

The Toolb



July 2022

Barb Wyllie ~ Editor

Distribution 930

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

Deadline: 20th of the month

From the Governor's Desk

Happy New Year! Wait, you weren't expecting that in July?

July starts a brand new Rotary year and we should be celebrating! We pause to offer gratitude to Past District Governor Bruce and his team, acknowledging the successes and accomplishments of our District and Clubs. At the same time, we are starting new projects, new clubs and new partnerships.

Our incoming Rotary International President Jennifer Jones is making history as the first female president of our organization. I am honored to serve with her this year and I look forward to helping to raise awareness of the amazing service you and your clubs perform.

Jennifer has asked us to "Imagine Rotary." This theme gives us the opportunity to ensure Rotary remains relevant in our communities and the world by creating unique clubs and service opportunities. At the Rotary International Convention last month, we heard speakers encourage Rotarians to search for ways to unite a divided world. We know one of the easiest ways to make a new friend is to engage a new member in service. Imagine a Rotary where people united together in service create peace and understanding by building a food pantry, or a bus shelter, or a well.

Deepak Chopra said, "The best use of imagination is creativity. The worst use of imagination is anxiety." How can you use your creativity to harness the power of imagination to make lasting change?

Yours in Service,
DG Denise DiNoto

Welcome 2022 District Governor Denise DiNoto



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



**IMAGINE
ROTARY**

DISTRICT EVENTS AT A GLANCE

- **DEADLINE July 15:** Rotary Clothing Sale p 2
- **NOW:** Book Reservations being taken pp 2, 11
- **July 4:** Independence Day

CLUB EVENTS AT A GLANCE

- **NOW:** Food Drive by BHBL Rotary p 4
- **NOW:** Homemade Soap Sale by Rotterdam Sunrise Rotary p 3
- **July 10:** Corn Hole Tournament by Schenectady Rotary p 3
- **July 15-17:** Woodworking and Fine Arts Show by Northville Rotary pp 3, 4
- **July 16:** Garage Sale by Chestertown Rotary p 4
- **August 1:** Golf Classic by Glenville Rotary pp 4, 9, 10

District 7190 presents Polio Survivor Louise Rourke's Inspirational Story *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 per book**
- **\$35 for an autographed 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 11.

Thank you for supporting The End Polio Campaign.

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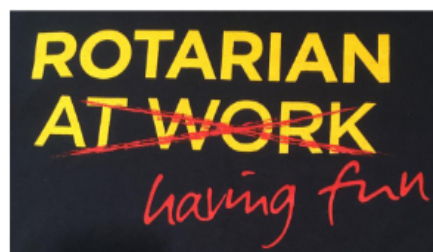
LAST CHANCE!

**All Orders MUST be received BY
July 15th!**

NO Exceptions can be made.

The District is selling 'Rotarians Having Fun' clothing for the benefit of the RI Foundation. If you would like to order, please coordinate ordering with your club President or Secretary so we can keep club orders together to facilitate delivery.

Rotarians Having Fun Clothing Order Form



STYLE.	SIZE	QUANTITY	UNIT PRICE	EXTENDED PRICE
T-Shirt			\$20	
Long Sleeve T-Shirt			\$25	
Vee- neck T-Shirt*			\$20	
Hooded Sweatshirt - Pull Over			\$35	
Golf Shirt			\$35	
			Sales Tax Included	
			TOTAL	

Sizes: S, M, L, XL, XXL, XXXL Unisex sizing except for V-neck which is women's cut
All items in navy blue with Rotary logo on chest and the above image on the back

CLUB NAME: _____

CUSTOMER'S NAME: _____

PAYMENT DUE WHEN CLOTHING DELIVERED
CHECKS TO BE MADE OUT TO ROTARY DISTRICT 7190

CLUBS: PLEASE RETURN ALL CLUB ORDER INFORMATION TO DG BRUCE MCCONNELEE

DBGBruce2021@gmail.com

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Rotterdam Sunrise Rotary is selling
Homemade Soaps
A great gift idea for any holiday!



**One bar is \$5
 or
 Five bars in a
 decorative
 bag are \$20**

Free shipping and/or delivery.
 Please contact club secretary 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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Schenectady Rotary presents its 1st Annual
Corn Hole Tournament
*Join us for this fun community event at Jerry
 Burrell Park in Schenectady.*

July 10th

11am – 5pm

**DJ - Nicholas Cassius Clay
 Lunch included**

**Prizes for the top 5 teams
 1st Place \$400**

No fee to enter the event.

