

March 2022

Barb Wyllie ~ Editor

Please send submissions to Barb at: THETOOLBOX7190@GMAIL.COM Deadline: 20th of the month

From the Governor's Desk

As you know, Rotary uses monthly themes as a way to focus on service. The theme for March is Water and Sanitation. Clean water, sanitation, and hygiene education are basic necessities for a healthy environment and a productive life. When people have access to clean water and sanitation, waterborne diseases decrease, children stay healthier and attend school more regularly, and mothers can spend less time carrying water and more time helping their families. Since 2013, The Rotary Foundation has invested in more than \$130 million in over 2000 projects worldwide. It only takes \$24 to provide one person with safe water, and using straight math Rotary's commitment to water, sanitation and health (WASH) since 2013 means that more than 5.4 million people now have safe water.

Of course, Rotary's WASH efforts are far more diverse and comprehensive than this. In our own District we are involved with water projects in Haiti and Guatemala. Projects like ours are designed to be sustainable over time, meaning that entire communities can have dramatically improved access to water and sanitation for generations.

WASH projects are often collaborative and dynamic. Rotary clubs in Guatemala improved conditions for as many as 1,793 children in 10 schools in the town of Escuintla by providing toilets, washing stations, water tanks, and training. In Lebanon All 24 of the country's Rotary clubs came together — overcoming religious, cultural, and political divisions — to form partnerships with the government, World Vision, UNICEF, and the Red Cross. Together the groups developed a program that delivers clean water to every public school in the country. At the highest level of Rotary, a partnership with the United States Agency for International Development (USAID) assists communities governments to plan, finance and deliver safe water,

sanitation and hygiene services, while sustainably managing water resources.

Here in the US, we are, quite frankly, spoiled when it comes to water and sanitation. Municipalities routinely help protect the quality of our water, access to water is broadly consistent and ample, and sanitations systems are comprehensive in keeping waste from entering the supply. Perfect? No, but almost perfect – yes.

Even so, we should all be concerned about protecting our water supply. As Rotarians we should step up to all things that encourage positive water and sanitation outcomes. At home, turn off the faucet while you're brushing your teeth. Use your washing machine for full loads only. Install a dual flush or low flow conversion kit onto your toilet and use a low flow shower head. If you like to garden put a rain barrel under your gutter and use rainwater to water your plants.

As a Rotarian encourage your club to take on a WASH project. If that seems daunting, contact me to find out how you might donate to one of our District's water projects; they are always fund raising. Even better, volunteer to work directly on one of these projects, or make a directed donation to the Rotary Foundation so that it supports RI's WASH initiative.

Did you know that you can survive three weeks without food? But did you know that you can only survive three days without water? Did you know that you can save up to 1,500 gallons of water per year if you turn off your faucet while brushing your teeth?

Tomorrow morning while you brush your teeth, think if all Rotarians in D7190 turned off the faucet while brushing. If we did, we would conserve 1.45 million gallons of water per year.

Thanks for all you do! YIRS, DG Bruce

DISTRICT EVENTS AT A GLANCE

- NOW: Rotary Clothing Sale p 2
- NOW: Book Reservations being taken pp 3, 15
- March 1: Mardi Gras
- March 1: Ash Wednesday
- March 3: District Training Event p 4
- March 13: Daylight Saving Time Starts
- March 17: St Patrick's Day
- March 20: Spring Arrives
- March 26: Wine & Whiskey Tasting to End Polio pp 5, 9
- April 29-May 1: End of Year Conference pp 2,3,7,8
- June: RI Convention / Houston TX

CLUB EVENTS AT A GLANCE

- NOW: Food Drive by BHBL Rotary p 3
- March 5 & 6: Home Show by Saratoga Springs Rotary p 4
- March 25: Ziti Dinner by Glenville Rotary p 5
- March 26-April 3: Amazing Race by Colonie-Guilderland Rotary p 5
- March 30: Trivia Night by Cohoes Rotary pp 5, 9
- April 6: Chicken BBQ by Scotia Rotary p 5
- May 22: Black & White Party by Twin Bridges Rotary p 6

Rotarian Called to a Higher Service

District 7190 bids a heartfelt farewell with prayers and very fond memories to:

Richard Ferro
of Schenectady East Rotary
Club Treasurer
Longtime Member

Save the Date April 29 & 30

The 2021-2022 Year-End Conference to be held at the Six Flags Great Escape Lodge and Conference Center Queensbury, NY

Details on pages 3, 7, 8

District Promotion

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.

