

The Toolb



February 2023

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

February is upon us. It is a month of celebration for Rotary. On February 23, 1905, Paul Harris founded the Rotary Club of Chicago. Over time, Rotary grew to an organization where a group of diverse people could exchange ideas and form friendships through service. Today Rotarians across the world tackle large problems, such as Polio eradication and clean water for everyone.

One of the primary causes Rotary has identified is peace and conflict resolution. Throughout its history, Rotary has worked to promote peace. It is a cornerstone of the Rotary mission as a humanitarian organization.

According to the Rotary website, "over 70 million people are displaced as a result of conflict, violence, persecution, and human rights violations. Half of them are children." Sadly, our world continues to offer many opportunities for Rotarians to engage in peacebuilding opportunities. One way Rotary builds peace is through its Peace Centers.

Through academic training, practice, and global networking opportunities, the Rotary Peace Centers program develops the capacity of peace and development professionals to become effective catalysts for peace. The fellowships cover tuition and fees, room and board, round-trip transportation, and internship and field-study expenses.

The Rotary Peace Fellowship is designed for leaders with work experience in peace and development. If you know of a leader who would make a good candidate for a Peace Fellow, encourage

them to apply for the 2024-25 school year. Application starts with an endorsement from a Rotary club. You can learn more at <https://www.rotary.org/en/endorsepeacefellows>.

On a personal note, I would like to express my gratitude to all of you who have reached out to me after the passing of my mother last month. Some of you had the chance to meet Mom at our district changeover picnic last June. She was committed to Youth Exchange, serving as host mom to several exchange students and a chaperone on the summer USA trip one year. She always believed it was important for young people to meet other cultures to build goodwill. I am honored that my first official act as District Governor was to name her as a Paul Harris Fellow.

Mom had a deep faith which provided great comfort to her. At her request, the final song at her funeral was "Let There Be Peace on Earth." As we move into February, committed to peacebuilding, I encourage you to remember the words to this song.

Let there be peace on Earth - and let it begin with me!

DG Denise



Meet CNY Rotary Update

CNY Rotary Seeks Transparency & More Volunteers

Thanks to the conversations members have with their District Governor, we know you have questions about what's happening with the future of our districts. What exactly is CNY Rotary? Why the term "CNY?" Are there people from my district involved in the CNY committee? What is the committee doing?

The answers to those questions and more were shared at virtual town hall meetings in January. Steering committee and action group members from all across our region presented updates on the work they are doing and fielded questions from members. There is one more town hall on Thursday, February 16th at 7pm. You can register to get the Zoom link at www.cnyrotary.org/events.

One consistent question we have heard is "Why does CNY Rotary matter to me as an everyday Rotarian?" That's a great question with many, many answers! The way our new district operates will have very little impact on your club's day-to-day activities. You will remain autonomous groups and plan your own meetings, projects, and activities just as you have always done. The district will continue to serve as a resource to clubs with leadership training, support foundation giving, provide guidance on your public image, and help your membership recruitment and retention efforts. CNY Rotary is seeking to provide even better support from a broader leadership team that will be poised to serve our larger region starting in July 2024.

In truth, CNY Rotary can be whatever you want it to be for you. It can be an entity you continue to only interact with when your Assistant Governor pays a visit or you go to our annual conference. It could be the people that provide you with excellent training and networking opportunities because you are a club leader. If you are an experienced member, it could be a team you join to lend your expertise in service to your fellow Rotarians. If you are a newer member (or maybe a newly engaged member), it could be a place to further develop your skills in a variety of areas, from project management, to event planning, to graphic design and more. If "the district" ever felt like a place for elites or some kind of exclusive club, please put that notion aside. Members with talents to share are welcome, regardless of how long you've been in Rotary or if you have ever volunteered at this level before. Now is the time to step up and be of service in a way that makes Rotary better for your fellow members, more accessible to new ones, and more widely recognized for our good work around the world.

If you want to be more involved in the planning of CNY Rotary, submit your name at www.cnyrotary.org. Watch for calls for volunteers in the near future as we work to fill these new, robust committees where it will hopefully be many hands making light work! Be sure to follow @cnyrotary on Facebook and Instagram, continue reading your district newsletter and check our web site for future news and updates.

