

# The Toolbox



**March 2024**

**Whitney Pangburn ~ District Governor**

**Barb Wyllie ~ Toolbox Editor**

**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**

Happy March Rotary District 7190!

This month I wanted to write you a much more personal address. I know my term is not complete yet, however, I am already taking an accounting of what this Rotary experience has done for me. I am so truly grateful for all of the experiences (mostly positive, some difficult) that I have had throughout this Rotary year.

My overall life experiences thus far have taught me to practice gratitude. To have a healthy balance of celebrating the moment and planning for the future. That said, I am still a growing professional in the second half of my thirties with MUCH to learn and experience.

My experiences with our incredible organization have forever positively impacted my life and my future. All of these experiences were opportunities for me to learn. To learn to be a better person, a better mother to my children and a better employee at Marshall & Sterling. There is also no doubt that Rotary helped me through one of my toughest life experiences. I am forever grateful for the wonderful community that surrounded my girls and I after my divorce. Many club and district members became influential role models in my children's lives and helped me through a very difficult time. Many of my skills acquired through Rotary helped me learn how to run a single parent household more effectively and how to prioritize what was most important financially and at times emotionally.

I was recently selected to organize and lead a breakout session in Singapore this May. The title of the breakout session is "Professional Development: A BIG Membership Benefit." As I have been developing the foundation of this course, I have been organizing all that I have gained and learned from my time in Rotary. Of course, there are the obvious positive by-products and some that are much more subtle which include:

- **NETWORKING:** Rotary was founded (in part) on the idea of networking. Gathering businessmen together of different vocations to work together to solve a problem. Rotary gave me an open forum to learn how to improve my ability to network.
- **BEING PART OF A TEAM:** Rotary taught me how to work better in teams, and to respect the structure and strength of a well-organized, diversified team.
- **HOW TO BUDGET:** From the exercise of setting up a club budget to setting up a budget for an event. Being able to learn from other Rotary members about what works and what to look out for.
- **EVENT PLANNING:** How to use big picture thinking in contrast to small logistical details and the skill of managing both to have an impactful event.
- **JOINING A BOARD:** Not only how to represent your club on a board but also how to run a board. How to make sure each part of our club or district has the type of attention it needs and consistently keeping track of everyone's needs.
- **ORGANIZING A MEETING:** How to run an effective, inclusive meeting and what's more, how to run a virtual meeting. Allowing for some fellowship but keeping laser focused on the goals at hand. Also, intentionally setting out to provide equity so we can create an environment for diversity to thrive.
- **THE ART OF COMPROMISE:** It is not often that a team agrees on everything. Rotary provides a safe space to have some authentic conversations and find those ways to compromise.
- **BEING INTENTIONALLY DIVERSE:** This is a decision. Having diversity in our teams and making sure you also keep everyone's needs in mind whether that be closed captions on a zoom, being culturally conscious with things like language, religion and even tradition vs best practices, or providing certain foods for diet and allergy requirements to considering accessibility of venues, etc.

- **HOW TO PRIORITIZE:** We as Rotarians have many ideas and much to do to transition ideas to reality. Prioritization is something Rotary has taught me over and over again.
- **PUBLIC SPEAKING:** This is not everyone's forte but there are many opportunities and many Rotary trainings in the learning center to help you grow this skill.
- **CONFLICT RESOLUTION:** This may not be everyone's favorite thing to do but is a seemingly necessary skill in today's world. Again, we have many trainings available to us in the learning center and every so often we find a need to use this skill in our lives inside and outside of Rotary.

All of these skills are skills I have acquired from my time in Rotary. Marshall & Sterling has supported my involvement with Rotary from the beginning as many influential people within our firm are also Rotarians. I know Marshall & Sterling has benefitted greatly in my growing capabilities taken from Rotary to be a better employee. I have improved my public speaking and presentation skills and now feel comfortable presenting to large, as well as small, groups. I have also grown in my abilities to run effective meetings and to organize events and agendas. I have a much better understanding of topics like DEI. In appealing enough times to our HR Director that we started a women's resource network (an affinity group internally to help employees grow professionally) and now have a chief diversity officer (both may not have been all a result of me but it certainly helped!)

I guess what I am attempting to say is Rotary has made me a better human all the way around. I know as I write this, that all of this is really only because I said YES to Rotary. I attended trainings, social events and club meetings everywhere I went. I got involved with local and international projects, learned about all of the good our foundation does and what it takes to administer all of that. I got involved in some zone and International RI events witnessing the extent of our reach.

