

The Toolb



December 2022

Denise DiNoto ~ District Governor

Barb Wyllie ~ Toolbox Editor

Please send submissions to Barb at: THETOOLBOX7190@GMAIL.COM

Deadline: 20th of the month

From the Governor's Desk

Last month we celebrated our Foundation at our Denim and Diamonds event. What a great night of fellowship and laughter. Thank you to everyone who made the night a success.

Now we are surrounded by anticipation. Kids are waiting for Santa. Adults are waiting for visits from family and friends. Teachers and students are waiting for a vacation from school. I am not a fan of winter so I am waiting for the winter solstice which means slowly increasing daylight!

Throughout our District, Rotarians are engaged in service projects so those in need can experience the joy of the holiday season. Some clubs are Santa's helpers and adopt families. Some Rotarians will participate in Wreaths Across America. Many of us will take a turn ringing bells for the Salvation Army.

As you prepare to celebrate in your own way, take a moment to remember those who are struggling this holiday season. Rotarians know the gift of giving and the joy that comes from being of service. Invite others to help you share the gift of service. Ask them to join us at Drop the Puck for Polio. Rotary service and fellowship are gifts that keep on giving.

Whatever holidays you celebrate, I wish you happiness and joy.

DG Denise





Meet CNY Rotary Update Tis the Season

Dear Members,

As we approach the holidays, thoughts turn to family time, togetherness, gift exchanges and food.

We are so lucky that most reading this have a roof over their head, food on the table and clean water to drink. As Rotarians our goal is to help others have the same experiences.

Through CNY Rotary we will be able to do more and reach more communities where we can serve. That's what we do best, serve. And that will never change.

Our new district will offer more opportunities for us to experience the gifts that come from service. Rotarians have already started to serve by volunteering for our transition teams to help plan the future of our region. Do you have a talent or interest in serving our new district? Reach out to us through [our website](#) to let us know how you can be of service.

How we get there as a region is going to look a little different. How we operate is going to look a little different. But know that underneath, the end goal of service to our communities, our clubs and our world remains the same.

Wishing you and your family a happy, healthy, and joyful holiday season.

Be sure to [follow us on Facebook](#) to stay connected!

DG Denise, DG Jerry and DG Rocky



DISTRICT EVENTS AT A GLANCE

- **NOW:** Book Orders being taken *pp 4, 12*
- **December 16:** 'Drop the Puck' Polio Event *p6*
- **December 17:** Wreaths Across America Saratoga National Cemetery *p7*
- **December 18-26:** Hanukkah
- **December 21:** Winter Arrives
- **December 25:** Christmas Day
- **December 31:** New Year's Eve
- **January 11:** District Exec Comm Meeting/ZOOM
- **January ??:** Local Pres-Elect Training Seminar (PETS) (Details TBD)
- **March 17-18:** Multi-District Pres-Elect Training Seminar (PETS) Syracuse, NY
- **April 1:** District Training Assembly & Grants Management Seminar (Open to all)
- **April 5:** District Exec Comm Meeting/ZOOM
- **May 5-7:** Multi-District Conference, Thousand Islands, NY (Open to all)
- **May 28-31:** Rotary International Conference Melbourne, Australia (Open to all)
- **June 21:** Dist Exec Comm Meeting/ZOOM
- **June 2023:** District Changeover (Open to all) TBD

CLUB EVENTS AT A GLANCE

- **NOW:** Ornament Sale by Cohoes Rotary *p 3*
- **NOW:** Christmas Tree Sale by Ballston Spa Rotary *p5,10*
- **NOW:** Car Wash Raffle by Twin Bridges Rotary *p 5*
- **NOW:** Food Drive by BHBL Rotary *p 5*
- **NOW:** Homemade Soap Sale by Rotterdam Sunrise Rotary *p 4*
- **NOW:** Buy a Water Tank by Lake George Rotary *p 7*
- **December 1:** Wreath Sale by Schenectady Rotary *p 4*
- **December 2-3, 9-10, 16-17:** Lights in the Park by Middleburgh Rotary *p 4*
- **December 3:** 20th Anniversary Celebration by Twin Bridges Rotary *p 5*
- **December 10:** Christmas w/ Santa and Maze by Chestertown Rotary *p 5*
- **December 10:** Breakfast w/ Santa and Mrs. Claus by Twin Bridges Rotary *p 6*

