meeting of The Rotary Foundation Trustees, Susan A. Austin was selected to receive the Distinguished Service Award, one of the Foundation's highest honors.

This award is based on a wide range of service over an extended period of time including meeting criteria in areas which includes, among others, these areas:

- Serving on the District Foundation Committee for at least 5 years
- Providing significant Foundation training to Clubs throughout our District 7190
- Presenting about TRF at numerous Rotary Club meetings including Annual Giving, Rotary Direct, Grants, and Polio eradication
- Serving on the Peace Fellow selection committee
- Providing substantial leadership in Polio Plus projects and fundraising activities
- Successful TRF fundraising activities

Sue is a member of the Schenectady East Rotary Club serving as President, Secretary; she currently serves as the District Foundation Chair (2015-2023); Past District Governor (2013-2014); former Assistant Governor, serves as chair of the Nominating Committee for District Governor, member of the District Training Committee to name just a few of her service activities. She is a recipient of the Meritorious Service Award and is a PHF and Major Donor.

The following is the email announcing her selection:  
*"Congratulations! It is my pleasure to inform you that your nominee, Susan Austin, has been selected by The Rotary Foundation Trustees to receive the Distinguished Service Award. Out of the 98 nominations received, your nominee was one of 38 to receive it."*



Pictured above (from left): PDG Bruce McConnelee, PDG Sue Austin,  
PDG Anne Cargile, PDG Fred Daniels and PDG Harriet Noble.



## DISTRICT EVENTS AT A GLANCE

- **NOW: Book Orders being taken** pp 4,11
- **September 12: Gift of Life Golf Tournament** p 5

## CLUB EVENTS AT A GLANCE

- **NOW: Canoe Raffle** by Chestertown Rotary p 4
- **NOW: Bins of Fun** by Albany Rotary p 4
- **NOW: Food Drive** by BHBL Rotary p 5
- **NOW: Homemade Soap Sale** by Rotterdam Sunrise Rotary p 5
- **August 1: Golf Classic** by Glenville Rotary p 4
- **August 29: Boat Cruise** by Burnt Hills-Ballston Spa Rotary p 5

### District 7190 presents **Polio Survivor Louise Rourke's Inspirational Story Called by the Water**

Submitted by Doug Ford, End Polio Co-Chair

Learn how her life-long experiences shaped her desire to pursue challenges others may have considered impossible. If you recall, Louise participated in a swim relay across the 32 miles of Lake George and raised over \$100,000 for the End Polio Campaign, including matching funds!

- **\$20 per book**
- **\$35 for an autographed copy**

*Your donation supports*

*the Rotary Foundation Campaign to Eradicate Polio.*

To purchase books, email Doug Ford at

[doug.ford@curtislumber.com](mailto:doug.ford@curtislumber.com)

*See flyer on page 11.*

Thank you for supporting The End Polio Campaign.

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### Glenville Rotary presents its 23<sup>rd</sup> Annual **Classic Golf Tournament** **August 1<sup>st</sup>** **Pinehaven Country Club**

Thank you for helping us help others!

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Chestertown Rotary is currently selling chances for their annual

### **Canoe Raffle**

**Tickets are \$20 each**

**Draw date: October 19<sup>th</sup>**  
Columbus Day



This is a hand-hewn Cedar Plank Canoe made by a local craftsman. Measures 16' long, weighs 77 pounds. It's a piece of art! Value \$5,000!

On display Wednesdays at the Chestertown Farmers Market.

The Chestertown Club gives back to its community in many ways—Christmas with Santa, HS Senior Scholarships, local food pantries and libraries, and so many other neighborhood projects.

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### **Bins of Fun!**

Albany Rotary is hosting **Bins of Fun** for Bernard and Millie Duker Childrens Hospital at Albany Medical Center and they need your help!

Through the end of August simply go to Albany Rotary Facebook page, click 'like' and click the link for our **Bins of Fun** under the events tab. Contact Marisa Multari with any questions 518-929-59102. Thank you!



Burnt Hills-Ballston Lake Rotary  
invites you to join them for a  
**Mohican Boat Cruise on Lake George!**



This is a 2 ½ hour  
***Island Cruise through the Narrows***  
**Monday, August 29<sup>th</sup>**  
**\$33.50 per person**  
**2:30pm to 5:00pm**  
Boarding begins at 2:15pm  
**Lake George Steamboat Company Steel Pier**  
57 Beach Rd in Lake George

**All are welcome:**

Rotarians, Spouses, Guests, Friends!