There are many of you that may be reading this that have embraced all of Rotary and the incredible transformative abilities this organization can have on every portion of your life. However, if you read this and decide you are open to learning more than I would be rather excited to talk to you!

In May, our district is putting together a learning about leadership meeting. This is a social event to hear from some others on different roles and the benefits and training that the roles have brought them. It was this type of meeting that many years ago opened the door for me and I hope you might consider joining us.

Additionally, we have all of these other learning sessions for you to take advantage of!

- **President Elect Training (PETS)** is open to all, and each club has to pay for someone to go. If your club president elect is not attending, it could be you! This is a gathering of many NYS clubs with structured learning sessions and speakers from all over the world talking about what Rotary is doing or has to offer you. This is a great place to make powerful connections and to get inspired.
- We also have **District Training Assembly (DTA)** coming up on April 6th from 10am- 4pm at Vernon Verona Sherril High School. Admission is free. This is another great time to learn and to network. Covering many topics including: General sessions covering the key Rotary topics of Foundation, Membership, Public Image & Diversity, Equity and Inclusion. There will be break-out sessions with training for your club secretaries and treasurers, as well as opportunities to learn more about Rotary's Action Plan, Youth Programs, and becoming a leader in our region. Also, there will be a trade show space filled with booths featuring all of the CNY Rotary committees and programs where you can connect with leaders, ask questions and address you and your club's specific needs.
- The **District Conference** will be at the Binghamton Doubletree April 26-28. Please find the registration on our District website: we will have speakers flying in from different parts of the world, breakout sessions covering a variety of Rotary topics and lots of fun courses too like home brewing and Mandala painting! We will also have a talent show and an "Inauguration" of our first CNY President and board.
- **Grants Management Seminar-** Our next CNY Rotary Grants Management Seminar will be held virtually on Monday, April 1, 2024, at 7:00 pm. Additionally CNY Rotary is offering a live Grants Management Seminar at the District Assembly at VVS High School on Saturday, April 6, 2024.

You will also find many other ways to expand your Rotary experience through programs like RLI- Rotary Leadership Institute, RYLA-Rotary Youth Leadership Awards, our Zone Training- Learning to Lead and many other social events throughout the year. If you are interested in learning about any of these events, please feel free to reach out to me.

I hope you all have a great month!

Rotarily,  
DG Whitney Pangburn  
District Governor, Rotary District 7190

## Transparency is Key in CNY Leadership - Join In!

Submitted by CNY Rotary Communications

As we move ever closer to becoming CNY Rotary, we know some of you have questions about what this will mean for your clubs, service projects and overall member experience. To answer your questions, we will be hosting a series of virtual Town Hall meetings where you can get an update on where we are in the transition and find answers to your questions. You can also pre-submit your questions anonymously with the form on [this page](#). **Town Halls will take place the first Tuesday of each month at 7pm** March 5, April 2, May 7 and June 4. Visit [www.CNYRotary.org](http://www.CNYRotary.org) for the link to register and get the zoom meeting details today!

Another great way to learn more about CNY Rotary leadership is to become part of it. All members are invited to get involved, with many committees seeking volunteers for a wide range of roles where you will serve your fellow clubs. Visit the [Get Involved](#) tab for more information on each committee and to submit your name to tell us what would be fun for you to do. It could be helping plan a social event once a year, working on a database of service projects, helping clubs understand different types of memberships they could offer, being part of our social media team and much more. Training is available to support you in a new role!

The first official CNY Rotary event is right around the corner and what better way to get answers to your questions than in person?! **District Training Assembly will be Saturday, April 6** from 10am-4pm at [Vernon-Verona-Sherrill High School](#) (VVS) in Verona. This event is free to attend and open to all members who are interested in learning more about Rotary. The day will include general sessions covering the basics, breakout sessions on more specific topics, and a trade show space filled with booths for each of our committees and programs where you can have personal conversations about what you need to succeed. There will also be training for club secretaries and treasurers, and one final Grants Management Seminar. Lunch will be provided, along with coffee and snacks for grazing. Grab some clubmates and carpool to Verona for a fun day of Rotary learning! **Get more details at [www.CNYRotary.org](http://www.CNYRotary.org) or [click here to register now](#)**. We are asking all to register by March 27th so we have enough food. Hope to see you there!

Be sure to follow @CNYRotary on [Facebook](#) and [Instagram](#) for the latest news and information.



