

The Toolb



March 2019

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

I am personally inviting YOU to attend our upcoming Membership Summit! I don't need to tell you how important members are in each of our clubs...you know all the reason why more members equal stronger, more vibrant and active clubs. The fact is that we have been losing members in our District for years and we are at a critical point in membership. We need to turn the tide now or we are at risk of merging with another District. WE CAN AND WILL turn this around. We need your help! If you believe Rotary is a gift in your life, share it with others so they can reap the benefits of this amazing organization!

What: Membership Matters Summit

When: Thursday, March 7, 2019

Time: 5:30pm for a light dinner with program starting at 6pm

Where: Glenville Senior Center
32 Worden Road
Glenville, NY

Why:

Does Membership Matter to you...to your club?
Does it REALLY matter?

Do you want to grow your club so you can have a bigger, better, bolder impact in your community?

Do you need fresh ideas on how to gain members?

Does it seem like the same people are doing all the work and you need more hands to help?

What image do you portray to visitors when they visit your club?

Do you need new leaders in your club?

Do you have meaningful projects?

How: We are going back to basics at this important Membership Summit. Please consider joining us...you will walk away feeling empowered to Get Your "Ask" in gear!

There is no cost to attend, and a light dinner will be provided. Please register on our district website so we can have a count for food.

DG Tammy Heckenberg

Be the Inspiration!

DISTRICT EVENTS AT A GLANCE

- **April 6:** District Training Assembly/Grants Management Seminar
- **April 18:** Cabaret: Talent Competition
Sponsored by Next Gen Rotary *pp 4,9*
- **May 3-5:** District Conference *p 6*
- **May 5:** GoL 5K Run by Delmar Rotaract Club
- **June 1-5:** RI International Conference
- **September 16:** GoL Golf & Bocce Tournament

CLUB EVENTS AT A GLANCE

- **March 1-3:** Home & Lifestyle Show by Saratoga Springs Rotary *p 2*
- **March 15:** Bartending for a Cause by Twin Bridges Rotary *p 2*
- **April 13:** 5K Corporate Challenge by Glens Falls Rotary *pp 3, 7*
- **April 13 & 14:** Regatta/Ironman/Triathlon Weekend by Middleburgh Rotary *p 3*
- **May 4 & 18, June 8:** Run for the Roses by Glove Cities Rotary *pp 4, 8*

NEW MEMBERS!

District 7190 Welcomes the Following
New Corporate Members!!!

Saratoga Springs Rotary Club:

UHY LLP of Saratoga Springs

and their member participants:

T. Patrick Farrelly of Saratoga Springs and

Serena Kirkpatrick of Ballston Spa.

~ ~ ~

Help Wanted

After 4 years of heading up Rotary District 7190's Day of Service, I would like to pass the baton. I will train the new hire during the 2018-19 year.

Call or email me at 518-944-3997 or

Barrelbackbuilder@mail.com

for questions or interview.

Thank you. Bruce McConnelee

~ ~ ~

Meeting Time Change!!

Racing City Rotary Club has changed their meeting time **from 5:30 pm to 6:30 pm**, same location, as follows:

1st and 3rd Monday, 6:30 PM

(excluding holidays)

VFW Post 420

190 Excelsior Avenue

Saratoga Springs, NY 12866

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New Meeting Location

for Capital Region Rotary

EFFECTIVE IMMEDIATELY, Capital Region Rotary will now meet at Warehouse Grill and BBQ located on Wolf Road in Albany.

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Attention All Clubs:

DG Tammy has requested that every month all clubs kindly submit the names of their NEW members to

thetoolbox7190@gmail.com for

District recognition.

~ ~ ~

Attention All Clubs:

DG Tammy has also requested that every month all clubs kindly submit the names of their members who have passed on to higher service to

thetoolbox7190@gmail.com for

remembrance.

~ ~ ~

Saratoga Springs Rotary Club will be hosting their annual fundraiser:

Saratoga Home & Lifestyle Show

Friday March 1st – Sunday March 3rd

Booths are still available for both the main floor and the Art Show. www.rotaryhomeshow.com

~ ~ ~

Bartending For A Cause

with the Twin Bridges Rotary



Fantastic Friday, March 15th

WE ARE BARTENDING!!

