

# The Toolbox



January 2021

Barb Wyllie ~ Editor

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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

### New Year – New Hope

As we begin this new year, I am hopeful the COVID vaccine will be made available to everyone in a swift & timely fashion. After 9 months of this battle with an invisible enemy, we do need hope to see us through. The month of December saw the highest number of infections and deaths so far during the pandemic. However, the end is on the horizon. The vaccine will be administered to all; but, it will still be a long process.

Through this year, Rotarians have continued to do the great work they have always done. Thank you. We need to remain focused on our communities, our clubs, our families. We must look at new ways to attract new Rotarians, start new clubs, and engage our existing members.

Most of our in-person events had to be cancelled over the past 9 months. It is apparent this will continue, and we will be having virtual events and trainings. This includes the monthly training meetings via zoom. Please make an effort to attend district-wide virtual meetings and events. They are so important to all of us as we continue to do our vital work.

As soon as it is declared safe to do so, we will return to in-person meetings and events. I will communicate any important news as quickly as I can to the membership.

Happy New Year to all. Be safe & healthy.

Service above Self

DG Rich

## DISTRICT EVENTS AT A GLANCE

- **NOW: Book Reservations** being taken *pp 3, 4*
- **April 8, May 8 & 22: RYLA Schedule** *p 5*

## CLUB EVENTS AT A GLANCE

- **NOW: Coupon Books** by Albany Rotary *p 3*
- **NOW through June 2021: Hoffman's Car Wash Fundraiser** by Albany Rotary *p 3*
- **February 6: Virtual Trivia Night** by Cobleskill Rotary *p 2*
- **February 13-21: Amazing Race To Recovery** Colonie-Guilderland Rotary *p 2*

## Member Called to a Higher Service

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

### Twin Bridges Rotary Club's

#### Chuck Chera

Charter President

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## Regarding New Year's Resolutions

by Barb Wyllie

A surefire way NOT to break New Year's Resolutions, is to not make any.

A surefire way to 'KEEP' New Year's Resolutions, is to not make any.

A surefire way to stagnate in 2021, is to do either of the above.

What does your 2021 look like?

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## Amazing Race To Recovery 2021

The Colonie-Guilderland Rotary Club is hosting a fundraiser called Amazing Race To Recovery. The past two years were held at Crossgates Mall, with exciting challenges being performed in person at 16 different stores. Because of CoVid-19, the 2021 event will be held virtually. There will be between 20-30 fun challenges available that teams of up to 5 people will compete. It will be held over the February President's week, **February 13-21, 2021**. It is a family-friendly event that would be perfect for families who are staying home this year. It can be a fun event that can bring family, friends, or co-workers together virtually.

Some of the challenges include:

- Zoom Jeopardy / Unscramble Words
- Build a Snowman Bingo
- Scavenger Hunt / Learn A Dance
- Identify Oddball Objects
- Telephone Game / Kahoot Trivia
- How Well Do You Know Your Teammates?
- Typing Challenge / Zoom Pictionary
- Healthy Recipe / Build a Towel Animal
- Make a Necklace / Fly a Paper Airplane

Funds raised from this event will be used to support programs at the Community Recovery Center at Second Chance Opportunities ([www.scoalbany.com](http://www.scoalbany.com)). It is in 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.

The Recovery Center 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.

We're still looking for donations, both monetary and for our auction, sponsors, and team signups. If you can share our FaceBook event, that would be appreciated.

<https://www.facebook.com/events/760214171235671/>

For more information, go to [www.amazingracetorecovery.org](http://www.amazingracetorecovery.org).



Hosted by  
The Rotary Club of Cobleskill

# VIRTUAL TRIVIA NIGHT

**SAT, FEB. 6TH**

**7PM via ZOOM**

**\$20 PER PERSON**

Winnings - Cash Prize 30% of entry fees collected

Support Youth Programs in the Cobleskill-Richmondville Community

How to enroll your team: Send a check payable to Rotary Club of Cobleskill based on your team size @ \$20 per person. Send your check, team name, name of participants, and the email address to be used during the Zoom Trivia to: [John Tryon, 682 Patrick Road, Cobleskill NY 12043](mailto:John Tryon). Checks must be received before February 6, 2021 to ensure you receive the Zoom invitation to Rotary's Trivia Contest!

teams may consist of 1 to 4 persons maximum

Made with PosterMyWall.com

Please contact John Tryon at [jtryon@nycap.rr.com](mailto:jtryon@nycap.rr.com) with any questions.