## First CNY Rotary Grants Management Seminar in The Books – More to Come!

Submitted by CNY Rotary Foundation Chair Don Reese

On February 7th, we had an awesome turnout at the first Grants Management Seminar for CNY Rotary. We had a total of 89 Rotarians virtually present. The VVS Community Rotary Club led the way with 5 members in attendance. Thirty-one clubs satisfied the qualification requirement of having at least two members present. Another twelve clubs had one member present. Well Done!

During the seminar, PDG David Hennel made a great presentation covering all of the new aspects involving District Grants for CNY Rotary in 2024-2025. David is the Chair of the Foundation Subcommittee for District Grants.

We fielded a number of excellent questions and received some really good suggestions. With that in mind, the CNY Rotary Foundation will be meeting to discuss some edits to the process and the draft forms. We intend to have all of these posted on [cnyrotary.org/foundation](http://cnyrotary.org/foundation) by March 15, 2024. Since some of the edits will result in changing the presentation slides, those will be updated and posted by March 15, 2024 as well.

The Terms and Conditions for Rotary Foundation District Grants and Global Grants is available for review [here](#). Please feel free to check this out if you have any general questions or issues on grants in the meantime.

**Our next CNY Rotary Grants Management Seminar will be held virtually on Monday, April 1, 2024 at 7:00 pm. If you love this information like we do, we are also offering a live Grants Management Seminar at the District Assembly at VVS High School on Saturday, April 6, 2024. More information on how to register for both events will be posted at [www.cnyrotary.org](http://www.cnyrotary.org) soon. We hope to connect with you at an upcoming event!**

## District Training Assembly Registration Open – All Are Welcome!

Submitted by the CNY Rotary Learning Committee

The first official CNY Rotary event is coming up soon! **District Training Assembly** will be **Saturday, April 6th**, from 10am-4pm at [Vernon-Verona-Sherrill High School](#) (VVS), where we will host a day of learning with something for every member.

The day will include.

- General sessions to cover the key Rotary topics of Foundation, Membership, Public Image & Diversity, Equity and Inclusion
- An in-person Grants Management Seminar (your last opportunity for this grants session)
- A trade show space filled with booths featuring all of our CNY Rotary committees and programs where you can connect with leaders, ask questions and address you and your club's specific needs
- Break-out sessions with training for your club secretaries and treasurers, as well as opportunities to learn more about Rotary's Action Plan, Youth Programs, and becoming a leader in our region
- Plus space to socialize over a cup of coffee and a snack

This will be the perfect place for you to find the resources and inspiration your club needs to succeed in 2024-25, as well as how to get involved with CNY Rotary. There are new committees to learn about, new approaches to support for our clubs, and many new faces to put with a name.

- Admission is FREE.
- Boxed lunch, coffee and snacks will be provided.
- A hotel to stay over and an opportunity for a group dinner afterwards will be available if you are interested.
- Visit [www.cnyrotary.org](http://www.cnyrotary.org) for the details and to register to attend by Wednesday, March 27th.
- *Registration enters you to win some fun door prizes.*

We look forward to connecting with you in person. In the meantime, we encourage you to follow @CNYRotary on [Facebook](#) or [Instagram](#) for important reminders and information.

# DISTRICT TRAINING ASSEMBLY

Saturday, April 6 | 10am-4pm  
Vernon-Verona-Sherrill High School, Verona

**FREE TO ATTEND**

**REGISTER BY MARCH 27TH**

REGISTER NOW



To register: [https://docs.google.com/forms/d/e/1FAIpQLScrc-YV0UdWvhl\\_g5OhT1qyuwcQRxUzNNIaBG\\_v8wPot21D1w/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLScrc-YV0UdWvhl_g5OhT1qyuwcQRxUzNNIaBG_v8wPot21D1w/viewform?usp=sf_link)

## President Elect Training is Now - Register to Attend Today

Submitted by Empire Multi-District PETS Committee

You simply cannot wait any longer to register to attend the upcoming Multi-District President Elect Training Seminar (MD PETS) because **registration closes March 5th**. We need to submit our meal counts to the hotel and confirm attendance numbers with our facilitators so we can provide you with all the resources you will need.

**Every. Single. Club. Should. Send. SOMEONE.**

Clubs pay for this training program as part of district dues and should provide financial support for members who need to stay at the hotel for the weekend. If your club's President Elect is unavailable, or still to be determined, someone else from your club should be attending in their place. They would register as a President Elect so registration is covered. It's a great refresher for the current Club President, informative for a board member, and even a great way for a new member to immerse themselves into learning more about Rotary.

