

The Toolb



May 2022

Barb Wyllie ~ Editor

Distribution 930

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

Deadline: 20th of the month

From the Governor's Desk

How's the PMS factor in your club? You know... Pale, Male and Stale? When a person visits your club, maybe thinking about joining, or coming as a speaker or friend, and they cast their eye around the room, what do they see? A mix of younger and older Rotarians, maybe a couple of different colors, and a nice male/female balance? Certainly, if the visitor is younger, they expect to see a mix. When they don't it really stands out in their mind.

All of us who are members of this great organization of Rotary understand that in order to survive we need to attract new and younger members to our ranks. Yet one of the attraction strategies we often overlook is integration with Rotary's youth programs.

Rotary has a built in 'ladder' of development in the organization allowing us to engage young members at all ages. EarlyAct, InterAct and Rotaract can engage young potential members from grade school through college and early adulthood.

Part of our goal to get new young members is to get the word out of what Rotary is, what it does and the impact we have on our community both locally and globally.

I recently spoke with a friend of mine who did not know what Rotary was all about, and so I showed him the Four Way Test, explaining how this guides what we think, do and say. We chatted about it and he said: "Yeah! That is really good!" My friend then went on to donate to Rotary and is looking at clubs in his area to join.

We need to live and talk Rotary and encourage young people to join us in whatever capacity. Then it's much easier to encourage them to become members.

All of us know and interact with younger people - our kids, our grandkids, and people at our workplaces. As people see how they can join with us to help their communities and at the same time enjoy the fellowship of likeminded individuals, they will be much more likely to commit to membership. Think about visiting your local high school and inviting young people, maybe the student government leaders or the international club to join Rotarians in your next community project. How about the various youth levels at your church? Is there a solid after school program in your nearby diverse neighborhood? Consider coordinating through them to clean their park, and then ask them to help clean yours.

For young folks to believe in us, we have to live Rotary not just talk Rotary. Because Rotary is a way of life, not another activity or thing to do. We need to get Rotary into individuals, not just individuals into Rotary.

RI President Shekhar Mehta's primary theme this year is: Be one, Bring One and Serve To Change Lives. At your next club meeting ask the person next to you if they can think of a way to engage with youth and change a life or two. We can do this!

Yours in Rotary Service,
DG Bruce



DISTRICT EVENTS AT A GLANCE

- **NOW: Rotary Clothing Sale** p 2
- **NOW: Book Reservations being taken** pp 3, 13
- **May 1: Final Breakfast of 2022 District Conference**
- **May 1: May Day**
- **May 4: Star Wars Day** ('May the 4th be with you!')
- **May 5: Cinco de Mayo**
- **May 8: Mother's Day**
- **May 30: Memorial Day**
- **June: RI Convention / Houston TX**

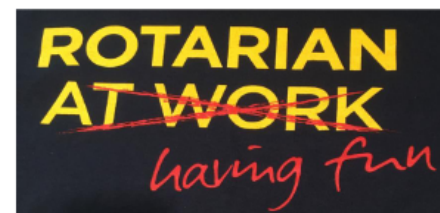
CLUB EVENTS AT A GLANCE

- **NOW: Mother's Day Flowers** by Schenectady Rotary pp 2, 11
- **NOW: Food Drive** by BHBL Rotary p 3
- **NOW: Raffle** by Twin Bridges Rotary p 3
- **NOW: Homemade Soap Sale** by Rotterdam Sunrise Rotary p 5
- **May 7 & 8: Tee Shirt Sale** by Albany Rotary p 3
- **May 13: Black & White Party** by Twin Bridges Rotary p 3
- **May 18: Youth Recognition Luncheon** by Albany Rotary p 4
- **May 18: Drive Thru Catering** by BHBL Rotary p 4
- **May 27: Slougher 5K** by Middleburgh Rotary p 4
- **June 10: Golf Outing** by Colonie-Guilderland Rotary p 5
- **June 11: Corn Hole Tournament** by Chestertown Rotary p 5
- **June 20: Tuskegee Airmen Presentation** by BHBL Rotary p 5
- **July 15-17: Woodworking and Fine Arts Show** by Northville Rotary p 5
- **August 1: Golf Classic** by Glenville Rotary p 6

District 7190 Fund Raiser

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.