**Registration Deadline: August 15<sup>th</sup>**

Please forward a check (payable to BH-BL Rotary)  
to BH-BL Rotary Club, PMB 146, 690 Saratoga Rd,  
Burnt Hills, NY 12027.

Contact Darlene Bower @ 518.466.5735 or  
[dbower@bhhsblake.com](mailto:dbower@bhhsblake.com) with questions.

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Rotterdam Sunrise Rotary is selling  
**Homemade Soaps**  
*A great gift idea for any holiday!*



**One bar is \$5  
or  
Five bars in a  
decorative bag  
are \$20**

Free shipping and/or delivery.  
Please contact club secretary Michael Surin by  
text at 518-810-8338 or  
email [msurin@nycap.rr.com](mailto:msurin@nycap.rr.com).  
Or join their weekly meetings at 7:15 am at the  
Bellevue Café in Schenectady, NY.

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Rotary District 7190 presents the 24<sup>th</sup> Annual

**Gift of Life International  
Golf Tournament**

*To help global Pediatric Heart Patients.*

**Monday, September 12<sup>th</sup>**  
**Pinehaven Country Club**  
Guilderland, NY

Sponsored by Rotary Clubs from  
throughout the Capital Region.

This tournament provides funding to bring infants  
and children from across the globe to Albany Medical  
Center for necessary pediatric heart surgery. These  
procedures cannot be performed in their home nations.  
A parent accompanies each child.

**For further information** and to register to  
play or to support the event through sponsorships  
or program advertising go to events at Home  
([planmygolfevent.com](http://planmygolfevent.com))

<[https://www.planmygolfevent.com/36600-  
GiftOfLifeGolfTournament/index.html](https://www.planmygolfevent.com/36600-GiftOfLifeGolfTournament/index.html)>

**To donate an auction item**, please contact  
Patricia Herman at [phpherman@gmail.com](mailto:phpherman@gmail.com).

**Contact:** Richard Suker 518 858-8839  
[rich1247@gmail.com](mailto:rich1247@gmail.com)  
<<mailto:rich1247@gmail.com>>

*Rotary District 7190 includes 41 local clubs and stretches  
from Albany to Warren Counties to the north and east and  
west from Rensselaer to Montgomery and Fulton Counties.*

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**Burnt Hills-Ballston Lake Rotary**

continues to provide an

**"Operation Hunger" Collection Box  
at Gil's Garage**

**817 Saratoga Rd, Burnt Hills, NY  
to collect non-perishable food items.**

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## DEI - Think About It

### Questions Clubs Might Consider

by Pam Baxter

Chances are District 7190 Rotarians are hearing a lot about DEI – Diversity, Equity and Inclusion and Rotary International's mission reflecting its commitment to treating everyone with dignity and respect and providing everyone the opportunity for fellowship, service and leadership.

So, what does this mean for you and your club? Here are some ideas or starting points that may lead you to interesting possibilities:

First, have you ever considered whether your meeting location fosters a welcoming and inclusive environment? Consider:

- \*\*Easy to find with easy to read signage?
- \*\*Parking? Is there access for all types of drivers/vehicles?'
- \*\*Is the meeting room on the main floor? If not, are there elevators?
- \*\*Are the bathroom facilities easy to find and accessible to all?
- \*\*Do you have Greeters or someone to assist those needing a hand?'
- \*\*Does the location reflect your community's atmosphere and characteristics?
- \*\*If food and/beverages are served are they tasty and healthy, provide for different diets, cost effective?

Now for the 2nd idea – what are your community's demographics? How do they compare with your club's demographics? Where can you go to find out? Most State websites have these breakdowns in the socio-economic section. Chambers of Commerce also provides this information.

You can find your club's demographics on the Rotary International [website](#) – log onto My Rotary and then scroll down to find Visit Rotary Club Central, click on that link and you will come to the Dashboard which displays Membership Trends, Gender selection, Age, etc. (Special Note – if your club does not enter birthdates, you may see a large number of *unreported* which might skew your Age numbers)

Try matching your community demographics to your club's. Are they in sync or are they quite different? What does this suggest?

Another area you might wish to explore is vocation –

- Does your club have several bankers or attorneys but no educators?
- Doctors but not nurses?
- Corporate officers but few small business owners?

Is it because you meet at a time that precludes their attendance? What are some things you can do to change or modify.

Finally, consider the message you are sending your community? Great projects AND a welcoming meeting place.

