

The Toolbox



December 2023

Whitney Pangburn ~ 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

Dear Rotary Friends,

As we approach the festive season, I am reminded of the incredible spirit of giving that defines our Rotary family. In this season of reflection, we acknowledge the abundance in our lives and recognize the power we have to make a difference. Rotary provides us with a remarkable avenue to give back in meaningful ways. Through our collective efforts, we can impact lives globally and locally.

One avenue for making a global impact is through the Rotary (Project) Showcase, a digital platform where Rotary members, like you, can contribute to projects that span the corners of the earth. Whether it's supporting education initiatives, healthcare programs, mental health, community development projects and more, every contribution, big or small, plays a vital role in creating positive change. Rotary Showcase - https://map.rotary.org/en/project/pages/project_showcase.aspx

Closer to home, your club could buy gifts for local children, spreading the holiday spirit by making a difference in the lives of those in your own community. Consider organizing a food drive, a simple yet impactful way to address the needs of those who may be facing hardships during the festive season. Additionally, your club could host a community event or decorate to spread some cheer.

Our collective impact is magnified through our Rotary Foundation. As we celebrate the season, let's not forget the enduring gift of giving to our foundation. Your generous donations fuel projects

that have a lasting impact, leaving a positive imprint on the world for generations to come.

This holiday season, let us embrace the spirit of Rotary, a spirit that unites us in gratitude and empowers us to be a force for good. Together, we can continue to make a meaningful impact, fostering positive change in the lives of those we serve.

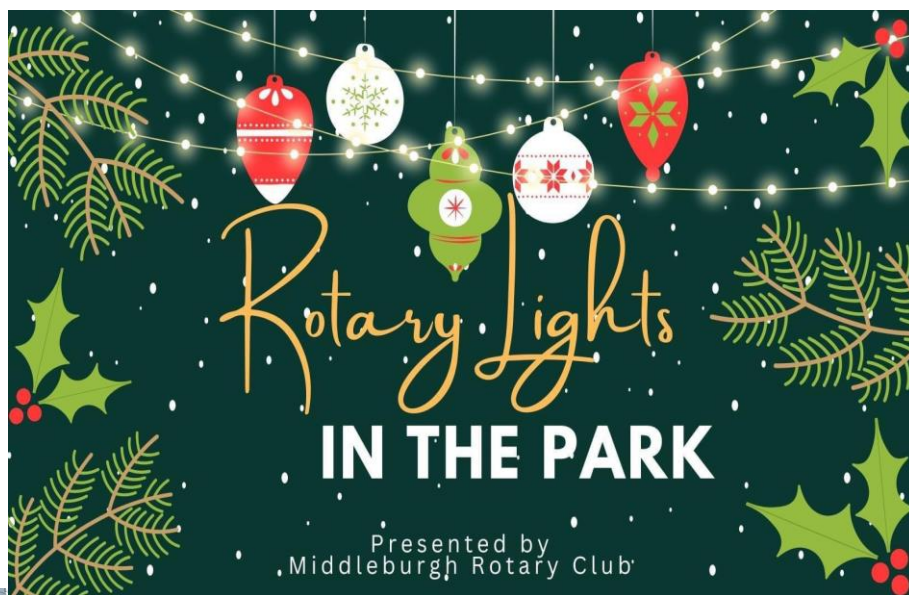
Wishing you all a joyous holiday season filled with warmth, kindness, and the fulfillment that comes from giving back.

Yours in Rotary Service,

Whitney Pangburn

District Governor, Rotary District 7190





Happy Belated Dewali



Pulling Back the Curtain in the Building of CNY Rotary

Submitted by CNY Rotary Communications

The CNY Rotary steering committee has many updates to share as we inch closer to our July 1, 2024, launch. We are sharing this important information so everyone knows all that is happening. After you read this article, be sure to [follow us on Facebook](#) or [Instagram](#) for ongoing updates too!

-An **org chart** is now available to help you understand the layout of our leadership team. Visit www.CNYRotary.org to check it out!

-**Key committees have started meeting** with the volunteers who came forward over the summer. As they identify any gaps or needs in filling each committee, we will share those openings for you to consider in the new year.