We'll be covering core Rotary topics surrounding the Foundation, Membership, Public Image, and Diversity, Equity and Inclusion, as well as new information on Rotary's Action Plan, Conflict Management and Mental Health initiatives. There's really something for everyone, with a lot packed into our weekend together!

Visit our website, [www.RotaryEmpireMDPETS.org](http://www.RotaryEmpireMDPETS.org), to register now and to book your hotel stay. You can also find FAQ's, links to all the recordings of our four Pre-PETS sessions from last month, bios on our speakers, the full schedule of events, and tips on how to prepare for the weekend.

Be sure to follow [Empire Multi-District PETS on Facebook](#) for helpful reminders and learning tips!

Empire Rotary | Multi-District PETS | March 15-17, 2024  
DoubleTree Syracuse

*Training for President Elects, Assistant Governors and members of Rotary Districts 7120, 7150, 7170 and 7190*

**NOW IS THE TIME TO REGISTER**  
*Registration and hotel booking deadlines are coming up fast!*

**VISIT OUR WEBSITE TO REGISTER & GET:**

- Answers to FAQ's
- A Detailed Schedule
- The Dress Code
- Speaker Bios
- Pre-PETS Zoom Link
- Things to Know
- What to Bring
- Who Will Be There

Pre-PETS sessions will be weekly throughout February. The zoom link is the same for all four sessions and can be found at

**www.RotaryEmpireMDPETS.org**

## DISTRICT EVENTS AT A GLANCE

- **NOW:** Join the Polio Plus Society p 11
- **NOW:** Register: PETS Training p 5
- **NOW:** Register: District Conference p 9
- **NOW:** Register: Grants Management Training p 3
- **NOW:** 'Polio Survivor' Book Sales pp 8, 12
- **March 10:** Daylight Savings BEGINS!
- **March 15-17:** President Elect Training (PETS) (Syracuse Doubletree) p 5
- **March 17:** St Patrick's Day
- **March 19:** 1st Day of Spring
- **March 24:** Palm Sunday
- **March 31:** Easter
- **March Social to be announced.**
- **April 1:** Zoom: CNY Grants Management Seminar p 3
- **April 6:** District Training Assembly (includes live Grants Management Seminar) p 3
- **April 26-28:** District Conference (Binghamton Doubletree) p 9
- **May Social to be announced.**
- **May 15:** Exec Comm Session 7-8pm via zoom
- **June Social to be announced.**

## CLUB EVENTS AT A GLANCE

- **NOW:** Food Drive BHBL Rotary p 9
- **NOW:** Homemade Soap Sale Rotterdam Sunrise p 9
- **March 2-3:** Home & Lifestyle Show Saratoga Springs Rotary p 6
- **March 23:** Breakfast w/the Easter Bunny Twin Bridges Rotary p 7
- **March 24:** Pancake Breakfast Schenectady East Rotary p 7
- **April 3:** Brooks BBQ Scotia Rotary p 7
- **April 3:** 75th Year Celebration Chestertown Rotary p 7
- **April 5:** Ziti Dinner Glenville Rotary p 8
- **May 18:** 100th Anniversary Saratoga Spr Rotary p 8

~ ~ ~

### Scotia Rotarian and Past District Governor John Eaton Called to a Higher Service

District 7190 bids PDG John Eaton a heartfelt farewell with prayers and very fond memories!

~ ~ ~



Submitted by Maria Flynn

## Saratoga Springs Rotary is hosting their... **50th Annual Home & Lifestyle Show** March 2nd and 3rd Saratoga Springs City Center

This year marks a milestone occasion as they celebrate **50 years** for the club's major fundraising event. Proceeds will be distributed to community non-profit organizations, youth scholarships, and international humanitarian aid projects. Many of the community groups this Rotary Club supports include the Salvation Army, Franklin Community Center, Saratoga Regional YMCA, Rebuilding Together, Shelters of Saratoga, Code Blue, and Saratoga Community Health Center in addition to the [Saratoga Springs Rotary Education Foundation](https://saratogaspringsrotary.org/page/saratoga-springs-rotary-education-foundation).