Albany Rotary is selling  
**SaveAround Greater Albany  
 Coupon Books**  
**Cost \$25**

Area restaurants include: Swifty's, Koto, Texas Roadhouse, Professor Java's, Front St Deli, Dozer's Bar & Grill, MochaLisa's Caffe.

There is also an app that you can download to get coupons for locations all over the country.

Money raised will help the club fund this year's grant project: The RED Bookshelf in Albany.

Contact Manoj Ajmera [manorita12@gmail.com](mailto:manorita12@gmail.com) or Kevin Pittz [kpittz@aol.com](mailto:kpittz@aol.com) if you would like to make a purchase or to get more information.

Cash, check or credit cards are accepted.



**Albany Rotary Club's  
 Hoffman's Car Wash Fundraiser**

**Now through June 2021  
 Tickets are \$12 or \$42\***

(\*The full-service package **now** includes extra detailing and interior sanitizing.)

**Tickets can be purchased  
 at the link below:**

<http://www.hoffmanhelpinghands.com/fundraiser.cfm?id=20486>. Proceeds will help support Albany Rotary's local projects.

Peter J. Rose  
 (518) 843-1920



**Attention All Clubs**

Every month, kindly submit the names of your new members and the names of your members who have passed on to higher service to Barb at [thetoolbox7190@gmail.com](mailto:thetoolbox7190@gmail.com). Thank You.



**Polio Survivor Writes Book**  
**Polio Survivor Louise Rourke Shares Her  
 Inspirational Story in a New Book,  
*Called by the Water***

Submitted by Doug Ford, End Polio Co-Chair

Learn how her 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, or an autographed copy for \$35. For \$50 you will receive an autographed copy plus an End Polio Now T-Shirt and face mask. Your donation supports the Rotary Foundation Campaign to Eradicate Polio.

<https://go.rotary7190gives.org/calledtowater> Thank you for supporting The End Polio Campaign

See flyer on next page.



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.

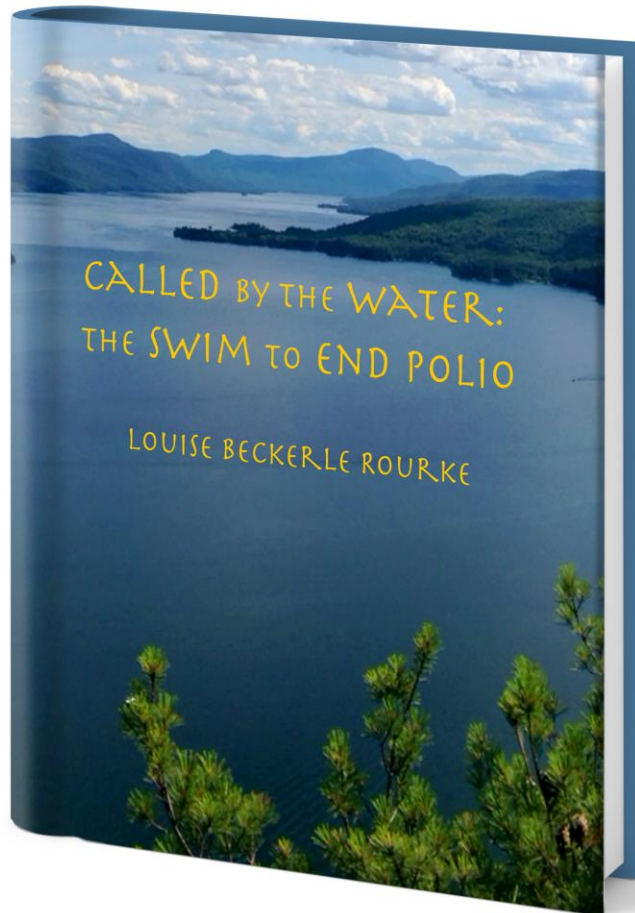
**Michael K. McGovern,**  
Rotary International PolioPlus Committee Chair

