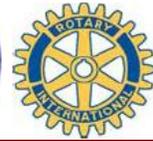


The Toolb



July 2020

Barb Wyllie ~ Editor

Distribution 1,113

Please send submissions to Barb at: THETOOLBOX7190@GMAIL.COM

Deadline: 20th of the month

From the Governor's Desk

A Million Dreams

As we begin our new Rotary year, it is like no other we have had. As I reflect back over the past few months, the constant has been Rotary for me during the Covid19 Pandemic. Globally the figures today are staggering. 8.99 million confirmed cases, 4.46 million recovered, and sadly 469 thousand deaths. So why a million dreams? As Rotarians, I believe we all have dreams and visions. Last year I was listening to this song, A Million Dreams, and thought to myself, I need to use this during my District Governor year. Little did I know at that time, what we would be facing as we began 2020 in January. The words spoke to me about Rotary. We are more than 1 million Rotarians, go through the door, where no ones been before, which ties into Rotary International President Holger Knaacks theme – "Rotary Opens Opportunities", and the 3 open doors. Live in a world that we design. "I think of what the world could be, a vision of the one I see. A million dreams are all its gonna take, a million dreams for the world we're gonna make. Share your dreams with me." I am using this song during my year, so as Rotarians, we can have that dream of the world we want to see.

As Rotarians, we globally strive to make the world a better place. I have to believe that these trying times will make us all better citizens of the world. We have been witness recently to severe unrest, protesting, and some peaceful demonstrations. I believe that Rotary is the largest peacebuilding organization in the world. We should be proud of that. We are approaching the concept of peace with greater cohesion and inclusivity, broadening the scope of what

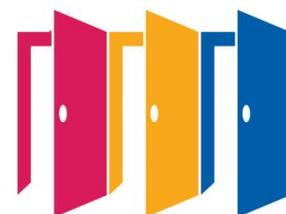
we mean by peacebuilding, and finding more ways for people to get involved. Rotary creates environments where peace can happen. We, as Rotarians, are all peace-builders. Our world needs more peace-builders.

I would like to see our district support Rotary's Student & Youth programs, which can change the lives of those who participate. Through these programs, young people can earn scholarships, travel on cultural exchanges, or help a community through a service project.

I would like to thank DG Larry Jones and his team for the leadership and guidance that got us through the past few months. During Larry's year we formed an aggressive membership initiative, that we are still working on. As we had to postpone many events, I look forward to a time soon that we can all get together and share the accomplishments and recognitions that we have missed. I am hopeful that we will be able to all meet on August 1, 2020 at Liberty Ridge Farms to celebrate all of District 7190 Rotarians. Looking ahead, Rotary's vision statement are words to live by: **Together, we see a world where people unite and take action to create lasting change – across the globe, in our communities, and in our ourselves.**

Service above self,

District Governor Rich Griesche



Rotary Opens Opportunities



DISTRICT EVENTS AT A GLANCE

- **July 1:** Virtual District Change Over *p 2*
- **July 4:** Fourth of July
- **August 1:** District Change Over Celebration
- **September 21:** Gift of Life Golf Tournament

CLUB EVENTS AT A GLANCE

- **NOW through June 2021:** Hoffman's Car Wash Fundraiser by Albany Rotary *p 2*
- **July 17-26:** Rotary 5K by Glens Falls Rotary Fa *p 3*

Member Called to a Higher Service

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

Glenville Rotary Club's Joyce Maddelone

President 2019-2020

~ ~ ~

New Member

District 7190 Welcomes
the Following New Member!

Lake George Rotary Club (Mary) Kathy Wallace

~ ~ ~

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

thetoolbox7190@gmail.com.

Thank You

~ ~ ~

Albany Rotary presents its Hoffman's Car Wash Fundraiser

Now through June 2021

Tickets are \$12 or \$29

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."