5pm-8pm

Governor's Taphouse - Exit 11
6 Round Lake Rd - Ballston Lake, NY

Come join us while we bartend for great cause! Enjoy Lots of Fun and Laughs too! We would love to serve you!



www.TwinBridgesRotary.com Facebook: /TwinBridgesRotary

Glens Falls Rotary presents its
Rotary 5K Corporate Challenge

a run/walk event

Saturday, April 13th

10:00am

SUNY Adirondack

in Queensbury, NY

Race registration (\$26) is available online at www.active.com or by mail on club website at www.glensfallsrotary.org.

The course winds around the exterior of the campus, providing scenic views of the campus, as well as, surrounding mountains and countryside.

Funds raised by this year's event go to The Conkling Center (seniors) & Prospect Center (developmentally disabled individuals).

Online link -

<https://www.active.com/queensbury-ny/running/distance-running-races/rotary-5k-corporate-challenge-2019?int=>

Additional information link -

<https://glensfallsrotary.com/stories/rotary-5k-corporate-challenge-2019>

Contact - Jim Goodspeed - Email:

Jimmyg12804@yahoo.com or Phone: 518-321-8041

See page 7 for flyer.



Middleburgh Rotary Club will sponsor the
**2019 Middleburgh Slougher
 Canoe/Kayak Regatta and
 Ironman/Triathlon Weekend**

April 13th and 14th

- **Saturday's Regatta registration starts on-site at 9:00 with the race start time of 11:00**
- **Sunday's Ironman/Triathlon registration begins at 9:00 with the race starting at 11:00**

Registration forms for both events can be found on the website:

www.middleburghrotaryny.org, select your event of choice from the top or bottom bars.

- **Pre-registration is strongly encouraged!**
- **Free event t-shirts to early entrants!**
- **A Fun Flotation class** has been added to Saturday's events.
- **Food trucks, music and activities all day**, join us to give an early welcome to Spring!

This year's proceeds are slated to support local food pantries and Middleburgh Rotary Club's efforts to dedicate a monument in Memorial Park to pay tribute to local service members who fought in WWII and in the Korean Conflict.

They would love to see a Rotary Club Challenge as part of that activities! This could be in the regular regatta classes or in the Fun Flotation class. If you're interested, please contact Joan Wissert at joan.wissert@outlook.com and they will see what they can do as a committee. If there is not adequate interest, please consider spending part of the day with them and enjoying the events! Volunteers from other clubs are ALWAYS welcomed 😊

~ ~ ~

Happy St Patrick's Day
March 17th

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The Next Gen Committee proudly presents
Capital Cabaret:
The 7190 Regional Talent Competition
Thursday, April 18th
6pm

Last year's event (Rotary's Got Talent) was a spectacular success, with 15 competitors vying for the top prize and over \$4,000 raised to support the Rotary International Foundation. A number of clubs sourced talent from within their ranks and from their extended communities, and the club v. club competition was a lot of fun! **Now is the time to consider who will represent your club, whether a member, family member or friend of the club.** See the flyer at the end of the Toolbox for more information. Contact [Whitney Pangburn](#) or [Marisa Multari](#) with any questions might have. Audition tapes are being accepted now!

See related article on page 9.

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Ballston Spa Rotary News

Each week, most Rotary Clubs get together for fellowship, to exchange ideas, and have a meal. This is a time-honored tradition, though no longer a requirement. On February 14th, we had a combination meeting for breakfast with our neighboring Malta Sunrise Club. We found a great many people were able to attend and we did just that, had fellowship, exchanged MANY ideas, and had a nice breakfast. Many of us saw some familiar faces but also many folks we did not know. What a great way to get to know more like-minded folks.

We talked about projects we could combine forces to work on in the future and we will definitely be getting together again. One such project will be coming up sooner than you think right here in the Village (Cue Snowstorm). Each year, your Ballston Spa Rotarians team together with our Interact Club, boy scouts, neighbors, family, and friends to do a bit of clean-up of Wiswall, Kelly, and Old Iron Springs Parks, the Tedisco Trail, The Submarine Memorial Park, as well as other areas around town.

If you or your club would be able to help us this year, get ahold of any Ballston Spa Rotarian, such as Ray Otten (518-852-2642), and we will give you more details. Can we count on YOU???

