

# The Toolb



**January 2019**

**Barb Wyllie ~ Editor**

Distribution 1,113

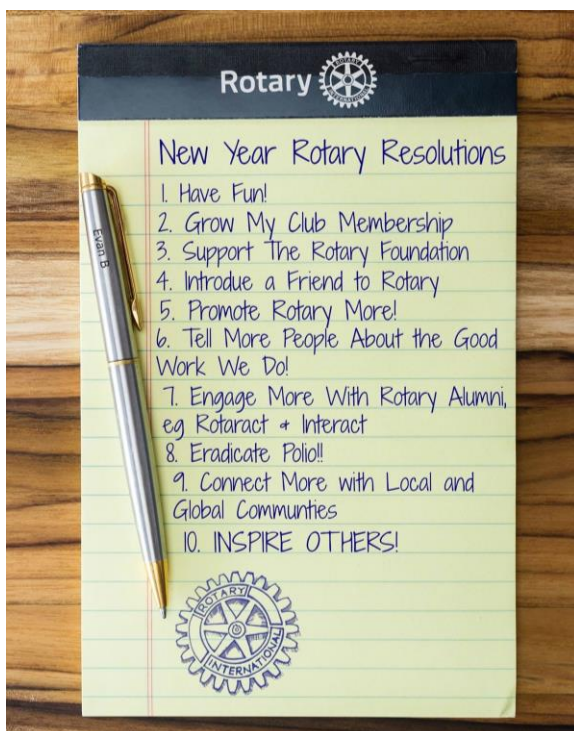
**Please send submissions to Barb at: [THETOOLBOX7190@GMAIL.COM](mailto:THETOOLBOX7190@GMAIL.COM) Deadline: 20<sup>th</sup> of the month**

## From the Governor's Desk

**Happy 2019 Rotarians and Friends of Rotary!**

Do you make New Year's resolutions? Resolutions are made traditionally to change an undesired trait or behavior or to accomplish a personal goal or to just improve your life. Popular goals are to improve physical or mental well-being, career goals, goals to improve finances, be more spiritual, spend quality time with family and friends, learn something new...and, well, the list is endless.

I really like the New Year Rotary Resolutions outlined below. Who wants to adopt these easy goals with me? Come on...I know we can accomplish and sustain these! DG Tammy



## DISTRICT EVENTS AT A GLANCE

- **January 1: Polio Plunge** pp 1, 7
- **February 21: Rotary 114<sup>th</sup> Birthday Party**  
Sponsored by Glens Falls Rotary p 5
- **April 6: District Training Assembly/Grants Management Seminar**
- **April 18: Cabaret: Talent Competition**  
Sponsored by Next Gen Rotary pp 5, 11
- **May 3-5: District Conference** pp 5, 6
- **June 1-5: RI International Conference**

## CLUB EVENTS AT A GLANCE

- **Now: MAS Contest** by eRotary p 3
- **January 12: Build an Outhouse Workshop** by Schenendehowa Rotary p 2
- **January 19: Chicken & Biscuit Dinner** by Schenendehowa Rotary p 3
- **January 26: 'Amazing Race'** by Colonie-Guilderland Rotary p 3
- **February 9: Winter Outhouse Races** by Schenendehowa Rotary pp 4, 8
- **February 9: Trivia Night** by Cobleskill Rotary p 4



**1/1/2019: Polio Plunge**  
**Thank you for your continued support!**

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### **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](mailto:Barrelbackbuilder@mail.com)

for questions or interview.

Thank you.

Bruce McConnelee

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### **Meeting Time Change!!**

Racing City Rotary Club has changed their meeting time **from 5:30 pm to 6:30 pm**, same location, as follows:

**1st and 3rd Monday, 6:30 PM**

(excluding holidays)

**VFW Post 420**

190 Excelsior Avenue

Saratoga Springs, NY 12866

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### **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.

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### **Attention All Clubs:**

DG Tammy has requested that every month all clubs kindly submit the names of their NEW members to

[thetoolbox7190@gmail.com](mailto:thetoolbox7190@gmail.com) for

District recognition.

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### **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](mailto:thetoolbox7190@gmail.com) for

remembrance.



**Shenendehowa Rotary**  
3<sup>rd</sup> Annual **Winter Outhouse Races**

**Build an Outhouse Workshop**  
Saturday January 12, 2019  
10 am at  
**Curtis Lumber**  
885 New York 87, 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](http://Shenrotary.org/outhouse-race)

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## Amazing Race\* to Recovery

This event will be modeled after the popular CBS show The Amazing Race, with detours, roadblocks, pit stops, etc. Your team will earn points for completing tasks throughout the mall and some tasks may be judged on time. \* But this is not a foot race and no running in the mall is allowed.

**Saturday, January 26<sup>th</sup>**

**9am start**

**Cost: \$20.00 donation per team member**

*Pre-registration is required to participate.*

**Registration deadline is January 19<sup>th</sup>.**

Teams can range from 1 to 5 people. Each team must have at least one person over 18 years of age. A mobile phone is required and will be used during the event.

