

# The Toolbox



**January 2024**

**Whitney Pangburn ~ District Governor**

**Barb Wyllie ~ Toolbox Editor**

***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**

Dear Rotary Friends,

As we step into a new year, let's embark on a journey of growth and impact by embracing the three C's: Communication, Collaboration and Cultivation.

In a world inundated with emails, let's harness the power of personal connection using in-person gatherings, phone calls, text messages and written letters. The warmth of our fellowship can truly strengthen our Rotary bonds in our clubs and in our communities.

This year, let's break barriers and amplify our impact by fostering collaboration. Reach out to fellow Rotary clubs, local non-profits, businesses, and community groups. Together, we can achieve more and create a lasting legacy of positive change. Don't hesitate to explore sponsorships from local companies—these partnerships can elevate our projects and extend our reach.

In the spirit of growth, let's cultivate new ideas and leaders within our community. There is no better time than the present to plant the seeds of innovation and leadership. By nurturing these seeds, we ensure a bountiful harvest of fresh perspectives and capable leaders in the future.

As we embark on this exciting journey, may the new year bring you fulfillment and success. May our collective efforts lead to a year filled with meaningful connections, impactful collaborations, and a flourishing garden of new ideas and leaders. Thank you for all you do for our local

communities and our global community of Rotary. I am so proud to serve alongside each of you.

Happy New Year, to all of the District 7190 Rotary members!

Yours in Rotary Service,  
Whitney Pangburn  
District Governor, Rotary District 7190

~ ~ ~



## CNY Rotary President for 2026-27 Confirmed

Submitted by CNY Rotary Communications

The CNY Rotary nominating and executive committees are excited to announce that our CNY Rotary President for 2026-27 will be Pamela Baker Gratton. Pamela has been a member of Auburn Rotary for over a decade, is a Past Club President, and she has a lot of experience working with volunteers through in her professional life as well. If you get a chance on [our Facebook page](#) or in real life, please give Pamela a warm welcome! Below is her full bio:

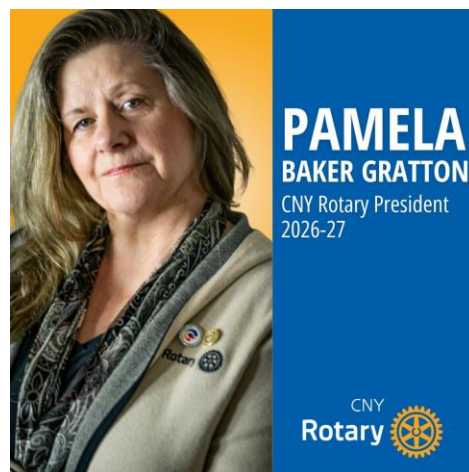
Pamela Baker Gratton has been an active member of Auburn Rotary for ten years, where her leadership skills have thrived. She has served as the Club Program Chair from 2014 to the present, Club Vice President in 2021-2022, and recently held the position of Club President during the 2022-2023 term. She is a Paul Harris Fellow. Pamela is poised to continue her journey with Rotary, eagerly anticipating her role as the CNY Rotary President in 2026-2027.

Originally from Rochester, NY, Pamela has dedicated her professional life to making a positive impact in the non-profit sector. With a Bachelor of Science in Education from SUNY Fredonia and a Master of Science in Education from SUNY Buffalo, Pamela has been an unwavering advocate for education and community service. In her capacity as a Non-profit Manager, Pamela has played instrumental roles at various local organizations, including Upstate Medical University, The American Red Cross of Cayuga County, Junior Achievement of CNY, and, for the past 5 years, the Alzheimer's Association of CNY. Her commitment to working with volunteers has been a driving force in creating meaningful change and support for others.

Away from her professional and Rotary commitments, Pamela enjoys life in her 100-year-old farmhouse in Cayuga County that she shares with her husband Charlie. Their lives are enriched by the presence of their three accomplished adult children—RC (31), Phillip (29), and Olivia (27)—and the laughter of their four amazing grandchildren; Ali (9), Axel (5), Winston (3), and PJ (2). Their family is set to welcome a new little girl in March 2024, bringing more joy into their loving family.

Pamela's life is a testament to the power of community, service to others, and the enduring strength found in family bonds. Pamela hopes her journey is an inspiration to those she crosses paths with as an educator, leader, and compassionate community advocate.

Learn more about our region at [www.cnyrotary.org](http://www.cnyrotary.org).