~ Ray



See related article on page 8.

~ ~ ~

Save the Dates:

May 5: GoL 5K Run

by Delmar Rotaract Club

September 16:

GoL Golf & Bocce Tournament

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Support Gift of Life as You Shop!

Go to smile.amazon.com/ch/22-2704726 and Amazon will donate to Rotary District 7190 Gift of Life Inc. Please share this link and information with your family, friends, and social media contacts. GoL appreciates your support in the mission to save young lives around the world.

~ ~ ~

Looking for Speakers?

Gift of Life will be glad to arrange for a member to address your club about their life saving mission.

Please contact Pat Herman at

phpherman@gmail.com.

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Rotary's 114th Birthday Party at The Hyde Museum



Rotary

District 7190



Conference of Clubs
Essex Junction, Vermont
May 3–5, 2019

PEACE, LOVE, ROTARY INFORMATION

Dates: Friday May 3rd-Sunday May 5th 2019

Location: The Essex Resort & Spa
Essex Junction, Vermont
EssexResortSpa.com

Registration Info: To register, visit:
rotary7190.info/ConferenceofClubs

Registration includes conference materials, and meals (Friday dinner through Sunday breakfast)

\$187.00 by December 31st 2018
\$207.00 beginning January 1st 2019

Conference Contact: Harriet "Pepi" Noble
Conference Chair
hnnoble@nycap.rr.com
518.373.8574

Hotel Reservations: \$159.00/night + taxes & fees
Rate valid three days prior to and after conference dates.
\$20 fee per adult with rooms/suites with three or more guests.
Resort fee waived.

Phone: 877.684.1123
Online: rotary7190.info/ConferenceofClubs
Group Name: Rotary District 7190

District Governor Tammy Hunter Heckenberg • **2019 Conference Chair** Harriet "Pepi" Noble



Rotary



A Letter from Gift of Life International

On 11/3/18 1:34 PM, Brenda Small Gift of Life International wrote:

Dear Gift of Life Albany,

On behalf of Gift of Life International and the children and families of Romania, we wish to thank you for your partnership in Rotary Global Grant GG1872548 through which we have just completed our October 2018 VTT Training mission to Grigore Alexandrescu Hospital in Bucharest, Romania.

Your amazing healthcare professionals from Albany Medical Center returned for their 3rd trip to Bucharest and once again provided excellent care to the children treated during the mission. Their dedication to the children and their love for them is evident in the attached mission report. They continued to provide training to the Romanian team and were happy with the progress made in regards to the skill level of the Romanian nurses.

During this mission the surgical team was Romanian and traveled to Bucharest from the Cluj Heart Institute. They, too did a wonderful job and successfully operated on 8 children.

Dr. Harm Velvis from the Albany Medical Center led the Cath Lab team and treated an additional 5 children.

[Please] know that your partnership was essential in providing hope to these beautiful children.

We would also like to share with you the most recent Gift of Life International video, which also features a beautiful story from Romania. Please take a few minutes to watch by clicking on the following link: <https://youtu.be/gKvZAKA3mYg>

Thank you for helping us heal little hearts around the world!

Brenda Small
Assistant to CEO
Gift of Life International

~ ~ ~



**Proceeds benefit The Conkling
Center & Prospect Center**

Corporate Challenge!
Saturday, April 13, 2019
START TIME: 10:00AM
at SUNY Adirondack Student Center

Pre-registration: On or before April 4th, 2019 - mail to Glens Falls Rotary, PO Box 2702, Glens Falls NY 12801 or register online at www.active.com **Entry Fee:** ADULT \$26, AGE 12 & UNDER \$17 **Race Day Registration:** 8AM to 9:15AM ADULT \$31, AGE 12 & UNDER \$22 **Course:** One small-hill start, then flat and fast! **T-shirts:** Available for the first 300 entrants (sizes not guaranteed) **Awards:** Male and Female overall, age groups 1st, 2nd, 3rd, Team Awards (see page 2)



NAME _____ M _____ F _____

STREET ADDRESS _____

CITY _____ STATE _____ ZIP _____

AGE ON RACE DAY _____ PHONE _____ EMAIL _____

SHIRT SIZE S M L XL

*Checks payable to: The Rotary Club of Glens Falls Foundation, Inc.

