

The Toolb



November 2018

Barb Wyllie ~ Editor

Distribution 1,113

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

From the Governor's Desk

November is Rotary Foundation month. The mission of The Rotary Foundation is to enable Rotarians to advance world understanding, goodwill, and peace through the improvement of health, the support of education, and the alleviation of poverty. During the past 100 years, our Foundation has spent \$3 billion on life-changing, sustainable projects.

How did our Foundation start? At the 1917 Rotary convention, outgoing Rotary President Arch Klumph set up an endowment "for the purpose of doing good in the world." That one idea, and an initial contribution of \$26.50, set in motion a powerful force that has transformed millions of lives around the globe.

What does our Foundation do today? Using Rotary grants, 34,000 clubs across the globe develop and carry out sustainable humanitarian projects that provide scholarships and professional training opportunities that promote peace, fight disease, provide clean water, sustain mothers and children, improve education, and strengthen local economies.

What about our PolioPlus program? We are a worldwide leader in the efforts to eradicate Polio through our partnerships with the World Health Organization, UNICEF, the US Centers for Disease Control, and the Bill and Melinda Gates Foundation. We have made a promise to the children of the world that we will conquer this disease and Rotarians will keep their promise. We must!

We have a strong history of supporting The Rotary Foundation in District 7190. We have Rotarians of every level from Arch Klumph Society, to Major Donors, to Paul Harris Fellows, to first time givers. Every dollar helps...it only takes 60 cents to protect a child against Polio. Your monies are used to support Global Grants as well as our local grants. We love to use District Designated Funds to make our

local communities and the folks that live in them perhaps a little better off. The only thing holding us back for bigger, better, bolder projects is well...nothing. The sky is our limit.

Thank You for the way you continually give very generously to The Rotary Foundation! Globally and locally, we are stronger because you have said yes to improve the lives of many with your donations.

Be the Inspiration!

DG Tammy

~ ~ ~

Dinner With RI President Barry Rassin



Rotary International President Barry Rassin and Esther with DG Tammy and PDG's Harriet Noble and Sue Austin at Eastern Cities Dinner in Rochester. Fun night!

DISTRICT EVENTS AT A GLANCE

- **November 8:** Lights Camera Action *p 3*
- **November 22:** **HAPPY THANKSGIVING**
- **December 8:** Rotary End Polio Now Night at the Adirondack Thunder
- **January 1:** Polio Plunge
- **May 3-5:** District Conference *pp 5, 6, 9, 10, 11*

CLUB EVENTS AT A GLANCE

- **Now:** MAS Contest by eRotary *p 9*
- **Now:** Fresh Thanksgiving Centerpieces by BH-BL Rotary *p 3*
- **November 3:** Pancake Festival by Scotia Rotary *p 3*
- **November 6:** Apple Pie Festival by BH-BL Rotary *p 3*
- **November 17:** Appreciation Event Organized by Lake George Rotary *p 3*
- **November 21:** Christmas Tree Sale Opening Day by Ballston Spa Rotary *p 4*
- **November 22:** Thanksgiving Dinner Event by Twin Bridges Rotary *p 4*
- **December 5:** Holiday Auction by Albany Rotary *p 4*
- **December 8:** Breakfast with Santa and Mrs. Claus by Twin Bridges Rotary *p 4*
- **February 9:** Winter Outhouse Races by Shenendehowa Rotary *pp 5,15*

Help Wanted

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

Call or email me at 518-944-3997 or

Barrelbackbuilder@mail.com

for questions or interview.

Thank you.

Bruce McConnelee

~ ~ ~

NEW MEETING LOCATION

for Capital Region Rotary

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

NEW MEMBERS

District 7190 Welcomes the Following New Members!!!

Burnt Hills Ballston Lake Rotary Club:

Emily Hollister

Saratoga Springs Rotary Club:

Nathan Towne

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MEMBERS CALLED TO A HIGHER SERVICE

District 7190 bids a heartfelt farewell with prayers and fond memories.

Scotia Rotary Club:

Clifford Semerad

~ ~ ~

Attention All Clubs:

DG Tammy has requested that every month all clubs kindly submit the names of their NEW members to thetoolbox7190@gmail.com for District recognition.