All ages welcome to participate!

\$40 for a 2-person team

Must be registered to play

Sponsorship opportunities available!

*All proceeds are reinvested in the community via
 educational scholarships and grants. Contact
SchenectadyRotaryClub@gmail.com for more
 information and current grant applications.*

REGISTER HERE:

<https://schenectadyrotary.rotary7190gives.org/cornhole2022>

Email: SchenectadyRotaryClub@gmail.com with
 any questions

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Northville Rotary presents its annual
Woodworking and Fine Arts Show
July 15th - 17th

Discover Northville, NY on the Great Sacandaga Lake

13th Annual! NORTHVILLE ROTARY CLUB
**Woodworking & Fine Arts
 Weekend**
 July 15, 16, 17, 2022

Over 60 Artisans! ★ Demonstrations ★ Food ★ Music ★ Raffles
 Friday, July 15, 5pm - 8pm Meet the Artists & Preview Sale
 Saturday, July 16, 9am - 4pm Sunday, July 17, 10am - 3pm
 Town Hall & Park - S. Main St., Northville, NY

2022 FEATURED ARTISTS

Diane Castle Babcock,
 Linoleum Block Printing

Neil Pedersen, Wood and
 Steel Creations

a community service project of the
 Northville
 Rotary
 Club

www.northvillerotary.com sowens26@gmail.com

Related article on next page.

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Chestertown Rotary presents its annual

Garage Sale

Saturday, July 16th

9am – 3pm

Panther Mountain Drive

(Behind the apartments)

Chestertown, NY

Any questions call Deb - 518-538-5605

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Glenville Rotary presents its annual

Classic Golf Tournament

August 1st

Pinehaven Country Club

Mark this fun event on your calendar!

Help us help others!

Additional information on pages 9 & 10.

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Burnt Hills-Ballston Lake Rotary

is providing 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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Attention All Clubs

Editor's Note: Please make sure your Club members are receiving this newsletter. 1st - You can check the distribution list that I send accompanying The Toolbox (most months). And 2nd, if their names are on the list but they still aren't receiving it, have them check their spam or junk mail folder. Thank you.

Also...

Every month, please submit the names of your new members and the names of your members who have passed on to higher service to me, Barb Wyllie at thetoolbox7190@gmail.com. Thank You.

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Northville Rotary's Woodworking and Fine Arts Show July 15-17, 2022

by Susan Owens

Northville Rotary's Thirteenth Annual Woodworking and Fine Arts Weekend July 15-17 will feature more than 50 accomplished artists from this area and beyond. Woodworkers, jewelers, weavers, potters, photographers, painters, and many other artists will display and sell their artwork at the Bradt Building and Park on Main Street in the Village of Northville on the beautiful Great Sacandaga Lake.

We are proud to announce that this year's Featured Artists are Diane Castle Babcock from Penfield, NY who create intricate and beautiful linoleum block prints and Neil Petersen of Galway, NY whose wood and steel creations are unique and exceptional.

The weekend will begin with a "Meet the Artists" Reception on Friday from 5:00-8:00. Hours Saturday will be 9-4 and Sunday 10-3 and include demonstrations, raffles, and a silent auction. Food can be purchased from a number of vendors. Proceeds from this event will be used throughout the year to provide scholarships to students, support community organizations, and projects of Rotary International.

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Amsterdam Rotary would like to THANK everyone who supported their Annual Variety Show "As Seen on TV"! Together 40k was raised for the community.

Everyone is invited to return next year.

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Ballston Spa Rotary Club Update

by Ray Otten

As you know, June is our Transition month each year in that we have officers changing their roles. For the next year, **Bill Mathers** will be fulfilling the role of President for our club, with assistance from **Golenne Kortz** as VP, Scott Blair as President Elect, **Tina Vanderwerker** as treasurer, and **Steve Williams** stepping into the role of secretary. Special thanks go out to **Kathy Leigh** and **Alice Benfey** as they move on from their roles as President and Secretary, respectively.

As a club we give aid to the Baptist Church Summer Lunch Program each year. This year we presented the program with a \$1,500 grant that will help them feed the more than 150 children that participate in the program each week. If you are looking to support a Village program, this is one that helps many.

