

The Toolbox



March 2021

Barb Wyllie ~ Editor

Distribution 963

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

Deadline: 20th of the month

From the Governor's Desk

What a Difference a Year Makes

How often do you use this phrase, or hear someone else say this? Sounds simple enough, and yet it is so profound right now. One year ago, in March, we were starting to realize the devastating impact of the COVID-19 virus. As Rotarians, we have adapted to the changes in our daily lives to move forward with the good work we do around the globe and in our local communities. We need to continue to be creative, innovative, welcoming, diverse and inclusive, so our work continues to benefit those in need. With three vaccines now available, we should soon see a world returning to some normalcy and renewed health.

March is Water and Sanitation month on the Rotary calendar. The March issue of Rotary magazine focuses on the ongoing issues that affect us globally in regards to poor sanitation and undrinkable water. So please refer to the magazine for some good information on these topics and what you can do to help.

On March 6th we have our District President Elect Training (PETS), and on March 19th and 20th we have our annual Multi-District President Elect Training (MDPETS). I encourage all presidents-elect and assistant governors to make sure you attend these zoom meetings. (It's so easy for MDPETS— no traveling to Syracuse as in the past!) The information and procedures you receive will be most helpful in the upcoming Rotary year. I also encourage you to attend the Multi-District membership seminars that are being held now and ask all club members to attend.

I would like to thank all of those who made a purchase from the online auction that we held from

2/01 through 2/23. Your generous donations helped the district raise \$4,230.00 for the Rotary Foundation. This ensures that we will be able to support our communities and apply for grants, keeping our Rotary Spirit alive and well.

Happy St. Patrick's Day!!

Service above Self,

DG Rich



DISTRICT EVENTS AT A GLANCE

- **NOW: Book Reservations being taken** pp 6,13
- **March 6: PETS Training** p 3
- **March 17: Happy St Patrick's Day**
- **March 19+20: MDPETS Training** (p 3)
- **April 8, May 8 & 22: RYLA Schedule** (Jan TB p 5)
- **April 17: Climate Crisis** (Multi District Zoom) p 5

CLUB EVENTS AT A GLANCE

- **NOW: Quilt Raffle** by Sharon Springs Rotary p 2
- **NOW: 20/20 Club** by Shenendehowa Rotary p 2
- **NOW: Hometown Heroes Banners** by Glenville Rotary pp 4,11
- **NOW: Field of Flags** by Glenville Rotary pp 4,12
- **NOW: Polar Plunge Pledges/Sign-up** by BL-BH Rotary p 6
- **NOW: SaveAround Greater Albany Coupon Books** by Albany Rotary p 4
- **NOW through June 2021: Hoffman's Car Wash Fundraiser** by Albany Rotary p 6
- **March 18: Composting 101** by GlensFalls Rotary p 3
- **March 21: Conscious Medium** by Sharon Springs Rotary pp 4,10
- **April 23: Ziti Dinner** by Sch'dy East Rotary p 6

'Interview with God!'

Outstanding photography . . . Incredible scenes and Wonderful words OF WISDOM.
(Just click title above!)

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.



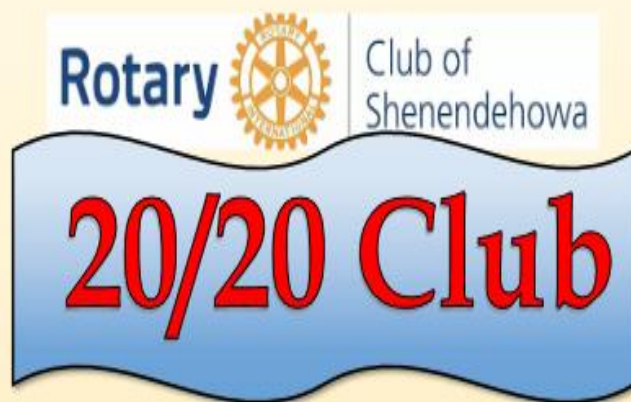
Sharon Springs
Rotary
Club
Quilt Raffle



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



Only \$20/Ticket

A **One Hundred Dollar** Winning Ticket will be drawn every Thursday for 20 weeks starting March 4th, 2021

One ticket gets you entered into
ALL 20 Drawings!