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 MCCONNELLEE

DGBruce2021@gmail.com

SCHENECTADY ROTARY CLUB

Mother's Day Flowers

Partnered with Schenectady ARC

Herb Garden

Hanging Basket

Patio Pot w/ annuals

FEE FOR FLOWERS: \$25

PICK UP DATES:
MAY 6TH 2 PM – 5 PM
MAY 7TH 9 AM – 12 PM

PICK UP LOCATION:
SCHENECTADY ARC
2999 HAMBURG ST 12303

<https://schenectadyrotary.rotary7190gives.org/springflowers2022/Campaign/Details>

All proceeds are to benefit the community via Schenectady Rotary Club's community grant program and Schenectady ARC's ability to employ individuals with intellectual and developmental disabilities

SEE ABILITY. NOT DISABILITY.

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 13.

Thank you for supporting The End Polio Campaign.

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Albany Rotary to Sell
**Tee-shirts at Tulip Festival
 Saturday and Sunday, May 7th & 8th**

The famous Albany Tulip Festival in Washington Park will be going strong after two pandemic years.

Albany Rotary volunteers will have their annual, busy-as-bees booth, exclusively selling Festival tee-shirts.

Profits support community charitable projects.

Information at www.AlbanyRotary.org.

Stop by for the shirts, crafts, great music, and the festival food everyone enjoys!

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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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Twin Bridges offers its 1st Annual
Twin Bridges Rotary Club Raffle
 to benefit

Twin Bridges Rotary Foundation &
 Chuck Chera Trade School Scholarship

Tickets: \$20 each

First Prize: \$1500

Second Prize: 1000

Third: \$500

Drawing May 13th

at the

Twin Bridges Rotary Black & White Party

The Vista at Van Patten
 924 Main St Clifton Park

Need not be present to win.

For tickets or information contact Kathy Rode at
ktravis56@yahoo.com

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Twin Bridges Rotary presents

Black & White Party

Live music, Dancing, Cash bar,

Hot/cold hors 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 1st

All proceeds to benefit Twin Bridges Rotary Foundation

For more information call Patti

518-879-0157

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The Burnt Hills-Ballston Lake Rotary club, in conjunction with Spartan Catering, will be having a

Drive-thru Italian Dinner

Wednesday, May 18th

ORDERS DUE BY NOON on MONDAY, MAY 16!

4:30 – 6 pm

Burnt Hills Ballston Lake High School

back parking lot

88 Lake Hill Rd Burnt Hills, NY

Payment is due at pick up via cash, check, credit card, Paypal or Venmo

In addition to scrumptious and tantalizing appetizers and desserts, the dinner options will include chicken parmigiana, eggplant parmigiana, penne ala vodka with shrimp, and sausage and peppers.

Gluten free and vegan options will be available.

Also available is our popular Feed a Hungry Neighbor donation opportunity.

To pre-order or for more details please go to bhblrotary.org, email bhblrotary4912@gmail.com or call Gregg Schorr at (518) 693-3769.

All proceeds go toward scholarships and other community charities.

We will be accepting returnable bottles and cans, as well as non-perishable food items to support Rotary's Operation Hunger campaign.

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Middleburgh Rotary Presents its

Slughter 5K

Friday May 27th



<https://runsignup.com/Race/NY/Middleburgh/MiddleburghSlughter5K>

Pre-registration ONLY! Hope you see lots of Rotarians there!

Questions? shoerzy@midtel.net

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Albany Rotary Club Presents its 38th Annual

Youth Recognition Luncheon

You are all invited to a heartwarming event where you will leave feeling better than when you arrived!

Wednesday, May 18th

11:45 am to 1:30 pm

Tickets are \$30, includes a terrific buffet

American Legion Hall

4 Everett Road, Albany

Seven teenagers, representing seven agencies, will be presented with awards honoring their hard work and determination to overcome adversity in their young lives.