"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



**ALL PROCEEDS FROM THE SALE OF THIS BOOK WILL GO TO THE ROTARY FOUNDATION / END POLIO CAMPAIGN**

To reserve your copy of Louise's book or to make a donation... please contact District Polio Chair-Person, Doug Ford: [ford@curtislumber.com](mailto:ford@curtislumber.com)

## Ballston Spa Rotary Update

by Ray Otten

Let's start off by saying a big **THANK YOU** to all of you that helped to support our mission of helping others again this year, not only buying trees but also helping us with the set up. We sold well over 700 trees this year which will fund our activities in OUR community and beyond. We're thankful for no major snowfalls to deal with (until the last week), great people that came to buy, and, of course, **CURTIS LUMBER** who again, graciously, allowed us to use their parking area as our sales lot. What a great community we live in, isn't it?

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## RYLA Spring Schedule

by Ken Adamczyk

The RYLA program has had to adapt with the changing environment of 2020 and the pandemic. The program originally did not get as much attendance as in previous years and we believe much of that has to do with the current world situation and the virtual format. One of the most important aspects of RYLA is getting students from across the region together to brainstorm and build relationships. The virtual format provides less of that for students.

Our current plan is to try and have the course in person in late spring **BUT ONLY IF IT IS SAFE FOR THE STUDENTS.** We will watch the virus conditions, coordinate with schools by watching what they are doing and if possible, provide a clean and safe environment for the students to learn. It will be three Saturdays starting in late April and ending in May. We have access to a Business Incubator space that normally can have over 150 people and it provides breakout space for us to spread out as needed. **WE WILL ALWAYS FOCUS ON SAFETY** and then turn our focus on the course.

If we are unable to complete the program in this manner in the Spring we would like to invite all the students to join us in August for the 2021-2022 Program in the old format. Below is an example of the new agenda "IF" we can provide:

### Program Schedule

Each session will consist of a full day, starting at 9:00AM and concluding around 4:00PM. We will provide lunch and all necessary materials. (See schedule below.)

	Dates	Status
Session 1: Planning & Time Management / Public Speaking / Communications	24-Apr-21	Gloversville
Session 1: Public Speaking / Communications Ethics & Self Esteem / Diversity	8-May 21	Gloversville
Session 2: Intro to Leadership & Leadership Styles / Problem Solving / Change Management / Conflict Resolution	22-May-21	Gloversville

## Boardwalk Connector Project

by Andy Tomko

The Glenville Rotary Club was asked to help the Town of Glenville by connecting the Anderson Farm parkland to Indian Meadows Park. This required building a 220 foot long boardwalk across a swamp and a small stream. The project required design and location approval from the Army Corps of Engineers and the State Department of Environmental Conservation – a 2 ½ year process. The Town also negotiated a land purchase between the BH-BL School District and Mekeel Christian School to gain an access easement at the northern terminus of the connecting land.

Once approved, the project took about a month to complete. The 8-foot-wide boardwalk was constructed about 20 inches above the wetlands during the fall dry season. The labor force was a mix of Rotary Club members, Parkside YMCA volunteers, town employees, and other volunteers. This team totaled about 31 people working a total of 551 hours.

By connecting both properties, the walking, hiking and cross-country trails now cover a distance of over 5 miles. A short video of this project can be seen on the Glenville Rotary website.

The plan this COVID year is to light one of the trails in Indian Meadows Park with trail lights for nighttime hiking.



## Banda Bola Sports Foundation Update

by Keni Banda  
Niskayuna Rotarian

Now more than ever, [Banda Bola Sports Foundation](#) needs your help.

The Coronavirus pandemic put our entire program on hold, including our education services, sports leagues and four special initiatives with our partners:

- A container shipment of school and soccer supplies by Kickin' Back
- School soccer clinics conducted by Make Your Own Ball Day
- A menstrual pad sewing bee program by The MoonCatcher Project
- A 4<sup>th</sup> session of clinics for our coaches and teachers by Coaches Across Continents.

Malawi schools have now reopened and we expect travel and supply routes to reopen soon.