Only 200 Tickets Available

For information contact Mike Popolizio at

(518)461-5520 or mpopoli1@nycap.rr.com

Tickets can be purchased at shenrotary.org

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Glens Falls Rotary presents:
"Residential Composting 101"

**Reduce waste! Improve your garden!
 Slow down climate change!**



Learn how you can help the environment while improving your flowerbed and/or vegetable garden at this informative Composting Workshop sponsored by the Rotary Club of Glens Falls on **Thursday, March 18th at 7pm**. This virtual Workshop (on Zoom) will be led by "Master Gardener" Kettria "Kit" Huggard and "Composting Queen" Marianne McGowan. With combined experience of almost 100 years of gardening, these ladies will cover the "do's and don'ts" and "how-to's" of basic residential composting. **Your \$15 Workshop fee includes a collection bucket for your kitchen.**

Register for the event at:
<https://www.facebook.com/GlensFallsRotary/>. **Class size is limited.**

All proceeds will be donated to a local environmental project.
 For more information, please contact Glens Falls Rotary, at GFRotaryNY@gmail.com.

Submitted by Janice Holding

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District PETS Training Session

The District Training team has set the date for the District PETS training session to Saturday **March 6th, from 8 am to Noon**. The meeting agenda will be posted at a later date. The training will be conducted through a zoom meeting. Logon information is shown below.

Also, please remember to register for the MDPETS, March 19th and 20th. You can register by going to the website:

<https://www.rotaryempiremdpets.org/>

ZOOM Meeting Information:

Topic: District 7190 Pets Training

Time: Mar 6, 2021 08:00 AM Eastern Time (US and Canada)

Join Zoom Meeting at:

<https://us02web.zoom.us/j/81132886698?pwd=M3hITDZ6MDhDemJBjYUjJUE5NR3ZkZz09>

Meeting ID: 811 3288 6698

Passcode: 733136

One tap mobile:

+16465588656,,81132886698#,,,,*733136# US (New York)

+13017158592,,81132886698#,,,,*733136# US (Washington DC)

Dial by your location

+1 646 558 8656 US (New York)

+1 301 715 8592 US (Washington DC)

+1 312 626 6799 US (Chicago)

+1 253 215 8782 US (Tacoma)

+1 346 248 7799 US (Houston)

+1 669 900 9128 US (San Jose)

Meeting ID: 811 3288 6698

Passcode: 733136

Find your local number:

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

Thank you,

Milan 4.0

7190 District Trainer

~ ~ ~

In Honor of Veterans

by Pete Lewis, Andy Tomko, David Walsh

Glenville Rotary is proud to announce two special programs to honor Veterans in the Scotia-Glenville community.

The Hometown Heroes Banner Program was initiated by Glenville Rotary and is now coordinated by the town of Glenville and sponsored by Mohawk Honda. It's free to local residents. Photo banners will be posted on the town's light poles during the Memorial Day and Veteran Day observance periods. Just send a jpeg photo of your veteran plus his or her profile information to cak1861@gmail.com.

March 15th deadline.

(See flyer on page 11 for details.)

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The Field of Flags Program

For the past ten years Glenville Rotary proudly posts American flags to honor our Veterans during Memorial Day and Veteran Day weeks at the Schenectady County Veteran Park, Rt 50 and Freeman's Bridge Road in Glenville. You may purchase an American flag in honor of your veteran and have it flown in the park during the two major Veteran observance weeks, and then you may claim it for your own.

(See flyer on page 12 for details.)



Photo by Andy Tomko

Sharon Springs presents Readings with Medium Brandon Russ Sunday, March 21st 1pm –?

Conscious Medium Brandon Russ returns to Sharon Springs to support The Rotary Foundation and local community projects, hosted by the Sharon Springs Rotary Club.

Brandon delivers humor with his healing as he has delivered for over ten years around the world. You do not want to miss this great opportunity, from the safety and comfort of your living room. This Virtual Event makes access worldwide for people to attend and enjoy the gifts and laughter that Brandon shares through messages from loved ones. Don't delay in reserving your spot today!

Proceeds benefit the Rotary Foundation and community projects.

Tickets just \$25. Reserve your spot at the link below, a zoom link will be sent to you with your ticket confirmation.

<https://spirittreeconnections.ticketspice.com/sharon-springs-fundraiser-virtual-circle-with-brandon-russ-21>

Submitted by Pam Baxter

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Albany Rotary Club is selling SaveAround Greater Albany Coupon Books Cost \$25

Area restaurants include: Swifty's, Koto, Texas Roadhouse, Professor Java's, Front St Deli, Dozer's Bar & Grill, MochaLisa's Caffe.