Rotarians from our wonderful District 7190 are invited by the Albany Club to join in recognition of youth who have been in foster care and live in nonprofit, childcare agencies.

The guest speaker will be Paige Pierce, Chief Executive Officer

Families Together in NYS, Inc.

Since 2000, she has been an outstanding children's advocate in shaping public policy and as a liaison between families and policymakers.

"Foster care children are rarely recognized in the community," says Brian Barr, Albany Rotarian who founded the Youth Recognition program 38 years ago and still acts with great vigor as the Chair. Brian continues, "These youth deserve so much credit for their struggles and successes in overcoming circumstances we can only imagine."

Albany Mayor Kathy Sheehan and District Attorney David Soares, two huge supporters of the recognition program, will make brief remarks.

See www.albanyrotary.org for more information. Hope you can join us!

Colonie-Guilderland Rotary Club is hosting its
17th Annual

Golf Outing

Calling all Duffers, Hackers and Pros

Friday, June 10th

Mill Road Acres

Latham

Registration is \$95 per golfer and includes lunch and shared cart.

Tee/hole sponsorships are available for \$150.

Become a Tee Sponsor and register 4 golfers for \$450.

Register online today at

www.cgrotary.org/golf-outing.

Proceeds from the outing support programs in the towns of Colonie and Guilderland, as well as the Albany Ronald McDonald House

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Saturday, June 11, 9 AM to 3 PM

Chester Conservation Club-Knapp Hill Rd

Chestertown, NY

\$50/Team Social—\$60/Team Advanced

Double Elimination—\$\$ Prizes for Winners

Teams Age 15 & Under Free Entry

No pre-registration required for Kids

50/50 Raffle * Basket Raffle * White Elephant

Concession Stand * BYOB



Thank you Upstate NY Cornhole Sports Club!

Brought to you by the Chestertown Rotary

Need info? Call or text 518-538-5605

Visit ScorHolio to Register

fb/Chestertown NY Rotary



Rotterdam Sunrise Rotary is selling

Homemade Soaps

A great gift idea for any holiday!



One bar is \$5

or

Five bars in a decorative bag are \$20

Free shipping and/or delivery.

Please contact club secretary Michael Surin by text at 518-810-8338 or

email msurin@nycap.rr.com.

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

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Burnt Hills Ballston Lake Rotary presents Tuskegee Airmen Presentation

Monday June 20th

6:00pm

This is a free community event, sponsored by BH-BL Rotary, joined by Ballston Lake resident, Warren Dart, discusses his father's experience as a Tuskegee Airman during World War II. Held at Town of Ballston. Space is limited, RSVP to Linda LeTendre (letendre.linda@gmail.com) or 518.330.7683)

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Save the Date!

Northville Rotary presents its annual Woodworking and Fine Arts Show

July 15th - 17th

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Save the Date!

Glenville Rotary presents its annual

Classic Golf Tournament

August 1st

Pinehaven Country Club

Mark this fun event on your calendar!

Help us help others!

More information to follow.

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Attention All Clubs

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

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Salem Rotary Club's April Fool's Day Race

by Al Cormier

Forty-three years ago, the Salem Rotary Club sponsored an April Fool's Day Race to raise money for its Rotary Foreign Student Exchange Program. Each year inviting one of the Salem Washington Academy senior class organizations to help to run the race, making the event a Rotary club and Salem school project. The school and community have benefited from hosting a visiting exchange student and from sending a Salem student to participate in a Rotary student exchange program in another country. Unfortunately, COVID cancelled the exchange program as well as the race these past two years, but this year the return of the Rotary exchange program, a healthier society and good weather made for a successful race. Rotarian Dan Sheldon, who has run the race since 1979, said, "279 spectators and runners enjoyed the 41st event this year, and of them, "90 ran in the 1-mile race, 55 ran in the 5K race, and 34 ran in the 10K race." The Salem Rotary Club, the Salem Washington Academy, and the community that always contributes host families are looking forward to receiving and sending a student for the 2022-2023 school year. The photograph shows a runner crossing the finish line for the 5K race.



