

The Toolb



December 2018

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

Just a simple reminder to enjoy this most wonderful time of the year with those you love. Thank You for being a part of our Rotary family and for the many ways you are an inspiration to those around you and the difference you make in so many ways.

From my house to yours, Happy Holidays!
District Governor Tammy



Merry Christmas!

Happy Hanukah!

DISTRICT EVENTS AT A GLANCE

- **December 2-10: Happy Hanukah**
- **December 8: Rotary End Polio Now Night at the Adirondack Thunder** *p 3*
- **December 25: Merry Christmas**
- **January 1: Polio Plunge** *pp 12, 13*
- **May 3-5: District Conference** *pp 2,6,8,10,11,14*

CLUB EVENTS AT A GLANCE

- **Now: MAS Contest by eRotary** *p 1*
- **Now: Christmas Tree Sale Opening Day by Ballston Spa Rotary** *pp 2,9*
- **December 5: Holiday Auction by Albany Rotary** *p 3*
- **December 8: Breakfast with Santa and Mrs. Claus by Twin Bridges Rotary** *p 3*
- **December 16: Breakfast with Santa by Schenectady Rotary** *p 3*
- **January 12: Build an Outhouse Workshop by Schenendehowa Rotary** *p 4*
- **January 19: Chicken & Biscuit Dinner by Schenendehowa Rotary** *p 4*
- **February 9: Winter Outhouse Races by Shenendehowa Rotary** *pp 4,15*

Rotary 1st Annual MAS Challenge

Member Average Service (MAS)

Total Direct Service Minutes / Total Members

Sponsored By: www.eRotaryNY.com

Service Types Defined (only #1 counts) (Calendar Year)

- 1-Direct Service Outside Club (any hands on direct help by member)
- 2-Club Meetings (any meeting)
- 3-Fundraising (ex. Golf tournament, raffle, selling, etc)
- 4-Club Fellowship (not meeting or fundraising club social events)
- 5-Club Service (newsletter, website, etc...)



REMINDER



Get the **BEST** Registration pricing
for the **2019 Conference of Clubs**
through **December 31, 2018!**

Go to www.Rotary7190.org
and click on **Conference banner**.

~ ~ ~

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

~ ~ ~

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.

~ ~ ~

NEW MEMBERS

District 7190 Welcomes the Following
New Members!!!

Burnt Hill-Ballston Lake Rotary Club:

Lisa R Rice

Glens Falls Rotary Club:

Lynda Albright

Neil Lebowitz

~ ~ ~

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.

~ ~ ~

Ballston Spa Rotary presents its annual

Christmas Tree Sale

Now

10am-8pm Every day

at the **Curtis Lumber parking lot**

on Rt. 67 in Ballston Spa

Stop down and take your pick of almost
800 trees, all plush and green and just
looking for a good home. There isn't a bad
tree in the bunch and yours is just waiting for
you to pick it up so it can be a part of your
family's holiday season.

All profits are invested back into our
community to make things better for those in
need.

For further information contact Ray Otten
at rcotten53@yahoo.com or 518-852-2642.

Additional info on page 9.

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Albany Rotary Club presents its annual

2018 Holiday Auction

Wednesday, December 5th

Noon – 2pm

The cost to attend the luncheon is \$25 in advance or \$30 at the door.

Reservations/tickets are required.

American Legion Hall

Everett Road, Albany

Please contact Terry at terry.tyson49@gmail.com or 518-783-5348 to make your reservation.

To purchase a ticket, visit:

<https://www.eventbrite.com/e/albany-rotarys-annual-holiday-auction-to-benefit-gift-of-life-7190-tickets-50513454101?aff=affiliate1>

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 concert tickets, gift baskets, and much more.

They would love to have you join them.

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Twin Bridges Rotary presents its annual

Breakfast with Santa & Mrs. Claus

Saturday, December 8th

at the **Clifton Park Elks Club**

A good time is guaranteed for local kids, parents and members. A hearty breakfast is cooked up by Twin Bridges members followed by meetings and photos with Santa & Mrs. Claus.

www.twinbridgesrotary.com

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ROTARY DISTRICT 7190 INVITES YOU TO JOIN THEM

Drop the Puck on POLIO

TICKETS ONLY \$15 EACH

**Saturday
December 8 7pm**

COOL Insuring Arena

1 Civic Center Plaza • Glens Falls



Bring and donate a new or gently used coat to the game, and receive a FREE TICKET to the January 4th game against the Manchester Monarchs! All coat sizes accepted.