There is also an app that you can download to get coupons for locations all over the country.

Money raised will help the club fund this year's grant project: The RED Bookshelf in Albany.

Contact Manoj Ajmera manorita12@gmail.com or Kevin Pittz kpittz@aol.com if you would like to make a purchase or to get more information.

Cash, check or credit cards are accepted.

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Climate Crisis "Meetup" on Zoom

Saturday April 17th at 11 am

Organized by District 7190

Attendees are expected from around the globe.

Submitted by Lon Penna

What's the big deal about the Climate Crisis? National Geographic predicts that as the sea levels rise, that cities will need to be abandoned by the end of this century including Cambridge MA, St. Petersburg FL, Oakland CA, and 80% of NYC. Worldwide, there will be hundreds of millions of displaced citizens, a refugee crisis like no other. The devastation is compounded by the expected global food scarcity, as our seas die and crops are damaged.

Shrug. What can Rotary Clubs do?

Niskayuna Rotarian Dr. Rob Mackenzie introduced a **CLIMATE MINUTE** each meeting. (To subscribe for your club, contact NiskyRotary@gmail.com). Last week the suggestion was to use laundry dryer balls to reduce drying time. Maybe next week will be to eat less meat. Or to purchase offsets from the United Nations.

How United Nations Climate Offsets Work:

The following is the result from a **10-minute questionnaire on the United Nations web site Offset.ClimateNeutralNow.org/**. The following is for a retired couple, in a 1600-square-foot home, vegetarians, composters, recyclers, but who travel 22,000 miles-per-year in a car that gets 30-mpg and who take 7-trips a year by airplane. It reveals that this couples' Carbon Dioxide Emissions is **76 tons of CO2 each year, twice the national average and 8 times the global average!**

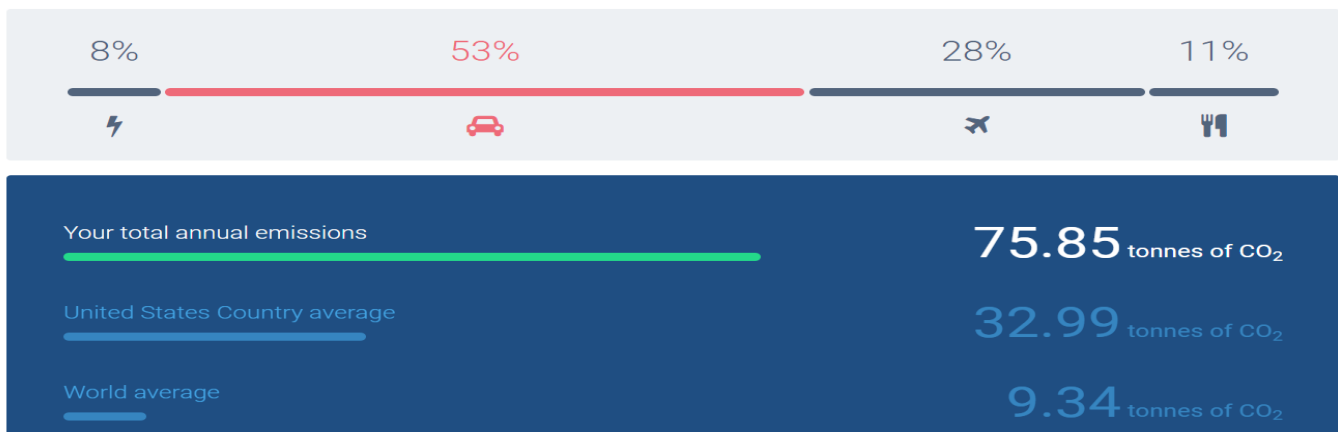
United Nations Carbon Footprint Calculator Results (in diagram below):

Next, the **Offset.ClimateNeutralNow.org/** web site allows this couple to offset their CO2 usage. For example, for a \$76 contribution towards a hydroelectric plant, 76 tons of CO2 will be saved.

With a small outlay, one Rotarian couple has done their part the easy way, by buying their way out of it for 2021. (Going forward, this couple is planning to purchase an electric car and to start using the train more often. Not sure how that will go, but it will be worth a try. It might be fun.)



Your annual household
footprint



Albany Rotary Club presents its
Hoffman's Car Wash Fundraiser
Now through June 2021
Tickets are \$12 or \$42*

(*The full-service package **now** includes extra detailing and interior sanitizing.)