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District Historian's Report

by Fred Carvin
District Historian

Rotary Club of Albany, NY

Charter date May 1, 1913. Sponsored by Rotary Club of Buffalo, NY. **109 years of service**

Nominated District Governor

Rev. George Dugan: 1918-1919

Nominated District Governor

Harlan H. Horner: 1922-1923

Nominated District Governor

C Reeve Vanneman: 1933-1934

Nominated District Governor

Charles W. Riley: 1958-1959

Nominated District Governor

Donald G. Brossman: 1973-1974

Nominated District Governor

James Flavin: 1978-1979

Nominated District Governor

Alexander Courtney: 1988-1989

Nominated District Governor

Edward M Cameron II: 1992-1993

Nominated District Governor

William Nathan 2011-2012

In April 1912, the unsinkable Titanic, hit an iceberg and sank to the bottom of the Atlantic Ocean. Today, that event is celebrated as ancient history where one era clashed and changed into another. Roughly one week after the maritime disaster, a meeting took place at the office of George S. DeRouville, a wholesale clothing executive, who introduced and explained a new concept to a group of businessmen in the city of Albany, NY.

This idea, called Rotary had been suggested to George by his cousin who visited a newly established club in Syracuse and liked what he saw. Impressed, the men urged George to write Chicago and get more information and literature on how to start a local club.

A gentleman named Burton Pfeifer was personally appointed by Paul Harris to contact the Albanians. On

April 25, 1913, he addressed the potential members, telling them Rotary was a group of business and professional people who gathered to exchange ideas about their professions and provide "service" to the community. Receiving their May 1, 1913, charter from RI President Glen C Mead on May 9, 1913, at The Hotel Ten Eyck, one member told the 50 plus invited guest that, "The chapter of the Rotary Club is not formed to take active part in civic enterprises and interfere with the activities of older organizations. We are simply members of a mutual improvement society and will not participate in public affairs unless asked to do so by the older institutions." By the end of the first year the Albany Club had grown to over 154 members. It was and is the cornerstone of all future Rotary growth in what became District 7190.

Rotary Club of Glens Falls, NY

Charter Date May 1, 1922. Sponsored by the Rotary Club of Troy, NY. **100 Years of service.**

Nominated District Governor

J. Thatcher Sears 1927-1928

Nominated District Governor

Rev. Gary Germann 1950-1951

Nominated District Governor

Edward J. Trimbley 1953-1954

Nominated District Governor

Walter P. Reichert 1971-1972

Nominated District Governor

Dr. Robert Westcott 1991-1992

Nominated District Governor

Fred A. Carvin 2002-2003

Nominated District Governor

John Mucha 2016-2017

"I strongly believe any 'social organization has the right to select its own membership and exclude those it doesn't want.' But a professed service organization such as Rotary violates the highest standards of American principles and ideals when it ordains that women-only because they are women-cannot be a member of an organization ostensibly

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devoted to community service.” *Letter of resignation dates August 17, 1980- Russell Mason*

In a vote taken by the Glens Falls Club on the issue of allowing women to join Rotary clubs, roughly 7 years before the Supreme Court of the United States rule in their favor, 76% of the members felt it was okay for each club to determine if women be allowed to join. When asked if women should be allowed to join the Glens Falls club, 68.1 % voted against the proposition.

“Yes, that’s what they told me. I was the first Rotarian to come in here pregnant and deliver a child while I was a Rotarian. So, for me, it was always important to make family part of Rotary.” *Jean Lapper (Former club president 2005-2006) Interview December 13, 2007*

Rotary Club of Ballston Spa

Charter date May 1, 1922. Sponsored by Rotary Club of Troy, NY. **100 Years of service.**

Nominated District Governor

Charles Grose Jr. 1967-1968

Nominated District Governor

George Reynolds 1972-1973

Nominated District Governor

Rodger Reese 1989-1990

At the same time Dwight Marvin from the Troy club was putting together the finishing touched to the Glens Falls club, his club mate John (Jack) Knickerbocker was conferring with a group of prospective Rotarians at his home in Ballston Spa. Jack lived in Ballston Spa but commuted to Troy where he ran a family foundry. Many of the new recruits were solidly on-board but there were a few murmurs of dissent. Knickerbocker stressed the positive aspects of what Rotary meant for their community business and the good things they could do for the community. Through his efforts, those who were reluctant overcame their hesitancy and 24 men agreed to sign-up and apply for a charter.