For more details and tickets contact District Polio Co-Chairs - Doug Ford: doug@curtislander.com or 518 305 4958 Sandy McAlonie: SMRotary1219@gmail.com or 518 339 9904

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Schenectady Rotary presents its annual

Breakfast with Santa

Sunday, December 16th

8:00 - 10:00 am

at **Applebee's**

2400 Cambridge Road, Schenectady
(near Rte. 7 and Home Depot)

Tickets are \$8 each for...

pancakes, bacon, juice and coffee or milk.

Tickets may be purchased at the door.

Funds raised at the breakfast will help the Schenectady Rotary Club support its ongoing youth and community service programs.

For more information, email
schenectadyrotaryclub@gmail.com

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Shenendehowa Rotary Club

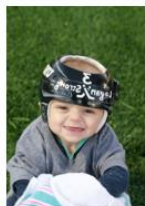
Mohawk Towpath Byway



Chicken & Biscuit Dinner

Saturday, Jan 19, 2019 4 – 6 PM
Clifton Park Senior Citizen Center
6 Clifton Common Blvd
\$ 12 Adults, \$10 Seniors & Children

Tickets available at www.shenrotary.org



All monies raised go to the support of Logan Daniel Fogg, who was diagnosed with congenital glioblastoma at 3 1/2 months old.



For more information contact Anne Cargile 518-275-7796

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3rd Annual

Winter Outhouse Races

Build an Outhouse Workshop

Saturday January 12, 2019
10 am at
Curtis Lumber
885 New York 67, Ballston Spa

Purchase your **Outhouse "Racer" Kit** from Curtis Lumber
We will help you put it together at the Workshop,
AND we can even take it home for you.
To sign up for the workshop call Ray at (518)992-5804

Outhouse Race is
Saturday February 9, 2019, 1 pm at Clifton Park YMCA

Build an Outhouse, Come Out and Race

Git'er Done!

First Prize: \$500
2nd Prize: \$400
3rd Prize: \$300
Best Themed Team \$200



Registration - \$125 per 5 person team

For Outhouse Race Details Visit: Shenrotary.org/outhouse-race



Shenendehowa Rotary presents its 3rd annual
Winter Outhouse Races
Saturday, February 9th at 1 PM
at the **Southern Saratoga YMCA**
Clifton Park

Put together a team and build your own custom outhouse on skis to compete for the coveted Shenendehowa Rotary "throne" as well as prize money. There is no admission for spectators.

Each outhouse race team includes 5 members; one who rides the "throne" while the remaining 4 members push, pull or drag their decorated outhouse around a snowy race track. Team themes and costumes are encouraged.

First place receives \$500. Second place receives \$400. Thirds place receives \$300 and Best Themed Team receives \$200. For outhouse race details visit shenrotary.org/outhouse-race. See flyer on page 15

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Save the Dates

12/8/2018: Rotary End Polio Now Night at
Adirondack Thunder

1/1/2019: Polio Plunge

Thank you for your continued support!

~ ~ ~

Council on Resolutions Report

The Council on Resolutions voted electronically from October 15 through November 15. Review this link to see the vote tally <https://my.rotary.org/en/cor/vote>, have also attached a copy for your review.

In April the Council on Legislation will meet in Chicago. A representative from each district across the globe will vote on legislation that impacts Rotary's governing documents. At the last COL, club flexibility was one of the many outcomes from the members that voted.

To review the legislation before the council please click this link: <https://my.rotary.org/document/proposed-legislation-2019-council-legislation>.

If nothing else I encourage you to review the table of contents, and see if any of the proposed legislation is something you feel strongly about. The proposals most talked about are:

- 1) To authorize consideration of legislation before the in-person meeting of the Council
- 2) To allow the RI Board to propose urgent enactments to the Council on Resolutions
- 3) To amend the qualifications for membership
- 4) To clarify that Rotaract clubs may seek admission to RI

If you do feel strongly about a proposal please contact me to discuss it. I hope to arrive in Evanston in April as your representative knowing your thoughts and what you truly care about.