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Attention All Clubs:

DG Tammy has also requested that every month all clubs kindly submit the names of their members who have passed on to higher service to thetoolbox7190@gmail.com for remembrance

~ ~ ~

BH-BL Rotary presents

Fresh Thanksgiving Centerpieces

(Locally grown by Schenectady ARC)

Single candle centerpiece: fresh flowers, evergreens in a low bowl with candle - **\$25**

Cornucopia: fresh flowers and accents in wicker cornucopia - **\$35.**

Pick up Monday November 19th

5pm to 8pm

Pick-up at Glenville Senior Center, or Ballston Town Hall

Visit bhblrotary.org for order form and more information.

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Scotia Rotary presents its

Pancake Festival

Saturday, November 3rd

7 am – 1 pm

Adults: \$10

Kids 12 and under: \$5

Kids 5 and under: Free

at the **Scotia-Glenville Senior Center**

32 Worden Road Glenville, NY

Pancakes, French Toast, Sausage, Juice, Coffee
Tickets at the door or from any Scotia Rotarian.

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BH-BL Rotary annual

Apple Pie Festival

Election Day

November 6th

5pm-8pm

NEW LOCATION!

O'Rourke Middle School

173 Lakehill Rd Burnt Hills

Pie, ice cream, cheese, coffee,
cider-hot and cold.

Marigold Accessories is offering luxury accessories/irresistible pricing.

Door prizes.

Music by the BH Melody Makers.

Additional information is available on our FB page and our website- bhblrotary.org

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An Event of Appreciation for All That Rotarians Do

A special invitation is extended to all Rotarians, family members and friends to attend a **private opening** of **HIGH PEAKS DISTILLERY** with the opportunity to taste:

- a. their new whiskey CLOUDSPLITTER made in the true Speyside, Scotland manner BUT made right here in our home town of Lake George
- b. their new Bourbon NIGHT OWL
- c. and, their new Maple Bourbon (made with pure Adirondack maple syrup)

November 17th

3-6pm

Please RSVP to Jan

windinthewillows17@gmail.com

WOOHOO fun is mandatory!

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Ballston Spa Rotary presents its annual

Christmas Tree Sale

Opening day - November 21st

10am-8pm Every day

at the **Curtis Lumber parking lot**

on Rt. 67 in Ballston Spa

Stop down and take your pick of almost 800 trees, all plush and green and just looking for a good home. There isn't a bad tree in the bunch and yours is just waiting for you to pick it up so it can be a part of your family's holiday season.

All profits are invested back into our community to make things better for those in need.

And if anyone or any club would like to help us unload the trees this year, that will be happening on Tuesday 11/20 at 9am at Curtis Lumber. If interested you can contact Ray Otten at rcotten53@yahoo.com or 518-852-2642.

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Twin Bridges Rotary presents its annual

Spirit of Thanksgiving

November 22

"No one spends the holiday alone" on Thanksgiving Day because of Twin Bridges Rotary and Salty's Pub.

A special Thanksgiving Dinner is produced by Salty's and delivered at no charge by Twin Bridges members to some 200 home bound seniors and first responders working on Thanksgiving Day. That's followed by table service at Salty's with approximately 500 meals, all donated by Salty's and served by Twin Bridges volunteers.

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Albany Rotary Club presents its annual

2018 Holiday Auction

Wednesday, December 5th

Noon – 2pm

The cost to attend the luncheon is \$25 in advance or \$30 at the door.

Reservations/tickets are required.

American Legion Hall

Everett Road, Albany

Please contact Terry at terry.tyson49@gmail.com or 518-783-5348 to make your reservation.

To purchase a ticket, visit:

<https://www.eventbrite.com/e/albany-rotarys-annual-holiday-auction-to-benefit-gift-of-life-7190-tickets-50513454101?aff=affiliate1>

All proceeds from the holiday auction will benefit Rotary's Gift of Life program, which provides life-saving heart surgery for children around the world with congenital heart disease.

