

The Toolb



July 2021

Barb Wyllie ~ Editor

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

Deadline: 20th of the month

From the Governor's Desk

Hello Rotarians in District 7190!

I am sure you feel like I do – like a Brood X Cicada emerging after 17 years! Everywhere I go in the District I see Rotarians who have emerged from the pandemic, and your fellowship and energy is very, very strong. Let's face it: this past year and a half have been messed up, plain and simple. But now a new Rotary year is on us, and we have a chance to catch up, connect up, and start up new projects with a renewed commitment to Rotary. Like RI President Shekhar Mehta says: let us be the change makers for good!

We can't look forward, though, without taking a look backwards as well. And we owe a debt of gratitude to all our club presidents and board members, as well as DG Rich Griesche and the leadership team in the District. Nothing was easy, and whatever was difficult kept changing from day to day! We learned a lot about ourselves, though. Who knew it is actually possible to raise funds and execute service projects in the middle of a pandemic? But we did it. I'll bet you wish you'd bought 100 shares of Zoom back in the fall of 2019, because not only could you make a generous donation to The Rotary Foundation but we now know we couldn't have done much without it. And the hybrid meeting is here to stay, bringing former Rotarians back to meetings and introducing us to new Rotarians and meeting speakers from around the world.

But perhaps the most important lesson has been that family and friends are more important than anything else. With the strength they give us, we can look forward to many activities which will improve our region and bring us together again. This year we will not only hold our District Conference in person (don't

tell anyone, but we'll hold it in... starts with a Lake, and ends with a Placid!). Plus, we'll be eyeball to eyeball for the RI Foundation Dinner in November.

But more than anything else I will make one promise to you: this year will be fun. It's going to be my top job to make it fun. And, it's our job to make Rotary fun for all our fellow club members. So, in my first official act as your newly minted District Governor, I hereby declare that a 5th test has been added to the District 7190 Four Way Test:

Will it be fun?

You see? Change isn't that hard. Let's get busy!

Yours in Rotary Service,
DG Bruce

DISTRICT EVENTS AT A GLANCE

- **NOW: Book Reservations being taken pp 3,9**
- **July 4: Independence Day**

CLUB EVENTS AT A GLANCE

- **NOW: Food Drive** by BHBL Rotary p 4
- **NOW: Quilt Raffle** by Sharon Springs Rotary p 3
- **July 16-17: Woodworking/Fine Arts Weekend** by Northville Rotary Club p 3



SERVE TO CHANGE LIVES

**Welcome 2021-2022 District Governor Bruce McConnelee
and First Lady Lorraine McConnelee**

**District 7190 looks forward to working together with you
in this new Rotary year!**




Let the fun begin!

Discover Northville, NY on the Great Sacandaga Lake

12th Annual! NORTHVILLE ROTARY CLUB

Woodworking & Fine Arts Weekend

July 16, 17, 18, 2021



Over 60 Artisans! ★ Demonstrations ★ Food ★ Music ★ Raffles

Friday, July 16, 5pm - 8pm Meet the Artists & Preview Sale
 Saturday, July 17, 9am - 4pm Sunday, July 18, 10am - 3pm
 Town Hall & Park - S. Main St., Northville, NY

2021 FEATURED ARTISTS

Frank Snyder
Carved Wall Art

Dan Bridge
Handwoven Textiles

a community service project of the Northville Rotary Club

www.northvillerotary.com sowens26@gmail.com

District 7190 presents
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!

Cost: \$20 per book, 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. xx *See flyer on page 11.*

<https://go.rotary7190gives.org/calledtowater>

Thank you for supporting The End Polio Campaign.

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Sharon Springs Rotary presents its
Warm Up with Rotary Handmade Quilt Raffle

Get a chance at being the owner of this beautiful handmade quilt! 53" x 85" (Full, Long) handmade patchwork quilt.

<https://www.jotform.com/assign/210504876935158/210505360928048>

Donation: \$5/chance or 5 for \$20. Only 500 tickets sold. Proceeds benefit Sharon Springs Rotary peace & humanity projects.