Thank you for the honor of allowing me to serve.
PDG Melissa Ward,
2018 Rotary Coordinator Zone 29
2018 COL Representative District 7190
518-369-0407
Melissa@Rotary7190.org

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2019 Conference of Clubs Raffle Winner Announced

Wes Andrew, Middleburgh Rotary, is the winner of the Conference Raffle. Wes had lucky number #92 which was selected at the Light Camera Action Foundation Dinner on November 8th.

Wes receives Conference of Clubs registration for two people including all materials and meals for the weekend PLUS a beautiful suite for two nights at the Essex Resort and Spa.

Congratulations WES!!

~ ~ ~

Veterans Recognized

On November 9th, Salem Central School sponsored their annual "Take a Veteran to School" program honoring close to 100 veterans.



Photo by Thomas McMorris

Pictured above: Charles Perry, Army; William "Al" Cormier, Army National Guard; William Eberle, Army; Joseph Childs, Army. The two officers, although not Rotarians, Lt. Colonel Susan Magaletta, retired Air Force Academy and Captain James McCauley, retired Coast Guard Academy; were students of Rotarians Mr. Perry and Mr. Cormier at Salem Central School. Absent from the photograph is Rotarian Charles Duveen, Navy. The school program performed by K-12 students honored close to 100 veterans on this day.

~ Al Cormier

~ ~ ~



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

2019 Conference of Clubs Keynote Speaker Confirmed



District Governor Tammy Heckenberg welcomes internationally known Ramesh Ferris as keynote speaker at the 2019 Conference of Clubs in Essex Junction Vermont in May 2019.

Ferris tells the amazing story of how he went from polio survivor to polio advocate and educator.

Hear the inspiring account of his incredible 4,400-mile journey hand cycling across Canada from the Yukon Territory to Newfoundland raising awareness and funds for the Global Polio Eradication Initiative.

He is an Honorary Rotarian and Paul Harris Fellow (Rotary Club of Laval, Quebec). In April 2010 Ferris released his first book entitled, *Better Than a Cure, One Man's Journey to Free the World of Polio*.

Ferris volunteers his time in partnership with Rotary International, Bill & Melinda Gates Foundation, and the Global Poverty Project, traveling around the world to share his experiences living with the effects of polio and highlighting the great progress of the Global Polio Eradication Initiative. He is a firm believer that a case of polio anywhere in the world is threat to children everywhere.

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CONFERENCE HINTS AND TIPS TO REMEMBER/BRING/WEAR

- Pair of NEW PJs for Kids for our Local D7190 Hospitals
-Purchase locally, in Burlington or check out the Amazon Wish List at <https://www.amazon.com/gp/registry/wishlist/3CX2Z1NV3DAGR>
- Music, Instruments, Other Material for Open Mic on Friday Night
-Karaoke will be available
- Hippie Attire for Saturday Night Psychedelic Groove
-Awards for best, most original costumes
- Conference Attire - Rotary Casual Wear
- Are You an Alumni of the Original Woodstock Music and Arts Festival?
-Contact Ray Otten rcotten53@yahoo.com
- Don't forget your bathing suits

~ ~ ~



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~ ~ ~

*Article for Submission to the Rotarian
magazine November 12, 2019*

**Albany Rotary Recognizes
Youth in Foster Care
*This innovative, successful program
marks the milestone of 35 years!***

A 16-year-old girl, pregnant, wants to keep her baby but has no support from her family. She desperately needs prenatal help, training to become a good parent, and a path to finishing high school;

A boy, 14-years-old, is removed from his home, a place where angry shouting, slaps, and punches by his alcoholic father puts him in perilous circumstances;

A troubled teenager, only 13, is involved in a gang and in danger of becoming a juvenile delinquent. His three older siblings have already been removed from their home.

Albany Rotarians have heard close to 200 stories like these over the past 35 years at their Youth Recognition Awards Luncheon, their signature event. No one ever wants to miss it!

For 35 years, the club has annually selected six youngsters placed in foster care who live in nonprofit child-care agencies. The key criteria are how hard the teens have worked and studied to transcend the circumstances of their lives. Staff members who work closely with the youth are heavily involved in the selection process.