The event features a live auction, silent auction and raffle all donated by Rotary members and community supporters of the Gift of Life program. It's a fun afternoon of good food, Rotary fellowship and an opportunity to support one of Rotary's finest philanthropic endeavors. And, it's a great chance to find some unique holiday gifts including hand-made items, theatre and concert tickets, gift baskets, and much more.

They would love to have you join them.

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Twin Bridges Rotary presents its annual

Breakfast with Santa & Mrs. Claus

Saturday, December 8th

at the **Clifton Park Elks Club**

A good time is guaranteed for local kids, parents and members. A hearty breakfast is cooked up by Twin Bridges members followed by meetings and photos with Santa & Mrs. Claus.

www.twinbridgesrotary.com

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Shenendehowa Rotary presents its 3rd annual
Winter Outhouse Races
Saturday, February 9th at 1 PM
 at the **Southern Saratoga YMCA**
Clifton Park

Put together a team and build your own custom outhouse on skis to compete for the coveted Shenendehowa Rotary "throne" as well as prize money. There is no admission for spectators.

Each outhouse race team includes 5 members; one who rides the "throne" while the remaining 4 members push, pull or drag their decorated outhouse around a snowy race track. Team themes and costumes are encouraged.

First place receives \$500. Second place receives \$400. Thirds place receives \$300 and Best Themed Team receives \$200. For outhouse race details visit shenrotary.org/outhouse-race.

See flyer on page 15.



Ballston Spa Rotary Update

The *Way We Were Car Show in Ballston Spa* was a little wet at times this year but it didn't dampen our spirits a bit. We had a successful day fundraising through our food sales again this year and want to thank all those that purchased some of our yummy treats.

Speaking of Fund Raising, our biggest fundraiser of the year starts November 21st this year. That's when we open our *Annual Christmas Tree Lot at Curtis Lumber on Rt. 67 in Ballston Spa*. Stop down and take your pick of almost 800 trees, all plush and green and just looking for a good home. There isn't a bad tree in the bunch and yours is just waiting for you to pick it up so it can be a part of your family's holiday season. See details on page 4.

And if anyone or any club would like to help us unload the trees this year, that will be happening on Tuesday 11/20 at 9am at Curtis Lumber. If interested you can contact Ray Otten at rcotten53@yahoo.com or 518-852-2642. ~ Ray Otten

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2019 Conference Recipients

District Governor Tammy selected the Logan Strong Foundation and The Rotary Foundation's End Polio Now efforts as the recipients of proceeds from the 2019 Conference of Clubs.

The Logan Strong Foundation is dedicated to raising awareness of pediatric cancer, advocating increased funding for cure and sharing strength, positive attitude and hope with others going through the stress of a cancer diagnosis and treatment. The Foundation also plans to provide items of comfort and support for children while they are undergoing treatment both in and out of the hospital.

<http://loganstrongfoundation.org/>

End Polio Now efforts include immunization campaigns and broader health interventions, assists with social mobilization and surveillance, helps obtain and transport vaccines and materials needed in the field and raises funds to provide these efforts which is matched 2 for 1 by the Bill and Melinda Gates Foundation. <https://www.endpolio.org/>

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2019 CONFERENCE OF CLUBS

May 3 – 5, 2019

RELAX AND REJUVENATE

Here are some of the amenities you can enjoy while attending the Conference. Take some time for yourself and enjoy

The Wellness Center at the Essex Resort and Spa

Full Service Spa

Fitness Center

Indoor Lap Pool

Sauna

Steam Room

Outdoor Hot Tub

To Reserve Hotel:

CALL 877-684-1123

ONLINE <https://bit.ly/2rXLGNg>

To Register for Conference:

www.Rotary7190.org – click on Conference Banner

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SUPER HERO NIGHT at Zone, Erie PA



District 7190 Rotarians dressed up as Logan's Hero's to honor our favorite Super Hero, Logan Fogg. DGE Larry went as a Purple Pinkie and District Trainer Milan, as Zorro.

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2019 Conference of Clubs

FUN THINGS TO DO WHILE IN VERMONT

ECHO Lake Aquarium and Science Center:

The ECHO Lake Aquarium and Science Center at the Leahy Center for Lake Champlain is located right on Lake Champlain and is just a few minutes' walk from Downtown Burlington. ECHO stand for Ecology, Culture, History, and Opportunity... and this is one opportunity you should not miss during your Vermont adventure!