DISTRICT 7190 FUND RAISER 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, 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

DGBruce2021@gmail.com





GET READY FOR A WEEKEND OF FUN!

Interactive games and activities throughout the weekend.

Saturday night dinner theme is "Let's Make a Deal".

Costumes or themed attire encouraged!

Registration is now open https://bit.ly/RotaryFTO

Register by February 1st to get 100 points. The top 3 point earners will receive a prize.

The #1 point earner makes the first suitcase selection!



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 15.

Thank you for supporting The End Polio Campaign.

Attention All Clubs

Editor's Note: Please make sure your Club members are receiving this newsletter. 1^{st} - You can check the distribution list that I send accompanying The Toolbox (most months). And 2^{nd} , 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.

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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Upcoming Training Events

Submitted by Milan Jackson

The upcoming Multi-District Leadership Development Seminar is open to **all** Rotary leaders and potential leaders. MD-LDS is highly recommended for PE's (replaces PETS 1), and anyone interested in a club leadership position.

Four (4) - one (1) hour seminars on each topic presented one (1) night per week for four (4) weeks. Each session will be immediately followed by a 30-minute discussion session. Please join us to meet other Presidents Elect from District 7120, 7150, 7170 and 7190.

The remaining MD-LDS event is 3/3 - Financial Awareness at 7:00 PM

The link to register for MD-LDS is:

https://conta.cc/3H3RgSs

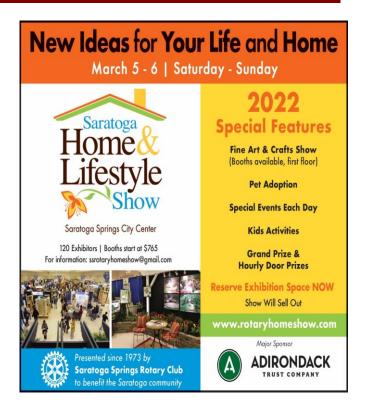
After registering you will be sent a link to attend the sessions.

For Presidents Elect:

Multi-District President Elect Training is scheduled for Saturday March 19th in Syracuse at the Syracuse University Sheraton. MDPETS is great opportunity to network with other President -Elects, meet RI Directors and the RI President Elect Nominee - Gordon McInally. For more information about the program and to register:

https://www.rotaryempiremdpets.org/





The Rotary Club of Saratoga Springs is proud to present our annual Home & Lifestyle Show on March 5 and March 6, 2022 at the Saratoga Springs City Center. We do still have booths available and would love to include other Rotarians from across the region. Our show in 2020 had over 8000 attendees over the two days.

Please email ssrotaryhomeshow@gmail.com for booth information. We also have booths available in our Fine Art & Crafts Show, email Rotaryartshow@nycap.rr.com for more information on those booths. Rates vary based on booth size and location. We would also love to see Rotarians from around the region attend our show and visit our booths. Mark your calendar for a great event! This

fundraiser allows us to give back to our local community and Rotary International and we can't do it without everyone's help!

Submitted by Joyce Ure

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Glenville Rotary Club Thirty-Second Annual

ZITI DINNER

Friday, March 25, 2022 • 4:00 – 7:30PM

Glenville Senior Citizen Center next to Glen Worden School, Worden Road

At The Door \$10.00

Advance Tickets \$8.00

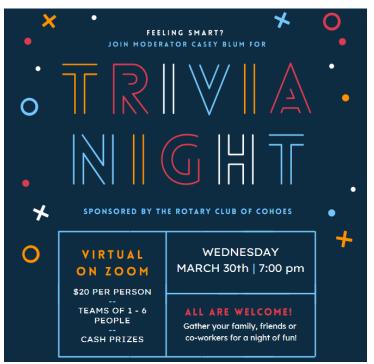
Entertainment, Raffles & More! Tickets Available At The Door

Take - Out Dinners Available

To Benefit:

Northeast Regional Food Bank, Scotia - Glenville Food Pantry and other Rotary Service Projects

Purchase Advance Tickets by 3/20/2022 At: Charlie Palmer State Farm Insurance or from any Glenville Rotarian



Detailed article on page 9.



Detailed article on page 9.