-The Foundation Committee is planning a series of three virtual **Grants Management Seminars** starting in January. Attendance at these seminars is a requirement for a club to qualify to apply for a grant. There may be slight changes to the application process from what you are used to, especially in a new district, which means it's extra important to attend!

-**New committees for Events and Service are being built** thanks to creative teams from around the region. A call to help fill these committees will be coming early next year, too.

-The steering committee is **working on our Leadership Guide**. This guide, along with the adoption of the RI bylaws, will serve as the policies and procedures for our region.

-We are **connecting with all current Assistant Governors** about transitioning to become Area Representatives in our new approach to serving clubs (it's not too different since AG's are already rockstars!).

-The Finance Committee is **starting work on our 2024-25 budget**, which will be a team effort in order to marry the finances of the three current districts. We **still need a treasurer** and are hoping to recruit co-treasurers to help divvy up the work.

-**CNY Rotary Youth Exchange** is off and running, having just completed the outbound interviews to select the 2024-25 class. They are also working on updates to their website and continuing to fill their committee vacancies.

-**We will transition to a singular CNY Rotary RYLA program in 2025**. RYLA was already in the works to take place in the spring for D7190, so that will continue as usual. D7170 and D7150 will be exploring a joint event for late June or early July.

-**District Training Assembly**, also known by some as Super Saturday, will be held April 6, 2024. Save the date - details to come!

-**Empire Multi-District PETS** (training for Club Presidents and more!) has opened registration for their March 15-17, 2024, in-person training weekend in Syracuse. [Click here](#) to register.

-CNY Rotary will **need a new ShelterBox representative** as our current ones are retiring. If this Rotary partner program is a passion of yours, reach out to us to discuss what this might entail. Training and mentorship will be provided.

-President-Elect Lizzy is **looking for a conference location and chairperson for the spring of 2025**. As we move to a single committee for this event (as opposed to this year's tri-district committee), the chairperson will need to be an adept event planner who can lead a regional team. If that's you, please out to Lizzy directly at rotarylizzy@gmail.com to discuss! The new Events Committee is exploring facilities large enough for our group, but is open to suggestions, which can also be sent to Lizzy.

Whew! That's a long update. Now it's time for action! If you are interested in getting involved in some way, please reach out to us at CentralNYRotary@gmail.com and tell us about your skills, interests, or what you want to learn more about. All are welcome to lend their time and talents to our region!

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DISTRICT EVENTS AT A GLANCE

- **NOW:** Join the Polio Plus Society *p 12*
- **NOW:** Book Sales *pp 5, 13*
- **December 7-15:** Hanukkah
- **December 21:** 1st Day of Winter
- **December 25:** Christmas Day
- **December 26 – Jan 1:** Kwanza
- **December 31:** New Year's Eve
- **December Holiday Social to be announced.**
- **January Social to be announced.**
- **Feb 7:** Exec Comm Meeting *7-8pm via zoom*
- **Feb 23:** Rotary Birthday Party
- **March 15-17:** President Elect Training (PETS)
(Syracuse Doubletree) *pp 7, 8*
- **March Social to be announced.**
- **April 6:** District Training Assembly
- **April 26-28:** District Conference (Binghamton Doubletree) *p 8*
- **May Social to be announced.**
- **May 15:** Exec Comm Session *7-8pm via zoom*
- **June Social to be announced.**

CLUB EVENTS AT A GLANCE

- **NOW:** Christmas Tree Sale - Ballston Spa Rotary *p 4*
- **NOW:** Holiday Raffle ticket Sale - Sch'dy East *p 4*
- **NOW:** Help Girls in Malawi - Niskayuna Rotarian *p 6*
- **NOW:** Food Drive - BHBL Rotary *p 5*
- **NOW:** Homemade Soap Sale - Rotterdam Sunrise *p 6*
- **December 9:** Breakfast w/Santa & Mrs. Claus -
Twin Bridges Rotary *p 4*
- **December 13:** Holiday Raffle Drawing -
Schenectady East Rotary *p 4*
- **February 3:** Outhouse Races - Shen Rotary *p 5*



Twin Bridges Rotary presents its annual Breakfast With Santa & Mrs. Claus 8:30 to 11 am

Saturday, December 9th
at the **Clifton Park Elks Club**
695 MacElroy Road

Enjoy a full breakfast with Santa & Mrs. Claus, get photos of your kids with the Clauses and watch them enjoy additional activities.

