

The Toolbox



January 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

Happy New Year! It seems strange to think about a new year when we are in the exact middle of our Rotary year.

How is your Rotary year going? Are you and your club still Imagining Rotary? Have you met a personal or Rotary goal? Or are you just trying to dig out of the holiday hoopla and find your way through the new toys littering the floor so you can go enjoy winter?

January is Vocational Service month. Vocational Service is one of the five avenues of service upon which Rotary club activity is based. According to the Rotary website, "Vocational Service calls on every Rotarian to work with integrity and contribute their expertise to the problems and needs of society."

Vocational Service is the way Rotary fosters and supports the application of the Ideal of Service to the pursuit of all vocations. It is the shared responsibility of both you and your club.

The role of your club is to develop and implement projects that enable members to use their vocational talents in the service of the community. Your role is to conduct yourself and your businesses in accordance with Rotary principles and support the Vocational Service projects your club has developed.

Each of you have expertise in many areas - it is the reason someone invited you to become a Rotarian! Someone in your club noticed you and thought, "They have a skill we could use at our next project." My questions to you are meant to help you continue to Imagine Rotary. Are you using your skills to better your club and its service projects? How are you fostering vocational development in your community?

We all have various ways to contribute. Some of us have social media experience and knowledge. Every club seems to have event planners who enjoy coordinating gatherings. I like public speaking but the idea of having to do accounting makes me break out in a sweat. And when my club asked me to be President, I was willing as long as I didn't have to run the golf outing (I would almost rather do accounting than run the golf outing!). Take an assessment of your current members and their talents, see what you are missing and go find someone to fill that need.

However you serve your club and community, don't forget to keep an eye out for people who may have the skills to help your club be successful with a new project. They may be looking for an opportunity to give back, and Rotary is a perfect avenue!

DG Denise

P.S. Please don't skip the rest of this newsletter. There are many exciting announcements and dates for upcoming events you'll want to get in your calendar.



Meet CNY Rotary Update

Happy New Year to all Rotarians reading this update! We have many things to share as we start the second half of the Rotary year.

Last month, District leaders received official notice that the Rotary International Board “merges Districts 7150, 7170 and 7190 (NY, USA) into District 7180 effective July 1, 2024.” This is the timeline we have used to guide our work on CNY Rotary.

The CNY Rotary steering committee has scheduled three virtual town hall meetings to help answer questions and explain the process of building a new District. Please keep an eye on your email for an invitation with registration information. Our hope is most of you will be able to attend one of the dates listed below.

- January 19, 2023, 7 pm
- January 30, 2023, 7 pm
- February 16, 2023, 7 pm

We also hope you will mark your calendar for the joint District Conference which will be held May 5-7 at 1000 Islands Harbor Hotel, Clayton, NY. This conference will allow us to learn in fellowship, while providing opportunities for sharing ideas and service. Register now by visiting this link: <https://rotary7150.org/page/conference-2023/> You can register for the entire weekend, or just Saturday and Sunday. Discounted packages are available for children and family, and all are invited to attend.

The best way to learn more about upcoming activities is to visit the [CNY Rotary website](#) or [Facebook](#) page. Happy New Year once again!

DG Denise, DG Rocky and DG Jerry

REGISTER NOW

DISTRICT CONFERENCE | May 5-7, 2023

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

EARLY BIRD RATES END FEBRUARY 28, 2023!

Register for Friday-Sunday or Saturday & Sunday only
Discounted packages available for teens and children, so bring the whole family!

Rotary District 7150 Rotary District 7170 Rotary District 7190

1000 Islands Harbor Hotel, Clayton, New York

For more information press 'control & click' on the link below:
<https://rotary7150.org/page/conference-2023/>

DISTRICT EVENTS AT A GLANCE

- **NOW:** Book Orders being taken pp 3, 7
- **January 1:** New Year's Day
- **January 11:** District Exec Comm Meeting/ZOOM
- **January 16:** Martin Luther King Day
- **January 19:** CNY Town Hall Meetings via Zoom 7pm p 3
- **January 30:** CNY Town Hall Meetings via Zoom 7pm p 3
- **February 7:** Multi-District Pres-Elect Training Seminar (MD PETS) p 4
- **February 15:** Multi-District Pres-Elect Training Seminar (MD PETS) p 4
- **February 16:** CNY Town Hall Meetings via Zoom 7pm p 3
- **February 23:** Multi-District Pres-Elect Training Seminar (MD PETS) p 4
- **February 27:** Multi-District Pres-Elect Training Seminar (MD PETS) p 4
- **March 17-18:** Multi-District Pres-Elect Training Seminar (PETS) Syracuse, NY
- **April 1:** District Training Assembly & Grants Management Seminar (Open to all)
- **April 5:** District Exec Comm Meeting/ZOOM
- **May 5-7:** Multi-District Conference, Thousand Islands, NY (Open to all)
- **May 28-31:** Rotary International Conference Melbourne, Australia (Open to all)
- **June 21:** District Exec Comm Meeting/ZOOM
- **June 2023:** District Changeover (Open to all) TBD

CLUB EVENTS AT A GLANCE

- **NOW:** Doggie Paddle Fundraiser by Glenville Rotary p 6
- **NOW:** Help Girls in Malawi by Niskayuna Rotarian p 4
- **NOW:** Food Drive by BHBL Rotary p 4
- **NOW:** Homemade Soap Sale by Rotterdam Sunrise Rotary p 4
- **NOW:** Buy a Water Tank by Lake George Rotary p 5
- **March 24:** Ziti Dinner by Glenville Rotary p 4
- **August 7:** Golf Classic by Glenville Rotary p 4

What is CNY Rotary?