**Crossgates Mall**

Albany New York

[www.amazingracetorecovery.org](http://www.amazingracetorecovery.org)

[www.cgrotary.org](http://www.cgrotary.org)

The Colonie-Guilderland Rotary Club is looking for your help in fighting the current addiction and opioid crisis in the Capital District. We are planning a fund-raising event, to promote awareness of the issue and to raise funds to support Second Chance Opportunities, Inc. that is planning to open a community recovery center in Albany.

Their website is [www.happyjoyusandfree.com](http://www.happyjoyusandfree.com). Funds raised from this event will be used to create a Community Recovery Center, a safe and centralized location in the heart of Albany where people with an addiction, their families and loved ones can come to get support, direction and guidance while they are dealing with substance abuse disorders. A space where people in recovery can come and put the pieces of their life back together by; gaining employment, housing and life skills, being part of the recovery community, and learning to have fun and enjoy themselves without the use of substances, which greatly reduces the risk of relapse.

### District 7190 Rotarians can help by:

- Registering Teams to participate in the event and pre-event fund raising
- Volunteering to help the day of the event

If you have any questions, or are interested, please contact us via the event website, or send an Email to [khpogge@grasslandcorp.com](mailto:khpogge@grasslandcorp.com)

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Shenendehowa Rotary Club

## Chicken & Biscuit Dinner

Mohawk Towpath Byway



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](http://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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## Rotary 1<sup>st</sup> Annual MAS Challenge

### Member Average Service (MAS)

Total Direct Service Minutes / Total Members

Sponsored By: [www.eRotaryNY.com](http://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...)

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Sponsored by Cobleskill Rotary Club

## TRIVIA NIGHT 2019

**Saturday, February 9<sup>th</sup>**

**Elks Lodge**

Cobleskill, NY

**Doors Open at 6:00 PM**

**Play Begins at 7:00 PM**

**Format: Maximum Six-Person Teams**

**Cost: \$120 per team / \$20 per person;  
Spectator \$10**

### PRIZE FOR WINNING TEAM: \$300 CASH

*All proceeds go to the Backpack program, School Scholarships and the RYLA program  
(Rotary Youth Leadership Awards)*

**Play:** There are five rounds for everyone. Answers and team scores given after each round. Rounds One, Two, and Three – Twenty questions with 30 seconds to record the answer. Rounds Four and Five – Ten Question “Lightning Round” with 15 seconds to record the answer. There will be a two-point bonus question for every round. Tie breakers will be used if needed.

**Rules:** Student Teams allowed. Adult teams may be made up of students and adults.

No more than six can play at one table. While answers may be challenged, such challenges will be handled by an arbitrator independent of the scorers and will be judged against the source used by the question preparers. If there are any challenges, the source for the answer being challenged will be made available. Arbitrator’s decision on challenges is final. There are NO refunds. This event is for charity. Player substitutions are allowed until the emcee starts the questions.

**Food available:** The Elks Club will sell hamburgers & hot dogs, chicken wings. Cash bar/sodas, pizza, popcorn and coffee available. Complimentary snacks and desserts during play.

**Please register by 2/5/19 !!!**

Make checks payable to Cobleskill Rotary Club. To Register: Submit your team name and contact person’s name with \$120.00 per team to: Milan Jackson - P.O. Box 370, Richmondville, NY 12149 [Questions? (518) 294-6717]

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Shenendehowa Rotary presents its 3<sup>rd</sup> annual  
**Winter Outhouse Races**  
**Saturday, February 9<sup>th</sup> 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](http://shenrotary.org/outhouse-race).

See flyer on page 8.





Sponsored by the Rotary Club of Glens Falls

## **Rotary Birthday Party 114 Years Young!**

### **A 114<sup>th</sup> Birthday Celebration! Hyde Collection**

161 Warren Street  
Glens Falls NY

The Hyde Collection is a non-profit trust which hosts community events year round. For information please visit [www.hydecollection.org](http://www.hydecollection.org) or call 518-792-1761.

**Thursday, February 21<sup>st</sup>  
6-8pm**

**Cost is \$30 per person**

***Limited to the first 60 who register!***

*Register soon through the District Website*

Stay tuned for official flyer with more info on the Hyde Collection...

**Enjoy: Hot and Cold Appetizers  
Wine, Soda, Water  
Desserts**



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## The Next Gen Committee proudly presents **Capital Cabaret: The 7190 Regional Talent Competition** **Thursday, April 18<sup>th</sup> 6pm**

Last year's event (Rotary's Got Talent) was a spectacular success, with 15 competitors vying for the top prize and over \$4,000 raised to support the Rotary International Foundation. A number of clubs sourced talent from within their ranks and from their extended communities, and the club v. club competition was a lot of fun! **Now is the time to consider who will represent your club, whether a member, family member or friend of the club.** See the flyer at the end of the Toolbox for more information. Contact [Whitney Pangburn](mailto:Whitney.Pangburn@rotary7190.org) or [Marisa Multari](mailto:Marisa.Multari@rotary7190.org) with any questions might have. Audition tapes are being accepted now!

