

# The Toolbox



**June 2020**

**Barb Wyllie ~ Editor**

Distribution 1,113

**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**

### **What's Next?**

This is my final time to address you as District Governor through this Toolbox; and I remain cognizant of all that this experience has offered me. Throughout this year in serving the Rotary movement, I have faced some of the most profound personal and professional challenges in my life, and the challenge of serving to bring forward the Rotary message has been formidable. I have not shared in detail the personal and professional side of my story, because it's not been germane to my efforts as Governor; suffice it to say that Rotary has been a large net positive in my life.

We all indeed are fortunate to belong to an organization that values us each for whatever we can bring to the effort to help others. Service Above Self is not just a motto but a way of life for many of our Rotarians. I have been proud and inspired as I have met many of you on our journey together.

The COVID-19 Pandemic has caused us all to rethink how we serve. Our face to face meetings stopped abruptly. Conferences and conventions, indeed all opportunity to interact face to face, halted. Some clubs quickly picked up on Zoom and other means to continue, and others came online after a bit. As we continue to work our way through our revised social interaction rules, it's important, in my humble opinion, to remember what we as an organization exist to do.

Rotary was made for a time such as this. Our local and international network of community minded people are mobilizing in our Clubs, our District and all over the world. The internet age has provided conflicting and confusing information and misinformation, and spawned a plethora of negativity and suspicion about the motives and actions of leaders around the world. Yet humanity will survive, and

Rotary is one conduit for us to do our part to see that it will also thrive. Rotary is uniquely equipped to be a major force in leading the world out of this crisis, and I know if you are reading this you desire to be part of the solution.

Persevere, Rotarians, in your efforts to improve your community. As you look around don't be discouraged by those who demand the unattainable. Don't be dissuaded from your high standards for yourself, and be cognizant that there are those around you who will support you, help you, and nurture you if you but lead.

The next chapter for this experiment called Rotary is yet to be written, but if past is prologue, it will be spectacular. Rotary Forward!

Yours in Rotary Service,

DG Larry

## **DISTRICT EVENTS AT A GLANCE**

- **June 5,6,10,14: District Conference** p 2
- **June 20: SUMMER ARRIVES**
- **June 20-26: Rotary International VIRTUAL Convention** p 3
- **July 1: Virtual District Change Over**
- **August 1: District Change Over Celebration**
- **September 21: Gift of Life Golf Tournament**

## **CLUB EVENTS AT A GLANCE**

- **June 10: Trivia Night** by Schenectady Rotary p 2

## **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](mailto:thetoolbox7190@gmail.com).

Thank You

~ ~ ~

## District Conference Re-imagined

Remember when we could gather together and share stories, ideas and successes? **IN PERSON?** Well, our traditional conference fell victim to the limitations of Social Distancing and COVID-19. But that doesn't mean we can't get together!

A wise Past District Governor has shared with us that "the mind can only absorb what the butt can endure." With that in mind, the traditional model of a multi-day conference needed to be re-thought. There are five main parts to a conference, and we are breaking them into 4 sessions to allow people to participate without a full day commitment.

**Please note the dates of the following, you will receive a separate Zoom invitation to each of these sessions.**

**Friday, June 5, 5-7 pm**, Zoom Social Gathering. An opportunity to mingle, online, with Rotarians throughout the District. Simple enough.

**Saturday, June 6, 11:30 am to 1 pm:** Recognition and a fantastic keynote speaker. Sylvia Whitlock, of the Duarte Rotary Club in California, was the first woman to serve as a Rotary Club President!

**Wednesday, June 10, 6-7 pm**, Business Meeting and a few surprises!

**Sunday, June 14, 10-11 am**, Commemoration of those Rotarians who have passed on to higher service.

**For the keynote speaker meeting, PLEASE REGISTER and you will be sent a Zoom link:**

**[Register here](#)**

~ ~ ~



**Schenectady Rotary** is partnering with **ThatTriviaGuy\_NY** to bring you a fun-filled evening of **Trivia and Prizes!**

**Wednesday June 10<sup>th</sup> at 7:00pm**

<https://us02web.zoom.us/j/85407148314?pwd=VEtZN05PM05kaVVOUXpwNFM1QlVNZz09>

**Meeting ID: 854 0714 8314**  
**Password: 839346**

**Register your team online at**  
[www.schenectadyrotary.org/trivianight](http://www.schenectadyrotary.org/trivianight)  
**2020**  
**\$50/team**

**CASH PRIZES for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place teams**

You can collaborate with your teammates via phone, text, or chat as long as the Team Captain responds with an answer within the time limit.