~ ~ ~

Virtual Change Over July 1st, 2020

DG Richard Griesche is inviting you to a scheduled Zoom meeting, July 1, 2020, 7pm

Join Zoom Meeting

<https://us02web.zoom.us/j/81710641133?pwd=YXN6bmJTY05ScmZhSGxuWUc2WmRwdz09>

Meeting ID: 817 1064 1133

Password: 173739

One tap mobile

+16465588656,,81710641133# US (New York)

+13126266799,,81710641133# US (Chicago)

Dial by your location

+1 646 558 8656 US (New York)

+1 312 626 6799 US (Chicago)

+1 301 715 8592 US (Germantown)

+1 346 248 7799 US (Houston)

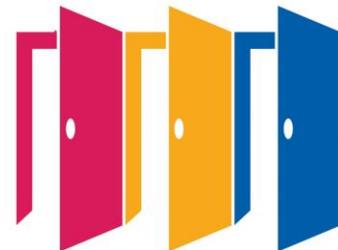
+1 669 900 9128 US (San Jose)

+1 253 215 8782 US (Tacoma)

Meeting ID: 817 1064 1133

Find your local number:

<https://us02web.zoom.us/j/keFPEVIqIs>



Rotary Opens Opportunities



~ ~ ~

Glens Falls Rotary presents its
5K Run / Walk
July 17-26, 2020

Get Outside! Get Some Exercise!
Join the Fun!



The Rotary 5K Corporate Challenge is a run/walk held each year (usually in mid-April at SUNY Adirondack) to benefit local charities selected by the Glens Falls Rotary Club's Board of Directors. This is the 10th year for the event, and in the past 9 years, with the help of our wonderful community, we have raised over \$97,000 for local charities that are doing great work in the Glens Falls Region. This year, we will be holding a **VIRTUAL RACE**, due to the COVID-19 pandemic because the needs of the charities we have selected are greater than ever! Funds raised by this year's event will benefit: **Big Brothers Big Sisters of the Southern Adirondack** and **World Awareness Children's Museum**.

Course:

Runners/Walkers will select their own 5K/3.11-mile course. Need help? Search for sample courses by zip code on <https://legacy.usatf.org/routes/index.asp>.

Start Time:

The race will start at 5pm on Friday, July 17th, and end on Sunday, July 26th at 5pm. Check Facebook for special events before, during and at the close of the race. <https://www.facebook.com/GlensFallsRotary/>

Race registration:

\$20 per person (\$10 for ages 12 and under), is available online now through 7/26/20.

Click this link to register:

<https://runsignup.com/Race/NY/GlensFalls/Rotary5KCorporateChallenge>

Printable registration forms for individuals and teams are also available on the club website at www.glensfallsrotary.org. Use the 5K drop down menu at the top of the page to access the forms.

Mailing instructions are included.

The Rotary 5K Corporate Challenge provides the opportunity for experienced runners to compete and test their running on the course of their choice. The race also provides a good experience for new runners and walkers. There is also a "Fun Run/Walk" if you want to cover a one-mile distance. Join area companies and organizations in encouraging your employees, members and supporters to participate in this event as a health and wellness activity, following social-distancing guidelines, while they support these terrific organizations!

For information contact the Race Committee at GFRotary5K@gmail.com.

Big Brothers Big Sisters is one of the local charities that will benefit from the proceeds of the event in 2020. The staff at Big Brothers Big Sisters works closely with volunteers, "Bigs", who spend time with local youth, "Littles", who need an additional role model in their lives. "Bigs" commit to spend a year with their "Littles" and agree to see the child at least twice a month. "Bigs" provide an additional adult presence in the child's life and can do things such as taking their "Little" to a sporting event, going out for pizza, or seeing a movie. There are also BBBS large events for "Bigs" and "Littles" to come together and share new experiences and have good times. "Littles" have an additional someone in their lives that they may confide in as well as experience a variety of opportunities with. For more information: <http://www.bbbsadk.org/>

World Awareness Children's Museum, the second local charity that will benefit from this year's run, works to fulfill its mission to bring diversity to children by providing unique educational opportunities for children and families through programs to foster understanding of cultural differences and similarities. This helps children be productive and empathetic citizens.

Currently there are 1500 families living below the poverty line in the tri-counties. World Awareness Children's Museum is collaborating with Head Start to create a new program called Head Start/Small World Program which will include: WACM providing free educational programming for 10 Head Start classes including 10 classroom visits by WACM educators and 10 on-site field trips to the Museum. WACM will also provide 30 Summer Opportunity Passes for families in ten different Head Start classes.

For more information:

<http://www.worldchildrensmuseum.org>

A HUGE THANK YOU TO OUR SPONSORS!