\$10 per person

(No charge for those under 3 years old.)

New this year and aimed at making things go more smoothly with less waiting around, there will be:

Two seatings - 8:30 am and 10 am.

Pre-registration is required as both seatings are expected to sell out. After each seating sells out there will be no walk-ins.

Registration can be done now at the Twin Bridges website:

(www.twinbridgesrotary.com). Questions may be directed to info@twinbridgesrotary.com.

Breakfast With Santa & Mrs. Claus

Saturday, December 9, 2023

8:30 am to 11:30 am

Elks Lodge, 695 MacElroy Road, Clifton Park

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

Children's activities will be provided.

Pre-registration is a MUST!

Two seatings—8:30 am and 10 am

Both are expected to sell out!

Reserve your place now at
www.twinbridgesrotary.com

Questions? Email:
info@twinbridgesrotary.com

**only \$10
per person**
Kids under 3 Free!



Ballston Spa Rotary Christmas Trees are arriving soon!

New Vendor providing Premium Balsam Fir

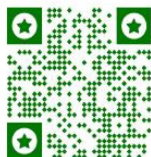
6' trees \$ 70.00
7' trees \$ 80.00
8-10' trees \$ 100.00

Tree Lot:

Curtis Lumber—885 Route 67

Hours:

9-7 Daily—Starting November 24th



<https://ballstonsparotary.com/presale/>



Get a head start
pre-order your tree today!
Pre-ordered trees must be
picked up by November 26th.



Purchases help us support the following & more:

Ballston Spa Community Events: Family Fun Day, Breakfast with Santa, Thanksgiving Dinner **Ballston Spa Beautification:** 9/11 Memorial, Triangle Plot (Rt 50 & South St), Spring Park Clean Ups, Benches **Ballston Spa Community/School Teams:** BSHS Swim Club, BSCSD Robotics, Girls Basketball, Junior Baseball, Summer Lunch Program, School Supplies, Morley Literacy Program, High School Senior Scholarships **Regional/Global Projects:** Shelter Box, Gift of Life, Polio Eradication, Food Drives, Mooncatcher Program, Ronald McDonald House

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District 7190 offers Polio Survivor Louise Rourke's Inspirational Story: *Called by the Water*

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! Thank you for your support.

\$20 per book / \$35 for a 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 13.

Burnt Hills-Ballston Lake Rotary continues to provide an "Operation Hunger" Collection Box

at Gil's Garage

817 Saratoga Rd, Burnt Hills, NY

Collecting non-perishable food items.

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Save the Date!

Shenendehowa Rotary Club

presents its 8th annual

Winter Outhouse Race

Saturday, February 3rd

Entry fee \$50/ team.

***If you don't have an outhouse
you may rent one.***

Team Registration at 12 noon

Races Begin at 1 pm

Clifton Common

Clifton Common Blvd., Clifton Park, NY

Each Outhouse Race Team includes 5 members. One person rides and the remaining team members push and pull the decorated outhouses around the racetrack. Each race consists of two teams racing against each other with the winner advancing to the next level. The event is free to the public. Team themes and costumes are encouraged. Each team must pay an entrance fee. There are cash prizes for First place, Second place and Third place, as well a prize for the Best Themed Team. Teams may use this opportunity to raise money toward their own cause. **For details, contact Ray Anthony**

ray.shenrotary@gmail.com

<https://www.facebook.com/profile.php?id=100080243694482>

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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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Help Empower Girls in Malawi

<https://smile.amazon.com/ch/26-3821877Viullage>

Chituka Village Project update here:

<https://youtu.be/m7qO2lsXdBo>

Thank you very much.

Keni Mtalika Banda, Niskayuna Rotarian
Founder/CEO Banda Bola Sports Foundation, Inc.

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Public Image Grant

Fellow Rotarians,

I'm excited to share a wonderful opportunity now available to our Rotary clubs. Our district is offering a Public Image Grant, tailored to boost and enhance the public image of your Rotary club.

This matching grant provides **up to \$750**, which can be used for a variety of projects aimed at increasing your visibility and impact in the community. It's an excellent opportunity for you to expand your reach, connect with a broader audience, and highlight the remarkable work your club is doing.