**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.

Peter J. Rose
(518) 843-1920

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Schenectady East
Rotary
Club



ZITI DINNER

Includes
Ziti, Meatballs, Salad, Roll
and Dessert

DRIVE-THRU TAKE-OUT ONLY

Ancient Order of Hibernians

1748 State Street
Schenectady



**Enjoy a delicious meal and support
Schenectady East Rotary's Community Projects!**

Friday, April 23, 2021 4:00 PM - 7:00 PM

\$12.00 CASH ONLY

~ ~ ~

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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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. **See flyer on page ----.**

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

Thank you for supporting The End Polio Campaign

~ ~ ~

Polio Polar Plunge Fundraising



Please help support this BH-BL Rotary fundraiser by making a pledge on the following link:

<https://go.rotary7190gives.org/fc25e3/4RB8R3>

Thank you! We greatly appreciate it.

~ ~ ~

New Bridge Over the Indian Kill

by Andy Tomko

In 2019 Bruce McConnelee spearheaded the design and construction of a replacement bridge over the Indian Kill located in the Town of Glenville's Indian Meadows Park. For the District Day of Service, Rotary was asked by the Town if they could recover and fix a bridge that was washed away by the winter ice flow under the bridge. Bruce evaluated the situation and decided that the location had to be moved, the size of the bridge had to be increased in length and width, and it had to withstand the winter and spring water flows. A sketch was drawn showing that the bridge would span the 24-foot Indian Kill with 6-foot ramps of either side. It was approved by all. Next, the town purchased the materials needed and a crew of Rotarians was gathered from the local clubs to provide the manpower. Among others, this crew consisted primarily of PDG David Hennel, Bruce Bellamy, Doug Roylance, Jamie McFarland, Beth Kissinger and Guillermo Trujillo.

This bridge is unique in that it is located 400 yards deep in the woods so all the materials and equipment had to be hand carried to the site.

With Bruce's magical powers his team built this bridge in one day. This new bridge complements the Boardwalk over the wet lands and is wide enough so that the snowmobiles can groom the trails during the winter months. This is the leadership and foresight that our District Governor Elect brings to his reign next year.



Salem Rescue Squad 2020 Citizens of the Year

by William Cormier

Charlie Perry, chairman of the Salem Rotary Club Citizens of the Year committee, has announced that the Salem Citizen of the 2020 Year is not one person but all members of the Salem Rescue Squad.

The not-for-profit squad chartered in 1969 has served the Salem area for 54 years during which time the squad has grown in membership from a one ambulance to a three-ambulance service housed in a modern facility on East Broadway. Correspondingly, public use of the squad has increase over the years. In 2020 the squad responded to 379 calls, and has already answered 40 rescue squad calls so far this January, far exceed any other month in the history of the squad's existence. In addition, squad members participate in Community Care Medicine, resulting in 53 home visits last year. The demand over the years has resulted in the hiring of a full-time employee to be on call 24 hours a day.

All members must fulfill extensive training and refresh that training as required in order to serve. Each trained member of the squad puts his or her life in jeopardy when answering calls including those to private homes, public buildings, motor vehicle accidents, fires, natural disasters, and today's COVID-19 pandemic. All calls require driving in all kinds of weather and all hours of the day every day of the year. The squad territory covers not only Salem but parts of Jackson, Hebron, Greenwich, and the Ruperts of Vermont. There being no local hospital nearby, transportation to Glens Falls, Saratoga Springs or the Bennington, Vermont hospital creates hours long time-consuming runs for the squad members.

Current members of the Salem Rescue Squad are Vincent Smith, Vicky Campbell, Edward Donoghue, Alex Stevens, Jenna Getty, Jim Gariepy, Ellen Branham, Kyle Campbell, Lilly Waite, Dennis Campbell, Eva Woodell, Justin McIntyre, Dean Hanks, Malachi Schnaderbeck, Brett Lourie, Glenn Stevens, James Allen, James Chambers, Edward Miller, James Conety, Anthony Smith, Stephen Snyder, Timothy Phillips,

Anna Rumrill, Steven Saunders, Kathy Fleming, Joshua Woodell, David Getty, Megan Steindl, Stephen Black, Tauno Wirkki, Cassandra Casey.