They elected Irving W Wiswall the first president and began gathering at the Pleasant Street Community House. Sharing the same “official” charter

date of May 1, 1922, with Glens Falls, Ballston Spa became club number 1190, with Glens Falls being designated club 1180. The charters were signed by District Governor J. Lyle Kinmouth, the last Governor of the old district 3. Shortly after the twin’s formation they were both assigned to district 29, which included Eastern New York, Long Island and the island of Bermuda.

Rotary Club of Saratoga Springs

Charter date May 7, 1924. Sponsored by Rotary Club of Ballston Spa, NY. **98 Years of Service.**

Nominated District Governor

Percy Dake 1956-1957

Nominated District Governor

Hal Gerow 2003-2004

Saratoga Springs was the fourth Rotary club charter between the months of April and May 1924. The Saratoga club came into existence through the efforts, once again, of Ballston Spa president Jack Knickerbocker, now known as the “Daddy of Rotary in the Capital District area.”

Initial club president Dr. Robert Rockwell commented, “So, it was not surprising that the Ballston Spa Club was our sponsor. From the very onset, our club was influenced by our friend Jack Knickerbocker. He enunciated the principle, ‘No meeting must ever rely for enthusiasm on liquor and no unworthy jest should be told by any speaker at a Rotary meeting.’ He advised that the meetings should start on time.”

The Saratoga Rotarians we anxious of spreading the word by sponsoring another club. The possibility of forming a club in Corinth was suggested at a meeting held in May 1925. However, another 30 years passed before this dream became a reality.

Continued on next page...

Rotary Club of Hudson Falls

Charter date May 6, 1925. Sponsored by Rotary Club of Glens Falls, NY. **97 years of service.**

Nominated District Governor

E. Victor Wiley 1947-1948

On February 23, 1925, 20 years after the initial start of Rotary in Chicago, a meeting was called by

Glens Falls Rotarians Thomas Remsen, J. Thacher Sears and Russell Carson, traveled to Hudson Falls to interview prospective members for a new club in that village. By April 22, they had enough recruits for the issuance on May 6, 1925. District Governor Alexander Caven traveled from Poughkeepsie on May 22, to present the 23 new Rotarians at a dinner held in the St. Mary's Great Hall. Over 100 people from Granville, Mechanicville, Troy, Poughkeepsie and Glens Falls witnessed the event.

In January 1949, Hudson Falls District Governor E. Victor (Vic) Wiley wrote in his newsletter, "It is important that we review our history and growth once in a while, just to refresh our memories and renew the faith in this movement we know as Rotary International. None of us can ever know too much about Rotary, and most of us know too little."

"The Hudson Falls Rotary Club Bloodmobile team reported 114 donors collected 106 pints of blood, much better than they had expected." *Historians Report 1973-1974*

The Rotary Club of Glove Cities

Applied for merger in December 1992 combining the Rotary Club of Johnstown (June 12, 1929) and Gloversville (May 15, 1946). Per tradition, the oldest chartered club date becomes the new charter date for the merged clubs.

The Rotary Club of Johnstown

Sponsored by the Amsterdam, NY Rotary Club

Nominated District Governor

Frank A Brandt 1954-1955

Nominated District Governor

Burchard Winne 1944-1945

"We are very fortunate to have in our district, nine active past district governors. Remember fellows, they are the men in our district who have been schooled in Rotary and so, without a doubt, know most of the answers to any questions you may want answered." *Governor Frank Bradt's newsletter- July 1955.*

The Rotary Club of Gloversville

Sponsored by Johnstown, NY Rotary Club

"The very busy Gloversville Club is continuing with its Nursing Scholarship program; the Christmas Tree recycling project; underwriting a lodge for the Tryon School for Delinquent boys; the Fresh Air program for housing N.Y. City youths during the summer; and a new program to aid the International Friendship Club." *Historian's Report 1973-1974*

Continued on next page...