**This offers the opportunity to restart our programs, recover lost ground, and move forward in 2021.**

As you plan your charitable donations this holiday season, please consider a gift to Banda Bola Sports Foundation.

*To make a donation online, [please click here.](#)*

*To make a donation by check or money order, please download & print our [Contribution Form](#) and send with your payment by mail to the following address:*

Banda Bola Sports Foundation  
P.O. Box 105  
Guilderland, NY 12084

**Thank you for your support,**  
Coach Keni Banda

**For more information:**

Website: <https://www.bandabolasportsfoundation.org/>  
Facebook: <https://www.facebook.com/bandabolasports/>

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### One Club's Response to COVID-19

by Steve Ames



The photo above is representative of Malta Sunrise Rotary's opening salvo, "Masks for Malta" in its broader "Stop the Virus" campaign. Each carton in the photo contains 50 facemasks. The facemasks were distributed to forty local businesses.

More information about "Masks for Malta" is available in the November issue of THE TOOLBOX.

A member of Malta Sunrise Rotary Club, generously donated 100 cases of hand sanitizer(12 bottles per case), and in the second step of their "Stop the Virus" campaign, the hand sanitizer was donated to an elementary school, seniors groups, libraries, a local shelter, and a brother Rotary Club.

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### Southern Rensselaer Co Rotary Club's Six-Month Progress Report

by Dick Drumm

Despite the vagaries of the COVID-19 pandemic, the Southern Rensselaer County Rotary Club (SRC) has had a relatively successful first half of the 2020-21 Rotary Year.

After a summer that saw the pandemic disrupt most of our usual activities, some of which traditionally functioned as fundraisers, we were able to retrench and, in late August, successfully complete our annual "Back-to-School Supplies Drive" for needy students in the Rensselaer City School District before September resumption of classes. That resulted in aiding literally several hundred students in a district that is the poorest in our area of service.

Since then, we have been meeting on a weekly basis via ZOOM videoconferencing to maintain continuity, and in the process have recruited and inducted a new member who recently opened a local business.

We also recently have disbursed nearly \$4,000 - accumulated from fundraising efforts and individual contributions – to cover (1.) grants to four local food pantries, (2.) ShelterBox, (3.) the Mooncatcher Project that is working on a Rotary Global Grant via the Niskayuna club, and (4.) an East Greenbush middle school for a thank-you initiative to staff for their educational efforts during the pandemic. In addition, individual members have made additional year-end contributions to Gift of Life, Polio Plus, and the Rotary Foundation.

In addition, SRC was successful in having the Internal Revenue Service reinstate our lapsed status as a certified non-profit organization. We plan for 2021 to look into the possibility of creating a foundation to allow us to become a tax-deductible charity, and to revive and/or create fundraising efforts to help underwrite other public service initiatives.

As we go forward, we will continue investigating potential meeting venues since our usual location, Quigley's restaurant and sports bar, has gone out of business during the pandemic and has been put up for sale. Meanwhile, we will continue to adhere to all state requirements for limitations on group size and for social distancing efforts.

## Rotarian Flavors from Around the World

This is an opportunity to continue to experience the tastes of Rotary from around the world. Below, you will find recipes reprinted from the **Rotarian Flavors of the World Cookbook** (Morris Press Cookbooks 2011). Enjoy!

### Dip

#### **Seven Layer Dip for Tortilla Chips** (page 2)

From the region of District 5170 / USA

- 1 (16 oz) can refried beans
- 1 cup thick 'n chunky salsa
- 2 cups guacamole
- 2 cups sour cream
- 1 cup chopped green onions
- 2 tomatoes, cut into ½ inch cubes
- 2 small (about 4oz) cans sliced black olives
- 8 oz cheddar or Mexican mix cheese

Stir refried beans and salsa together. Spread them on the bottom of your square or rectangular serving dish, then layer the rest of the ingredients. Chill for several hours. Serve with tortilla chips.

### Drink

#### **Celebration Punch** (page 17)

From the region of District 5280 / USA

- 4 (6 oz) cans frozen lemonade concentrate, thawed and undiluted
- 4 (6 oz) cans frozen pineapple concentrate, thawed and undiluted
- 6 cups water
- Ice cubes or ice ring
- 2 (33.8 oz) bottles ginger ale
- 1 (28 oz) bottle tonic water
- 1 (25.4 oz) bottle champagne

Combine first 3 ingredients; chill well.