Registration is Now Open for AMAZING RACE TO RECOVERY 2022

Submitted by Denise DeNoto, DGE

Colonie-Guilderland Rotary is excited to announce plans for the 4th annual Amazing Race to Recovery. The event, which raises money for Second Chance Opportunities in Albany, NY, will be held virtually March 26-April 3, 2022.

The virtual format allows you to complete the challenges at your own pace over 8 days. Even if you and your teammates only have a few hours, you can still participate.

Simply form a team of up to 5 people. Select a Captain and register your team at

www.amazingracetorecovery.org under the "register a team" tab. The registration fee of \$20/team member can be paid online. Once you have completed your registration, there are challenges you can start straight away! All of the challenges will be available after the opening ceremony on March 26th. Challenges are family-friendly and many are great for small children. If you are in recovery, ask us about being sponsored to participate.

Funds raised from this event will be used to support Colonie-Guilderland Rotary Club's scholarship program and Second Chance Opportunities, Inc. The Second Chance Community Recovery Center offers a safe and centralized location where people with an addiction, their families and loved ones can come to get support, direction and guidance while they are dealing with substance abuse disorders.

How can you get involved?

- Register a team to participate in the event and pre-event fundraising
- Be a sponsor or help to obtain sponsors
- Submit prize donations or donations for our online auction
- Forward this information to anyone you think might be interested
- Share our <u>Facebook Event</u> page with your Facebook Friends
- Help to promote this event





Twin Bridges Rotary presents

Black & White Party

Live music, Dancing, Cash bar,

Hot/cold hor d'oeuvres, Pasta station

Friday, the thirteenth of May 2022 6:30-10:00 pm

The Vista at Van Patten Golf Club 924 Main Street, Clifton Park

\$50 per person, Purchase tickets by May 1et

All proceeds to benefit Twin Bridges Rotary Foundation

For more information call Patti

518-879-0157



2021-2022 Rotary 7190 District Conference at



Queensbury, NY

Interactive games and activities throughout the weekend. Saturday night dinner theme is "Let's Make a Deal!" Costumes or themed attire encouraged!

Registration open now at www.Rotary7190.org

	Weekend Package	Saturday Overnight Package	Saturday Day Only Package	Saturday Dinner Only
Cocktail Hour - Friday Evening	✓			
Breakfast - Saturday Morning	\checkmark			
Lunch - Saturday Afternoon	\checkmark	\checkmark	\checkmark	
Cocktail Hour - Saturday Evening	\checkmark	\checkmark	✓	\checkmark
Dinner - Saturday Evening	\checkmark	\checkmark	\checkmark	\checkmark
Breakfast - Sunday Morning	\checkmark	\checkmark		
Fun Interactive Games and Activities	\checkmark	\checkmark	\checkmark	
Participation in Meetings	✓	✓	✓	
Registration Cost*	\$195.00	\$150.00	\$125.00	Adult: \$50.00 Kids: \$25.00 (Chicken Fingers and Fries)

All business will be conducted on Saturday.

All clubs should plan to send at least one representative.

*Hotel rooms not included and should be booked separately from conference registration. Reservations: 518-824-6000 ext. 0. Use code ROTARY for the group rate until April 1, 2022

Contact Milan Jackson 4.0 at milanj71@yahoo.com or Lisa Jackson at lisarmj33@gmail.com with any questions.



YOU ARE INVITED TO A

A FUN TIME OUT



APRIL 29 - MAY 1, 2022

ROTARY 7190 DISTRICT CONFERENCE

Itinerary

Friday Ever	ning:			
4:00 pm	8:00 pm	Conference Registration		
7:00 pm	9:00 pm	Social Gathering		
9:00 pm	11:00 pm	Hospitality Suite		
Saturday				
7:00 am	9:00 am	Breakfast Buffet		
9:30 am	11:30 am	Business Plenary		
11:45 am	1:00 pm	Lunch Plenary		
1:15 pm	3:00 pm	Afternoon Plenary		
5:30 pm	6:30 pm	Governor's Reception		
6:30 pm	8:30 pm	Dinner Plenary		
8:30 pm	11:00 pm	Hospitality Suite		
Sunday Morning:				
7:00 pm	9:00 pm	Breakfast Buffet		

Hotel Reservations

Hotel rooms are not included and should be booked separately from conference registration.