~ ~ ~

## You Can Still Get Involved with CNY Rotary – Start Today!

Submitted by CNY Rotary Communications

If you missed the call for volunteers last summer, fear not! The time to join committees for the 2024-25 Rotary year is now. Many key roles have been filled, but there is plenty of room for all collaborative and passionate members who wish to volunteer as part of a committee. To learn more about the positions still open, visit [www.cnyrotary.org](http://www.cnyrotary.org). Click on the Get Involved tab to see details. Roles are still being defined and some committee structures are being finalized. As that happens, the “job openings” will be posted with updates shared on the website and social media channels - @CNYRotary on [Facebook](https://www.facebook.com/CNYRotary) and [Instagram](https://www.instagram.com/CNYRotary).

When you visit the Get Involved tab, you will see who to contact if you have questions. You can use the form on the right side of the page to reach out and let us know what roles interest you. Not sure where you would be a good fit, but interested in helping? Contact us through the form and we can help you find a role that would be rewarding and fun.

While there will always be opportunities to hop on a committee in the future, now is the best time to get involved because committees are starting their team-building work and preparing for our training season ahead. Committees will be part of training events like Empire Multi-District President Elect Training Seminar (MD PETS) March 15-17 and our District Training Assembly on April 6. These are key opportunities for members to learn more about the new committees, meet CNY Rotary leaders, and for us to get direct feedback from all around the region.

We hope members with time and talent to offer will consider getting involved at the CNY Rotary level in roles big and small. Everything we do is to support our fellow clubs and members. It is valuable work that ensures success in membership, grants, youth programs, public image, diversity, service, events and so much more! Visit [www.CNYRotary.org](http://www.CNYRotary.org) for more information about our future region, to connect with leaders and to get involved.

# CLASSIFIEDS

## MEMBERSHIP

There are many opportunities to get involved with membership, so reach out on the Get Involved tab at [cnyrotary.org](http://cnyrotary.org) to let us know this is where you want to offer your time and talent.

**Webmaster:** Help with maintaining our ClubRunner website.

## FOUNDATION

This committee is full, but subcommittees are welcoming people interested in getting involved and learning more about how they can be part of grants and giving. Visit [cnyrotary.org](http://cnyrotary.org) and the Get Involved tab to contact the subcommittee you are interested in.

## PUBLIC IMAGE

**Social Media:** Help with our CNY Rotary Facebook and Instagram posts.

**PI Trainer:** Represent Public Image on the training team to help with providing learning opportunities for members.

## DIVERSITY

This committee will provide support to

other committees and is seeking a member who will partner with new Service team.

**Communications:** Ensure DEI is part of all CNY Rotary communications.

**Logistics:** Looking for people experienced with setting up accessible and inclusive events and experiences.

## ADMIN

**Treasurer:** We are redefining this role to be a team approach. Check back for details and let us know if you're interested.

~ ~ ~

## DISTRICT EVENTS AT A GLANCE

- **NOW:** Join the Polio Plus Society p 11
- **NOW:** Book Sales pp 8, 12
- **Jan 1:** Kwanza (last day)
- **Jan 1:** New Year's Day
- **Jan 15:** Martin Luther King, Jr Day
- **Jan 27:** District Mixer p 3
- **Feb 7:** Exec Comm Meeting 7-8pm via zoom
- **Feb 23:** Rotary Birthday Party
- **March 15-17:** President Elect Training (PETS) (Syracuse Doubletree) p 9
- **March Social to be announced.**
- **April 6:** District Training Assembly
- **April 26-28:** District Conference (Binghamton Doubletree) p 10
- **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:** Help Girls in Malawi Niskayuna Rotarian p 8
- **NOW:** Food Drive BHBL Rotary p 8
- **NOW:** Homemade Soap Sale Rotterdam Sunrise p 8
- **February 3:** Outhouse Races Shen Rotary p 4
- **March 2-3:** Home/Lifestyle Show Saratoga Springs Rotary pp 5-8
- **May 18:** 100<sup>th</sup> Anniversary Saratoga Springs Rotary pp 5-7



**Shenendehowa Rotary Club**  
presents its 8<sup>th</sup> annual

### Winter Outhouse Race

**Saturday, February 3<sup>rd</sup>**

**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](mailto:ray.shenrotary@gmail.com)  
<https://www.facebook.com/profile.php?id=100080243694482>

~ ~ ~

**DISTRICT 7190  
MIXER**

**JANUARY  
27  
2024  
1PM-4PM**

Swiftys  
95 Everett Road  
Albany, NY 12208

Board Games  
Light Refreshments  
Cash Bar

Check D7190 FACEBOOK  
for more information.