Rotarily Yours,

Lizzy Martin
Baldwinsville Rotary Club Secretary



DISTRICT EVENTS AT A GLANCE

- **NOW:** Book Orders being taken pp 7, 14
- **February 7:** Multi-District Pres-Elect Training Seminar (MD PETS) pp 3, 7
- **February 14:** Valentine's Day
- **February 15:** Multi-District Pres-Elect Training Seminar (MD PETS) pp 3, 7
- **February 16:** CNY Town Hall Meetings via Zoom 7pm p 8
- **February 23:** Multi-District Pres-Elect Training Seminar (MD PETS) pp 3, 7
- **February 27:** Multi-District Pres-Elect Training Seminar (MD PETS) pp 3, 7
- **March 17-18:** Multi-District Pres-Elect Training Seminar (PETS) Syracuse, NY pp 3, 7
- **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) pp 5, 6
- **May 28-31:** Rotary International Conference Melbourne, Australia (Open to all)
- **June 21:** District Exec Comm Meeting/ZOOM
- **June 2023:** District Changeover (Open to all) TBD

CLUB EVENTS AT A GLANCE

- **NOW:** Humanitarian Fundraiser by Burnt Hills-Ballston Lake Rotary p 11
- **NOW:** Doggie Paddle Fundraiser by Glenville Rotary pp 4, 12
- **NOW:** Help Girls in Malawi by Niskayuna Rotarian p 10
- **NOW:** Food Drive by BHBL Rotary p 10
- **NOW:** Homemade Soap Sale by Rotterdam Sunrise Rotary p 10
- **NOW:** Buy a Water Tank by Lake George Rotary p 13
- **February 4:** 4 Seasons 4K by Burnt Hills-Ballston Lake Rotary p 8
- **February 27:** Green the Grid Community Event by Burnt Hills-Ballston Lake Rotary p 8
- **March 2:** Brooks BBQ by Ballston Spa Rotary p 9
- **March 4-5:** Home & Lifestyle Show Saratoga Rotary p 9
- **March 24:** Ziti Dinner by Glenville Rotary p 9
- **March 25:** Amazing Race to Recovery Event by Colonie-Guilderland Rotary p 9
- **April 5:** Brooks BBQ by Scotia Rotary p 10
- **August 7:** Golf Classic by Glenville Rotary p 10
- **June 16-17:** Rotary Show by Amsterdam Rotary p 10

Rotarian at Heart Called to a Higher Service

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

Caroline "Dolly" DiNoto

Beloved Mom of DG Denise

~ ~ ~

Multi-District President-Elect Training Sessions (MD PETS)

Each year, club leaders from across NY gather for Multi-district President Elect Training Sessions (MD PETS). While geared towards club presidents, all club leaders are welcome and encouraged to attend.

Once again this year will start with weekly Zoom sessions during February. Plan to join us and Rotarians from across the state for the following dates for opportunities to learn:

2/7 - Club Runner Know How

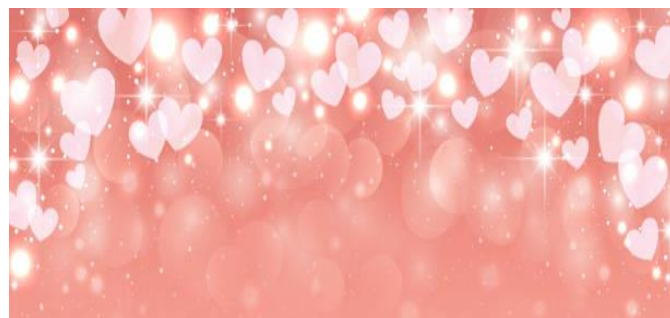
2/15 - Club Finances

2/23 - Running Your Club

2/27 - Foundation

Then join us for an in-person event in Syracuse on March 17/18 for MD PETS live. Registration links for all events will be sent via email soon.

~ ~ ~





doggie paddle
for veterans

Glenville, NY
Rotary Club

JOIN US!

As we Welcome Army Veteran Jimmy Thomas home from his 4,000 mile Doggie Paddle for Veterans Journey!

Saturday, February 4 @2pm

Rain or shine, sleet or snow, join with the Glenville Rotary to welcome Jimmy home from his long journey to raise money and awareness for veterans and their service dog needs. Refreshments will be provided.

 **Empire State Aerosciences Museum**
250 Rudy Chase Drive, Glenville, NY 12302

Contact Us www.doggiepaddle.org doggiepaddle4veterans@gmail.com

Scan QR Code to
DONATE!



REGISTER NOW

EARLY BIRD RATES END
FEBRUARY 28, 2023!

DISTRICT CONFERENCE | May 5-7, 2023

All three districts are invited to be part of a weekend filled with celebrations, connections and fun!