Great Escape Lodge & Indoor Waterpark is offering a group rate through April 1, 2022.

\$199 (+taxes and fees) for a 2-Queen Room

Room Rate includes access to the Waterpark

A limited number of rooms are held at this rate. Rates will increase after April 1, 2022.

Reservations: 518-824-6000 ext. 0. Use code ROTARY.

Explore the Resort here -> https://www.sixflagsgreatescapelodge.com

Families Welcome!

Family and friends are eligible for discounted waterpark day tickets, Birch Bark Grill and Johnny Rocket's vouchers, available at the Rotary registration table.

Guests who would like to participate in the Rotary dinner and activities on Saturday evening must register for the Saturday evening meal (adult and kid's options available).

COVID Protocols

We will be following the resort guidelines as of the conference date.

Contact Milan Jackson 4.0 at <u>milanj71@yahoo.com</u> or Lisa Jackson at <u>lisarmj33@gmail.com</u> with any questions.

Wine & Whiskey Tasting to End Polio

Submitted by PDG Melissa Ward-Rathbun

There is a world of breweries, distilleries, and wineries right in our own backyard. If you have not had the chance to tour the various selections in the area, have we got a night planned for you!

We are going to celebrate two of our neighbors while we raise funds to End Polio (and if this sells, were going to celebrate many more).

Join me for a Wine and Whiskey Tasting on Saturday, March 26th at 6 pm. Our host is Galway Rock Winery & Vineyard located at 998 Saratoga Rd, Ballston Lake. We will be sampling 3 selections from Galway Rock Wines and 3 selections from High Peaks Distilling Whiskeys.

Each tasting will be presented by the creators themselves, giving you the opportunity to learn more about how each selection is made and what goes into creating these award-winning wines and whiskeys.

- · High Peaks has won Gold across the country for their Single Malt, Bourbons, and Rye.
- · The three brands from Galway Rock: Galway Rock Wines, Saratoga Sparkling, and Robina Hill have all brought home bronze, silver, and gold medals.

Registration is \$75 per person and includes the tasting and heavy hor d'oeuvres catered by the Wandering Food Dude.

Register Online:

https://bit.ly/WineWhiskeyTasting
Seating is limited, so grab your tickets early.

You will also have the opportunity to purchase additional beverages or bottles to bring home.

If you have any questions, please contact Melissa Ward-Rathbun at MelissaWardRotary@Gmail.com.
I look forward to celebrating with you and toasting to End Polio forever!

Cohoes Rotary to Host Trivia Night

Submitted by Linda Tremblay

Feeling smart? Join the Rotary Club of Cohoes and moderator Casey Blum for a virtual **Trivia Night** on **Wednesday, March 30, 2022**. All are welcome. Gather your family, friends, or co-workers for a night of fun.

The game will be played virtually on Zoom. Teams can be comprised of one to six people. **Cost is \$20 per person.** There will be **cash prizes**. It is recommended that members of a particular team gather in the same location to view the game from the same device. Proceeds from this event will support community groups in the City of Cohoes.

Send check payable to Rotary Club of Cohoes based on your team size at \$20 per person. Send your check with your team's name, name of all the participants, and the team email address to be used during the event. This email will receive the Zoom invitation to participate.

Send check to Rotary Club of Cohoes, PO Box 81, Cohoes, NY 12047. Or payment can be made through Venmo. Go to Venmo, Business, Rotary Club of Cohoes@Cohoes-Rotary. If you pay through Venmo email name of team, names of team participants, and an email address for the team to Linda Tremblay at lit@nycap.rr.com. Payment must be received by March 27th to receive the Zoom invitation.

Rotarians contribute their time, energy, and passion to sustainable, long-term projects in local communities across the globe. Projects focus on important issues like peace and conflict resolution, disease prevention and treatment, water and sanitation, maternal and child health, basic education and literacy, and economic and community development.

From its yearly fundraising activities, the Rotary Club of Cohoes is able to make significant financial contributions to the community at large. The Cohoes Rotary provides an annual scholarship to a graduating high school senior, the Frank Hines Memorial Scholarship, in the amount of \$1,000. Annual donations are also made to LifePath at Cohoes Senior Center, the Cohoes Library, Counseling Care and Services, Cohoes Bridges Inc., the Van Schaick Mansion, and other organizations. For further information about Cohoes Rotary go to http://www.rotaryclubofcohoes.org.