The ECHO is where you can go nose-to-nose with 2,200 live fish, amphibians and reptiles. Float boats, build dams, become an eco-detective, and immerse yourself in a spectacular volcanic and glacial multimedia theater. This is an interactive museum and educational exhibit center that the entire family will enjoy.

There are 100 hands-on interactive exhibits, a gift shop, and cafe. The location is perfect - on the shore of Lake Champlain with views of the surrounding mountains of upstate New York. ECHO at the Leahy Center for Lake Champlain is open to the public. Call for more information; hours of operation can change without notice.

Shelburne Museum:

Shelburne Museum is an unparalleled and unique experience of American history, art, and design. Designed to allow visitors the pleasure of discovery and exploration, the Museum includes thirty-nine distinct structures on forty-five acres, each filled with beautiful, fascinating, and whimsical objects. Come play in our gardens and open our many doors.

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Save the Dates

12/8/2018: Rotary End Polio Now Night at Adirondack Thunder

1/1/2019: Polio Plunge

Thank you for your continued support!

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Looking for Speakers?

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

Please contact Pat Herman at

phpherman@gmail.com.

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Support Gift of Life as You Shop!

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

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AG's Bruce and Lorraine McConnelee presented our District banner to the Paris Rotary Club while on vacation. Kudos for a long distance make-up Bruce and Lorraine!

The History Niche

By Jim Spencer



First women who served as District Governors

...IT'S A GIRL

OK, now that you have shouted me down with, "don't you mean woman?" and I have your attention, yes, IT'S A WOMAN. In the sacred halls of Rotary. In 1977 the Rotary Club of Duarte, California accepted three women into membership. Rotary International immediately informed them, "You can't do that," and withdrew their charter. The club, the Rotary Club of Duarte, challenged that decision resulting in a chain of lawsuits all the way to the United States Supreme Court. The court told Rotary International you have to accept women into your membership. There are hundreds of interesting side stories but I will leave that to your curiosity and free time to research and examine.

Women were now in Rotary. Women held offices in Rotary. Women came to our organization with new ideas, new energy and new perspectives. Again, there are many stories and many adventures.

When I captioned this with "...it's a (girl) woman" I was thinking of District 7190 and one Rotarian in particular. In 1995 an historic event occurred in the history of Rotary International. The District Governor's class for that year included eight women. The first female District Governors in

Continued...

history. Olive Scott, member of the Rotary Club of Cobleskill, was a member of that group.

Rather than ramble on with my recollections and what I heard I would prefer to let Olive speak for herself with this excerpt from her newsletter:

"My husband, Ray, and I spent a truly memorable summer during my year as District Governor traveling the "by-roads and by-ways" of the nine counties comprising District 7190 in rural upstate New York, USA, from Schoharie County in the south to Washington and Warren Counties in the north and the Vermont border to the east. District 7190 was part of several Districts throughout the years, finally becoming District 719 in 1957 and 7190 in 1991. The Rotary Club of Albany, New York was chartered as the 68th Rotary club in 1913 and the Troy Club was chartered as 112th in 1914. These two clubs were the wellspring for nearly all of the clubs in what is now District 7190. We currently have 46 clubs with a combined membership of 1,918. Our newest club, the Rotary Club of Northern Lake George, was chartered during my year as Governor. The charter date was May 17, 1996, which was the first

day of our three-day District Conference.

After retiring from the State University of New York at Cobleskill in September 1993, I planned to start a small antique business, set up my loom, update my weaving skills and do some traveling. We started with the traveling part and left for Denmark immediately after my last day of work, spending a wonderful month touring the length and breadth of a lovely and picturesque country.