New Members

District 7190 Welcomes
the Following New Members to
Chestertown Rotary Club

**Kate Curry
&
Mike Curry**

~ ~ ~

Rotarians Called to a Higher Service

District 7190 bids a heartfelt farewell with
prayers and very fond memories to

Chestertown Rotarians

Bob Kelso

Frank Hill

~ ~ ~

Cohoes Rotary presents its annual

Ornament Sale

Ornaments cost \$20 each.

Mugs cost \$10 each.

**This year's design is Cohoes High School built
in 1968.**

To purchase ornaments or mugs go to

<http://www.rotaryclubofcohoes.org>.

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

In 2004 The Rotary Club of Cohoes started a collectible series of Christmas ornaments featuring historic landmarks in the City of Cohoes. This year's ornament depicts the 1968 Cohoes High School. A portion of the proceeds for the sale of the 2022 ornament will go to support the Cohoes Friends of the Arts Booster Club. The purpose of the Arts Boosters is to serve and support the students and promote activities of the Cohoes School District Arts Programs. The arts programs include visual arts, fashion design, building design, graphic design, writing, performance, theater, chorus, band, and music.

Following are previous ornament designs 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 (dedicated in 1921); 2014-Cohoes Library; 2015-the former Cohoes Movie Theatre; 2016-Carlson's Ice Rink; 2017-Erie Canal Locks; 2018 Cohoes Armory; 2019-Matton Shipyard; 2020-Cohoes 150th Anniversary logo; 2021-St. Agnes Church.

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Schenectady Rotary presents the
Schenectady ARC & Schenectady Rotary

Wreath Sale

Thursday, December 1st

11:30 am

Turf Tavern (Parking Lot), Scotia NY

The [Schenectady ARC Horticulture Center](#) will be in the parking lot of The Turf Tavern, 40 Mohawk Avenue, Scotia from 11:30 AM on Thursday, December 1st with a **Cash & Carry Wreath Sale**. These beautiful wreaths will be sold for **\$25 each while supplies last**.

The wreaths are created by individuals with intellectual and other developmental disabilities at the [Schenectady ARC Horticulture Center](#). Proceeds will benefit Schenectady ARC and the Schenectady Rotary which has recently announced its prime focus for 2022-23 to be education.

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District 7190 presents

Polio Survivor Louise Rourke's

Inspirational Story: *Called by the Water*

Submitted by Doug Ford, End Polio Co-Chair

Learn how Louise's 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 signed copy

Your donation supports

the Rotary Foundation Campaign to Eradicate Polio.

To purchase books, email Doug Ford at doug.ford@curtislumber.com See flyer on page 12.

Thank you for supporting
The End Polio Campaign!

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Middleburgh Rotary is hosting its annual