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DEI - Think About It

15 Things Your Rotary Club Can do to be More Gender Inclusive

by Nat Granger, LCSW She/her

NY Governor Kathy Hochul announced on 6/8/22 that SUNY students will soon be able to indicate their chosen names & pronouns for diplomas, campus profiles, and more, and to select 'X' on documents asking about their gender. This represents a big step forward in normalizing gender diversity in NY state.

Gender inclusivity is a concept that is new for many Rotarians. It is critical for the survival and growth of Rotary in the US to embrace gender diverse participants and demonstrate solidarity with gender-nonconforming individuals amongst its membership (and potential membership). Here are some practical ways to do this in your club!

1. Make it routine to ask people their pronouns, both at Rotary meetings and in the community.

2. Make it routine to answer simply and directly when people ask your pronouns: "She/her," "He/him," "They/them" etc.

3. Get acquainted with the list of neopronouns. Most gender nonconforming people stick to the basic She/Her, He/Him, They/Them. But there are great resources elaborating further such as this one: <https://www.nytimes.com/2021/04/08/style/neopronouns-nonbinary-explainer.amp.html>

4. Provide education to folks who are confused about using "They/Them" as a singular pronoun. It's not implying that the human in front of them is 1000 bees in a trench coat, or suggesting that they are connected with The Borg (sorry for the Star Trek reference). It instead is about how we, in the English language, don't otherwise have gender neutral pronouns. More info here: <https://uwm.edu/lgbtrc/support/gender-pronouns/>

5. Invite a speaker who is educated about gender diversity who can provide a talk on the subject and increase your club's awareness of the importance of inclusive language in all areas.

6. Include pronouns as a column on sign-up sheets.

7. Include pronouns in introducing visitors, guests, and speakers.

8. Include pronouns in your individual email signature.

9. Include pronouns on your website's bio pages.

10. Sponsor a special scholarship for gender-nonconforming youth.

11. Include a gender-nonconforming dormitory for RYLA sleep-away camps.

12. Sponsor an LGBT alternative prom. Like that offered by the Schenectady YMCA on June 3, 2022: <https://dailygazette.com/2022/06/03/capital-region-lgbtq-teens-hit-the-dance-floor-for-alternative-prom/>

13. Practice approaching questions of gender with curiosity. Humans have had gender-nonconforming experiences for millennia. Since Ancient Sumerian times, gender diverse experiences have been an accepted and even revered part of human life.

https://en.m.wikipedia.org/wiki/Transgender_history

(Continued next page.)

14. Remember one of the most important things you can do for trans and gender-nonconforming people is to be an ally, every day. In a world where diverse genders are seen as “other,” and transgender and gender-nonconforming individuals experience much greater vulnerability to adversity than cisgender people, it’s deeply important to provide warmth, love, and abiding respect for our fellow humans of gender-diverse experiences.

15. Think about your own experiences with gender. Have you always felt like the gender you were born into is the “right” one for you? How do you know or not know that? Were you ever criticized by others for perhaps having traits traditionally affiliated with a different gender? How did that make you feel at the time, and have you come to peace with these experiences in the present day? Have there been times in your life where your experience of gender has constrained you, kept you from achieving your goals, being the best person you could be? Have there been moments where your gender has empowered you, or given you what you needed to thrive and succeed? How do these experiences make you feel about your own gender?

Gender is complex, and while most people tend to align with the gender they were assigned at birth, it’s useful to examine your own experiences thoughtfully to better understand why gender-nonconforming people might experience gender in a way that is different (or similar) to you. Their experiences may be more akin to your own than you imagine.

Suggested Reading: (Summaries by the NYPL)

A Queer History of the United States by Michael Bronski. A book that radically challenges how we understand American history. Drawing upon primary-source documents, literature, and cultural histories, scholar and activist Michael Bronski charts the breadth of lesbian, gay, bisexual, and transgender history, from 1492 to the 1990s. e-book and e-audiobook

Trans: A Quick and Quirky Account of Gender Variability* by Jack Halberstam. In the last decade, public discussions of transgender issues have increased exponentially. However, with this increased visibility

has come not just power, but regulation, both in favor of and against trans people. What was once regarded as an unusual or even unfortunate disorder has become an accepted articulation of gendered embodiment as well as a new site for political activism and political recognition. What happened in the last few decades to prompt such an extensive rethinking of our understanding of gendered embodiment? How did a stigmatized identity become so central to U.S. and European articulations of self? And how have people responded to the new definitions and understanding of sex and the gendered body? e-book