Register for Friday-Sunday or
Saturday & Sunday only

*Discounted packages available for teens
and children, so bring the whole family!*



1000 Islands Harbor Hotel, Clayton, New York



For more information
press 'control & click'
on the link below:
[https://rotary7150.org
/page/conference-2023](https://rotary7150.org/page/conference-2023)

CALL FOR MEMORIALS

Rotary 
District 7170

Rotary 
District 7150

Rotary 
District 7190

Help us honor Rotarians we've lost at this year's conference with a memorial service on Sunday morning. Submit details about members who have passed since the last conference by April 21st for them to be included.

Submissions should include:

Name (including nickname)

Club Name

Rotary Bio (date joined, positions held, etc.)

High Resolution Photo

Submit to: pdg.dennis.s@gmail.com

For more information press 'control & click' on the link below:

<https://rotary7150.org/page/conference-2023>

May 5-7, 2023 | 1000 Islands Harbor Hotel, Clayton

President Elect Training 2023 Schedule

by Denise DiNoto

Each year, our district joins neighboring districts in upstate New York to train new leaders in our Rotary clubs. This year's multi-district president elect training seminar (MD PETS) will be kicked off by four Zoom Pre-PETS sessions. The four Zoom sessions will be available to any future Rotary leaders, especially President-Elects, Secretaries, Treasurers.

1. To join the 4 Zoom Pre-PETS sessions, use the following link:

<https://us02web.zoom.us/j/81711874956?pwd=SHFuaUdrZFVFTjY5ZEJNMGJGNXB1Zz09>

Meeting ID: 817 1187 4956

Passcode: 293895

One tap mobile

+16465588656,,81711874956# US (New York)

+16469313860,,81711874956# US

Dial by your location

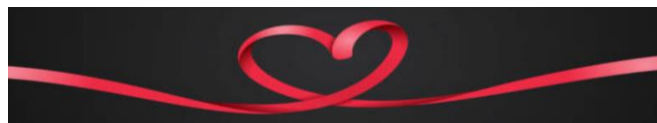
+1 646 558 8656 US (New York)

+1 646 931 3860 US

+1 301 715 8592 US (Washington DC)

2. The training will culminate in an in-person MD PETS event for President-Elects and Assistant Governors. The in-person seminar will be hosted in Syracuse, NY Friday, March 17 through Sunday, March 19 at the Sheraton Syracuse University.

To register for the Syracuse session, please visit www.RotaryEmpireMDpets.org. Hotel rooms for the Syracuse training must be reserved prior to February 13th. All details can be found on the MD PETS website.

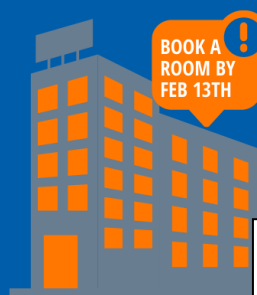


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PRESIDENT ELECT TRAINING 2023 SCHEDULE

Pre-PETS | ZOOM LINK WILL BE EMAILED TO YOU

Tuesday, Feb 7 @ 7pm		Goals & Learning Center
Wednesday, Feb 15 @ 7pm		Club Finances & Insurance
Thursday, Feb 23 @ 7pm		Meeting Formats
Monday, Feb 27 @ 7pm		RI Foundation



YOU MUST REGISTER FOR THIS

Multi-District PETS
Sheraton at Syracuse University
March 17 - 19, 2023

Press 'control & click' on the link below:
www.RotaryEmpireMDpets.org

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 14.

Thank you for supporting
The End Polio Campaign!

~ ~ ~

Burnt Hills Ballston Lake Rotary presents
4 Seasons 4K Fundraiser



A first ever fun run event of a new series.

February 4th

at the

Camp Stomping Ground

Community members, families, and pets of all ages and abilities are invited to grab their running shoes and come out to run, walk or dance though a new four-kilometer trail run. *Proceeds from the event will benefit the Burnt Hills-Ballston Lake Rotary Club.*

The plan is to also host Spring, Summer, and Fall events as part of the series to highlight the variations in the natural beauty in the area throughout the year. The new trail will tour through Camp Stomping Ground's infrastructure, its existing trails and the neighboring NYS Forest. The race will conclude with refreshments and snacks, games for families, and non-traditional awards such as Best Dressed, Muddiest Runner, among others. There will be no overall, age-group, or time-focused awards at any of these events. Tickets to the event can be purchased through Camp Stomping Ground here:

Camp Stomping Ground

<https://campstompingground.app.neoncrm.com/n/p/clients/campstompingground/event.jsp?event=4&>

Thank you.