Upon returning home in October my Rotary club suggested that I submit my name as a possible candidate for District Governor Nominee. I didn't think I had much of a chance but with the support of my club and their pledge to help me in any way they could, I submitted the paperwork. The interview process took place the first of December 1993 and my short-term retirement plans changed dramatically as I

began my training to become the 1995-96 District Governor for 7190. Several of our PDG's offered their encouragement and assistance and the District Governor invited me to become part of the Multi District PETS Planning Committee which met monthly. My training was underway. The training at the zone

level and again at the International Assembly in Anaheim was motivational, focused and intense. It was a

great experience, one I shall long remember. What a marvelous opportunity to network with my classmates from all over the world! I was pleased with the way the introduction of women into the training program was handled-noted by not blown out of proportion. I should note that as part of a college senior administration staff I worked in a "man's world" for over half of my professional career, therefore, being

one of the first women in a new role was not a new experience for me.

I returned from the International Convention in Nice, France eager to assume my duties as District Governor on July 1. The District Directory had been distributed, the "speech" for my official club visits was ready and my first newsletter was almost ready for printing."

Olive was greeted by a serious financial crisis in our district. Her first challenge was to restore fiscal sanity to the district. Her experience as an administrator and her determination helped remedy the problem and bring financial reality back to 7190. Her year was a great success, and she was well received by Rotarians in our district and gave new energy and life to 7190. She was amazing.

Following her year as Governor, Olive continued to be active both in the district and at the Zone level. Chairing numerous committees as well as PETS training while being a super active member of the Cobleskill Club. She also served on the SUNY Cobleskill College Council and continues to serve as the Chairperson of that organization.

When you have a chance to chat with Olive, and you should make a serious effort to do so, you might ask her about racing sports cars in California and the joy of being interviewed by all male selection committees at a time when women were just breaking into professional management positions. Be sure to ask her about the one committee member asking her if she had discussed this with her husband and getting his approval. District 7190 will always be in debt to Olive not only as a pioneer woman, and for bringing our district back from a financial precipice but for being Olive, a rare and regal being. Thank you, Olive.

**2019 Conference of Clubs
May 3 – 5, 2019
The Wellness Center at The Essex
Resort and Spa Includes:**

Full Service Spa
Fitness Center
Indoor Lap Pool
Sauna
Steam Room
Relaxation Lounge
Outdoor Hot Tub and

**Conference of Clubs Special 15% off Spa Services
over \$75.00**

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One Minute of 1440

Each day has 1440 minutes (60 min * 24 hrs). One minute equals 0.069% of a day or about 60 heart beats. I think it would be wonderful if each member of our eClub invested at least 1 minute each day in service, committing random acts of kindness, or creating a better world in some other way. Non-eclubs consume at least 60 minutes a week sitting in a meeting which is 53 minutes more than 1 minute each day for a week. 7 minutes a week is 88% less of a time commitment than a single 1 hour meeting in a non-eClub.

I think our small eClub could “Be The Inspiration” for change in Rotary by focusing on acts “serving humanity”. I would like to make this a measurable objective for our eClub. It seems what gets measured is what gets done. I would like a summary of these acts to be our weekly bulletin to create a sense of community, encouragement, and accountability. I am building a new free website which will have a google form on it where each member can share what they have done each week (the form can be updated via email also).

To improve a sense of community and create a better communication system, I will create a single personal document for each member where they can share (add/edit) anything they wish to include like: name, background, photos, interests, skills to share, links to video, etc... There will also be the option of using our google voice phone number 518-310-6605 (avoiding computers and the internet) to share SMS text messages or voice (which automatically transcribes voice to text). So, each member can leave a voice message each week

for everyone to listen to instead of attending a meeting. And, there will always be the Padlet Whiteboard option on the website www.eRotaryNY.com to drop voice, video, text, images...

I would also like to make it easier for others to serve with us as an extended team. So, I was thinking of creating a “Friends Of Rotary Service” option focused on action. Maybe we could create a \$5 annual fee per person with a commitment to Rotary principles. The goal/measure would not be collecting money or fundraising, but would be on acts and minutes of service. I believe there are many many people who would be happy to help create a better world if can provide a model that shifts the focus away from meetings and money.