No...Google cannot be on your team!  
(Is it fair to all concerned...)



**Remember to try and jump on about 15 minutes ahead, so we can be sure all teams are registered and accounted for.**

~ ~ ~



## Chituka Village Update



Dear Friends,

As we contend with the Covid-19 pandemic here in the US, many of you have asked me about the pandemic’s impact on Malawi, Chituka and our programs there.

Malawi schools nationwide were shut down in March and all related activities were suspended. Last week the first case of Covid-19 was reported in Chituka Village. The pandemic put our entire program on hold, including the construction of a soccer field and building locker rooms which you can read more about [here](#).

We are maintaining links with our partners and will help them move forward with plans they were making before the pandemic.

- [Kickin’ Back Ltd](#) has a 40-foot container of school supplies and soccer equipment ready to ship.
- [Make Your Own Ball Day](#) plans for a return to Chituka Village to conduct soccer clinics for the schools.
- [Coaches Across Continents](#) is planning to come for the fourth time to work in Chituka with our volunteer coaches and teachers.
- [The Mooncatcher Project](#) is preparing to return to the village and catch up with sewing bee ladies.

I am grateful to everybody who has donated to our Foundation programs and who continue to support our work during these difficult times. We will keep you updated on our progress.

Be well and safe,  
Coach Keni Banda / Niskayuna Rotarian

<https://www.bandabolasportsfoundation.org/>  
(Website)

<https://www.facebook.com/bandabolasports/>  
(Facebook)

[LEARN MORE](#)



## Gift of Life Child Update

Batnasan, the 7190 Gift of Life Child, is beginning his 4th month in our District. He is thriving from his open-heart surgery that he had in early March and should have returned home long before now but was detained due to the covid19 shut down of air travel worldwide.

There are no plans yet for when he, his mom, and translator can leave for Mongolia. They are awaiting word from the government as to when flights will be available and when Mongolia will be ready to receive them. It isn't known what the governments of each country will require prior to flights and when this family will arrive in Mongolia. It's uncertain what the quarantine requirements will be upon their arrival. Their travel plans keep changing. Most recently, they were scheduled to leave in early June. This is no longer the case.

Meanwhile, Batnasan continues to be well and become his own person with a delightful personality. He has learned to walk and has matured from a baby to a little boy. He will be 18 months old this month. He is delightful and very smart. Batnasan's family is very grateful for their child's successful surgery and good health. We will all be forever in their prayers.

Their translator, Unuroo has 3 children at home. They are in the care of their father. The family is able to visit twice a day via the computer.

Cards from Rotarians and friends are welcome. They may be sent to Batnasan in care of Daniel McCarty, 41 Green Island Ave. Latham, NY 12110.

Meanwhile, their host family has taken them into their home totally without outside financial support. If you would like to donate to this cause, a check can be made out to Rotary District 7190 Gift of Life, Inc. Please write 'Batnasan support' in the subject line and mail it to: Rotary District 7190 Gift of Life, Inc. c/o Bob Rosoff, Treasurer PO Box 2749 Glens Falls, NY 12801. Thank you very much. ~ ~ ~



**Batnasan, Mom Ug Na, and Interpreter Unuroo**



## Salem Rotarians Distribute Food



Pictured above are four Salem Rotarians (left to right) Sue Clary, Al Cormier, Charlie Perry, and Jim Carrolan. They are at the Salem Volunteer Fire Department building helping with food distributed by The National Food Bank of Northeastern New York, Latham, NY. This food was sent to the Salem area food pantries. Each Saturday, the Salem food bank distributes food door to door, using volunteer drivers.



Above is a photo with Jim Carrolan and Charlie Perry in the background.



## 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.



## Acceptance *Anonymous*

Today may there be peace within. May you trust that you are exactly where you are meant to be. May you not forget the infinite possibilities that are born of faith in yourself and others. May you use the gifts that you have received and pass on the love that has been given to you. May you be content with yourself just the way you are. Let this knowledge settle into your bones and allow your soul the freedom to sing, dance, praise and love. It is there for each and every one of us.