Attend Town Hall Meetings via Zoom to learn more about CNY Rotary and our future.

January 19th 7 pm

January 30th 7 pm

February 16th 7 pm

Visit CNYRotary.org to register.

Rotarians and Rotarians at Heart Called to a Higher Service

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

Dennis Austin

Husband of PDG Sue Austin

Tom Dwyer

Former Amsterdam Rotarian

Phuntsok Namygal

eClub of Upstate NY Rotarian

George Wedekind

Schenectady East Rotarian

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District 7190 presents

Polio Survivor Louise Rourke's

Inspirational Story: *Called by the Water*

Submitted by Doug Ford, End Polio Co-Chair

Learn how Louise's life-long experiences shaped her desire to pursue challenges others may have considered impossible. If you recall, Louise participated in a swim relay across the 32 miles of Lake George and raised over \$100,000 for the End Polio Campaign, including matching funds!

\$20 per book / \$35 for signed copy

Your donation supports the Rotary Foundation Campaign to Eradicate Polio.

To purchase books, email Doug Ford at

doug.ford@curtislumber.com

See flyer on page 8.

Thank you for supporting
The End Polio Campaign!

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Save the Dates!

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.

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Save the Date!

Glenville Rotary Ziti Dinner
March 24th
Glenville Senior Center
 Glenville, NY

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Save the Date!

Glenville Rotary Golf Classic
August 7th
Pinehaven Country Club
 Come join us for fun and helping us help others!

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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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Burnt Hills-Ballston Lake Rotary

continues to provide an

“Operation Hunger” Collection Box at Gil’s Garage

817 Saratoga Rd, Burnt Hills, NY

to collect non-perishable food items.

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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.

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

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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

**BUY A
TANK
\$850.00**



 **SCAN ME**

**SOKONI WOMEN'S
DEVELOPMENT
INITIATIVE(SOWETE)**

waterproject.lakegeorgerotary.org

Shared from the 12/15/2022 The Daily Gazette eEdition

Local Vet and Glenville Rotarian Raising Money for Service Dogs Begins Journey Home

Pets will go to other vets in need.

by NATASHA VAUGHN-HOLDRIDGE The Daily Gazette

Veteran Jimmy Thomas, of Ballston Spa, made it to Key West, Florida, in his kayak.

He's halfway through his journey, which started on the water in Scotia back in September.

Thomas, of Ballston Spa, began his voyage with a special goal in mind: raise as much money as possible to provide service dogs to veterans who need them. His goal is to raise \$500,000, explaining that service dogs and their training can be very expensive.

Thomas and the Glenville Rotary Club have been raising money along his journey through his organization, Doggie Paddle for Veterans. Donations can be made at doggiepaddle.org. Thomas, spending his days paddling thus far, said he was unsure of how much has raised to this point.

"As far as money goes, we would always like more," he said. "We've gotten quite a lot of in-kind donations, where people will donate dogs or veterinarians will donate their time for veterans who have a service dog."

According to doggiepaddle.org, the average cost of a service dog is about \$50,000 with training, an amount that is unaffordable for most veterans who need one, Thomas explained. Another often cited statistic he shared is that 22 veterans commit suicide each day.

Paddling in waves coming over his kayak and down the back of his neck have been the most challenging part of the trip so far, Thomas said. He has enjoyed meeting lots of wonderful people along his trip south.

Throughout the trip, both Thomas and the Glenville Rotary have shared photos and updates about Thomas' journey — some shared in the pages of this newspaper.

"I think people love to see the pictures but sometimes forget what were doing it for," Thomas said. "Maybe they're all waiting until I finish and then they'll send in lots of money."

Thomas knows firsthand the benefits a service dog can bring to a veteran who needs one. His own service

dog, Boots, was able to help normalize his life, he said. Thomas was able to get Boots trained through the Wolves for Warriors program, a process that took about six months.

"There's no other insurances for veterans that pay for a service dog, so a lot of the cost would have to be out of pocket," Thomas explained. "Since most of them wouldn't have that kind of money, they have to go without. If you're a disabled vet, the VA might be able to get you a cane; they aren't going to be able to get you a service dog."

So, Thomas continues his efforts. For the second half of his exhibition — returning north — he'll go from paddling to peddling.

Thomas left mile marker zero on his return trip earlier this week. Once he's out of the Keys, he'll be headed up Route A1A to Route 17 and will ride his bike along the coast until he reaches North Carolina, where he will ride slightly inland.

"A bike and snow don't really go well together," Thomas said. "So that part is going to be pretty difficult. With any luck, I'll hit cold weather but no snow."

Thomas hopes to be back locally in New York on Feb.

1. The Doggie Paddle USA Facebook page following Thomas' journey now has over 500 followers.

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Ballston Spa Rotary Update

By Ray Otten

Well, January is here, and Winter is moving into its "I'm Serious" stage. No more foolin' around...We do hope you all had a wonderful holiday season.

Our Christmas Tree sales were not as robust as we had hoped for, but we'll still put any profits directly back into our community, just as we always do. And with this being our major fundraiser each year, we are now challenged with how we can make up our shortfall.

So, looking for some more creative fundraising ideas coming up. Who knows what we may come up with, but we hope we can depend on our community's continued support to help us give back to those in need as we move forward. Thanks.

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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