Here are some potential uses for the grant: branded tablecloths, feather flags, pull-up banners, grocery bags, club banners, pop-up tents, creating or updating a website, assistance with Facebook or website management, stickers, newspaper ads, and more.

This grant must be used for **evergreen projects**. This means no dates, specific events, or the annual Rotary theme.

For example:

- a feather banner that has your club name/logo on it for \$350 qualifies for a \$175 reimbursement.
- A feather banner that has the annual Rotary theme with your club name, does not qualify.

I urge each club to think creatively about how this grant can be used to enhance its public image. Whether through community events, promotional materials, or online marketing strategies, this grant can significantly aid in your efforts to engage with and serve your community more effectively.

To learn more and apply, please use the following link:

<https://forms.gle/3GhxeVuToEViiL8x7>. If you have any questions, please email MelissaWardRotary@gmail.com.

Thank you for all you do to grow Rotary,
Melissa Rathbun, Public Image Co-Chair.

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Empire MD PETS Welcomes ALL to Register Now

Submitted by Empire MD PETS Committee

This year's Empire Multi-District President Elect Training Seminar (MD PETS) is shaping up to be an incredible learning opportunity for all who attend, but who is invited to this event? Despite our name, everyone is welcome!

Clubs have already paid for their President Elect (the person slated to be your president in 2024-25) to attend, but if they are unavailable you can send anyone else from your club. It is a great opportunity for the current president to get a refresh and finish their term strong. It would also be an immersive experience for a new member looking to learn a lot more about Rotary. Is your club really good at succession planning and you already have your president chosen for 2025-26 (known as the President Nominee)? They would be a good substitute if your President Elect (PE) is unavailable or you could choose to send them in addition to the PE at a cost of \$300 to cover their meals and registration for the whole weekend. In fact, that \$300 registration applies to all additional members or guests you want to send, or perhaps you will want to sign up yourself! Lastly, we invite all Assistant Governors in our host districts (7120, 7150, 7170 and 7190) to attend with no registration cost.

No matter your role - PE, PN, AG, speaker, committee member, or guest - **registration is required**. While many have been pre-paid for already, we still need to know if you are coming! Get signed up at www.RotaryEmpireMDPETS.org today.

In addition to registration, you may need a place to stay while in town for the weekend, so we've arranged for excellent room rates at our host hotel, the DoubleTree on Carrier Circle in Syracuse. Booking your room is separate from registration - [click here](#) to reserve your room now. **Do not wait to book with the hotel** as the room block ends a full month before the event and we cannot guarantee space or rates after that. If you know are going, you might as well book today!

Our final call to action for members who have read this far is to follow [Empire Multi-District PETS on Facebook](#). We share helpful resources for any leader, updates about our event as it is coming together, and important reminders to keep everyone on task.

We are excited to welcome an impressive roster of facilitators that includes top Rotary International leadership and the local leaders that we can call on for direct assistance well beyond the training weekend. In addition to the content our speakers will cover, there is a lot of value in the connections attendees will make, which is why we provide a lot of opportunities for socializing. ***We look forward to welcoming everyone to the DoubleTree Syracuse, March 15-17, 2024, and hope every club will send a member to take in this inspirational opportunity!***

View speaker bios, Pre-PETS dates, access the hotel booking page, see all the important dates, read the welcome message from MD PETS Chair Ralph Brandt, and REGISTER at www.RotaryEmpireMDPETS.org.

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DECEMBER IS THE TIME FOR CLUB ELECTIONS

All clubs are asked to approve their slate of officers for 2024-25 by the end of the calendar year. In addition to confirming them, please also be sure to enter them into ClubRunner so they can start to receive important district communications about training opportunities to help prepare them for their role!





Multi-District PETS

March 15-17, 2024
DoubleTree Syracuse

Training for President Elects, Assistant Governors and members of Rotary Districts 7120, 7150, 7170 and 7190

Meet some of your keynote speakers!