**To serve:** Pour the juice mixture over ice in a large punch bowl. Gently stir in ginger ale, tonic water and champagne. **Yield:** 1 ½ gallons.

### Appetizer

#### **Spinach Balls** (page 25)

From the region of District 6040-6080 / USA

- ¾ lb. butter
- 6 eggs
- 4 cups Parmesan cheese
- 2 pkgs. Stove Top seasoned stuffing
- 2 pkgs. frozen, chopped spinach

Cook and drain spinach. Beat eggs and add melted butter. Add stuffing, spinach and cheese. Make into little balls. Place on ungreased cookie sheet and bake in 350 degree F oven for 10 minutes.

### Salad

#### **Marie's West Side Seafood Salad** (page 48)

From the region of District 7890 / USA

- 2 lbs. lg. shrimp, peeled and deveined
- 2 lbs. sea scallops, cleaned
- 3 lbs. thawed frozen calamari (squid), cleaned and cut into rings and small tentacles
- 2 (6-oz.) cans large black olives, drained
- 1 bunch celery hearts
- 2-3 (24-oz.) bottles zesty Italian salad dressing
- Juice of 5 medium lemons
- 1 T. crushed red pepper seeds, more to taste
- 2 tsp. salt
- 2 tsp. dried oregano

Boil separately shrimp, scallions and calamari until just cooked (do not overcook); drain well. Place all seafood into an extra-large container or bowl. Add 2 bottles salad dressing, lemon juice, salt, oregano and red pepper; mix well. If seafood is not completely covered, add additional dressing. Marinate at least 8 hours or overnight in refrigerator. Remove from refrigerator; add olives. Slice celery into ¼-inch pieces; add to salad. Mix well and serve still chilled with slotted spoon. Serves 10-12.

*Continued on next page...*



**Soup****Cauliflower Soup** (page 38)

From the region of District 5360 / Canada

- 1/2 small cauliflower
- 15g (1/2 oz.) butter
- 1 small onion
- 2 cups chicken stock
- Salt and pepper
- 2 T. cream

Cut cauliflower into small flowerets. Melt butter in pan, add peeled and chopped onion, cook until transparent. Add cauliflower, mix well, cook 2 minutes; stir to prevent browning. Add stock, bring to boil, reduce heat, simmer, covered, 20 minutes. Puree soup in blender in batches, push through sieve. Return soup to pan, season with salt and pepper; when soup re-boils, add cream. Heat through without boiling.

**Main Course****Chicken with Artichokes** (page 104)

From the region of District 6950 / USA

- 6 chicken breast fillets (3 breasts, cut in half)
- 1/2 cup flour
- 2 T. butter
- 2 T. oil
- 1 medium onion, sliced
- 1-2 garlic cloves, chopped
- 1 can artichoke hearts, quartered
- 3-4 oz. white wine
- 1 can chopped tomatoes
- 1-2 sun-dried tomatoes, cut into bite-size (opt.)
- Salt and pepper

Season the flour with salt and pepper. Dredge the chicken breasts in the flour. Heat the oil and butter in pan. Sauté chicken for 1-2 minutes on each side. Add onion and garlic and cook a little longer. Add wine, tomatoes and artichokes and simmer about 4-5 minutes. Salt and pepper to taste.

**Dessert****Almond Bars** (page 164)

From the region of District 1912 / Slovenia

- 1 cup flour
- 1 cup almonds, ground
- 3/4 cup powdered sugar
- 3/4 cup butter, room temperature
- 4 egg whites
- 5 squares chocolate bar, grated
- 1 egg, lightly beaten

Preheat oven to 350 degrees F. Separate eggs and discard yolks. Keep the whites. In a large mixing bowl, combine flour, sugar, almonds, butter and egg whites. Mix well. Spread the mixture evenly into a buttered 8-inch square baking pan. Brush the top with beaten egg. Bake for about 40 minutes. Cool to room temperature and cut into squares. Makes about 30 pieces.

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