Try some of these ideas out during a club assembly or perhaps look for a local (or District) speaker to talk about your DEI Image. (Sometimes messages are interpreted differently than we realize)

These are a few of the ways to start your DEI club conversation.

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## Ballston Spa Rotary Update

by Ray Otten

Saturday, 7/16/2022, was the culmination of months of planning to replace a worn out, dangerous playset in Kelley Park here in our Village, with something that will last many years and give the young kids a safe and sturdy place to play. It will also be dedicated to the memory of Kathy Mattrazzo and Cheryl Whittredge, 2 people that had a long connection to Community Emergency Corps. If not for the work of about 30+ Volunteers that came together to help each other out, this could not have happened.

We want to thank ALL of those individuals, along with the local businesses and citizens that donated their time, money, goods, and expertise to make this all happen: P A Champagne Builders, Mangino's Chevrolet, Buick, GMC, Curtis Lumber, D.A. Collins Co., Armer's Funeral Home, J.H. Property Services, Ballston Spa Fire Department, Ballston Spa DPW, Ballston Spa Lions Club, Mark Blech (for his cement work), Gina Marozzi (for finding our special wood chips), Pete Champagne (who pulled the whole construction process together for me), and Community Emergency Corps for taking the lead on this project.

This Village of Friends has been home to many of us for a long time and this shows as we pull together to make things happen again and again.

Thank you all SO much.

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## Schenectady Rotary Steiner Award Presented

by Joanne DeVoe

The Schenectady Rotary-Steiner Award was recently presented to Marc Renson, the owner and founding chef of Jay Street's Ambition Bistro. Marc chronicled his career in his book, "Is the Coffee Fresh? Confessions of Drama, Dysfunction and Daily Life at a Downtown Coffeehouse". His bistro has become a destination in Schenectady, playing host to multiple celebrities. He has promoted Schenectady through appearances in national media, including the TV Show, "The Good Dish." He successfully navigated his business during the often-uncertain times of the COVID-19 pandemic.

The award is given in honor and in memory of Charles "Chuck" Steiner, a Schenectady Rotarian and Paul Harris Fellow. Chuck served as president of the Chamber of Schenectady County over a 15-year span. His exemplary leadership contributed mightily to the revival of Downtown Schenectady.

The Award recognizes an individual or organization that demonstrates excellence in both business operations and philanthropy. Marci Steiner, Chuck Steiner's widow and Schenectady Rotary assisted with the presentation of the award to Marc Renson.



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## DG Bruce and Lorraine Take a Plunge for Polio!

by Barb Wyllie



Photos by Sue Austin

At the recent Change Over Event, DG Bruce and wife, Lorraine, took an ice water plunge (wearing each other's swimsuits) to raise funds for Polio Plus. Doug Ford was 'roped in', too! About \$5,000 was raised for PolioPlus! Thank you to this brave trio and to all who donated to make this a beneficial endeavor!

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## Cornhole for a Cause

Photo by Paul Buckowski / 7/11/2022 Albany Times Union

[Recently] Schenectady Rotary held a Cornhole Tournament in which 32 teams competed. The event, held Sunday at Jerry Burrell Park in Schenectady, raised funds to be used for the Rotary's community grants and college scholarships. The tournament was sponsored by NBT Bank, and Perreca's bakery donated sheet pizzas to feed the competitors. (See this article in the e-Edition [Here.](#))



## Notable State News

### New York Reports Nation's First Polio Case in Nearly a Decade

by [Shannon Young](#) 07/21/2022 02:28 PM EDT

New York health officials and the Centers for Disease Control and Prevention have confirmed the nation's first case of polio in nearly a decade, state authorities said Thursday. The virus was discovered in Rockland County, a suburb of New York City, according to the state Department of Health.

**Key context:** The virus, which can quickly spread among asymptomatic individuals and take up to 30 days for symptoms to appear, was discovered in Rockland County, a suburb of New York City, according to the state Department of Health. It's the first case the CDC has confirmed in the U.S. since 2013, the state said.

The state said it's coordinating with the Rockland County Department of Health and the New York City Department of Health and Mental Hygiene to investigate, proactively respond and urge vaccination. It has also advised medical practitioners to be on the lookout for other potential cases.