As a token of appreciation for the dedicated service of these members, the Salem Rotary Club presented President Vincent Smith and Paramedic Vick Campbell with a framed certificate of appreciation and a certificate for each member.



Pictured above: President Vinnie Smith & Paramedic Vicky Campbell

You are Not Forgotten... Happy Valentine's Day

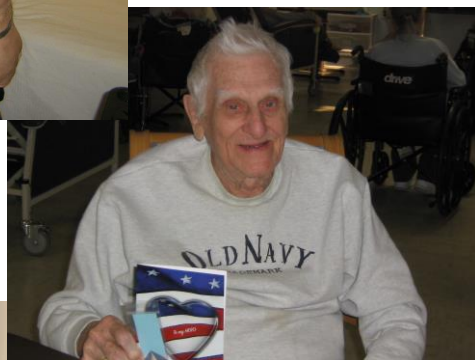
by Peter Lewis

Glenville Rotary has brought a little cheer to some local veterans with some patriotic Valentine Cards. Valentine Cards were distributed to some 80 veterans residing in local nursing homes, in Baptist Retirement Center, Judson Meadows Senior Living, Glendale Nursing Home and Holiday at the Atrium in Glenville. Inside each card was a packet containing a star cut from old unusable flags with the inscription "I am part of our American flag that has flown over the USA. I can no longer fly. The sun and winds caused me to become tattered and torn. Please carry me as a reminder that You are not forgotten"

The card read: To: *Veteran...with deepest gratitude for your unselfish service to our country. We will never forget your sacrifice...God Bless You*
From your friends and neighbors at the Glenville



Rotary



Photos by Baptist Retirement Center Staff



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!

Drink #1

Derailer (page 10)

From the region of District 6450 / USA

- ½ cup triple sec
- 1 cup vodka
- 1 cup gin
- 1 cup sloe gin
- 1 cup rum
- 1 cup peach schnapps
- 1 cup amaretto almond liqueur
- ½ cup grenadine
- ½ gallon cranberry juice
- 6 oz. grapefruit juice
- ½ bottle Sprite

Mix all the alcohol, then add juices.
Add the Sprite just before serving.



Drink #2

Mocha Cream (page 11)

From the region of District 7870 / USA

- ½ cup med. to coarsely ground Columbian coffee
- 4½ cups cold water
- About 3 T. chocolate syrup
- About ½ cup crème de cacao
- Sweetened whipped cream
- Grated chocolate

Brew coffee and water in a drip coffee maker or percolator. (Use medium grind for drip coffee maker, coarse grind for percolator.) Pour brewed coffee into 6-ounce coffee cups. Add 1 teaspoon chocolate syrup and 1 tablespoon creme de cacao to each serving with whipped cream and sprinkled with grated chocolate. Serve immediately.
Yield: 4½ cups.



Continued on next page...

Salad**Cabbage Salad** (page 34)

(Curtido Salvadoreño)

From the region of District 4240 / El Salvador

- 1 head cabbage, sliced thin
- 2 carrots, grated
- 2 sm. onions, sliced
- ½ tsp. dry red pepper
- ½ tsp. oregano
- 2 tsp. extra virgin olive oil
- 1 tsp. salt
- 1 tsp. brown sugar
- ¼ cup vinegar
- ½ cup water



Put the cabbage in boiling water for 1 minute; drain. Throw away the water. Place the cabbage in a large bowl and add in grated carrots, red pepper, sliced onion, oregano, extra virgin olive oil, brown sugar, vinegar, water and salt. Place in the refrigerator for at least 2 hours before serving. Serve with *Pupusas.

[Editor's note: Pupusas are small, round corncakes, similar to flatbreads or pancakes made with corn flour and usually filled with cheese and beans or meat. (Source: tastesbetterfromscratch.com.)]

Main Course**New England Pot Roast, Ala Jane** (page 129)**From the region of District 7980 / USA**

- 5-6 lb. beef rump roast
- 4 med. sized onions, chopped
- 1 cup flour
- 1/8 cup olive oil
- 1 bay leaf
- Coarse salt to taste
- Black pepper to taste
- Water



Heat oil in Dutch oven, place onions in hot oil and let them brown. Place roast in brown bag filled with flour, salt and pepper. Shake until roast is coated. Place roast in Dutch oven with onions. Sear roast until browned on all surfaces. Turn heat down to simmer and add water to cover roast. Cook until water has evaporated and onions continue to darken/burn. Add same amount water and repeat for up to 5 hours. Retain some liquid after last boil to use as gravy. Meat should fall apart.