"Lights in the Park" Event

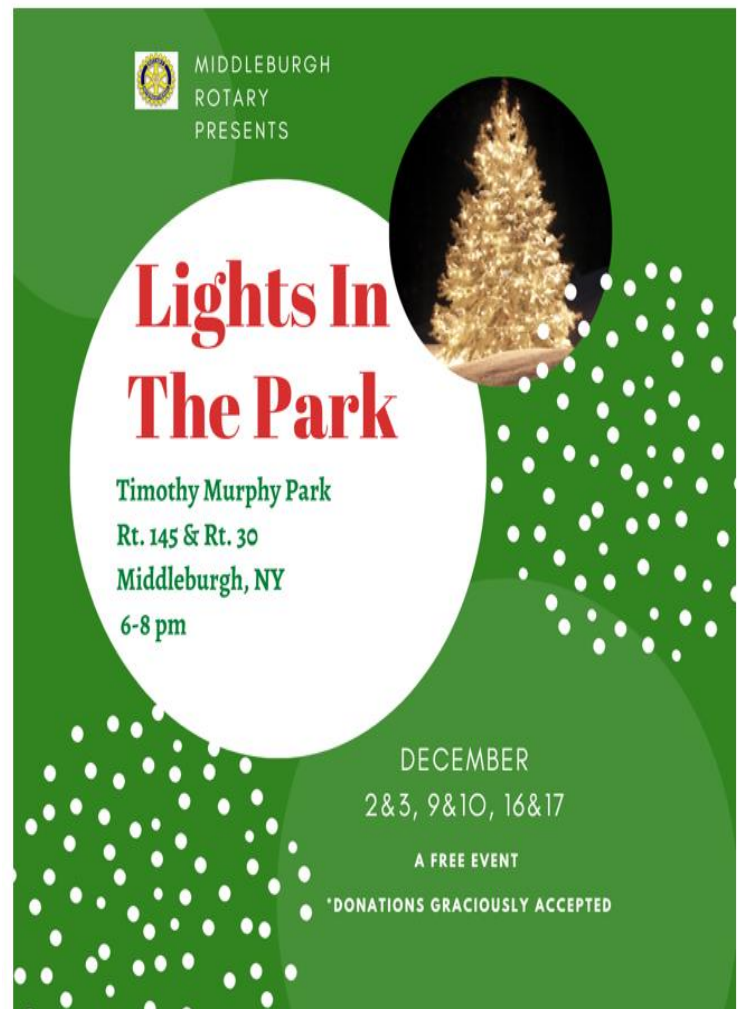
December 2-3, 9-10 and 16-17

6 pm-8 pm

Event is free, but donations are graciously accepted!

Drive through light display, visit with Santa and take selfies with our character displays!

(Santa will be there every night except December 9th.)



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Twin Bridges Rotary presents its
Fall Raffle
The Unlimited Signature Car Wash with Interior Package
One Year Subscription

Donated by



The package features high-pressure wheel cleaning, Simoniz® tire dressing, undercarriage rinse, hot carnauba wax, and the all-new Ceramic Shield & Shine + Rain-X.

This fully loaded Signature package also includes the benefits of interior cleaning. In addition to having your floors and seats vacuumed, your windows cleaned, we'll wipe all plastic/vinyl surfaces, and clean door jambs.



\$899 price value

Tickets \$20 each/2 for \$35
Drawing to be held December 10th at
their *Breakfast with Santa Event*
695 Mac Elroy Road, Ballston Lake

Need not be present to win.
 Contact Kathy Rode 518-429-6478 or any
 TBR member for tickets.

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Christmas Trees!!!

 **Ballston Spa Rotary will be**
selling Christmas trees 
again this winter!!!
Their lot will be open for
business at Curtis Lumber on Rt. 67 in
Ballston Spa every day from the day
after Thanksgiving, November 25th,
until the trees are gone.

(See page 10 for photos and additional info.)

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The Christmas Maze

& Christmas with Santa

Saturday, December 10, 10AM-1PM



**Chester
Town Hall**

Experience Unique Artwork
New Gingerbread Diorama
 Enjoy Holiday Music
 Family Photo Opps
 Free Books Chester Library
 Cookies & Hot Cocoa

And a Surprise or Two

Maze available thru Friday

Dec 16 11 to 2

Brought to you by the Chestertown Rotary
 Need info? Call or text 518-538-5605







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Twin Bridges Rotary Club is
Celebrating its
20th Anniversary!

December 3rd

The Barn at Powers Pub
6 to 10 pm

To reserve your seats and additional
 information please visit their website:
twinbridgesrotary.com.

~ ~ ~

Breakfast With Santa & Mrs. Claus

Saturday, December 10, 2022

8:30 am to 11 am

Clifton Park Elks, 695 Macelroy Road

Adults \$10

Children \$5

Children under 3 Free

Take pictures of your kids
with Santa & Mrs. Claus!

Children's activities will be provided.