Black on Both Sides: A Racial History of Trans Identity by C. Riley Snorton. Drawing on a deep and varied archive of materials—early sexological texts, fugitive slave narratives, Afro-modernist literature, sensationalist journalism, Hollywood films—Snorton attends to how slavery and the production of racialized gender provided the foundations for an understanding of gender as mutable. In tracing the twinned genealogies of blackness and transness, Snorton follows multiple trajectories, from the medical experiments conducted on enslaved black women by J. Marion Sims, the “father of American gynecology,” to the negation of blackness that makes transnormativity possible. e-book

Sissy: A Coming of Gender Story by Jacob Tobia. A heart-wrenching, eye-opening, and giggle-inducing memoir about what it's like to grow up not sure if you're (a) a boy, (b) a girl, (c) something in between, or (d) all of the above. e-book and e-audiobook

To Survive on This Shore: Photographs and Interviews with Transgender and Gender Nonconforming Older Adults by Jess T. Dugan. For over five years, photographer Jess T. Dugan and social worker Vanessa Fabbre traveled throughout the United States, to big cities and small towns, documenting the life stories of this important but largely underrepresented group of older adults. The featured individuals have a wide variety of life narratives spanning the last ninety years, offering an important historical record of transgender experience and activism in the United States.

(Continued next page.)

Summaries from this NYPL list, where there's a bunch more good books to check out:

<https://www.nypl.org/blog/2020/06/01/reading-trans-literary-landscape>

Other resources:

<https://genderspectrum.org/articles/understanding-gender>

<https://www.npr.org/2021/06/02/996319297/gender-identity-pronouns-expression-guide-lgbtq>

<https://www.hrc.org/resources/transgender-and-non-binary-faq>

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New Twist on Our Recipe Section

by Barb Wyllie

Each year I like to add something new to The Toolbox. For the past couple of years, I have included recipes from the **Rotary Flavors of the World Cookbook** (Morris Press Cookbooks 2011). This year I'm mixing it up and am opening this section to you! I would love for you to share YOUR favorite recipes. It would be even more fun if they were in keeping with the season, but they don't have to be.

Thank you, and I'm looking forward to hearing from you. I know for a fact that we have many creative and very good cooks in our District. These recipes don't need to be original, but you do need to cite their source if they aren't.

Please send your recipes to me at THETOOLBOX7190@GMAIL.COM.

Thank you and bon appetite!

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Rotarian Flavors from Around the World

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

Appetizer

Spicy Strawberry Salsa (page 25)

From the region of District 6220 - USA

- 1 fresh serrano or jalapeno chili
- 1 cup finely chopped strawberries
- ¼ cup finely chopped white onion
- 2 tablespoons chopped fresh coriander
- ½ teaspoon fresh lime juice
- ¼ teaspoon salt
- ½ teaspoon sugar, if desired
- 2 firm, ripe avocados, cubed

Wearing rubber gloves, remove stems, seeds and ribs from chili and chop fine. In a bowl, stir together chili and remaining salsa ingredients. Salsa may be made several hours ahead and chilled, covered. Serve with large tortilla chips.

Salad

Moe's Favorite Potato Salad (page 47)

From the region of District 5950 - USA

- ¼ cup vinegar
- ¼ cup water
- ¼ cup sugar
- ¼ teaspoon salt
- Dash of pepper
- 1 teaspoon prepared mustard
- 2 eggs, well beaten
- ½ cup Ranch salad dressing
- 4 hard-cooked eggs, chopped
- 1 tablespoon minced onion
- 4 cups cooked potatoes, cubed

Combine vinegar, water, sugar, salt, pepper and mustard and bring to a boil, reduce heat and gradually beat in 2 well beaten eggs. Continue cooking, stirring constantly, about 5 minutes, until slightly thickened. Beat in ½ cup of salad dressing. Toss together with 4 hard-cooked eggs, 1 tablespoon minced onion and 4 cups cubed, cooked potatoes. Makes 6 servings. (Triple recipe for 5 pounds of potatoes.)

(Continued next page.)