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Ambulance for Haiti

Submitted by Brian Merriam

Thanks to Ray Otten and the staff at Community Emergency Corps of Ballston Spa, a 2012 Chevy diesel, 5-ton ambulance was donated to the Schenectady Rotary Club who will be shipping it to earthquake and hurricane-ravaged Les Cayes, Haiti before the end of February. District 7190 Governor Bruce McConnelee helped secure funding for the shipment and with the help of many local Rotary clubs (Ballston Spa, Glenville & Schenectady in particular), Saratoga Health and Emergency service agencies and Ellis Hospital, over 500 pounds of medical equipment was included along with the ambulance. To save cost, Schenectady Rotarian Brian Merriam along with an ambulance EMT from Wisconsin, Chris Hedlund, drove the ambulance 1,796 miles between Feb 6-9 to the Port of Miami where it will be shipped to Port-au-Prince and driven by a Haitian Rotarian to Les Cayes. The ultimate recipient will be Camp-Perrin Rotary President Dr. Dorgu Pettit-hommes for use by a Rotary-sponsored clinic in the community of Les Cayes. Following the devastating earthquake of August 14th and Hurricane Grace 2 days later,

desperate need has existed in the sprawling urban and rural community. The ambulance will be a timely gift and the Rotary emblem will be a testament to the fact that we Rotarians do not merely consider serving our community as a local affair. "Service above self" are words that are put in action and are saving lives all over the world. Thank you to all who were involved in this project.

The first photo below is of the medical equipment in the ambulance, and the second photo is of Ray Otten and the crew from Community Emergency with the ambulance.





The Toolbox:

Volume 219

March 2022

Rotary International District 7190

Happy Veterans Valentine Day

Submitted by Peter Lewis

Glenville Rotary Club was at it again bringing joy and gratitude to our local Veterans. Several of the local retirement homes participated in this year's Veteran Valentine Day by distributing over 100 of our Valentine Day cards to local Veterans. The card read "To Our Hero on Valentine Day, we thank you for your service and sacrifice and to let you know You are not forgotten". Included in each card was a star cut from old and tattered American flags with the inscription that read: I am part of our American flag

that has flown over the USA.
I can no longer fly.

The sun and winds have caused me to become tattered and torn.

Please carry me as a Reminder that
YOU ARE NOT FORGOTTEN

Compliments of Glenville Rotary Club

The facilities excited to participate were Glendale Retirement Center, Holiday at the Atrium, Baptist Retirement, Judson Meadows, and Glenwyck.

This is the second year of Glenville Rotary honoring our Veterans on Valentine Day with plans of making it

an annual event.



District Historian's Report

by Fred Carvin
District Historian

Scotia Rotary

Chartered March 25, 1929 -Sponsored by Schenectady Rotary- 93 years of service

Nominated District Governor Don Lemon 1977-1978

Nominated District Governor John Hinrichs 1985-1986

Nominated District Governor Terry Phillips 1996-1997

Nominated District Governor John Eaton 2009-2010

Nominated Current District Governor Bruce McConnelee 2021-2022

The spirit of the "Roaring Twenties" and the early Rotarian tradition of wanting to have a good time became the basis of the kick-off celebration of the Scotia Club charter dinner held on April 16, 1929. The Schenectady Union-Star wrote, "Representatives from Schenectady, Troy, Albany, Glens Falls, Ballston Spa, Saratoga, Cobleskill, Mechanicville, Poughkeepsie, Catskill, Hudson Falls, Kingston and Amsterdam were on deck and lent no small amount of inter-club spirit to the affair. Much impromptu gossip was spilled on Rotary and ideas and stunt plans were exchanged to the mutual benefit of all." This sense of fellowship continues today, surviving the Stock Market crash that occurred a mere six months after the club's founding. Scotia Rotarians for almost 100 years have attended uncounted District meetings, conferences, and international conventions, displaying a unique appreciation of Rotary service, friendship and fun.

Continued on the next page...