Pre-registration strongly
suggested. Reserve
your place now at
www.twinbridgesrotary.com
Contact Twin Bridges at
518-328-8358 or email
info@twinbridgesrotary.com
with any questions



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Rotterdam Sunrise Rotary is selling

Homemade Soaps

A great gift idea for any holiday!

\$5/bar or \$20 for 5 bars in a decorative bag

Free shipping and/or delivery.

Please contact Michael Surin by text at 518-810-8338 or email msurin@nycap.rr.com.

Or join their weekly meetings at 7:15 am at the Bellevue Café in Schenectady, NY.

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District 7190 presents

Drop the Puck for Polio

Adirondack Thunder vs. Newfoundland

December 16th at 7pm

**50/50 tickets and
2 Zamboni rides will be
available.**



To register, click on 'Drop the Puck for Polio' or scan the QR code (both above).

ROTARY DISTRICT 7190 INVITES YOU TO JOIN THEM

Drop the Puck on POLIO

ADIRONDACK THUNDER HOCKEY NIGHT



**FRIDAY - 7pm
DECEMBER 16th
COOL Insuring Arena**

1 Civic Center Plaza • Glens Falls



ADIRONDACK THUNDER VS. NEWFOUNDLAND GROWLERS

50/50 Raffle & Chuck-A-Puck
To Benefit The Polio Foundation!

Tickets are \$21 each.

For more details and to purchase tickets, contact District Polio Chairperson, Doug Ford.



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Wreaths Across America

Submitted by Lisa Jackson

Each December on National Wreaths Across America Day, our mission to Remember, Honor and Teach is carried out by coordinating wreath-laying ceremonies at Arlington National Cemetery, as well as at more than 2,500 additional locations in all 50 U.S. states, at sea and abroad.

Saratoga National Cemetery

December 17, 2022

Ceremony begins at Noon

Plan to arrive by 10:30am for parking and meeting up with fellow Rotarians.



RSVP online at:

<https://www.signupgenius.com/go/805094DAEAF22A1FB6-wreaths>

Questions can be directed to Rotary District 7190 PDG and Wreaths Across America

Coordinator Tammy Heckenberg:

tammyheckenberg@yahoo.com or 518-832-3842.

Please call or text Tammy upon arrival at the cemetery for our location.

This event is not rescheduled for weather. Please dress warmly and in Rotary gear if you wish as there are no indoor locations available to warm up. You may want to bring a hot coffee or hot chocolate as well. Limited restroom facilities available.

Family-friendly, bring your children or grandchildren, but please leave your pets at home.

<https://www.wreathscrossamerica.org/>

~ ~ ~

Buy a Water Tank



Lake George Rotary Club is teaming up with the Rotary Club of Karura, Kenya to provide 257 Ten Thousand Liter Water Tanks. These tanks will be attached to their house using a sustainable gutter systems to harvest the rain water and treat the water for use.

- Keep girls safe in school
- Girls currently walk 15K or over 9 miles to get water with their mothers.
- Lake George Rotary is applying for a Global Grant



SCAN ME



**BUY A
TANK
\$850.00**

SOKONI WOMEN'S
DEVELOPMENT
INITIATIVE(SOWETE)

waterproject.lakegeorgerotary.org

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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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Distinguished Recognition

by Harriet Noble

On behalf of the Trustees of the Rotary Foundation District 7190 is honored and pleased to announce that PDG Susan Austin, past District Governor and current Foundation Chair, has been selected as one of only 38 Rotarians worldwide to receive the Foundation's Distinguished Service Recognition this year.

What is Distinguished Service? As engraved on the beautiful crystal presented to Sue at the District Foundation event: it is outstanding efforts promoting and supporting the many programs of The Rotary Foundation dedicated to peace and understanding. Programs such as Annual Giving, District and Global Grants, Rotary Direct, Training and Education, Donor Recognition, Peace Fellowships and of course, Polio Eradication.

It is also service performed over a long period of time as well as feet-on-the-ground service like Sue jumping into Lake George at the Annual Polio Plunge and crocheting dozens and dozens of red hats to raise funds for polio vaccine.