**SAVE  
THE  
DATE**



## Exciting News Direct from the Rotary Club of Saratoga Springs

Submitted by Marisa Flynn

The **Rotary Club of Saratoga Springs** is excited to announce that we will be celebrating two big events in 2024.

Our **50<sup>th</sup> Home and Lifestyle Show** on **March 2 & 3** at the **Saratoga Springs City Center**. We are proud to bring together vendors of all kinds for the public to visit and learn of the services that they offer. We have had tens of thousands of visitors over the years and plan to have a banner year this year.

The **100<sup>th</sup> Anniversary** of the founding of our club. We plan to celebrate this momentous occasion in style with a black-tie event at the **Canfield Casino** on **Saturday, May 18th**. We have lined up a very special speaker, Dave Patterson, music presented by Déjà Vu Jazz combo, and many fun surprises for this event. You won't want to miss it!

Our club's mission is to give back to our community and Rotary International with the funds that we raise and give back locally, with our time, our efforts, and our financial support. We have given to so many local non-profit organizations over our 100 years and hope that you will join us with support for the Home & Lifestyle Show and the 100<sup>th</sup> Celebration.

Enclosed, you will find our sponsorship package with many levels to suit your needs.

Sincerely,

Joyce Ure, Susan Rhoades, Bill Bergan, Dan Klein, Aaron Ditch, *Gala Committee Members*

Mary Lou Wheeler, *Home & Lifestyle Show Chairperson*

Brian O'Connell, *Home & Lifestyle Show Sponsorship Chairperson*

### HOME SHOW Sponsor Levels

#### **COMMUNITY SPONSOR - \$2,500**

Enables community not-for-profits to participate in the event at no cost to them, Half Page Ad in Home & Lifestyle Magazine, One Booth (Not-For-Profit of the Sponsors choice), mention in promotional materials, on Rotary webpage and Facebook page and TV's throughout the City Center

#### **HOME SHOW SPONSOR - \$1,000**

Mention in promotional materials, Rotary webpage and Facebook page and on TV's throughout the City Center

#### **HOSPITALITY SPONSOR - \$500**

Signage at entrance to Hospitality Room and on each table in room.

### GALA Sponsor Levels

#### **100<sup>th</sup> Anniversary Gala Platinum --\$5,000**

Reserved table of eight, listing on invitation, prominent mention in promotional materials, on Rotary webpage and Facebook Page, full page ad in program and announcement at event, signage at table

#### **100<sup>th</sup> Anniversary Gala Ruby--\$3,500**

Six reserved seats and listing on invitation, mention in all promotional materials on Rotary webpage and Facebook Page and ½ page ad in program, signage at table

#### **100<sup>th</sup> Anniversary Gala Table Sponsor-- \$2,000**

Four reserved seats and listing on invitation, mention in all promotional materials on Rotary webpage and Facebook Page and ¼ page ad in program, signage at table

#### **100<sup>th</sup> Anniversary Gala Honorary Committee-- \$500**

Two reserved seats and listing on invitation

*Continued on next page...*

## Combined Sponsor Levels

### **Premier ~~\$15,000 ONLY ONE AVAILABLE~~ ~~SOLD~~**

Premium double booth at Home & Lifestyle Show, Reserved Table of eight at Gala, listing on Gala invitation, prominent mention in Home Show and Gala promotional materials, on Rotary webpage and Facebook Page, full page ad in gala program and announcement at both events

### **Diamond-\$10,000**

Double booth/endcap at Home & Lifestyle Show, six reserved seats at Gala, listing on Gala invitation, mention in Home Show and Gala promotional materials, on Rotary webpage and Facebook Page, half page ad in gala program