"Based on what we know about this case, and polio in general, the Department of Health strongly recommends that unvaccinated individuals get vaccinated or boosted with the FDA-approved [inactivated polio vaccine] as soon as possible," Health Commissioner Mary Bassett said in a statement. "The polio vaccine is safe and effective, protecting against this potentially debilitating disease, and it has been part of the backbone of required, routine childhood immunizations recommended by health officials and public health agencies nationwide."

**The details:** The case announced Thursday involves a revertant polio Sabin type 2 virus, which health officials said is "indicative of a transmission chain from an individual who received the oral polio vaccine." That vaccine type is no longer used in the U.S., which has administered the inactivated polio vaccine since 2000, suggesting that it may have originated outside the country. According [to the CDC](#), the last time that happened was in 1993.

Rockland County Health Commissioner Patricia Schnabel Ruppert said the agency "is working with our local health care partners and community leaders to

notify the public and make polio vaccination available."

"We are monitoring the situation closely and working with the New York State Department of Health and the Centers for Disease Control and Prevention to respond to this emergent public health issue to protect the health and well-being of county residents," she said in a statement.

**What's next:** Rockland County will host polio vaccination clinics at the Pomona health complex on Friday and Monday.

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## Congratulations 2022-2023 Schenectady Rotary Presidential Awards Recipients

by Joanne DeVoe

**Out-going Schenectady Rotary President, Ellen McHale, named six Schenectady Rotarians with Presidential Awards for their outstanding service during her term. They are:**

- **Deb O'Connor** - for her tireless work as Treasurer for both the District and the Club
- **Mark Weintraub** - for his work spearheading the Club's Strategic Plan
- **Wayne Brule** - as Sergeant at Arms, his work to prepare the room for each meeting is invaluable. When he was unable to attend, everyone realized what he quietly accomplishes each week.
- **Brian Merriam** - for his tireless work for Haiti and for delivering an ambulance and medical equipment to our Haitian Rotary partners
- **Joanne DeVoe** - for expanding Rotary's reach and presence in Schenectady through her promotions and weekly newsletter
- **Josh Kosack, Community Hero Award** - for his work with Cocoa House

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## In-Person Youth Exchange is Back!

After a brief hiatus and a virtual exchange program, District 7190 is happy to announce the return of the traditional Rotary Youth Exchange (RYE) Program. As this edition goes to print, Lake George Rotary short-term exchange student Samantha Gorey is returning to the United States with her host sister from Japan, Ayami Sasaki. For the past few weeks, Samantha has lived with Ayami's family, learning and experiencing Japanese culture. Samantha and her family will have the opportunity to introduce Ayami to American culture in this true family to family exchange.

Youth exchanges between Rotary clubs began in Europe in 1929. The first United States exchanges began in 1939 as short-term programs between California clubs and clubs in Latin American countries. RYE became an official Rotary International program in 1972, with the vision to create a more interconnected and understanding world. Prior to the pandemic disruption, RYE had grown to include over 80 countries and 9,000 students annually.

RYE promotes leadership skills development and a world perspective. Participation as an outbound student or hosting an inbound student is an enriching and unforgettable experience. If your club is interested in learning more or getting involved in RYE, please visit [www.exchangestudent.org](http://www.exchangestudent.org) or contact [Suzanna Bernd](#) or [Thomas Rogers](#) for details about exchange programs.



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## Congratulations Schenectady Rotary 2022-2023 Officers and Directors

by Joanne DeVoe

Schenectady Rotary has recently elected officers and directors. The new President is Nicholas C. Clay. The other officers include President-Elect: Lisa Jackson, Vice President: Andy Chestnut, Secretary: Bonnie Keller, and Treasurer: Deb O'Connor, Jr. Immediate Past-President, Ellen McHale remains on the Board. Appointed Board Members include Sergeant-at-Arms Wayne Brule, Assistant Secretary Amy Brule, and Assistant Treasurer Mac Sudduth.

Directors include Joanne DeVoe, Mark Juda, Andy Chestnut, Carmel Patrick, Brian Merriam, Fred Daniels, and Jim Salengo.

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## New Twist on Our Recipe Section

Each year I like to add something new to The Toolbox. For the past couple of years, I have included recipes from the *Rotary Flavors of the World Cookbook* (Morris Press Cookbooks 2011). This year I'm mixing it up and am opening this section to you! I would love for you to share YOUR favorite recipes. It would be even more fun if they were in keeping with the season, but they don't have to be.

Thank you, and I'm looking forward to hearing from you. I know for a fact that we have many creative and very good cooks in our District. These recipes don't need to be original, but you do need to cite their source if they aren't.