Highlights of Sue's long service to TRF and our District include District Governor in 2013-2014, PHF and she and Dennis are Major Donors, District Foundation Chair for the past six years, long time member of the District Training Team, has worked on countless Foundation events as well as many other events, visits clubs all over the District, does tons of reporting and paperwork supporting the stewardship of our donations, has the Meritorious Service certificate from TRF and is the 2019-2020 recipient of the George Frost Award. She is past president and secretary of the Schenectady East Rotary Club.

Several Rotarians in District 7190 have been honored with the Distinguished Service Recognition: PDG Olive Scott (Cobleskill), PDG James Spencer (Middleburgh), PDG Anne Cargile (Shenendehowa) and PDG George Frost, now deceased.

Please note that although all our recipients of this recognition are past District Governors, it is not a requirement to receive this recognition. It is open to all active Rotarians promoting and supporting the programs of The Rotary Foundation for many years.

~ ~ ~



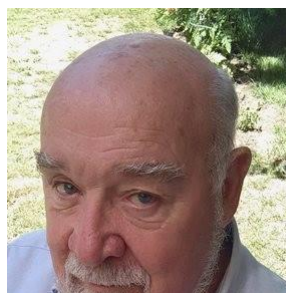
PDG Sue Austin and PDG Tammy Heckenberg



PDG Olive Scott



PDG Anne Cargile



PDG James Spencer



PDG George Frost

Burnt Hills Ballston Lake Rotary Undertakes a Global Grant in Zambia

Submitted by Suzette Stewart

BHBL Rotary, in partnership with the Kusinta-Lusaka Rotary, Zambia, are working on a Global Grant focused on *Maternal and Child Health and Disease Prevention and Treatment*. The location of the project is Muchila Center, which is a village in the rural Southern Province of Zambia. In areas such as this as many as 1 in 13 women die from maternal related causes, compared to 1 in 4,000 in developed countries. Families in this area tend to have multiple children, often in rapid succession. Of grave concern is that children two or under who lose their mother are 10 times as likely to die prematurely than those who have not. Additionally, it is estimated that 80% of the population is suffering from oral disease. The majority in rural areas have no access at all to oral health care services.

BHBL Rotary is working closely with an NGO, named the Muchila Access Project (MAP). MAP, in coordination with the village of Muchila, the government regional health district, and local health officials identified the two "Areas of Focus" for this grant. Over the past several years MAP raised over \$100,000 to renovate and expand a building to serve as the Muchila Health Center. The building is now complete. The Muchila Health Center now needs instruments, equipment and supplies to become fully functional. A non-profit, Project C.U.R.E., which The Rotary Foundation (TRF) has worked with on other projects, collects and ships excess and refurbished high-quality medical instruments, equipment and supplies, appropriate for the specific situation, and only charges for shipment and some administrative costs. Our shipment will take up a 40' shipping container. Project C.U.R.E reports that the value of its contents will be between \$350,00 and \$450,000.

On Nov 8 and 9 a doctor and expert representative from Project C.U.R.E., along with representation from Kusinta-Lusaka Rotary, and local Muchila health officials conducted an assessment of the center to identify the exact materials needed.

Once these essential items are shipped and installed through Global Grant funds the Muchila Health Center, which is centrally located in a region populated

by 43,154 people, will become the hub for referrals from, and support for, 17 outlying health posts in seven zones for managing obstetric and neonatal emergencies, expanding services for pre and postnatal care and providing much needed preventative, emergent and essential dental services.

We are hoping others become as enthusiastic as we are and would like to help us in supporting this humanitarian project. In doing so, we collectively will have enhanced the quality of life and longevity for thousands of individuals.

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Kayaking for a Cause



PHOTO PROVIDED

Jimmy Thomas, a Ballston Spa resident, was in St. Augustine, Florida as of November 15th, on his kayaking trip to Key West, Florida. A veteran and Glenville Rotarian, Thomas is using his trip to raise money for service dogs to assist veterans. Thomas' trip started on September 23rd in Scotia, and he will bike back to the Capital region. Weather permitting, Thomas travels approximately 20 miles per day.