**The Home & Lifestyle Show** will feature 100+ vendors for all your home and lifestyle needs. They are thrilled to announce the return of their Art Show with local participants featuring arts and crafts vendors and a wine and spirits tasting. **Bring the kids!** There will be family entertainment and a pet adoption clinic throughout the weekend. **Admission is FREE** thanks to the generous support of the Adirondack Trust Company and their many sponsors.

Try your luck with their raffle prizes – due to incredible donations **they have prizes valued over \$3,000!**

For more information, please visit us at <https://saratogaspringsrotary.org/page/saratoga-springs-rotary-home-amp-lifestyle-show>

~ ~ ~

# Breakfast With the Easter Bunny

**Saturday, March 23, 2024**  
Two seatings: 8:30 & 10 am

Hosted by Twin Bridges Rotary  
Clifton Park Elks Lodge  
695 MacElroy Road

**Advance Registration Required**  
No walk-ins please  
Sign up now at  
[twinbridgesrotary.com](http://twinbridgesrotary.com)

Both seatings expected to sell out!  
No re-entry after egg hunt.

**Only \$10 per person!**  
(kids under 3 are free)

Take photos of  
your kids with the  
Easter Bunny and  
enjoy a full breakfast!



Egg hunts follow each seating—  
please bring a bag to collect  
eggs.

Scan the QR code to sign up!

**Egg Hunts at 9:30 and 11 am**

Schenectady East  
**Rotary**  
Club



## ANNUAL PANCAKE BREAKFAST

For the benefit of  
**Schenectady Blue Jays**

At the Ancient Order of Hibernians  
1748 State Street, Schenectady

Sunday, March 24, 2024  
Adults \$12.00 Children 5-12 \$6.00

8am ~ 12Noon  
(Children under 5 free)



## SCOTIA ROTARY BROOKS BBQ



CHICKEN or RIB DINNER

GLENVILLE MAALWYCK PARK

WEDNESDAY, April 3, 2024

3 PM UNTIL SOLD OUT

CHICKEN DINNER \$15 - HALF CHICKEN ONLY \$12  
RIBS THIS YEAR! DINNER \$20 - RIB ONLY \$17

DRIVE THROUGH ONLY - NO ADVANCE SALE - CASH, CHECK, CC

300 Maalwyck Park Rd., Schenectady, NY 12302

Proceeds support the Scotia Glenville Food Pantry  
And other local charities

For additional information call:  
Lorraine McConnelee at 518 461-1773.

## Chestertown Rotary Celebrates 75 Years of Community Service

Join us for an evening of celebration as the Rotary Club of Chestertown, NY  
celebrates 75 years of service in the North Warren Community!

**When:** Wednesday, April 3 ~ 5:00 PM to 8:00 PM ~ Open House

**Where:** Green Mansions/Dack Nine Dress Code: Business Casual

Complimentary Hors d'oeuvres Cash Bar 50/50 Door Prizes **AND**

**Complimentary Virtual Golf!**

Chestertown NY  
**Rotary**  
Club



Phone1: 518-538-5605  
Phone2: 347-344-7933  
E-mail: [rotary12817@gmail.com](mailto:rotary12817@gmail.com)

# Glenville Rotary Club *Thirty-Fourth Annual* **ZITI DINNER**

Friday, April 5, 2024 • 4:00 – 7:30PM

Glenville Senior Citizen Center  
next to Glen Worden School, Worden Road  
At The Door                      Advance Tickets  
\$15.00                              \$12.00

**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 3/29/2024 at:  
Charlie Palmer State Farm Insurance  
or from any Glenville Rotarian*

~ ~ ~

**Save the Date!**  
**100<sup>th</sup> Year Celebration!**  
**Saturday May 18<sup>th</sup>**  
**5-10 pm**



1924 - 2024

**Canfield Casino**

*Details to follow.*

District 7190 offers

## **Polio Survivor Louise Rourke's Inspirational Story: *Called by the Water***

Learn how Louise's 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! Thank you for your support.

**\$20 per book / \$35 for a signed copy**

*Your donation supports the Rotary Foundation  
Campaign to Eradicate Polio.*

**To purchase books, email Doug Ford at**

**[doug.ford@curtislumber.com](mailto:doug.ford@curtislumber.com)**

*See flyer on page 12.*

~ ~ ~

**Daylight Savings time starts - March 10<sup>th</sup>.**

**St Patrick's Day - March 17<sup>th</sup>**

**1<sup>st</sup> Day of Spring – March 19<sup>th</sup>**

**Palm Sunday – March 24<sup>th</sup>**

**Easter – March 31<sup>st</sup>**

~ ~ ~



**CREATE HOPE  
in the WORLD**



**Rotterdam Sunrise Rotary** is selling  
**Homemade Soaps**

*A great gift idea for any holiday!*

**\$5/bar or \$20 for 5 bars in a decorative bag**  
Free shipping and/or delivery.

Please contact **Michael Surin** by text at **518-810-8338** or email [msurin@nycap.rr.com](mailto:msurin@nycap.rr.com).