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Middleburgh Rotary

Chartered March 18,1940 – Sponsored by Cobleskill Rotary- 82 years of service

Nominated District Governor J. Robert Johnson 1955-1956

Nominated District Governor Rudolph Snyder 1983-1984

Nominated District Governor James Spencer 1999-2000

As Axis armies invade country after country, Rotary International continue to replace clubs lost during World War II. In January 1940 Rotarians from Cobleskill, under the direction of PDG George Ryder, began talking with community and business leaders in the village of Middleburgh. They managed to convince Dr. James Arthur, who became the first president, and Carl Meinhardt who would serve as secretary, of the merits of a service organization in their hamlet. Over the next couple of months, they signed 23 other interested men and received their charter number 5202, on March 18, 1940.

Three years later, the club had 44 members and was described as the "civic backbone of the community." Like many other clubs they supported the war effort by selling bonds, collecting blood and conducting salvage drives to achieve victory.



Fort Ann Rotary

Chartered March 29, 1946 – Sponsored by Hudson Falls – 76 years of service

Nominated District Governor Samuel Hall 2005-2006

With the war over and the troops coming home, Rotary experienced growth greater than it had ever known. The returning GIs were interested in starting families, starting businesses and enjoying some of the benefits of their communities. They understood sacrifice and service by joining Rotary to recapture some of the comradeship they had while in the armed forces.

On February 17, 1946, Walt Casanova wrote District Governor Frank Wassung the results of a survey for a new club in Fort Ann. Walt indicated he had 16 potential new members and about an upcoming meeting where he hoped to sign "a few more." Three days later, Governor Wassung wrote Rotary International, "We have an enthusiastic group ready to start a club there. I believe the town can and will support a Rotary Club."

By March 29th, Paul Crumley, a retired druggist and Cleon Baker, a retired farm implements salesman were the two Fort Ann Rotarians who presented their charter documents to 20 other charter members.

President Crumley was so pleased and proud of their accomplishments he wrote the new District Governor, Gus Schwenk on July 14, 1946, "Since we in Fort Ann are a new organization, we don't know too much about some of the procedures in Rotary...If there is such a thing as staking a claim in the work of starting a new club, we would like to be placed on the record as having started a drive to form a club in Argyle. A couple of our boys have made a preliminary survey and report prospects as highly favorable."

Continued on the next page...

Page 12

North Creek Rotary

Chartered March 18, 1949- Sponsored by Glens Falls – 73 years of service

Nominated District Governor Gus Hanpeter 1965-1966

During his term as District Governor Al Bantham (1948-1949) established the Northern Extension Committee consisting of Rotarians from several different clubs. This group was responsible in establishing 5 new Rotary Clubs (South Glens Falls, Lake George, Menands, North Creek and Chestertown)

In his February 1949 newsletter, Governor Bantham wrote, "Walt Casanova and his hard riding Northern Extension Committee have come up with another club, this time in North Creek. Its charter list is being closed with 35 members, with many more prospects. A civic club which had been in operation for a number of years, voted to affiliate with Rotary after groundwork had been done by the committee. The men who worked on this proposition, in addition to Walt, were Gary Germann and Art Irving of Glens Falls, George Rosebrook, Fort Ann, Ed Leahy of Ballston Spa, Lloyd Oothout, Watervliet, Bill Underdoerfel, Cohoes, Frank Johnson, Troy, PDG Vic Wiley, Art Mannix and Hamilton Traver of Lake George."

Chartered on March 18, 1949, North Creek received its official dinner held at the North Creek High School as organized by their sponsoring club of Glens Falls.



East Greenbush (aka Southern Rensselaer County)

Chartered March 2, 1960 - Sponsored by Albany Rotary — 62 years of service

Nominated District Governor Herford Smith 1976-1977

According to District Governor A. Gardner Barrett, the most exciting news in March 1960 was the arrival of the Rotary stork with a new baby to East Greenbush. Special Representative Carl Snyder was named "top obstetrician" with Herford Smith as an able assistant. The first East Greenbush President Roland Holmes was presented the charter documents at a special dinner at the Crooked Lake Hotel on March 24th.

It would be another seven years before a new club in District 7190 would be chartered. East Greenbush changed their name to Southern Rensselaer circa 2008-2009.

Note: District Governor Don Lemon of Scotia was invited to appear with Past District Governor Herford Smith of East Green Bush on radio station WABY "Bom Boom Brannigan Show" to talk about Rotary for 30 minutes on December 22, 1977. The show was so successful that "Boom Boom" extended the program to over an hour and wanted a TV broadcast for an hour at a later date.