## Walk on the Wild Side with Rotary: *Tastes 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

#### Skewers with Cashew Nut Satay (page 1)

From the region of District 9350 / Namibia

1 crocodile filet (or 2 large chicken breasts) cut into thin strips

½ tsp salt (to taste)

½ tsp ground pepper (to taste)

#### Marinade:

Juice of 1 lemon

3 T olive oil

2 garlic cloves, crushed

2 T soy sauce

#### Satay Sauce:

4 T crunchy peanut butter

6 oz unsalted cashews, crushed

Juice of 1 lemon

6 oz thick coconut milk

1 fresh green chile, chopped

1 T soy sauce (to season)

Dash of palm sugar (according to taste)

8-12 bamboo skewers, or 8-12 cocktail sticks, soaked in water for assembling

Season the crocodile (or chicken) generously with salt and ground pepper. Cut into strips about 3 inches long and ½ inch wide. Mix together the **marinade ingredients** of lemon juice, olive oil, garlic and soy sauce and marinate the crocodile (or chicken) strips for an hour.

**To make the satay sauce:** Combine peanut butter, cashews, lemon juice, coconut milk, chile, soy sauce and sugar together in a small pan, adding just enough soy sauce to season. Simmer very gently for five minutes. Preheat a barbeque, grill, or griddle pan until very hot. Thread two or three strips of marinated crocodile (or chicken) meat onto each skewer and place

on the barbeque grill. Cook for a few minutes on each side until cooked through and golden. Serve the skewers with the hot satay sauce for dipping.

### Soup

#### Avocado Soup (page 29)

From the region of District 9100 / Cote d'Ivoire

4 ripe avocados, peeled and pitted

8 c cold chicken or vegetable stock (2-14 oz cans)

4 T lime juice

3 T plain yogurt

2 dashes Tabasco sauce (or to taste)

Salt and pepper

8 lime slices for garnish

Add the avocado flesh to a blender and puree. Add the stock and continue blending until smooth. Blend in the Tabasco sauce, lime juice, yogurt and salt and pepper. Refrigerate for at least one hour. When ready to serve, spoon into bowls and top each with a slice of lime. Serves 8.

### Salad

#### Broccoli Raisin Salad (page 31)

From the region of District 6420 / USA

1 head raw broccoli, washed and cut into small flowerets

10 slices bacon, cooked and crumbled

1 small red onion, chopped

½ - ¾ c raisins

½ c sunflower seeds or sliced almonds

#### Dressing:

1 c mayonnaise

¼ c sugar

2 T tarragon vinegar

Mix broccoli, bacon, onion, raisins and seeds or almonds together in large size bowl and set aside. Mix dressing ingredients, pour over mixed salad ingredients. Stir until well mixed and refrigerate.



*Continued on next page...*

**Vegetable****Lobio Mtsvanilit** (page 63)  
(Herbed Kidney Beans)**From the region of District 2450 / Georgia**

2c canned kidney beans  
 ¼ c extra-virgin olive oil  
 ¼ c red wine vinegar  
 1½ tsp coriander powder  
 ¼ c fresh cilantro, chopped  
 1/8 c fresh parsley, chopped  
 1/8 c fresh basil, chopped  
 ¼ c fresh dill, chopped  
 1/8 c fresh tarragon, chopped  
 Salt and black pepper

Warm the kidney beans. Let cool. Drain out the liquid. Stir in all other ingredients, adding salt and pepper to taste. Allow beans to cool to room temperature before serving.

**Dessert****Pepparkakor** (page 147)  
(Ginger Cookies)**From the region of District 2350-2360 / Sweden**

¾ cup butter  
 2/3 c brown sugar  
 2/3 c molasses  
 1 large egg  
 1 tsp baking soda  
 1 tsp cinnamon  
 1 tsp ginger  
 ½ tsp cloves  
 3¼ c flour, sifted

Preheat oven to 350' F. Mix together the butter, sugar and molasses until smooth and creamy. Add the egg and beat well. Stir in the baking soda, cinnamon, ginger and cloves. Slowly add the flour to make a stiff dough. Add enough flour to make dough easy to handle without sticking to fingers or cookie press. Using a cookie press, press out several long strips of dough onto ungreased cookie sheets. Bake for 7 minutes until cookies are medium brown. Remove from the oven and let rest for 1 minute before cutting them into 2-inch pieces. Remove cookies from cookie sheets when cool. Store in an airtight container. Makes 7-8 dozen.