Or join their weekly meetings at 7:15 am at the Bellevue Café in Schenectady, NY.



**Burnt Hills Ballston Lake Rotary**  
provides an

**“Operation Hunger”  
Food Collection Box  
at Gil’s Garage**

817 Saratoga Rd, Burnt Hills, NY  
**Collecting non-perishable food items.**



District Conference  
**April 26-28, 2024**

DoubleTree, Binghamton NY



**Check us out online!**

Learn more about keynote speakers, the plans for each day of conference and what is still in the works - like registration, House of Friendship and some Friday night fun!

Look for the purple banner  
on your district's website  
to access conference details

*Let's come together and*



**CREATE HOPE  
in the WORLD**

## Schenectady Rotary Donates Chairs for Newly Built Substance Abuse Center in Hubli, India

Chairs purchased through a gift of \$500 from Schenectady Rotary Club have been placed in the waiting room of the newly built Substance Abuse Center in Hubli, India. Those who use the seats will be focused on their loved ones' treatment and progress in recovery. They will never know that Schenectady Rotary Club was the source of this gift, done for the good of humanity. **Roshni Trust** is a registered charitable organization headquartered in Hangal. The Trust with the motto, "Life is fruitful in service." is guided by Ursuline Franciscan Congregation.

**Below is Sister Anitha's letter to Brian:**

*Dear Sir Brian Merriam,*

*Greetings from Roshni Trust Hangal. (Sister Anitha D'Souza)*

*We are glad to inform you that we have installed the 5 chairs in our clinic office. The welder has sent the original bills to the Rotary Club of Hubli Heritage.*

*Hereby I have attached a photo of the new chairs in use as loved ones wait for patients at the substance abuse center.*

*Thanks a lot for the support.*

*Let me know if you want any details further.*

*Thanking you*

*Anitha*



Learn more about Roshni Trust through this YouTube presentation.

[https://www.youtube.com/watch?v=R0iZs\\_LZbFc](https://www.youtube.com/watch?v=R0iZs_LZbFc)



## Be the next member of THE POLIO PLUS SOCIETY

What is the PolioPlus Society? In an effort to increase sustainable giving, the PolioPlus Society (PPS) was formed to encourage Rotarians to commit to a minimum **\$100 donation** to the PolioPlus Fund until polio is eradicated from the face of the earth.

Society members receive a special PolioPlus Society pin to wear with honor.

### 5 REASONS WHY WE MUST ERADICATE POLIO

**1 YOUR GIFT WILL IMPROVE LIVES.**

Today, 20 million people who would otherwise be paralyzed by polio are walking, and 1.5 million people who would otherwise have died are alive.

**2 YOUR GIFT WILL INVEST IN THE FUTURE.**

If all eradication efforts stopped today, within 10 years, polio could paralyze as many as 200,000 children each year. A polio-free world will be a healthier world for children everywhere.

**3 YOUR GIFT WILL IMPROVE CHILD HEALTH.**

Polio surveillance networks and vaccination campaigns also monitor children for other health problems, like vitamin deficiency and measles, so we can address them sooner.

**4 YOUR GIFT WILL LOWER HEALTH CARE COSTS.**

The global effort to eradicate polio has already saved more than \$27 billion in health care costs since 1988, and expects to save \$14 billion more by 2050.

**5 YOUR GIFT WILL MAKE HISTORY.**

Polio eradication will be one of history's greatest public health achievements, with polio following smallpox to become only the second human disease eradicated from the world.

How to donate to PolioPlus thru the PPS:  
Send a check payable to: The Rotary Foundation/Polio  
Rotary District 7190  
c/o Tammy Heckenberg, Polio Chair  
12 Chester Street  
Glens Falls, NY 12801



Questions?

Contact District 7190 Polio Chairs

Tammy Heckenberg, PDG  
tammyheckenberg@yahoo.com, 518-832-3842  
Milan Jackson, PDG  
mjackson30@nycap.rr.com, 518-294-6717

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