All clubs are encouraged to protect and save the mementoes of their past. If you have any questions regarding how to accomplish this; or have specific questions regarding Rotary history, please contact Fred Carvin at Qbyfred@verizon.net



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).

Soup

Irish Cream of Turnip Soup (page 44) From the region of District 1160 / Ireland

1/4 lb. turnip

1/4 lb. leek

1/4 lb. celery

1/4 lb. onion

1/4 lb. butter

3 T. flour

8 cups chicken stock or vegetable stock for totally vegetarian

1/2 to 1-pint fresh cream, depending on how creamy you like your soup

Sauté the celery, onion and leeks in butter. When vegetables are done, add flour and stir well. Add the chicken stock, slowly mixing well. Now, add the turnip. Simmer for about 15 minutes until the turnip is tender. Remove from the heat. Blend in the blender until smooth. Pass through a sieve to catch any remaining lumps. Reheat for 5 minutes. Add the cream and salt and pepper to taste. Stir well. Serve with slices of wheat bread.

Dessert

Banana Poi (page 168)

From the region of District 9920 / Samoa

2 teaspoons vanilla

2 cups half and half cream

11/2 pounds ripe bananas

1 grated lemon peel

½ cup sugar, more or less according to taste Ice

Mash bananas until smooth. Mix in vanilla and cream. Add sugar to taste. Add grated lemon peel to the mixture and stir. The lemon peel will add a faint lemon flavor. Pour over ice and serve. Serves 4.

Vegetable

Swiss Roesti (page 86)
From the region of District 2000 /
Switzerland/Liechtenstein

1 kg (2.2 lbs.) raw potatoes 1 small tablespoon salt 3-4 tablespoons oil Thin sliced onion rings

Peel the potatoes and pass them over a grater to get fine sliced potato sticks. Heat the oil, butter or dripping in the pan and add the sliced potatoes together with the sliced onion rings. Turn all regularly, add salt and if you like some pepper or nutmeg to get a mass well mixed with the oil or butter. On a medium heat, fry the mass in a covered pan for 20 minutes. During this time, turn the mass regularly so that the potatoes become a slight golden color. After this time, go on frying without lid and form a mass. Fry it on both sides to get a golden colored cake and serve this delicious meal hot.

Main Course

Corny Chicken (page 195) From the region of District ?/?

2 cups diced, cooked rotisserie chicken

1 cup cooked corn kernels

½ cup onions, sliced fine

½ cup diced tomato

1 pkt taco seasoning

1/4 cup water

1 tablespoon oil

1/4 cup chopped cilantro

Over medium heat, sauté the onions in hot oil for 3 minutes. Now add the tomato and continue cooking for 2 minutes. Add the chicken, corn, taco seasoning and water. Cook for 3 more minutes. Turn off heat. Mix in the cilantro. Serve warm. Serves 2.

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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."

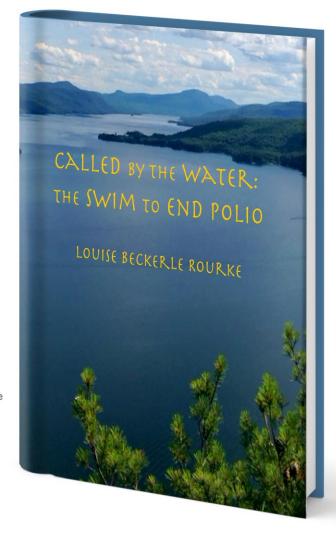
Kitty Rooney,

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 Goodmar

Founder and CEO of The HUMOR Project, Inc. in Saratoga Springs, NY



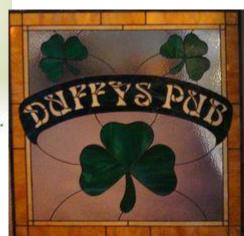




YOUR DOOR

Irish Fun Facts

- Ireland's top-three symbols are the Celtic cross, the green shamrock, and the harp.
- 88% of Ireland-born citizens are Roman Catholic, and 45% of them attend mass every week.
- Ireland is free of snakes, moles, weasels and other species.
- #9% of Ireland's population are redheads.
- Cats are Ireland's favorite pet over dogs by a margin of 2 to 1.
- In Dublin, there's a pub for every 100 people.
- 900 years ago, Ireland's oldest pub - Sean's Bar in Athlone was founded.



And good luck pursue you

each morning and night.