W. Brian Barr, long-time Albany Rotarian, originated the program as an outgrowth of his early career as a social worker in counseling and mentoring at-risk boys at LaSalle School in Albany, which began as a refuge for orphaned and abandoned boys.

Brian observes, "Our members leave the luncheon in May feeling better than when they arrived, humbled by the stories of each youngster's courage in overcoming odds that most of us can only imagine.

"These teenagers and young adults rarely receive community recognition for their struggles and progress," Brian continues. "For them, taking a richly deserved bow for their hard work is huge.

"For most of the kids, it's the first time they have a healthy, positive relationship with the community through a civic organization. Public recognition of their accomplishments boosts their self-esteem and is a motivator for continued success."

Says Kevin Pittz, club president, "We view this event as proof that the community hasn't forgotten this population. Truly, we are the ones who gain from bringing joy and light to dozens of lives."

The awards also honor the dedicated agency staff. Seated at the same table with each honoree and his or her key staff member is the executive director of each of the six nonprofits, and the designated Rotarian who has met and gotten to know the youngster and visited their agency.

Most often a family member is present with their child. Many are also working hard in counseling to greatly improve the home situation, with the goal of a restored, reunited family.

The luncheon features remarks from prominent officials, including, over the years, the Albany county executive, district attorney, mayor, county executive, and members of Congress.

The youngsters are visibly impressed by the precision color guard of high-school students from the Christian Brothers Academy. "Everyone snaps to attention when our beautiful national and state flags are displayed and saluted in this manner," says Brian.

Although usually shy at being singled out one by one and called up to a microphone, the kids can't help but show the pride and thrill on their faces. Each youngster is introduced by their staff member, who gives a brief summary of their challenges, followed by each teenager's own remarks.

This never fails to be the most moving part of the entire event.

A bright spot is the pinning of corsages and boutonnieres, capped by the presentation of a big bag of donated gifts geared toward the youth's ages and interests. These include movie tickets; gift certificates to shopping malls and restaurants; books, and more.

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Children and teenagers who are in foster care are likely to come from families with a high incidence of alcoholism and substance abuse, domestic violence, neglect, and physical and emotional abuse. Most →

suffer from the effects of such trauma, exhibiting anxiety, depression, acting-out behaviors, and other problems. Their homes often lack stability and proper awareness of a child's needs for nurturing and safety.

In this country, close to 500,000 children are in foster care. The number worldwide is over a million. *Many things we need can wait; the child cannot,* wrote poet Gabriela Mistral. *Now is the time his bones are being formed, his blood is being made, his mind is being developed. To him we cannot say tomorrow. His name is today.*

To make as positive an impact as possible for children who are especially vulnerable, Brian provides information and a blueprint to other Rotaries in the United States who wish to begin a similar project. Several clubs have embraced the idea.

The men and women of Albany Rotary who are willing to share some of their time for kids in foster care are the backbone of the program. Brian points out that students in the field of social work, particularly graduate students, are often eager to help.

Rotaries in every geographic location have access to a great number of organizations providing services for troubled youth. The Albany club works closely with six agencies: LaSalle School, St. Catherine's Center, Community Maternity Services, St. Anne Institute, Parson's Family and Child Center, and Equinox.

The program costs very little. The main expense is picking up the price of meals for the youngsters, staff, family members, and speakers.

"The agencies involved in foster care absolutely love and support youth recognition and think the program makes terrific sense," Brian comments. "The program has staying power, as evidenced by the 35 years that we've done it. We've even cultivated future Rotarians!" he says with pride.

Brian encourages other clubs to recognize youth in foster care, and he is happy to help any club get started (brianwb09@aol.com).

The Rotary Club of Albany was founded in 1913 as the 68th Rotary Club in the world.

By Susan Morse, Albany Rotarian

'Sweet Dreams' 2019 Conference of Clubs Service Project



One of the most precious moments of the day is tucking in a child at night. You make sure they get their sweet pajamas on, have a glass of water and even try for a bedtime story! When a child is in the hospital that is not as magical. Let's bring the magic back!