Sharon Springs
Rotary Club
Quilt Raffle



DONATE TODAY FOR A CHANCE AT THIS BEAUTIFUL QUILT

WARM UP WITH ROTARY QUILT RAFFLE

Donation: \$5/ Chance... 5 Chances / \$20. Scan QR code for entry
 Proceeds benefit Peace and Humanity projects

District Historian's Report:

Club Anniversaries

by Fred Carvin

Glenville, New York – Charter approved July 29, 1986 - Sponsored by Scotia Rotary Club.

- The club nominated Robert Comins for District Governor for Rotary year 2000-2001.
- The club nominated David Hennel for District Governor for Rotary year 2014-2015.
- The club nominated Larry Jones for District Governor for Rotary year 2019-2020.

Some of the challenges District Governor Stan Garrison faced as he took office in July 1986 was raising money for the new Rotary International Polio Plus campaign. Then there were the legal aspects created by the possible admission of women to Rotary working its way through the U.S. Supreme Court. Locally, District 719 had established the Gift of Life program the prior year, which needed his district's support.

But first on his agenda was the chartering of a new breakfast club located in Glenville.

According to James Cullen, "It seems like a long time ago that a few of us met for the first time at the Glenville Queen Diner last summer (1986) and held the first official meeting of the Glenville Rotary Club. With support from John Hinrichs, Tony Dorazio and a core of members from our sponsoring club Scotia Rotary, we [celebrated our] charter in October (1986), and became the 44th club in district 719. Under the leadership of our officers and directors, we have initiated and participated in our first service projects, including rebuilding a bridge (not the Thruway one), assisted a battered women's refuge facility in Schenectady, participating in Rotary International Polio Plus Project and have current plans to furnish volunteers for a booth at the air show at the Schenectady County airport coming in August ('87)."

The Glenville club was officially chartered on July 29, 1986. The event was celebrated with a dinner held at the Willows Country in October,

when the 28 charter members received gifts from several fellow clubs in the district. The guest speaker was former R.I. Director John Van Cott.

At the time James Cullen commented to the Glenville Rotarians, "You've come a long way, baby."

Little did he realize it was just the beginning of a proud and honorable tradition of service. Today Glenville Rotarians have established a long list of accomplishments. These activities include but are not limited to local initiatives focused on Glenville parks, eradicating hunger in their community, supporting youth activities and recognizing Veterans for their service. Providing humanitarian service, encouraging high ethical standards in all vocations, and helping to build goodwill and peace throughout the world.

Note: All clubs are encouraged to protect and save the mementos of their past. If you have any questions regarding how to accomplish this, or if you have specific questions about Rotary history, please contact Fred Carvin -District Historian at Qbyfred@verizon.net.

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**BURNT HILLS
BALLSTON LAKE
ROTARY
CLUB**



**Feeding the
Community**

**Food Drive
for Hunger**



**Food
Collection**

Collecting non-perishable food items in cans, jars & boxes. BHBL Rotary Club is providing an "Operation Hunger" collection box at Gil's Garage, 817 Saratoga Rd, Burnt Hills, NY.

Ballston Spa Rotary News

by Ray Otten

The members of the Ballston Spa Rotary are proud to announce the winners of our Rotarian, Citizen, and Student of the year awards.

Linda Doyle, our long-time member and Club Treasurer, earned our Rotarian of the Year award by virtue of her expertise and assistance to President Pete this year but to All the past presidents that she has helped during her tenure as our treasurer. She exudes all the Rotary Principles and has been involved in almost all our projects this past year. Thank you, Linda.

Walter Hyra, (photo to the right) owner of the Rt. 50 Diner in Ballston Spa, was recognized as our Citizen of the Year for his unselfish commitment to our community through his donations of food to the Homeless and food challenged as well as the local Veteran's shelters. He is a big supporter of our schools, both through monetary donations and other means, and shows a great respect for our Veterans and First Responders through the posting of their pictures in his restaurant, and in other ways.

Allyson Priddle was honored as our Student of the Year for her participation in the Interact Club at the Ballston Spa High School as its President. She was also the recipient of our annual Rotary Scholarship during the High School Senior Awards ceremony. She is planning on a career in Veterinary Science. Future Rotarian Maybe?