What matters most is action. We have a great opportunity to create a better world and set a good example if we are willing to act... 1 minute, 0.069% of a day, 60 heart beats ☺

Carpe Diem! Frank Quinn –
eRotaryNyPresident@gmail.com new site at
www.eRotaryNY.com

Rotary 1st Annual MAS Challenge

Member Average Service (MAS)

Total Direct Service Minutes / Total Members

Sponsored By: www.eRotaryNY.com

Service Types Defined (only #1 counts) (Calendar Year)

- 1-Direct Service Outside Club (any hands on direct help by member)
- 2-Club Meetings (any meeting)
- 3-Fundraising (ex. Golf tournament, raffle, selling, etc)
- 4-Club Fellowship (not meeting or fundraising club social events)
- 5-Club Service (newsletter, website, etc...)

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'Sweet Dreams' 2019 Conference of Clubs Service Project

One of the most precious moments of the day is tucking in a child at night. You make sure they get their sweet pajamas on, have a glass of water and even try for a bedtime story! When a child is in the hospital that is not as magical. Let's bring the magic back.!

Please bring a pair (or more) of new pajamas to the 2019 Conference of Clubs when you register on Friday, May 3rd. All ages from baby – teen and must be fire retardant. All pajamas will be donated to District 7190 hospitals and medical centers. Pajama Lady, Rachel Stark, from our Conference Committee,

set up an Amazon Wish List so that by clicking on the link you will find many pj's of all types and sizes. Select one or more and check out and the pajamas will be shipped directly to Rachel who will store them in containers and bring them along to the Conference. Your name will be listed as a contributor in our Program book.

Certainly you can purchase locally or up in Burlington but the Wish List makes it a simple process.. Just remember they must be fire retardant.

<https://www.amazon.com/gp/registry/wishlist/3CX2Z1NV3DAGR>

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PEACE, LOVE, ROTARY INFORMATION

The 2019 Conference of Clubs

Dates: Friday, May 3 – Sunday May 5, 2019

Location: The Essex Resort and Spa,
Essex Junction, Vermont
www.essexresortspa.com

Conference Registration:

Register for the 2019 Conference of Clubs
at <http://rotary7190.info/ConferenceOfClubs>
Registration includes conference materials,
meals Friday Dinner, Saturday Breakfast,
Lunch and Dinner, Sunday Breakfast.

\$187.00 by December 31, 2018

\$207.00 beginning January 1, 2019

Questions? Contact Registrar Sari Medick at
518-248-9584 or by email
CapDJSariSparks@gmail.com

Hotel Room Block Rates:

\$159.00 per night plus Vermont taxes & fees
Rate is the same for suites and rooms
Rate valid 3 days prior to conference start and
3 days after conference end
3rd adult or more in room/suite \$20.00 each
Resort Fee Waived

To Reserve Hotel:

CALL 877-684-1123

ONLINE <https://bit.ly/2rXLGNg>

Group Name - Rotary District 7190

2019 District Governor, Tammy Hunter Heckenberg

2019 Conference Chair, Harriet "Pepi" Noble

ROTARY DISTRICT 7190 UPDATE FOR 2018-2019



Please welcome to our District In-Bound Exchange Students.

Alejandro	Spain	Colonie-Guilderland Club	Camille	France	Middleburgh Club
Henrique	Brazil	Glens Falls Club	Lalisa	Thailand	Niskayuna Club
Lautaro	Argentina	Glens Falls Club	Leandro	Argentina	Delmar Club
Shion	Japan	Salem Club	Sophia	Colombia	Cobleskill

Club

Three students were sent out from our District this year.

Ben Molly	Chile	Glens Falls Club	Max Benedetto	Brazil	Glens Falls Club
Olivia Cooper	Italy	Niskayuna Club			

Many of you meet and hear our In-Bounds during the year. However, rarely are we able to hear the In-Bounds and Out-Bounds thoughts and evaluations of their exchange experience in depth. The following are the written thoughts from two of them. Each year we ask our Out-Bounds to give us a monthly report. This is Olivia's first report from Italy this year.

Olivia EVERYTHING is new. I am very happy here, and am rounding this first month off very happily.

My first family is so nice. They do such a great job making sure to include me, and double and triple check that everything is ok with me. They are super accommodating, making sure I can do as much as possible, with them, with the other exchange students, with my friends and go to gymnastics practice. My host mother is so kind. She makes great meals and we always talk about our day in the car ride back from school/gymnastics. She speaks English very well. I am at a point now where I can communicate all things with her. I sit with her bar while she makes breakfast or dinner. She is an amazing cook. My host sister Sara is 19. She studies at the University of Milano. She also speaks English wonderfully. It is good because when I use Italian, I make mistakes. She can explain it to me. We both are interested in fashion and art. She is studying communications and that is what I think I might like to study.