Please bring a pair (or more) of new pajamas to the 2019 Conference of Clubs when you register on Friday, May 3rd. All ages from baby – teen and must be fire retardant. All pajamas will be donated to District 7190 hospitals and medical centers. Pajama Lady, Rachel Stark, from our Conference Committee, set up an Amazon Wish List so that by clicking on the link you will find many pj's of all types and sizes. Select one or more and check out and the pajamas will be shipped directly to Rachel who will store them in containers and bring them along to the Conference. Your name will be listed as a contributor in our Program book.

Certainly you can purchase locally or up in Burlington but the Wish List makes it a simple process.. Just remember they must be fire retardant.
<https://www.amazon.com/gp/registry/wishlist/3CX2Z1NV3DAGR>

~ ~ ~

Ballston Spa Rotary's Christmas Tree Sale

December is upon us and with that comes our major fundraising effort for the year, our **CHRISTMAS TREE SALE**. Our sales lot is located at the Ballston Spa Curtis Lumber Store (thank you very much) on Rt.67 off of Exit 12 of I-87. We are open from *10am until 8pm each day* and have a **HUGE** selection of beautiful trees (Almost 800!) to choose from. Every dollar in profits earned go right back into your community to enrich the lives of others (not into some corporate pockets). We hope you will stop by and see us this season and help us help others through our many community-based projects throughout the year. You'll feel so much better and understand the holiday season even more.



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.

~ ~ ~

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.

~ ~ ~



High energy, fun loving Rotarians at a recent get together planning the 2019 Conference of Clubs, to be held May 3 - 5, 2019 at the Essex Resort and Spa in Vermont.

PEACE, LOVE, ROTARY INFORMATION

The 2019 Conference of Clubs

Dates: Friday, May 3 – Sunday May 5, 2019

Location: The Essex Resort and Spa,
Essex Junction, Vermont
www.essexresortspa.com

Conference Registration:

Register for the 2019 Conference of Clubs
at <http://rotary7190.info/ConferenceOfClubs>
Registration includes conference materials,
meals Friday Dinner, Saturday Breakfast,
Lunch and Dinner, Sunday Breakfast.

\$187.00 by December 31, 2018

\$207.00 beginning January 1, 2019

Questions? Contact Registrar Sari Medick at
518-248-9584 or by email
CapDJSariSparks@gmail.com

Hotel Room Block Rates:

\$159.00 per night plus Vermont taxes & fees

Rate is the same for suites and rooms

Rate valid 3 days prior to conference start and
3 days after conference end

3rd adult or more in room/suite \$20.00 each

Resort Fee Waived

To Reserve Hotel:

CALL 877-684-1123

ONLINE <https://bit.ly/2rXLGNg>

Group Name - Rotary District 7190

2019 District Governor, Tammy Hunter Heckenberg

2019 Conference Chair, Harriet "Pepi" Noble



Support the Insanity | Join the fun
District 7190 Family Polio Plunge
January 1st, 2019

Shepard's Park Lake George NY

OR

Pool Plunge at Courtyard Marriott Lake George

11:00 am

Must Pre-register by December 21st, 2018

Contact:

Doug Ford (518-365-4958) or email dougford@curtislumber.com

Or

Sandy ~~McAlonie~~ (518-339-9904) or email smrotary1213@gmail.com

Walk to Shepard's Park beach for the Lake plunge at 12:15 pm

Doug Ford & Sandy ~~McAlonie~~, District 7190 Polio Co-Chairs

POLIO PLUNGE | January 1, 2019



Name	Rotary Club OR Address	Phone Number	Pledge Amount



Checks payable to: Rotary International/Polio

REMINDER



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through December 31, 2018!

Go to www.Rotary7190.org and click on Conference banner





A Fun Family Event

Saturday February 9, 2019, 1 pm
 Southern Saratoga YMCA
 1 Wall Street, Clifton Park, NY

FREE AND OPEN TO SPECTATORS

Food and Beverages Available
 FEATURING OUR FAMOUS
OUTHOUSE CHILI DOGS



Git'er Done!

Build a Team
Build an Outhouse
Come Out and *Race*

First Prize: \$500
 2nd Prize: \$400
 3rd Prize: \$300
Best Themed Team \$200

Registration - \$125 per Team
 Proceeds To Benefit Shenendehowa Rotary's
 Outreach Programs

For Outhouse Race Details Visit: Shenrotary.org/outhouse-race