Rotary International President 2025-26 Mario César Martins de Camargo
Rotary International Foundation Trustee Marty Helman
Rotary Zone 32 Director 2022-24 Drew Kessler
Rotary Zone 32 Director 2024-26 Chris Etienne
Rotary International Director of Membership Development Brian King

REGISTRATION REQUIRED

Get signed up at www.RotaryEmpireMDPETS.org



Follow Empire Multi-District PETS on Facebook for tips, helpful resources, reminders *and so much more!*

For additional information or to register: <https://www.rotaryempiremdpets.org/>

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District Conference
April 26-28, 2024
DoubleTree, Binghamton NY

Rotary
District 7150

Rotary
District 7170

Rotary
District 7190

Check us out online!

Learn more about keynote speakers, the plans for each day of conference and what is still in the works - like registration, House of Friendship and some Friday night fun!

Look for the purple banner
on your district's website
to access conference details

Let's come together and



**CREATE HOPE
in the WORLD**

For additional information or to register: <https://rotary7150.org/page/district-conference-2024>

2023 COUNCIL ON RESOLUTIONS RESULTS

Item Number	Resolution Name	Yes	No	Status
23R-01	To request the RI Board to consider encouraging each club to revitalize its regular meetings	171	251	rejected
23R-02	To request the RI Board to consider recommending that club assemblies be held concurrently with the governor's official annual visit	74	350	rejected
23R-03	To request the RI Board to consider appointing an ad hoc committee to examine the need for a program focused on children under the age of 12 years	206	209	rejected
23R-04	To request the RI Board to consider officially recognizing Rotary Kids as a structured program of RI	182	238	rejected
23R-05	To request the RI Board to consider setting an upper age limit of 30 for admission into a Rotaract club	251	175	adopted
23R-06	To request the RI Board to consider amending the Rotary Code of Policies as to the duties and responsibilities of district Rotaract representatives	314	105	adopted
23R-07	To request the RI Board to consider recommending that each district establish a district Council on Legislation committee	206	219	rejected
23R-08	To request the RI Board to consider directing all districts participating in the Youth Exchange program to adopt a policy of inclusion by accepting inbound students who have been diagnosed with mental health conditions that are successfully managed with medication and/or other supportive care	88	330	rejected
23R-09	To request the RI Board to consider explaining in detail the purpose and methods of implementation of the regionalization pilot projects	348	74	adopted
23R-10	To request the RI Board to consider developing a tool to help Rotarians share their professional classifications	237	183	adopted
23R-11	To request the RI Board to consider launching a Rotary project to promote volunteerism	164	257	rejected

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Item Number	Resolution Name	Yes	No	Status
23R-12	To request the RI Board to consider endorsing the concept of Transboundary Peace Parks and encouraging Rotarians and Rotaractors to establish Transboundary Peace Parks	172	240	rejected
23R-13	To request the RI Board to consider organizing a day to train the public on providing first aid	133	283	rejected
23R-14	To request the RI Board to consider providing clubs and districts with a tool to reduce or offset their carbon footprint	177	243	rejected
23R-15	To request the RI Board to consider establishing corporate partnerships that can support Rotary's service activities globally	228	195	adopted
23R-16	To request the RI Board to consider encouraging Rotary activities in the metaverse	125	290	rejected
23R-17	To request the RI Board to consider commissioning a new musical piece representative of Rotary	152	270	rejected
23R-18	To request the RI Board to consider supporting the Treaty on the Prohibition of Nuclear Weapons	189	237	rejected
23R-19	To request the RI Board to consider designating the current official motto "One Profits Most Who Serves Best" as a Rotary ideal	92	332	rejected
23R-20	To request the RI Board to consider ensuring that the general qualifications for membership on RI committees are reflective of Rotary's DEI statement	206	213	rejected
23R-21	To request the Trustees to consider amending the terms and conditions for Rotary Foundation grants by allowing the use of district grants for the travel expenses of former Rotary Foundation global grant scholars and Rotary Peace Fellows	93	329	rejected
23R-22	To request the Trustees to consider requiring that all global grant applications indicate how the project will promote positive peace	90	336	rejected
23R-23	To request the Trustees to consider amending subsection 25.010.4. of the Rotary Foundation Code of Policies by reducing the term of the district Rotary Foundation chair from three to two years	80	347	rejected