Please send your recipes to me at [THE TOOLBOX 7190@GMAIL.COM](mailto:THE TOOLBOX 7190@GMAIL.COM). Thank you and bon appetite!

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## Rotarian Flavors from Around the World

Below, you will find recipes reprinted from the **Rotarian Flavors of the World Cookbook** (Morris Press Cookbooks 2011).

### Main Course

#### **Maffe Tiga** (page 126)

*Peanut Chicken*

**From the region of District 9100 - Guinea**

- 4 cups water
- 3 soup cubes
- 2 large onions, chopped
- 4 cloves garlic
- 3 tablespoons tomato paste
- ¼ teaspoon cayenne pepper
- Pinch of oregano
- 1 tablespoon lemon juice
- 1 large tomato, diced (remove seeds first)
- 1 lb. sugarless natural peanut butter
- 2 boneless chicken breasts, cut into small pieces
- 3 whole hot peppers (broken if you want it spicy)
- 3 bay leaves
- Salt and pepper to taste
- 1 tablespoon oil

Sauté the onion and garlic in the oil until tender. Add all the ingredients, except the peanut butter and chicken. Let it simmer for about 30 minutes. Add the peanut butter and simmer for another 10 minutes. Add the chicken breast. Simmer until the chicken breast is done (about 15 minutes). The sauce should be thick. Serve this dish over rice.



### Side Dish

#### **Mango Curry** (page 93)

**From the region of District 3120 - India**

- 4 large ripe mangoes
- 1½ teaspoons ghee [clarified butter]
- ½ coconut, grated
- 2 oz. raisins
- 1 oz. sugar
- 3 cloves
- 1 sprig curry leaves
- 2 teaspoons turmeric powder
- 1 heaped teaspoon mustard seeds
- 5 dry red chilies
- 1 pint of water
- Salt to taste

Peel and slice mangoes into 1-inch cubes. Heat 1½ teaspoons ghee and fry the mustard seeds and chilies until they begin to crackle. Add grated coconut and turmeric and fry until brown. Add mangoes, 1 pint of water, raisins, cloves, sugar and salt to taste. Simmer for about 10-15 minutes. Serve hot with plain boiled rice and garnish with curry leaves.

### Dessert

#### **Pear Flan** (page 182)

**From the region of District 1520 - France**

- 3 large pears
- 3 tablespoons softened butter
- 8 oz. whipping cream
- 8 oz. milk
- 3 eggs
- 4 oz. sugar
- ½ teaspoon ground cinnamon

Preheat oven to 300 degrees F, and lightly grease an 8-inch flan pan. Peel the pears, cut them in half, remove seeds and cut them into ¼ inch slices. Place the sliced pears in a saucepan with the butter and sauté over a low heat for 6 minutes, turning once. Meanwhile, in a mixing bowl, mix together the eggs, milk, sugar, whipping cream and cinnamon. Drain the pears and arrange in a greased flan case\*, then pour the egg mixture over the top of the pears and bake for about 40 minutes or until set. Serve warm.

[\*flan pan]

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ROTARY DISTRICT 7190 INVITES YOU TO DIVE INTO THIS REMARKABLE READ!

# Reserve Your Copy Today!

Coming soon to your local bookstore and amazon.com!



Photo By Gretta Hochsprung of The Post Star

**Louise Beckerle Rourke** is a polio survivor from six months of age. With her right leg paralyzed, she is a lifetime swimmer of Lake George. In 2018 Louise Rourke was joined by Bridget Simpson in a two-person relay to swim the length of Lake George. This epic 32-mile "Swim To End Polio" raised over \$120,000 for polio eradication. The dedication and determination of people like Louise motivates Rotarians and others today to not give up until global eradication of polio is complete.

**Michael K. McGovern,**  
Rotary International PolioPlus Committee Chair

"Louise's book brings to life her remarkable journey and success in overcoming adversity. It is a moving and personal story of her deep appreciation of Lake George. This is truly an inspiration and pleasure to read."

**Kitty Rooney,**  
Lifelong Lake George resident, Lake George Historical Association Trustee

"This is a book about *memories* and *mission*. It is an inspiring, heart-warming, motivating memoir of the purposeful path that Louise Rourke took from being stricken with polio as a young child to become the Queen of the Queen of American Lakes. Jump in the water with Louise in this swimmingly touching story."

**Dr. Joel Goodman,**  
Founder and CEO of The HUMOR Project, Inc. in Saratoga Springs, NY