Salem Rotary Club News

by W. Al Cromier

Club President David Higby greeted members the Salem Washington Academy Graduation Class of 2021, and gave a brief history of Rotary International and the service of the local Salem club. The keynote speaker was a Salem Washington Academy and West Point graduate, Dr. Hunter Southerland. Dr. Hunter, after serving his country, entered medical school and is now working as a general practitioner for Hudson Headwaters Health Network. The theme of his talk was service to one's community and talking about the characteristics of success that he learned throughout his life: confidence and humility. He encouraged the graduates, even though they grew up in a small rural town and graduated from a small school, not to assume that they could not accomplish great things in their lives. Partnering with the Salem Washington Academy Alumni Association, the Salem Rotary Club annually honors the graduates of Salem Washington Academy--this pizza party held in the Great Hall of the Salem Courthouse Community Center was especially welcomed after many months of COVID restrictions.

Below are photographs of members of the Salem Washington Academy Class of 2021 at the Salem Rotary Club/Salem Washington Academy Alumni Association pizza party for them, and a photograph of Club President David Higby.



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!

To Help Spice up Your July 4th Celebration!

Drink

Pictionary Punch (page 24)

From the region of District 6440 / USA

- 1 cup sugar
- 1 cup water
- 3 cups grapefruit juice
- 3 cups orange juice
- 3 cups pineapple juice
- ½ cup lemon juice
- ½ cup lime juice
- 2-L [bottle] chilled ginger ale

In a saucepan bring sugar and water to a boil; cook and stir for 2 minutes. Remove from the heat; cool. Pour into a large bowl; add juices. Cover and refrigerate. Stir in ginger ale just before serving.

Yield: 5 servings.

Appetizer

Fruit Dip (page 7)

From the region of District 7040 / USA

- 1 (8-oz.) cream cheese, softened
- 1 cup Cool Whip
- ¾ cup brown sugar
- 1/3 cup Kahlua
- 1 cup sour cream

Mix cream cheese and Cool Whip; set aside. On low heat, mix Kahlua and brown sugar until blended (about 2 minutes). Mix the two together and add sour cream, beat until creamy. Refrigerate for 2 days. Serve with sliced fruit for dipping. A big hit for summer barbeques or any time.

Soup

Sopa de Palmito Soup (page 59)

From the region of District 4310 / Brazil

- 1 stick unsalted butter
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 leek, chopped
- 2 (10-oz.) cans hearts of palm
- 4 cups chicken stock (low-sodium is best for you)
- 1 potato, peeled and sliced
- 2 cups heavy cream
- 3 T. chives or scallions
- Salt and pepper to taste

Sauté the onion and garlic in the butter in a soup pot. Add the leek. Cook for 4 minutes. Add the sliced potato and chicken stock. Bring to a boil and reduce heat so that the soup can simmer for about 20 minutes. Add the palm of heart when potatoes are half cooked. Blend soup well. Use a hand processor if necessary. Let the soup cool off. Stir in the heavy cream and refrigerate for a couple of hours. Serve cold with chives or scallions on the top.

Salad

Crunchy Mixed Salad (page 36)

From the region of District 6650 / USA

- 1 onion, chopped up
- 1 cup celery, chopped up
- 2 carrots, grated
- 1 green pepper, cut-up
- 1 can peas
- 1 can French-cut green beans
- 1 can white corn
- 1 jar pimento

Assemble in large bowl.

Dressing:

- 1 cup sugar
- ¾ cup vinegar
- ½ cup oil
- Salt & pepper

Mix well and pour over the vegetables. Let stand overnight. Good for weeks.

Continued on next page...

Vegetable**Canadian Baked Beans** (page 78)**From the region of District 7010-7040 / Canada**

- 10 cups water
- 2¾ cups dried white beans
- 6 slices bacon, chopped
- ¾ cup maple syrup
- ¾ cup rum
- 1 cup onion, chopped
- 1 tsp. salt
- ¾ tsp. mustard powder
- 4 T. dark brown sugar
- 3 T. melted butter

Wash beans and soak in boiling water for 5 minutes. Return to the heat and simmer for an hour. Drain beans and reserve 4 cups of the liquid. Set aside. Put bacon in the bottom of an ovenproof casserole. Cover with cooked beans. Mix together mustard, syrup, rum, onion, salt and 2 cups (500 milliliters) of reserved cooking liquid. Pour this mixture over beans. Cover and bake in a 350 degree F oven for 2 hours, adding more cooking liquid as needed during the last 30 minutes of cooking if the beans have no liquid or are not tender. Remove from oven. Combine brown sugar and melted butter. Drizzle over beans. Bake, uncovered, for another 30-45 minutes or until liquid has evaporated. **Serves 6.**