Vegetable**Artichokes in Wine** (page 76)

(Topinambours en Daube)

From the region of District 1510, 1520 - France

- 1 1/5 lbs. Jerusalem artichokes, peeled and thickly sliced
- 1 onion, finely chopped
- 1 garlic clove, crushed
- 2 oz. butter
- 3 tablespoons olive oil
- ¼ cup white wine
- 1 ¼ cup water
- 1 bouquet garni
- Salt and pepper, to taste
- 2 tablespoons tomato paste
- ¼ teaspoon sugar

Heat the butter and oil in saucepan. Add the onion and garlic, cover and cook gently until soft and transparent, not browned. Raise the heat, add the artichoke and brown quickly on all sides. Add the wine, water, salt, pepper, and bouquet garni. Bring to the boil, then reduce the heat, cover and simmer for 20 minutes. Stir in the tomato paste and sugar and continue to cook, uncovered, for a further 10 minutes over a medium heat to reduce the liquid. Serve hot.

**Main Course****Rikkita Beef** (page 136)

From the region of District 7030 – Saint Kitts and Nevis

- 2 lbs. beef or steak
- 2 teaspoons hot pepper
- 6 cloves garlic
- 4 hot peppers, finely cut
- 2 teaspoons curry powder
- 2 cups white wine or champagne
- 2 cups Italian dressing

Poke holes in the beef and marinate with garlic, wine, and 4 hot peppers in plastic bag. [Marinate in refrigerator.] [When done, remove beef from bag and place] in a large pan with curry powder and 2 teaspoons hot pepper and beef marinade. Cook meat until fully cooked. Place meat in bowl and pour Italian dressing on meat and serve.

Dessert**Fresh Peach Pie** (page 174)

From the region of District 5170 / USA

- 1 large single pie shell, baked
- 4 cups sliced fresh peaches, ripe, but firm
- ½ cup water
- 1 cup sugar
- 3 tablespoons cornstarch
- 1 tablespoon butter

Crush enough peaches to make one cup. Arrange rest of the slices in the pie shell. Combine crushed peaches, water, sugar, and cornstarch. Bring to a boil, then cook over low heat until clear, about 2-3 minutes. Stir in butter, then pour the cooked mixture over the sliced peaches, making sure all the peach slices are covered. Chill until set. Serve with whipped cream or ice cream.





23rd Annual Glenville Rotary Club Golf Classic



DATE:

Monday August 1, 2022

TIME:

10:00 AM SHOTGUN START

LOCATION:

PINEHAVEN COUNTRY CLUB
1151 SIVER ROAD
GUILDERLAND, NEW YORK

REGISTRATION:

www.GlenvilleRotary.org

COST:

\$140.00 PER PLAYER
\$125.00 if registered by July 1

FORMAT OF PLAY:

SCRAMBLE

Glenville Rotary invites you to participate in the 2022 Annual Golf Classic

The Glenville Rotary has a long history of helping to build and maintain many projects in the Scotia and Glenville communities. That service will continue as we designate a portion of the tournament proceeds for veteran activities throughout the year. The Glenville Rotary also supports various organizations that make positive, lasting change in our surrounding area.

Your REGISTRATION fee includes a great day of fun and enjoyment on a championship | golf course.

- * Greens fee and Cart
- * Light Breakfast
- * Buffet lunch on the patio by The Pines Restaurant
Carving Station, Pasta Station, and much more!
- * Chances to win prizes & contests



SEE BACK FOR REGISTRATION & OTHER INFORMATION

GLENVILLE ROTARY GOLF CLASSIC**2022 REGISTRATION FORM****PLEASE SUBMIT NO LATER THAN 7 DAYS BEFORE EVENT****Contact DENNIS MCGLAUFILIN with questions
(518) 495-4712**

TEAM NAME: _____

Contact Person: _____

Player 1: _____ Handicap: _____

Email: _____

Online payment**: Please circle one YES NO

Player 2: _____ Handicap: _____

Email: _____

Online payment**: Please circle one YES NO

Player 3: _____ Handicap: _____

Email: _____

Online payment**: Please circle one YES NO

Player 4: _____ Handicap: _____

Email: _____

Online payment**: Please circle one YES NO**LUNCH ONLY:** Please circle one YES NO

Name: _____

Phone Number: _____

Email Address: _____

SEND ENTRY FORM AND PAYMENT TO:

\$140 per golfer

Glenville Rotary

PO Box 2638

Glenville, New York 12325-0638

ORPay online by Pay Pal www.GlenvilleRotary.org***IF YOU CAN NOT ATTEND, PLEASE CONSIDER MAKING A DONATION
TO THE GLENVILLE ROTARY**

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