My host father speaks English well enough that we could talk when I was swimming in a pool of Italian I did not understand. I watch every Juventus (the #1 soccer team of Italy) game with him. I really enjoy this. It connects us. I do not usually watch a sport regularly. He is a passionate watcher. My host mom told me he said that he is very happy to have someone to watch the games with. My host brother Andrea, is 12. He speaks only Italian. I don't feel like this has been a barrier for us at all. The first time he had heard me speak Italian Sara told me he was

very happy because he didn't think I spoke any Italian. I usually watch tv with him. It helps with my Italian. I can always ask Andrea the meaning of words and he acts them out for me. Sometimes he even tries out his English on me. I enjoy having siblings. I feel like we all fit together very well. This family and I get along perfectly. Every night we eat dinner together. They are very active. There is always somewhere to go with them.

Daily routine: 6:55 wakeup 7:30 leave for Lecco, where Andrea and I go to school 8:00 school starts

1:00 or 2:00 school ends (on Mon., Tue., Thurs., Fri.) I go to gymnastics after school, just around the corner from my school. I can eat lunch with my teammates. Practice starts at 2:30 and ends at 5:30. This is very nice for me, since I get home early enough that I still have the rest of the night to rest, or spend with my family. 6:30-7:30 I sit in the living room with whoever is around. 8:30 we all eat dinner. Then we watch TV, a movie or a show (in Italian of course) until 9:30 or 10:00 and we go to bed. Every day is full and I am very tired every night.

Language- When I think about my first week I realized how little I knew about Italy and Italian. In just one month I am very very proud. Italian is becoming more automatic now. This feels good considering how slow it felt in the beginning. I can now link words together enough for sentences. The first week Italian felt like molasses. Now, not so much. I think about language all the time. Trying to understand Italian has made me think about English in a different way I have never noticed before. Now when I say things to myself like "oh here" or "aww come on" I say them in Italian. Now the little things are just instinctive.

School- Our class stays together for every class, so I know them very well. They are quite chatty and fun. Maybe for the first week, I tried to just listen and process because I would only catch every 10th word, and a classmate that I ride the bus with (who speaks the best English) asked me if I was quite or just shy. At first, I was a little hurt because my class is very open and I knew I was being quiet, but it was too difficult for me to speak. I am very glad I talked with her that day. She told me that I should be more open, as to not seem rude. The next day I tried very hard and always smiled and greeted everyone. I am so thankful she talked to me so openly, because she was right. As soon as I did that, everything was easier. Of course, they understood I couldn't understand them very well, but since they saw I was trying. They worked with me and spoke slower and I already feel a part of the class. Now I am to the point where although it is not word for word, I keep up with everything going on in the class, and we can all joke around and chit chat. Already they include me in everything. One day when school started late, we all went to get breakfast together. This week after school I will get pizza with them. I can ask them questions about Italian grammar or what a word means and they always help and explain it.

Overall reflection- I am extremely happy and proud with how far I've come with the language already. It has only been a month and I think that the level I am at is functional for most intents and purposes. My family has been more than welcoming, and I feel close with them. I love looking outside every morning and seeing the mountains, and every single night, the sky looks picturesque. I am a little sad it's already been a month, it went so fast. But looking back there has not been a single day I have come home straight from school without doing something first, or a weekend that I didn't pack with plans. Sometimes I wish I had this time back, because I'll feel I need to just rest, but in the end, it is better to be so busy because I know I have not wasted a single day. There have been a handful of moments where I was too tired and too lost in the language that I felt a little sad, but never for more than one activity (one practice, one school day, one night). And even when I was sad I thought, "yes, I am a little sad right now, but I do not want to go home. It is not homesick sadness, just a little overtired sadness". Just an overtired, overwhelmed feeling, but it was not true homesickness and I know this. I am thankful that I didn't have to fight with homesickness. I am always with people, so it always passes. I feel lucky that language has not created a barrier between me and my classmates, coaches, or family. I feel very sound here. I also feel sound here with my host family, teammates and coaches, classmates, and my exchange friends. I know I have many people I can talk to.