Main Course**Chef Steve Miles' Chicken a L'Orange** (page 111)**From the region of District 6900 / USA**

- 1 orange, peeled, sliced and seeded
- 1 (8 oz) frozen orange juice concentrate
- 3 cups chicken stock
- 4 chicken breasts, boneless, skinned and sliced into ¼-inch strips
- Flour to dust
- 4 cloves garlic, crushed
- 6 T. orange liqueur
- Salt and pepper to taste
- 1 stick butter
- 1 large onion, sliced

Combine orange juice and chicken broth and simmer for ¼ hour. Melt butter in skillet. Flour chicken and sauté with onions and garlic until chicken is brown;

season with salt and pepper. Add liqueur and orange sauce and simmer for 30 minutes.

Serve garnished with sliced orange.

Dessert**Berry Coffee Cake** (page 159)**From the region of District 7780 / USA****Cake:**

- 1½ cups flour
- 2 tsp. baking powder
- ½ tsp. baking soda
- ½ tsp. salt
- ½ cup honey
- 2 eggs
- ¼ cup milk
- 6 T. melted butter
- 1 tsp. vanilla extract

Topping:

- 2 cups blueberries, fresh or frozen
- 1 T. flour
- ½ cup honey
- 2 T. lemon juice

Place blueberries in bottom of a greased 9-inch cake pan, distribute evenly. Sprinkle with flour and drizzle with honey and lemon juice (topping). Set aside. In a small bowl, combine flour, baking powder, baking soda, and salt. Set aside. In a medium bowl, combine honey, eggs, milk and vanilla; beat with a fork until well mixed. Add flour mixture and mix well. Stir in melted butter and mix well. Pour batter over blueberries in pan. Bake at 350 degrees F for 30-35 minutes or until toothpick inserted in center comes out clean. Cool in pan on wire rack for 15 minutes. Invert pan on plate and serve. Top with whipped cream if desired.

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Attention All Clubs

Every month, please 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. Thank You.

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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.

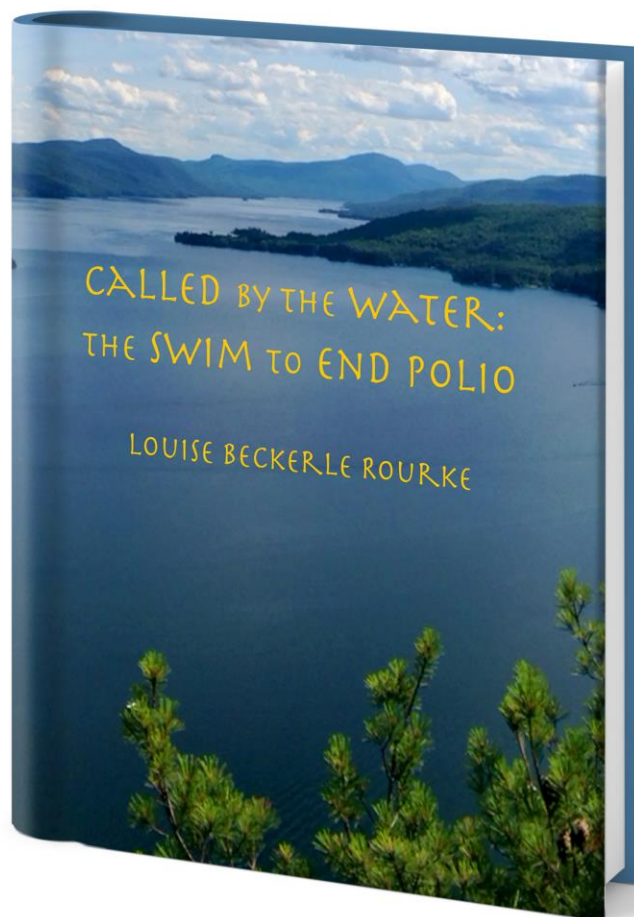
Michael K. McGovern,
Rotary International PolioPlus Committee Chair

"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



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