Ballston Spa Rotary News

Ballston Spa fifth grade students were recently recognized at the annual 5th Grade Moving-Up ceremonies at their elementary schools before the summer break. One student at each school was presented with the Maurice “Christopher” Morley Literacy Award. This award was created in Mr. Morley’s name and is awarded to four students moving up from the elementary schools in the Ballston Spa Central School District to the Middle School who have demonstrated exceptional determination and perseverance on the road to reading.

The award includes a certificate embossed with the Rotary seal along with a gift certificate to a local bookstore. The initiative honors the legacy of Village History Consultant Morley who was born in April of 1922 and how he struggled his entire life due to dyslexia. To his credit, Mr. Morley proudly donned a cap and gown to receive his Ballston Spa High School diploma some 60 years after his peers.

The 2020 award recipients include Emma Newman from Milton Terrace Elementary School, Chloe Hart from Gordon Creek Elementary School, Reagan Buhler from Wood Road Elementary School, and Ruby Haskell from Malta Avenue Elementary School. The award is supported by the Rotary Club of Ballston Spa and presented annually by each elementary school principal. ~Ray Otten



Newly Elected Gift of Life 7190 Board Members

2020-2024 Term

Elena Alvarez, PhD, Schenectady Club
 Melissa Ehlers, MD, AMCH
 Patricia Herman, Schenectady Club
 Milan Jackson, PDG Cobleskill Club
 James Leyhane, MD, Southern Rensselaer Club
 Peter Mason, Hudson Shores Club
 Mark Juda, Schenectady Club
 Dean Calamaras, Southern Rensselaer Club
 Doris Calamaras, Southern Rensselaer Club

Existing Directors serving on the Board are:

Tom Burdick, President, Delmar Club
 Pat Herman, Secretary, Schenectady Club
 Bob Rosoff, Treasurer, Glens Falls Club
 Guillermo Trujillo, VP, Glenville Club
 William Nathan, PDG, Albany Club
 Jane Rey, Rotterdam Sunrise Club
 Dawn Vavala, Twin Bridges Club
 Ellen Strait, Representing Samaritan's Purse

Officers will be elected by the
 Directors at the next GoL Board Meeting.



Capital Region Rotary Helps Community

Capital Region Rotary Club has partnered with Albany Rotary Club and Koinonia Health Care to grocery shop for the elderly. They have helped many families. They have also been hosting virtual sessions to help everyone through this trying time. On April 16th Fellow Rotarian and licensed psychologist Mary Berge spoke about staying sane and in control during covid19 and on April 30th licensed massage therapist and certified yoga instructor Sadie Saccocie from Graceful hands massage therapy did a session on introduction to meditation and yoga nidra!

Check out Capital Region Rotary Club Facebook page for upcoming virtual sessions.



Glens Falls Rotary Delivers Food During the COVID-19 Pandemic



On March 18, 2020, two days before Governor Cuomo declared the State of New York to be “on pause”, Glens Falls Rotarian David Bogue and fellow Rotarian, Captain Leo Lloyd of the Salvation Army of Glens Falls, started coordinating the daunting task of delivering food to families in need. With the growing pandemic concerns and the closures of businesses, churches and community organizations, these two Rotarians had the foresight to realize there would be a desperate need for food in our community. Dave and Captain Leo determined that the greatest need was going to be for food delivery since the pantry offered by the Salvation Army would have to close due to social distancing requirements. So Dave went to work coordinating delivery routes and obtaining volunteer drivers. As many as 6 drivers were needed for every day of the week, except Sunday, and the delivery runs required driving distances of up to an hour or more - to the upper reaches of Warren County, all of Washington County, and as far south and west as Gansevoort and Corinth in Saratoga County. Weekly emails were sent out asking for volunteers to fill time slots, and club members answered the call and even recruited family and friends to help. Captain Leo and the staff at The Salvation Army obtained food from the Regional Food Bank, masked and gloved and socially-distanced volunteers helped sort the produce and other foodstuffs into family-sized boxes, and then the drivers delivered the meat, produce, milk, canned goods, paper products and personal items. Having Rotarians do the

delivery freed up the Salvation Army staff to take food orders and seek out supplies of hard to find items. With the daily deliveries going smoothly, Captain Leo developed a larger vision - to organize and implement food distribution days in Glens Falls, Washington County, and northern Warren County. He worked to get supplies from the Regional Food Bank, and the Glens Falls Rotary Club spread the word and recruited volunteers to staff the three events. Over 500 volunteers worked tirelessly to distribute a total of 100,000 pounds of food (2 ½ tractor trailers full) at the three separate events and over 1500 families were served.