### **Gold-\$5,000**

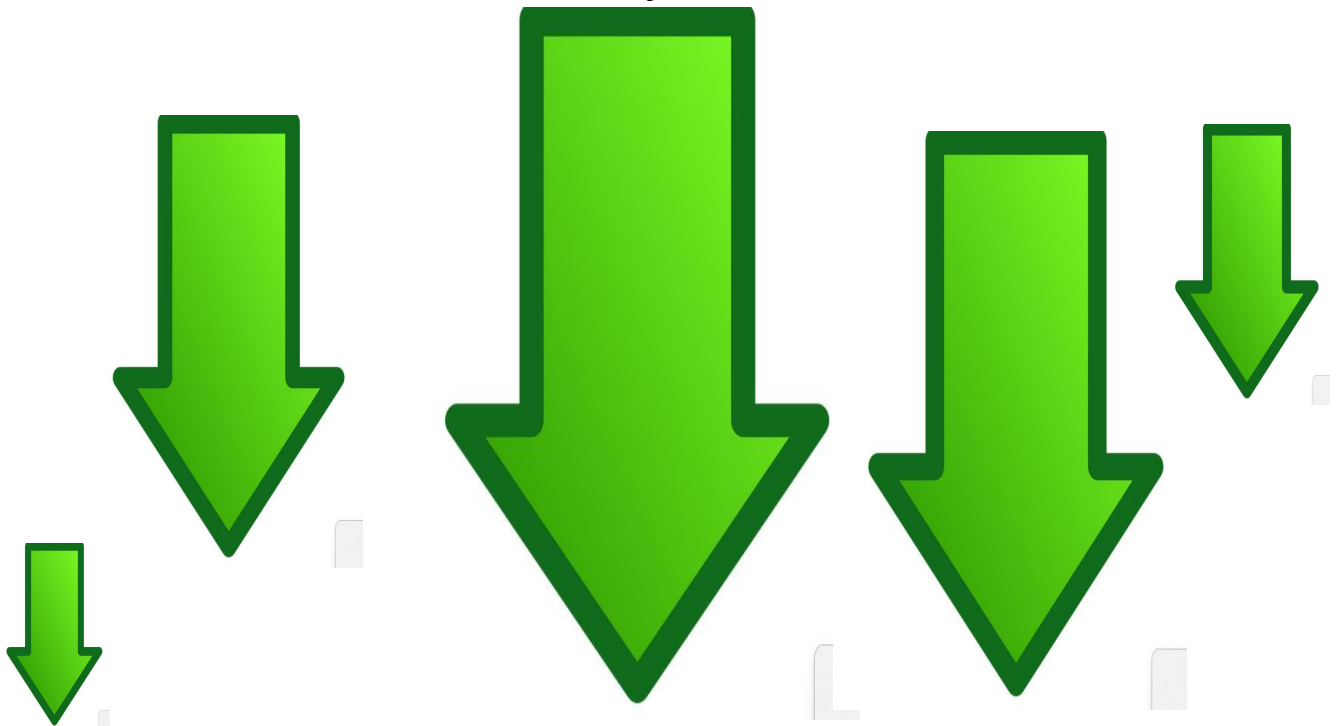
Booth at Home & Lifestyle Show (for you or a local non-profit), four reserved seats at Gala, listing on Gala invitation, mention in Home show and Gala promotional materials, on Rotary webpage and Facebook Page, quarter page ad in gala program

### **Silver-\$2,500**

Two reserved seats at Gala, listing on Gala invitation, mention in all Home Show and Gala promotional materials, on Rotary webpage and Facebook Page, quarter page ad in gala program

**To participate and/or donate please complete the form on the next page and submit it to [RotaryHSGala100@gmail.com](mailto:RotaryHSGala100@gmail.com)**

***Thank you!***



*Continue on next page...*

**In-Kind Sponsor: Raffle/Silent Auction/Wine Pull Donations**

*We wish to donate the following for raffle, wine pull and contest prizes (please list items, any exclusions/expiration dates and total value):*

---

Deadlines for submission for print:

Home & Lifestyle magazine: January 5, 2024

Gala Invite & Program: February 28, 2024

Please submit this form and indicate which level of sponsorship.

All credit cards will be charged after January 1, 2024, unless otherwise specified.

Email completed form to: [RotaryHSGala100@gmail.com](mailto:RotaryHSGala100@gmail.com)

We will support the event(s) at the following level: \_\_\_\_\_

We are unable to attend, but will donate \$ \_\_\_\_\_

Sponsor Information:

Sponsor/Corporate Name: \_\_\_\_\_

Contact Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone #: \_\_\_\_\_

Email: \_\_\_\_\_

Billing Information:

Enclosed is a check in the amount of \$ \_\_\_\_\_

Please charge my card (circle: VISA MC DISCOVER AMEX)

Credit Card #: \_\_\_\_\_

Exp Date: \_\_\_\_\_ Security Code: \_\_\_\_\_

Name appearing on card: \_\_\_\_\_

Billing Address for card: \_\_\_\_\_

Amount to be charged on card: \_\_\_\_\_

Email Address: \_\_\_\_\_

Signature of approving party: \_\_\_\_\_

Company Facebook page \_\_\_\_\_

May we tag you? YES NO

*All sponsorships are viewed as tax deductible to the extent the law allows.*

~ ~ ~

**Save the Date!**

Submitted by Maria Flynn

**Saratoga Springs Rotary** is hosting their...  
**50<sup>th</sup> Annual Home & Lifestyle Show**  
**March 2<sup>nd</sup> and 3<sup>rd</sup>**  
**Saratoga Springs City Center**

This year marks a milestone occasion as we celebrate **50 years** for the club's major fundraising event. Proceeds will be 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 prizes valued over \$3,000!