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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](mailto:rcotten53@yahoo.com)
- **Don't forget your bathing suits**

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### A Message from Glens Falls Rotarian and Pure Water Partner, Ian Williams:

There is a focus in Rotary International for solving water and sanitation issues.

There are a number of clubs in our district all doing great work overseas in helping to alleviate water and sanitation crises. I've spoken to some people about these projects and am surprised that our district doesn't pool resources and experience to coordinate efforts into each project.

Groups and clubs waste energy and effort to reinvent the wheel when other clubs may have already solved the problem or have a resource to contribute to a project's success.

I sit on a Haitian Water Committee for the NGO Pure Water for the World which is comprised of mostly Rotarians from across the country.

A similar committee in our district could make all our efforts more effective and perhaps offer an opportunity for collaboration.

I'm willing to talk with interested clubs and see if this is possible...None of us are an island. Let's create the critical mass needed to make District 7190 a leader in Water and Sanitation during 2019.

I'm a member of the Rotary Club of Glens Falls and a Pure Water Partner. My e-mail is [bendigonian2002@yahoo.com](mailto:bendigonian2002@yahoo.com). Let's start that conversation today!

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### Support Gift of Life as You Shop!

Go to [smile.amazon.com/ch/22-2704726](https://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.

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### 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](mailto:phpherman@gmail.com).

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# Rotary

## District 7190



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

#### PEACE, LOVE, ROTARY INFORMATION

**Dates:** Friday May 3<sup>rd</sup>-Sunday May 5<sup>th</sup> 2019

**Location:** The Essex Resort & Spa  
Essex Junction, Vermont  
[EssexResortSpa.com](http://EssexResortSpa.com)

**Registration** To register, visit:  
**Info:** [rotary7190.info/ConferenceofClubs](http://rotary7190.info/ConferenceofClubs)

Registration includes conference materials, and meals (Friday dinner through Sunday breakfast)

\$187.00 by December 31<sup>st</sup> 2018  
\$207.00 beginning January 1<sup>st</sup> 2019

**Conference Contact:** Harriet "Pepi" Noble  
Conference Chair  
[hnnoble@nycap.rr.com](mailto:hnnoble@nycap.rr.com)  
518.373.8574

**Hotel Reservations:** \$159.00/night + taxes & fees  
Rate valid three days prior to and after conference dates.  
\$20 fee per adult with rooms/suites with three or more guests.  
Resort fee waived.

**Phone:** 877.684.1123  
**Online:** [rotary7190.info/ConferenceofClubs](http://rotary7190.info/ConferenceofClubs)  
**Group Name:** Rotary District 7190

**District Governor** • **2019 Conference Chair**  
Tammy Hunter Heckenberg Harriet "Pepi" Noble



Rotary 



**Support the Insanity | Join the fun**

**District 7190 Family Polio Plunge**

**January 1<sup>st</sup>, 2019**

Shepard's Park Lake George NY

OR

Pool Plunge at Courtyard Marriott Lake George

11:00 am

Must Pre-register by December 21<sup>st</sup>, 2018

Contact:

Doug Ford (518-365-4958) or email [dougford@curtislumber.com](mailto:dougford@curtislumber.com)

Or

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





# 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](http://Shenrotary.org/outhouse-race)**



## **Thank You to all who participated in Wreaths Across America...what a moving way to honor our Veterans**

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## Having a special time of fellowship at Northville Rotary Club's Holiday party

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ROTARY  
PRESENTS:

# Capital Cabaret

Rotary  
District 7190

## Call for Talent

### WHEN

THURSDAY, APRIL 18<sup>TH</sup> 2019 AT 6:00PM

### WHERE

LUCKY STRIKE SOCIAL, CROSSGATES MALL

### WHY

TO RAISE FUNDS FOR GLOBAL PEACE  
AND HUMANITARIAN SERVICE  
AND TO BRING TOGETHER LIKE-MINDED BUSINESS AND PROFESSIONAL  
LEADERS IN OUR COMMUNITY.

**\$500**

1<sup>ST</sup> PLACE PRIZE

**\$250**

2<sup>ND</sup> PLACE PRIZE

**\$100**

3<sup>RD</sup> PLACE PRIZE

SEND YOUR DROPBOX OR GOOGLE DRIVE LINK OF YOUR SUBMISSIONS TO:  
[ROTARY7190NEXTGEN@GMAIL.COM](mailto:ROTARY7190NEXTGEN@GMAIL.COM)

SUBMISSIONS MUST BE 3 MINUTES OR LESS AND SENT NO LATER THAN FEB. 22<sup>ND</sup> 2019

THE ROTARY NEXT GEN FACEBOOK PAGE WILL BE UPDATED WITH MORE DETAILS AS THE EVENT DRAWS CLOSER.  
ANY QUESTIONS, FEEL FREE TO REACH OUT TO OUR EVENT CO-CHAIRS:

Marisa Multari  
[MARISA.MULTARI@YAHOO.COM](mailto:MARISA.MULTARI@YAHOO.COM)

Whitney Pangburn  
[WHITNEY.PANGBURN@GMAIL.COM](mailto:WHITNEY.PANGBURN@GMAIL.COM)