Dessert**Whiskey Cream Pie** (page 179)**From the region of District 1290 / England**

- ¾ lb. graham crackers, finely crushed
- 5 T. butter
- 2 T. maple syrup
- 8 oz. heavy cream
- 1 lg. egg, room temp.
- 1/3 cup runny honey
- 2 T. Scotch whiskey
- 3 T. toasted, sliced almonds



Mix the butter and maple syrup in a pan. Warm it up to blend together. Add this mixture to the graham cracker crumbs. Mix well with a wooden spoon. Press mixture into a 10-inch glass flan dish or pie pan. Freeze for about 5 minutes. In a mixing bowl, whisk the heavy cream until stiff peaks form. Separate the white from the yolk of the egg. Now whisk the white until a soft peak forms. Set aside. Discard the yolk. Stir whiskey and honey into the cream with a metal spoon. Fold in the egg white and pour the mixture over the chilled graham cracker crust. Sprinkle with almonds and chill for an hour.

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Conscious Medium

T. Brandon Russ

March 21st @1PM

Virtual Message circle

Sharon Springs Rotary benefit







The Town of Glenville is Honoring its Service Members and First Responders!

The Town of Glenville

is launching a Hometown Heroes Banner Program as a living tribute for our community to honor past and present members of the Armed Forces, First Responders, and their family members.

If you would submit a loved one that you would like to honor, please contact us with their name branch of service, and years served and a jpeg by March 15th .

Town of Glenville

18 Glenridge Road, Glenville, NY 12302

Townofglenville.org

Lynn Walkuski

518.688.1220

lwalkuski@townofglenville.org

A Partnership of:

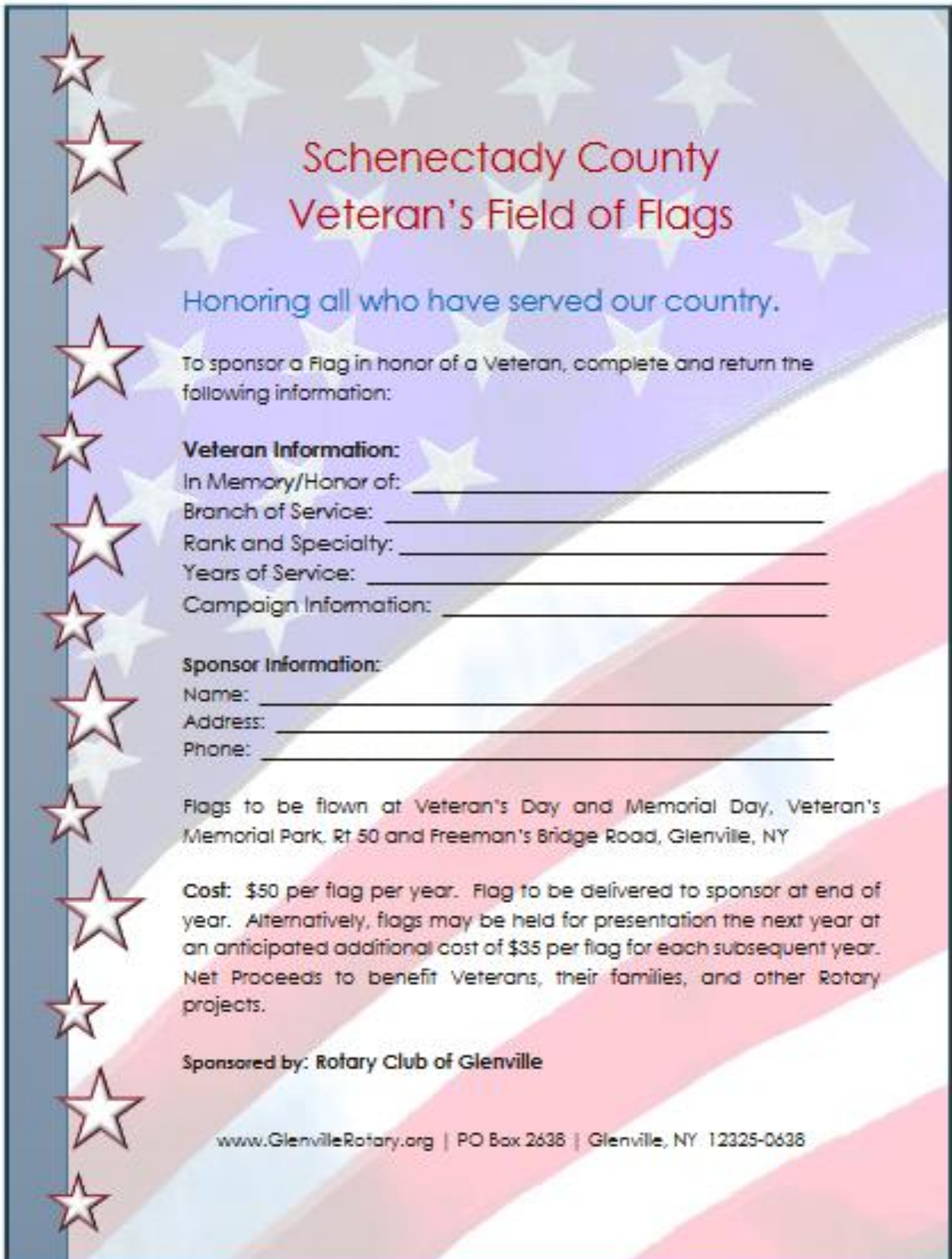


Glenville
Rotary
Club



MOHAWK
Honda
The Joy of Driving is just the beginning.

Additional honor opportunities are available to have the name of your Veteran posted on one of the American flags in Veterans Park in Glenville. Please contact the Glenville Rotary Club for more information at glenvillerotary@gmail.com.



Schenectady County Veteran's Field of Flags

Honoring all who have served our country.

To sponsor a Flag in honor of a Veteran, complete and return the following information:

Veteran Information:
In Memory/Honor of: _____
Branch of Service: _____
Rank and Specialty: _____
Years of Service: _____
Campaign Information: _____

Sponsor Information:
Name: _____
Address: _____
Phone: _____

Flags to be flown at Veteran's Day and Memorial Day, Veteran's Memorial Park, Rt 50 and Freeman's Bridge Road, Glenville, NY

Cost: \$50 per flag per year. Flag to be delivered to sponsor at end of year. Alternatively, flags may be held for presentation the next year at an anticipated additional cost of \$35 per flag for each subsequent year. Net Proceeds to benefit Veterans, their families, and other Rotary projects.

Sponsored by: Rotary Club of Glenville

www.GlenvilleRotary.org | PO Box 2638 | Glenville, NY 12325-0638

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.

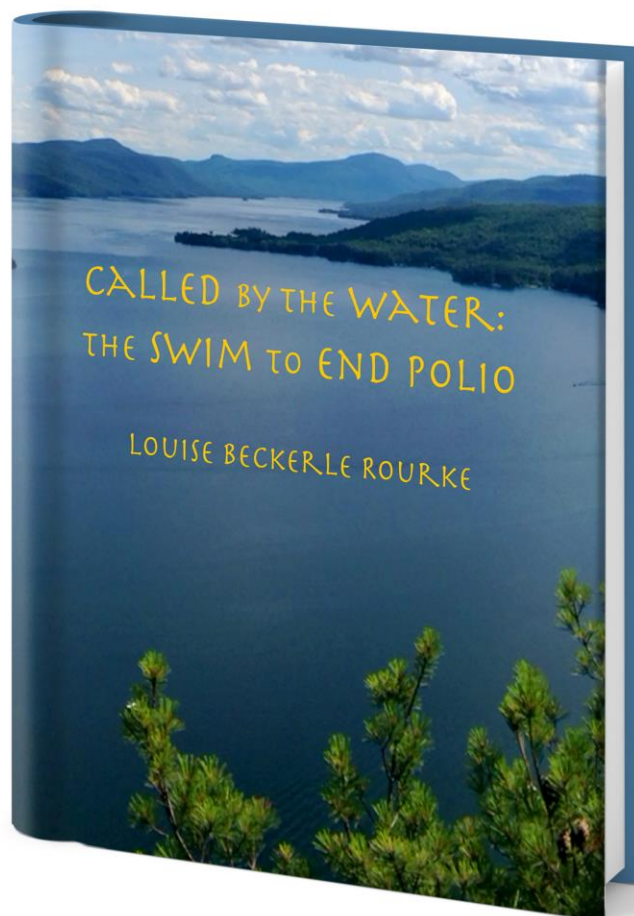
Michael K. McGovern,
Rotary International PolioPlus Committee Chair

"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