~ ~ ~

What is CNY Rotary?

**Attend a Town Hall Meeting via Zoom
to learn more about CNY Rotary
and our future.**

February 16th 7 pm

Visit CNYRotary.org to register.

~ ~ ~

Burnt Hills Ballston Lake Rotary presents



Green the Grid and Electrify Everything

A presentation given by Lisa Marshall, Director of Advocacy and Organizing at New Yorkers for Clean Power.

Monday, February 27th

6:30pm

This free community event will be held at the

Town of Ballston Community Room

323 Charlton Rd Ballston Spa, NY

New York's Climate Plan was recently finalized by the Climate Action Council. This presentation will cover the climate solution pathways laid out in the plan for New York and go into how we will implement a rapid and equitable energy transition. There will be an opportunity for Q&A following the presentation.

~ ~ ~



Ballston Spa Rotary and Interact Club present



&



*** Think Spring! ***

Thursday March 2nd

3PM -6PM

Ballston Spa VFW

68 E North St

\$15

Takeout Only

**Dinner Includes: 1/2 Chicken,
Baked Potato, Cole Slaw, and Roll**

BBQ

Tickets <https://ballstonparotary.com/bbq/> or



Partial proceeds to benefit Scottie's Pantry @ BSHS providing food, toiletries and other items to students in need.



Save the Date!

The Rotary Club of Saratoga Springs is hosting their

Annual Home & Lifestyle Show

March 4th and 5th

at the **Saratoga Springs City Center**

This event is the club's major fundraising effort with proceeds distributed to community non-profit organizations, youth scholarships, and international humanitarian aid projects. Among the many community groups that the Rotary Club supports are the Salvation Army, Franklin Community Center, Saratoga Regional YMCA, Rebuilding Together,

Shelters of Saratoga, Code Blue, and Saratoga Community Health Center in addition to the [Saratoga Springs Rotary Education Foundation](#).

The Home & Lifestyle Show will feature 100+ vendors for all your home and lifestyle needs. We are thrilled to announce the return of our Art Show with local participants featuring arts and crafts vendors and a wine and spirits tasting. Bring the kids! We will have family entertainment and a pet adoption clinic throughout the weekend. **Admission is FREE** thanks to the generous support of the Adirondack Trust Company and our many sponsors. **Try your luck with our raffle prizes** – due to incredible donations we have prices **valued over \$3,000!**

For more information, please visit us at
<https://www.rotaryhomeshow.com/>

~ ~ ~

Save the Date!

Glenville Rotary presents its annual

Ziti Dinner

March 24th

Glenville Senior Center

Glenville, NY

Details to follow.

~ ~ ~

AMAZING RACE TO RECOVERY Colonie-Guilderland Rotary Club

March 25, 2023
www.amazingracetorecovery.org

Are you looking for a fun team activity?

Great for teambuilding

Fun for families and friends, or join a team and make new friends!
You can have up to 5 people per team
\$20/person

Check out the 5th annual

Amazing Race to Recovery 2023

March 25, 2023, 11am-5pm
at Crossgates Mall

The event is sponsored by the Colonie-Guilderland Rotary Club.

Most of the proceeds go to Second Chance Opportunities to support those in recovery.

Some of the proceeds also support the Colonie-Guilderland Rotary Club's projects.
They include: Guilderland Food Pantry, Food Pantries of the Capital District, Shelter Box, Gift of Life, Pure Water for the World, Rotary Foundation, Ronald McDonald House, Colonie Outreach.

To sign up to participate or get information about Sponsor opportunities visit,
www.amazingracetorecovery.org

Save the Date!

**Scotia Rotary presents its annual
Brooks BBQ
April 5th
Maalwyck Park
Details to follow.**

~ ~ ~

Save the Date!

**Amsterdam Rotary presents its annual
Rotary Show
June 16th and 17th
Amsterdam High School
This year's theme is "The 80's"
You will not want to miss it!!
Details to follow.**

~ ~ ~

Save the Date!

**Glenville Rotary presents its annual
Golf Classic
August 7th
Pinehaven Country Club
Come join us for fun and
helping us help others!
Details to follow.**

~ ~ ~

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.

~ ~ ~

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.

~ ~ ~

Help Empower Girls in Malawi

Please, check out the link below. Share, and bookmark it to support our foundation:

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

Thank you very much.