Remember -
our fallen heros.
They are the reason
that we are free.



The Rotary Club of Wilton

Charter date May 15, 2002. Sponsored by Saratoga Springs, NY Rotary Club.

In 2001, Rotary International eliminated territorial boundaries for clubs. This was an effort to open areas around the country that had traditionally been assigned to individual clubs. Places like New York City had for years denied any other new Clubs within the City Limits. This change did have an effect in the Saratoga area where a group of interested members wanted to establish a breakfast club within the city limits of Saratoga. This opened some serious discussions between District 7190 and R.I. In an effort to deflect the proposed breakfast club, Saratoga began an effort to establish a similar breakfast club just outside the city limits of Saratoga in Wilton.

After being overruled by R.I., Governor Quatrini presented the charter to the new breakfast club of Racing City in January 2002. By May 2002, Governor Quatrini presented a second charter to Wilton Club President Robert Rice accepting.

In attendance at the charter dinner held at the Gideon Putnam Hotel on May 31st, was R.I. Director Don Osburn, along with several other special dignitaries. Although the background surrounding the formation of Racing City and Wilton were unusual, it did point out that by eliminating territorial boundaries and making some basic alterations to the rules, over 60 additional Rotarians were found in a community that believed no more growth was possible.

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 inquiries regarding Rotary history, please contact Fred Carvin at Qbyfred@verizon.net.



Think About It

What is DEI?

by Pam Baxter

What is DEI? This is a question in a lot of peoples' minds when they hear the term DEI. Let's first start by expanding the acronym, it stands for Diversity, Equity and Inclusion. Now let's go a step further and explain a little bit about what each of those words means. According to Merriam Webster dictionary:

Diversity is the condition of having or being composed of different elements or qualities;

Inclusion the action or state of including or of being included within a group or structure;

Equity is the quality of being fair and impartial or the value of the shares issued by a company.

Malcolm Forbes once said Diversity is the art of thinking independently together. When we speak of DEI we refer to diversity as the presence of differences. Differences that may include race, gender, religion, sexual orientation, ethnicity, nationality, socioeconomic status, language, religious commitment, political perspective, and accessibility as in vision, hearing and speech, cognitive, mobility, age. This is by no means an exhaustive list but it should at least give you an idea of where we are going. *Is it Fair to All concerned.*

Equity is our ACTION element. It is promoting justice, impartiality and fairness within the procedures processes and distribution of resources by institutions or systems. Equity is the creation of access for everyone, no matter their diversity. *Will it be Beneficial to All concerned.*

Inclusion is an outcome to ensure those that are diverse actually feel and or are welcomed. Inclusion outcomes are met when you, your institution and your program are truly inviting to all to the degree to which diverse individuals are able to participate fully in the decision-making process and development opportunities to participation in activities and event within an organization or group. *Will it Build Goodwill and Better Friendships.*

Now, if you have been paying attention you know the answer to this next question. So how/where does DEI fit in Rotary? The answer: The Four Way Test, yes, it is really that simple. Since 1943, the Four Way Test

Continued on next page...

has been a foundation for Rotarians around the world, in their businesses and personal lives. It is a guiding mantra and a gauge given each Rotarian to apply in all that they do. So you see DEI is not new to Rotary, but as with all things we must continue to learn and practice and adjust our skills in an everchanging world. If you have questions about DEI or would like a member of the District's DEI Committee to come and talk to your club, please contact District DEI Committee Chair Pam Baxter pamb7190@gmail.com

~ Diversity is a fact, but inclusion is a choice we make every day. As leaders, we have to put out the message that we embrace and not just tolerate diversity. ~ Nelli Borrero

~ ~ ~



Schenectady Rotary's Annual Spring Flower and Herb Sale

by Joanne DeVoe

The live plants are available in time for Mother's Day (May 8). The event is organized in partnership with Schenectady ARC. The plants are grown by individuals with developmental disabilities at Schenectady ARC's Horticulture Center in Rotterdam. The annual sale includes 10" hanging baskets of petunias, impatiens, geraniums and more; 10" mixed herb garden pots and 10" mixed flower patio pots. Planted containers are \$25 each. Plant orders and secure payment can be made by visiting <https://schenectadyrotary.org/schenectady-rotary-club-2/fundraisers/>. The web site also has photos of typical planters.