I know that running/walking a road race is a potentially hazardous activity. I hereby attest I am medically able and properly trained to run/walk. I agree to abide by any decision of a race official relative to my ability to safely complete the run/walk. I assume all risks associated with running/walking in this event including, but not limited to, fall, contact with other participants, the effect of the weather including high or low temperatures, wind, traffic and the conditions of the road, all such risks are being known and appreciated by me. For safety reasons, dogs are not allowed and headphones, roller skates and similar devices are prohibited. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Glens Falls Rotary Club, SUNY Adirondack, Town of Glensburgh, Warren County, Washington County, sponsors, volunteers and officials, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. Further, I consent and give permission to use my likeness and/or voice in photographs, motion pictures, records and/or other record of the Rotary EX for any legitimate purpose. The Glens Falls Rotary Club reserves the right to cancel this event without the return of fees due to unforeseen circumstances, such as dangerous weather.

SIGNATURE _____ DATE _____

SIGNATURE OF PARENT OR GUARDIAN IF RUNNER IS UNDER 18 YEARS OLD _____



Local Groups to Host 6th Annual 5K Triple Crown Running Event



Three local groups are joining forces to raise money and promote their causes in Fulton County with the 5K Triple Crown presented by St. Mary's Healthcare. 5K races will be held on the three days that coincide with the Triple Crown horse races resulting in one male and female grand champion. Dr. Jen Hulbert, President of the Glove Cities Rotary Club, said, "The collaboration between these three 5K traditions in our community will elevate the caliber of the racing season for area runners. Participants will have a chance to enter three of their favorite races as a series, with the added bonus of possibly winning cash and/or prizes: runners gear, activities and more in their quest for the Triple Crown title."

Glove Cities Rotary will host the first leg which is the Run for the Roses 5K on Saturday, May 4th starting from Partner's Pub, 21 S. William St., Johnstown. The second race is to benefit Johnson Hall State Historic Site on May 18th beginning at the historic site on Hall Avenue. The third race will be a benefit for Lexington ARC Family Services on June 8th starting at 465 N Perry Street in Johnstown. There will also be cash prizes and medals awarded and other prize drawings for those who enter the Triple Crown.

All Triple Crown entrants are automatically entered to win raffle prizes, including gift certificates, running gear, clothing and more. Runners will also receive a free Triple Crown shirt, as well as a shirt and goody bag for each of the three races. Runners may also choose to enter individual races.

All 3 Races for only \$50! (If registered by May 1. Individual races \$20 each)

Register Online At:

<https://www.zippyreg.com?event=1066> or visit

Facebook at

<https://www.facebook.com/5ktriplecrown>

~ ~ ~

Conference of Clubs

May 3-5



Be there!

ROTARY
PRESENTS:

Capital Cabaret

Rotary
District 7190

Call for Talent

WHEN

THURSDAY, APRIL 18TH 2019 AT 6:00PM

WHERE

LUCKY STRIKE SOCIAL, CROSSGATES MALL

WHY

TO RAISE FUNDS FOR GLOBAL PEACE
AND HUMANITARIAN SERVICE
AND TO BRING TOGETHER LIKE-MINDED BUSINESS AND PROFESSIONAL
LEADERS IN OUR COMMUNITY.

\$500

1ST PLACE PRIZE

\$250

2ND PLACE PRIZE

\$100

3RD PLACE PRIZE

SEND YOUR DROPBOX OR GOOGLE DRIVE LINK OF YOUR SUBMISSIONS TO:
ROTARYCAPITALCABARET@GMAIL.COM

IT'S SIMPLE! GRAB YOUR PHONE AND MAKE A VIDEO OF YOUR TALENT. 3 MINUTES OR LESS PLEASE.
ACCEPTING SUBMISSIONS NOW, SO DON'T DELAY!

THE ROTARY D7190 NEXT GEN FACEBOOK PAGE WILL BE UPDATED WITH MORE DETAILS AS THE EVENT
DRAWS CLOSER. ANY QUESTIONS, FEEL FREE TO REACH OUT TO OUR EVENT CO-CHAIRS:

Marisa Multari
MARISAMULTARI@YAHOO.COM

Whitney Pangburn
WHITNEY.PANGBURN@GMAIL.COM