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Item Number	Resolution Name	Yes	No	Status
23R-24	To request the Trustees to consider amending the Rotary Foundation Code of Policies section 32.010., Commitment to Global Polio Eradication	154	269	rejected
23R-25	To request the RI Board to consider providing regular updates on process improvements and cost savings measures taken by RI	373	56	adopted
23R-26	To request the RI Board to consider proposing legislation to a future Council on Legislation clarifying the general secretary's qualifications in RI's constitutional documents	334	94	adopted

Submitted by Melissa Ward-Rathbun
7190 COL Representative

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A Charitable Fund of Your Very Own

(Updated Nov. 2023)

By Lon Penna

How would you or your organization like to start your own Charitable Fund? You could even name it after yourself, like “The John & Mary Smith Charitable Fund”. Or “The Niskayuna Rotary Charitable Fund”. The Rotary Foundation can set it up for you. It’s fast. It’s free. The money you add to your own fund is federally tax deductible. Anyone who contributes to your fund also gets a tax deduction. No need to submit annual tax returns because The Rotary Foundation will do that for you. Who decides how the money is invested? Who decides how the money is spent? It can be you. Or your children. Or your grandchildren. Or your club members. Or anyone you select.

What’s the catch? Well, the fund will need to contribute either \$250 or 1% to the Rotary Foundation every year. Funds created by individuals contribute the flat \$250. Funds created by Rotary Clubs or other organizations contribute 1%. An example of the 1% type, if your club’s Fund has a balance of \$10,000, your Fund will automatically contribute \$100 to The Rotary Foundation. But guess what? The Rotary Foundation is restricted to using your \$100 to carry out charitable projects. Who could ask for more than that? So, John and Mary Smith, if you would like more information on setting up The John & Mary Smith Charitable Fund, contact Heidi Stimac, Planned Giving Specialist, The Rotary Foundation, 847.866.3188, planned.giving@rotary.org.

Niskayuna Rotary’s Fund is named after the major donor, “The William Green III – Niskayuna Rotary Donor Advised Fund #451”. Our fund maintains a balance of about \$20,000, so the interest earned allows for creating a Paul Harris Award annually, as was the original intent.

One limitation is that TRF Donor Advised Funds are restricted to donating to other 501c3 organizations and for scholarships. This means you won’t be able to use the funds for club projects, like putting up benches in the park. But you can use the funds to donate to The Rotary Foundation’s Annual Fund, Polio Plus, Rotary Grants, all of which create Paul Harris Awards. And your fund can donate to the many registered charities in your neighborhood and across the nation.

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Be the next member of THE POLIO PLUS SOCIETY

What is the PolioPlus Society? In an effort to increase sustainable giving, the PolioPlus Society (PPS) was formed to encourage Rotarians to commit to a minimum **\$100 donation** to the PolioPlus Fund until polio is eradicated from the face of the earth. Society members receive a special PolioPlus Society pin to wear with honor.

5 REASONS WHY WE MUST ERADICATE POLIO

1 YOUR GIFT WILL IMPROVE LIVES.

Today, 20 million people who would otherwise be paralyzed by polio are walking, and 1.5 million people who would otherwise have died are alive.

2 YOUR GIFT WILL INVEST IN THE FUTURE.

If all eradication efforts stopped today, within 10 years, polio could paralyze as many as 200,000 children each year. A polio-free world will be a healthier world for children everywhere.

3 YOUR GIFT WILL IMPROVE CHILD HEALTH.

Polio surveillance networks and vaccination campaigns also monitor children for other health problems, like vitamin deficiency and measles, so we can address them sooner.

4 YOUR GIFT WILL LOWER HEALTH CARE COSTS.

The global effort to eradicate polio has already saved more than \$27 billion in health care costs since 1988, and expects to save \$14 billion more by 2050.

5 YOUR GIFT WILL MAKE HISTORY.

Polio eradication will be one of history's greatest public health achievements, with polio following smallpox to become only the second human disease eradicated from the world.

How to donate to PolioPlus thru the PPS:
Send a check payable to: The Rotary Foundation/Polio

Rotary District 7190
c/o Tammy Heckenberg, Polio Chair
12 Chester Street
Glens Falls, NY 12801



Questions?

Contact District 7190 Polio Chairs

Tammy Heckenberg, PDG
tammyheckenberg@yahoo.com, 518-832-3842
Milan Jackson, PDG
mjackson30@nycap.rr.com, 518-294-6717

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