In total, since March 18th, over 200,000 pounds of food have been distributed to over 3500 families - over 8,000 individuals. Throughout this pandemic, the Glens Falls Club has demonstrated “Rotary in Action” and “Service Above Self”. This entire effort wouldn't be possible without volunteers, including the support of other Rotarian Clubs from the capital district whose members came to help distribute food to the many families in our area. In total, over 1500 volunteer hours



were dedicated to this effort. THANK YOU ~ ~ ~

GoL Child Finally Returns Home with Mom and Interpreter

A Message from Gift of Life 7190

Dear Gift of Life Friends:

Our Mongolian Family hopped on a plane this past Sunday afternoon to start their journey home. It has been hectic for them to get ready since the news was given to them just two days prior.

This is being made possible through the diligent efforts of the Samaritan's Purse Organization.

After spending a night in Alaska, they will arrive in Mongolia on Tuesday June 30. Because of the quarantine rules, once in Mongolia it will be about 3 weeks before they will get to their homes and see their families.

They send their love and gratitude to all Rotarians and to all those people who made the mending of Batnasan's heart possible and their stay in the USA for these 4 months comfortable and welcoming.

They are forever grateful.

YIR, Pat Herman *Secretary, GoL*

A Thank You Letter from GoL Child's Host Family

Dear Rotary Members,

Our friends finally were able to return to Mongolia! We wanted to thank Gift of Life/Rotary so much for your support! Your generous donations were a huge blessing! No one expected one month to turn into 4! We definitely have a very unique COVID lockdown story! It was amazing to watch Batnasan flourish into a healthy toddler! His Mom is so grateful for Gift of

Life's help in saving her son. It was such a miracle that they got here just before the borders closed in February. Otherwise he would still be waiting on his new heart! So, even though this experience lasted much longer than expected, it was well worth it! We had a very tough day saying goodbye, but are so happy they will soon be reunited with their families! Thanks again!

Brielle, Dan, Sam, and Elijah McCarty



Rotarian Flavors from Around the World

This is an opportunity to experience the tastes of Rotary from around the world. Have you been homebound for too long? Do you feel like shaking things up? Well, here's the opportunity to do just that. This is an opportunity to "travel around the world" while staying safely at home.

Below, you will find recipes reprinted from the **Rotarian Flavors of the World Cookbook** (Morris Press Cookbooks 2011). Enjoy!

Appetizer **Tongan Otai** (page 3) (Fruit Drink)

From the region of District 9920 / Tonga

½ watermelon, skinned and flesh removed
2 c chopped apples
2 c chopped pineapple
2 c coconut milk (or cream)
Cold water
Sugar to taste

Mix watermelon, apples and pineapple in a processor and then pour in coconut milk or cream, mixing. Add cold water. Sweeten with sugar and refrigerate.

Continued on next page...

Salad**Fruity Slaw** (page 41)

From the region of District 9830 / Australia

- 5 medium Kohlrabi bulbs, peeled and grated
- 1 c cabbage, shredded
- 2 small red onions, diced
- 2 Red Delicious apples, cored and diced
- ½ c currants
- ½ c seedless grapes
- 2 tsp olive oil
- ¼ c apple cider

Combine the first 6 ingredients in a large bowl. Lightly drizzle the oil and cider over the top. Gently toss and refrigerate for several hours to let the flavors mellow. Toss and serve.

Soup**Crab Soup** (page 37)

From the region of District 9220 / Seychelles

- 3 common crabs
- 4 c. water
- 2 T soy sauce
- 3 stalks lemon grass, chopped
- 2 tsp grated ginger
- 2 chili peppers, chopped
- 2 limes, grated and zested
- 2 sweet potatoes, cooked and sliced
- 2 tsp chopped fresh mint plus a few whole leaves for garnish

Boil crabs for 6 minutes. Remove and cut into quarters and sauté in hot oil. Put the crabs back into the water and bring to a boil. Simmer for a few minutes, skimming the surface. Remove crab and set aside. Strain the broth. Put broth in a saucepan and heat for 6 more minutes. Now add the chili, lime zest, soy sauce, ginger and lemon grass. Cook for another 2 minutes and then add the crab to it and simmer for 2 minutes.