Proceeds will be shared between Schenectady ARC and Schenectady Rotary. Orders may be picked up at Schenectady ARC's Maple Ridge Day Center, 2999 Hamburg Street in Rotterdam on May 6 from 2-5 PM and May 7 from 9 AM-12 PM.

The outdoor pick-up site is at the rear of the ARC Maple Ridge Day Center, 2999 Hamburg Street, Rotterdam. All proceeds benefit the community via Schenectady Rotary Club's Community Grant program and Schenectady ARC's Horticulture program and initiatives to train and employ individuals with intellectual and developmental disabilities.

Questions may be directed to schenectadyrotaryclub@gmail.com or by messaging through www.facebook.com/schenectadyrotary.

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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

Lasopy (page 45)

Madagascar Vegetable Soup

From the region of District 9220/ Madagascar

4 lbs. veal bones

3 quarts water

2 tablespoons salt

Add: 2 small turnips, peeled and cut into chunks

8 scallions, cut in large pieces

4 carrots, peeled and cut into 2-inch pieces

1 cup string beans

1 cup tomatoes, cut in chunks

½ teaspoon black pepper

In a 5-quart pot, simmer the veal bones, water and salt for one hour with the pot closed. Now add the turnips, scallions, carrots, string beans, tomato and black pepper. Simmer for about one hour or until vegetables are tender. Remove the veal bones. Puree the vegetables. Serve thick and hot from the pot to the soup bowls. Serve with crackers. Serves 8.

Dessert

Coconut Cake (page 161)

From the region of District 9910 / Vanuatu

4 ½ cups coconut, fresh and grated

250 grams [1 cup + 2 tablespoons] unsalted butter

8 eggs

2 ½ cups fine sugar

2 cups self-rising flour

Preheat the oven to 350 degrees F (150 degrees Celsius). In a bowl using an electric mixer, whisk sugar and butter until light and creamy. Then add the eggs, one by one, into the butter and sugar thoroughly. Fold in the flour and grated coconut into the above mixture. Butter and flour a round or square 20-centimeter [8 inch] baking tin and pour mixture into it. Bake for 1 ½ hours.

Side Dish

Fresh Tomato Basil Pasta (page 81)

From the region of District 7190 / USA

½ lb. capellini

2 tablespoons olive oil

3 cloves garlic, minced

4 cups cherry tomatoes, halved

1 cup fresh basil, torn

1/3 cup dry white wine

¼ teaspoon black pepper

¼ cup Parmesan cheese

½ teaspoon salt

Cook capellini in boiling water for 5 minutes, then drain. Sauté garlic 1 minute in heated olive oil. Add tomatoes, wine and salt. Cook 4 minutes. Remove from heat and stir in basil and pepper. Serves 4.

Main Course

Chicken Cacciatore (page 105)

From the region of District 2030 -2120/ Italy

1 broiler chicken, cut up

1 cup flour

¾ cup olive oil

1 cup sliced onion

1 cup diced mushrooms

3 cups canned tomatoes

2 cloves garlic, crushed

1 teaspoon salt

¼ teaspoon pepper

½ cup white wine

Pinch of oregano

Put flour in a bag with cut-up chicken. Let the flour coat the chicken. Brown chicken in oil. Remove and set aside. Add onion and sauté until tender, but not brown. Add the mushrooms and sauté about 5 minutes more. Now add the tomatoes, garlic, salt, pepper and oregano. Cover and simmer for 20-25 minutes until the chicken is done. Add wine and cook for 5 more minutes. Serve warm over noodles.

~ ~ ~

ROTARY DISTRICT 7190 INVITES YOU TO DIVE INTO THIS REMARKABLE READ!

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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