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

~ ~ ~

Burnt Hills Ballston Lake Rotary
**Undertakes A Humanitarian
Project in Muchila Zambia**

See next page.

~ ~ ~



Burnt Hills Ballston Lake Rotary Undertakes A Humanitarian Project in Muchila Zambia

Submitted by Darlene Bower

The Burnt Hills Ballston Lake Rotary (BH-BL Rotary) became aware of a need for improved healthcare in a Southern Rural Province in Muchila Zambia, where 1 in 13 women die in childbirth. In developed countries, 1 in 4,000 women die in childbirth. The region's maternal death rate is so high due to lack access to clean water, a sterile environment, and proper medical equipment. Because families tend to have multiple children in rapid succession, thousands of children die because of their mothers' death. A child under the age of two is 10x more likely to die after the death of the mother. 85% of these deaths are preventable with better healthcare. Additionally, 80% of the population is also suffering from oral disease, as most people living in rural areas have no access at all to oral health care services.

To address this need for better maternal and oral healthcare, BH-BL Rotary began a partnership the NGO Muchila Access Project (MAP), Project C.U.R.E., the Namwala Health District and the Rotary Club of Kusinta-Lusaka to provide much needed medical instruments, equipment, and supplies to the Muchila Health Center Building to make it fully functional.

The good folks at Muchila Access Project (MAP) have already taken the important step of rebuilding and expanding the Muchila Health Center itself. Project C.U.R.E. has collected nearly \$400,000 worth of donated excess and refurbished high-quality medical instruments, equipment, and supplies, tailored for the Muchila location.

We've taken on the responsibility of paying to ship this much-needed equipment to Zambia. We are doing this through donations from Rotary Clubs, organizations, individuals, as well as Rotary Grants through The Rotary Foundation and nearby

districts. The cost of the shipping is estimated to be \$50,000. It's a rare opportunity to know you are saving lives and have such monetary leverage to help do it.

Once the donated equipment arrives, The Muchila Health Center will be fully outfitted and the Namwala Health District will provide trained personnel to man the facility, employ and care for the donated medical materials and sustain and improve the quality and capacity of their health services. The Muchila Health Center will become a hub supporting 11 smaller medical outposts and serving a population of over 43,000 people.

We are hoping others will be as enthusiastic and able to help in supporting this humanitarian project by donating to the cause. **Donations can be mailed, in the form of a check payable to BH-BL Rotary Muchila Fund, to the BH-BL Treasurer, Mr. Steve Geene, 10 Knollwood Hollow, Ballston Spa, NY 12020.** For Rotarians preferring to donate through the Rotary Foundation, please contact Steve Caine at (518) 573-5946 before you do so, as donations made through the Foundation are handled slightly differently. Donations can also be made through Venmo @BurntHillsBallstonLake-Rotary

(518-817-6662). Please indicate Muchila Fund

Fun fact - this isn't the first humanitarian project the BH-BL Rotary has spearheaded. In 2015, BH-BL Rotary provided startup funds for the Albany Medical Center Cleft Craniofacial Center after learning local children needed to travel to Boston or Montreal for this care. Given procedures and recovery take months, this created a hardship for Capital District families. With the help of Rotary International, local organizations and individuals, we donated \$42,000 to help create this local resource. We were assisted by the Kusinta-Lusaka Rotary's District 9210 of Zambia, which is the region our Muchila Humanitarian Project will benefit. **What goes around, comes around!**

Please help if you are able. Collectively we will enhance the quality of life and longevity for thousands of individuals. Thank you. ~ ~ ~

Glenville Rotarian and Veteran Completing His 4,000 Mile Journey to Benefit Veterans' Service Dog Needs

Shared from the Schenectady Gazette 1/30.23 eEdition

Jimmy Thomas, a 61-year-old resident of Ballston Spa, finished his kayaking trip to Key West, Florida, and is now riding a bicycle back home. He reached the Binghamton area this past weekend. A veteran and Glenville Rotary Club member, Thomas is using his trip to raise money for service dogs to assist veterans. Thomas' trip started on Sept. 23 in Scotia and is expected to conclude this Saturday with a welcome-back celebration at 2 p.m. at Empire State Aeroscience Museum in Glenville. The welcome-back event is free to attend for the public. To follow Thomas' trip, head to @doggiepaddleusa on Facebook or www.doggiepaddle.org.

See page 4 for information on attending a reception welcoming Jimmy home on Saturday, February 4th.



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

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