To serve: Put sliced sweet potato in individual serving bowls, sprinkle with fresh mint and crab and then pour broth over. This soup should be served hot.

Main Course**Beef and Beer Stew** (page 95)

From the region of District 1030-1140 / England

- 1 lb. boneless beef chuck or round steak, 1 inch thick
- ¼ c olive oil
- 3 medium onions, sliced
- 2 cloves garlic, chopped
- 3 T all-purpose flour
- 1 c water
- 1 large (about 16 oz) can of dark beer
- 1 bay leaf
- 2 T packed brown sugar
- 2 tsp salt
- ½ tsp dried thyme leaves
- ¼ tsp pepper
- 2 T vinegar
- 1 c cooked chopped bacon
- Minced parsley
- Hot, cooked noodles

Cut beef into ½-inch slices; cut slices into 2-inch strips. Sauté onions and garlic in olive oil until onion is tender, about 10 minutes. Remove onions. Sauté and stir beef in remaining oil, about 15 minutes. Stir in flour to coat beef; gradually stir in water. Add onions, beer, bay leaf, brown sugar, salt, thyme and pepper. The water should cover the beef. Add more if necessary. Heat to boiling, reduce heat. Cover and simmer until beef is tender, 1 to 1½ hours. Remove bay leaf. Stir in vinegar, sprinkle with bacon and parsley.

Serve hot over noodles. Serves 6.



Continued on next page...

Vegetable

Chakalaka (page 65)
 (South African Vegetable Dish)
From the region of District 9320 / Lesotho

- 1/2 ground nut oil
- 2 medium onions, finely diced
- 6 large tomatoes, finely chopped
- 3 green bell peppers, finely diced
- 4 large carrots, peeled and grated
- 1 lb can baked beans
- 4 tsp hot curry powder
- 2 hot chilies, very finely diced
- 1/2 tsp salt

Sauté the onions and green peppers until soft. Add the carrots, tomatoes, chilies and baked beans. Mix thoroughly and allow the mixture to simmer gently for 2 minutes, stirring occasionally. Squash the ingredients against the side of the pan so that the mixture becomes smooth. Add all the remaining ingredients and cook for a further 15 minutes. Serve warm.

Dessert

Mapopo (page 179)
 (Papaya Candy)
From the region of District 9210 / Zimbabwe

- 1 lb. papaya
- 2 1/2 c sugar
- 1 lemon peel, grated
- 1/2 tsp mint, dried or fresh

Peel the papaya and slice into little strips. Place the papaya, mint, grated lemon and sugar over low heat until the sugar dissolves. Cook for 10 minutes, then set aside for half an hour. Reheat over medium heat until the mixture crystallizes. Remove from heat. Mixture will be very hot. Using a spoon and fork, mold into ball or stick shapes.



**What's Happening
 in the Night Sky This Month**

(According to the 2019-2020 Old Farmer's Almanac. Yankee Publishing 2019)



“On the 2nd, a total eclipse sweeps across central Chile and Argentina. Mercury and Mars hover just above thin crescent Moon on the 3rd, low in dusk’s western twilight. Earth is farthest from the Sun (at aphelion) on the 4th. Saturn reaches opposition on the 9th, in Sagittarius, at a bright but not brilliant magnitude 0.1; the Ringed Planet rises at sunset to the left of the Sagittarius’s “Teapot” asterism and is highest at about 1:00 am. It is next to the Moon on the 15th. Meanwhile, Jupiter remains optimally placed and is nicely up in the southeast at nightfall as the night’s brightest “star”. Mars is gone by month’s end.”

Phases of the Moon, this month:

- July 5: Full Moon
- July 12: Last Quarter
- July 20: New Moon
- July 27: First Quarter



**Inhale Confidence
 Exhale Doubt**

~ *Credited Leeann Hainsby*



Welcome District Governor Rich Griesche

2020-2021

**District 7190 looks forward to working together with you
in an exciting new year!**