**Main Course****Afelia** (page 95)  
(Marinated Pork Cubes)**From the region of District 2450 / Cyprus**

2½ lbs. lean pork w/o bone, cubed  
 2 c red wine

**Marinade:**

2 T coriander seed, lightly crushed  
 1 stick cinnamon  
 ½ c olive oil  
 Salt and lots of freshly ground pepper

Mix together cinnamon, coriander seed, salt, pepper, and wine; pour over the pork. Marinate meat in refrigerator overnight. When you are done marinating, lift out the meat and save the marinade. Heat the oil in a heavy based pan and brown the cubes of meat. When well browned, remove the meat from the pan. Drain all oil from the pan and then return the meat to the pan. Add all the marinade\* and enough water to cover meat. Bring to a boil, then cover the pan with a lid and reduce the heat to cook the meat gently for about 30 minutes or until tender. Most of the liquid should have evaporated to leave a thick sauce. If not, continue to cook uncovered until the excess liquid is gone. Serve with potatoes.

(\*Editor Barb's note: According to FoodSafety.gov, in reusing a marinade used to marinate raw meat or chicken, it must be boiled first to destroy any harmful bacteria.)



~ ~ ~

## A Mayonnaise Jar and a Couple of Beers

(Anonymous)

**When things in your life seem almost too much to handle, when 24 hours in a day are not enough, remember the mayonnaise jar and the two beers.**

A professor stood before his philosophy class and had some items in front of him. When the class began, he wordlessly picked up a very large and empty mayonnaise jar and proceeded to fill it with golf balls.

He then asked the students if the jar was full. They agreed it was.

The professor then picked up a box of pebbles and poured them into the jar. He shook the jar slightly. The pebbles rolled into the open areas between the golf balls. He then asked the students again if the jar was full. They agreed it was.

The professor next picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else. He asked once more if the jar was full. The students responded with a unanimous 'yes.'

The professor then produced two beers from under the table and poured their entire contents into the jar, effectively filling the empty space between the particles of sand. The students laughed.

'Now,' said the professor as the laughter subsided, 'I want you to recognize that this jar represents your life.'

- The golf balls are the important things: your family, your children, your health, your friends and your favorite passions, and if everything else was lost and only they remained, your life would still be full.
- The pebbles are the things that matter like your job, your house, your car.
- The sand is everything else...the small stuff.'

'If you put the sand in the jar first,' he continued, 'there would be no room for the pebbles or golf balls. The same goes for life. If you spend all your time and energy on the small stuff you will never have room for the things that are important to you. Pay attention to the things that are critical to your happiness:

- Spend time with your children.
- Spend time with your parents.
- Visit with grandparents.
- Take time to get medical checkups.

- Take your spouse out to dinner.
- Play another 18.

There will always be time to clean the house and fix the disposal. Take care of the golf balls first...the things that really matter. Set your priorities...the rest is just sand.

One of the students raised her hand and inquired what the beer represented. The professor smiled and said, 'I'm glad you asked.'

The beer just shows you that no matter how full your life may seem, there's always room for a couple of beers with a friend.

~ ~ ~

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

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

"The thin crescent Moon hangs to the right of Venus on the 1<sup>st</sup>, very low in the east during dawn's first light. Mercury is an evening star, not difficult to see in the west during the first half of the month. It closely meets Mars on the 18<sup>th</sup>, but both are low in the evening twilight; use binoculars. Jupiter reaches opposition on the 10<sup>th</sup> and shines at magnitude -2.6, its brightest of the year, in the constellation Ophiuchus; it is joined by the full Moon on the 16<sup>th</sup>. Rising at sunset, Jupiter dominates as the night's brightest "star." Far to its right floats Antares, the supergiant alpha star of Scorpius. Far to Jupiter's left hovers bright but not dazzling Saturn, which now rises at nightfall."



~ ~ ~



**Thank You**  
**District Governor Larry Jones**  
**for Your Leadership in this Challenging 2019-2020 Year!**