To follow Thomas' trip, head to @doggiepaddleusa on Facebook or doggiepaddle.org.

(As seen in the Schenectady Gazette on 11/15/22.)

~ ~ ~

Ballston Spa Rotary Update

by Ray Otten

Hope everyone had a wonderful Thanksgiving this year. And that does signal the start of the Holiday Season.

If you're looking for a tree to help with your holiday decorations, what better place to get one than at the **Rotary Tree Lot at the Curtis Lumber store on Rt. 67 in Ballston Spa?**

We have **600 beautiful trees** available in a variety of sizes to suit everyone's needs. As a reminder, all profits from the sales go directly back into projects that help out those in need in the Community. What better way to support the true meaning of the holidays than that. Hope to see you soon!



Salem Rotary Club raises more than \$13,000 for the Salem/Shushan Fuel Fund

by Nancy Artz



Above, Salem Rotarians prepare take-out ham dinners for its Salem/Shushan Fuel Fund Raiser.



Keeping pace with demand in the drive-through line, Rotarian Randy Dumas hands dinners to our very helpful 2022-23 Exchange Student, Mei Hashimoto.

Club President Tom Rogers presents a check to Treasurer John Hickland.

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Update for Chituka Village Project 2022

"PROMOTING BASIC EDUCATION AND SOCIAL CHANGE"

In Malawi, the pandemic resulted in The Chituka Village Project being forced to suspend the after school mentoring programs and sports activities for the children. Some of the major setbacks were the dropout rates of primary school students as well as young girls experiencing unwanted pregnancy, forced marriages, and other forms of abuse. In order to get The Chituka Village Project back on track, The Banda Bola Sports Foundation (BBSF) needs to focus on what's working and what is sustainable

The focus will be and not be limited to the following:

- Introduction of Girls Soccer Leadership Academy, to empower girls with skills to solve issues on and off the field about their rights and the rights of all children
- Introduction of Computer Lab Learning Center for the children in Chituka Village at Malenga Mzoma Primary School
- Introduction of coed soccer play days for children in grades 1,2,3, and 4
- Support for schools that have girls and boys, soccer teams, while promoting gender equality

I hope that you will continue to support our cause and spread the word.

www.bandabolasportsfoundation.org

K. Mtalika Banda, Niskayuna Rotarian
 Founder/CEO - Banda Bola Sports Foundation, Inc.
 P.O. Box 105, Gunderland, New York, USA 12084

E-mail at: kbanda@bandabolasportsfoundation.org

E-mail at: kalekeni.banda@gmail.com

E-mail at: chitukavillageproject@gmail.com

1-518-364-2842c

Visit our website:

www.bandabolasportsfoundation.org

<https://www.facebook.com/bandabolasports/>

~ ~ ~

New Twist on Our Recipe Section

by Barb Wyllie

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 THETOOLBOX7190@GMAIL.COM.

Thank you and bon appetite!

Mexican Wedding Cakes

(aka Russian Teacakes)

Submitted by Barb Wyllie
"A 'melt in your mouth' Betty Crocker classic and (another) longtime family favorite." Barb



- 1 cup butter or margarine
- ½ cup sifted confectioners' sugar
- 1 teaspoon vanilla
- 2 ¼ cups all-purpose flour
- ¼ teaspoon salt
- ¾ cup finely chopped nuts

Mix butter, sugar, and vanilla thoroughly. Measure flour by dipping method or by sifting. Stir flour and salt together, blend in. Mix in nuts. Chill dough.

Heat oven to 400 degrees F. Roll dough into 1" balls. Place on ungreased baking sheet. (Cookies do not spread.) Bake 10 to 12 minutes, or until set but not brown. While still warm, roll in confectioners' sugar. Cool. Roll in sugar again.

Makes about 4 dozen 1" cookies.

(Note: Do not use self-rising flour in this recipe.)

~ ~ ~

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