For more information, please visit us at <https://saratogaspringsrotary.org/page/saratoga-springs-rotary-home-amp-lifestyle-show>

~ ~ ~

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](mailto:doug.ford@curtislumber.com)**

***See flyer on page 12.***

~ ~ ~

**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](mailto:msurin@nycap.rr.com).**

Or join their weekly meetings at 7:15 am at the Bellevue Café in Schenectady, NY.

~ ~ ~

**Help Empower Girls in Malawi**

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

Chituka Village Project update here:

<https://youtu.be/m7qO2lsXdBo> *Thank you..*

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

~ ~ ~

**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.***



## 2024-25 Club Leaders - Save These Dates & Get Prepared to Lead

Submitted by Empire MD PETS Committee

Happy New Year everyone! With it now officially 2024 on the calendar, it's even more important that club leaders who will take office on July 1 are preparing to lead. A vital part of that prep is attending both the virtual Pre-PETS sessions in February and the in-person MD PETS weekend March 15-17. PETS stands for President Elect Training Seminar. These are courses and learning opportunities designed specifically for our incoming Club Presidents.

### Virtual Training

Pre-PETS is designed to cover the nuts and bolts: planning a great meeting, putting together a budget, making sure you have a logo, and reviewing many of the functions of running a club. It's not wildly entertaining, but it's very important stuff to know! We hold these sessions on zoom and they do not require pre-registration. We'll post the zoom link on our website and email it to you for easy access. Please note that the date of the sessions rotates through the days of the week to hopefully make them accessible to all (see graphic for details). The sessions will be recorded in case they are in conflict with your club's meeting, but we encourage all to attend live if you can so you can ask questions and engage.

TL/DR What to know about Pre-PETS:

- Held on Zoom and link will be provided
- No registration necessary
- Four 1-hour sessions held once per week in February
- Learn important basics about running a club


### In-Person Training

Our big training weekend at the DoubleTree in Syracuse, March 15-17, is going to feature phenomenal speakers, many social opportunities for networking, and a lot of great take-aways to inspire you. Been a Club President before? That doesn't get you off the hook! There is always more to learn, new initiatives to know about, and, of course, new people to connect with. We are excited to be welcoming the Rotary International President for 2025-26 Mario Cesar Martins de Camargo from Brazil!

**Please don't wait to register.** It may seem a ways away, but your fellow volunteers who put this together for you will have a much easier time planning if you register sooner rather than later! Plus, the hotel room block ends a whole month before the event, which means we cannot guarantee the discounted rate or room availability after February 13th. It pays to plan ahead.

Have questions? [Click here](#) to check out our new Frequently Asked Questions page!

To learn more and connect with the Empire MD PETS team, follow them [on Facebook](#) or visit [www.RotaryEmpireMDPETS.org](http://www.RotaryEmpireMDPETS.org). See you soon!


Empire  
**Rotary**  | **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*

**Four Pre-PETS Sessions Featuring The Basics**

<b>Monday Feb 5 at 7pm</b> Learn what you need to do in My Rotary & ClubRunner <i>Consider inviting your Club Secretary!</i>	<b>Tuesday Feb 13 at 7pm</b> Financial Awareness: Budgets & Insurance <i>Consider inviting your Club Treasurer!</i>	<b>Wednesday Feb 21 at 7pm</b> Come learn about Rotary's Brand and get a better Public Image <i>Consider inviting your Club Public Image Chair!</i>	<b>Thursday Feb 29 at 7pm</b> Get ideas for fantastic meetings and wrap up with some motivational inspiration <b>Yes! You can invite others to these virtual sessions!</b>
--	---	---	--

*In addition to these main topics, we'll sneak in some more helpful tidbits at each session, making them really jam-packed with helpful guidance and tools to prepare you for club leadership!*

**FOLLOW US!** 

No registration for the virtual sessions (zoom link will be posted), but registration is required for our in-person training weekend. Sign up now at  
**[www.RotaryEmpireMDPETS.org](http://www.RotaryEmpireMDPETS.org)**



# District Conference April 26-28, 2024

DoubleTree, Binghamton NY



## 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>



## 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