Olivia

Leire was an exchange student at Salem last year from Spain.

I've always loved to travel the world and meet new people and places. Being an exchange student has been the best decision I've ever done in my life so far for sure and I will never regret this. Almost a year ago I decided to put all my life in a limited suitcase that couldn't weight more than 23kg and fly to the other side of the Atlantic Ocean and live all this year in New York State. But I am not talking about New York City, way smaller... a small town in the middle of nowhere. A city girl that barely has contact with animals other than a little dog got sent to Salem New York. A small town where there are more cows than people, with the most amazing people ever. This year I've done things I would never do if I wouldn't come here. I've washed a cow. Took a nap next to it. Got around goats. Lived in actual snow. Milked a cow. Went to an American school. Graduate like in high school musical (the movie). I am not going to lie, I thought I was crazy going to a town where I didn't know anyone and start a "new life" again. It was a big change because it was really hard to get used to the smell of the countryside and peace and silence and no more plane and bus noises 24/7.

I've met people I never thought I would get so attached to. They changed me for the better. I have become a more powerful woman. I have more self-confidence. I am more mature and independent. I have learned that each stone I had in my way was a chance that I better take because it will lead me to a good place or maybe not, but I would learn about it and keep going on and improving. I've learned to realize how much I loved or cared about the people. I left behind in my home country and how hard it is to miss someone. But after thinking about it, it was worth it to be away and making my dreams come true.

This small town and the people in it have my heart! They became my home and family... Because as my graduation cap said, "home is where your heart is" and mine will never be complete again. It is in half. Half of my heart is in Pamplona with all my friends and my family and my other half is in Salem with my friends and family too.

They always tell you the good part of the exchange: how beautiful everything is, all the people from many different countries you meet and all the new things you do. That's true but it also has heartbreaking parts. I have my family and friends in two different countries and thousands of miles apart.

I have to thank Rotary for the chance they gave me to do this, to live this life I will never forget. I lived it to the fullest and with all my heart to make the best for everyone. To make the peace and to show myself what I am able to do and how I can do things I would never think about. I would like to thank my host families because they became my family. They showed me that I can have a family across the ocean. They loved me and treated me like their own daughter. They showed me how to love people. They became one of the most important people in my life. I would also want to thank all the people that I met during my exchange. They all had an impact in my life. I am the person I am right now because of them. I would like to thank my parents who gave me this chance and let my dreams come true. They never stopped me to do something I really wanted to do. They encouraged me to do it with all my heart. I am the person I am right now because of all the things you taught me. This has not been a year of my life, it's been a life in a year! Only you decide where your home is, and mine will always be in two places.

Exchange is knowing that you will change to the better and you will never be the same person as you used to in the same place you lived in. It is the price we pay for the richness of traveling and knowing and living people in more than one place.

People think that leaving the exchange is leaving forever but that's not true. You can always come back if you want to or you keep in touch with the people. It won't make it easier to leave but it will make it easier to live.

Leire

The In-Bound and Out-Bound Exchange Committee for Rotary District 7190 hopes this inspires you and your club to participate in the Youth Exchange Program. Our students are being impacted personally and culturally. Our students are impacting our country and the world. Your Club could be a part of the Exchange. The challenge is can you inspire a vision in your Club to Host and Send Exchange Students?

The Youth Exchange Committee welcomes all questions and inquiries. Please contact us.

In-Bound Chair:Suzanna Bernd - zbsm@verizon.net **Co-Chair:** Tom Rogers – thomasrogers3505@gmail.com

Out-Bound Chair:Melissa Lescault - mlescault@mfcllp.com **Co-Chair:** Lon Penna - lawrence_penna@yahoo.com



A Fun Family Event

Saturday February 9, 2019, 1 pm
 Southern Saratoga YMCA
 1 Wall Street, Clifton Park, NY

FREE AND OPEN TO SPECTATORS

Food and Beverages Available
**FEATURING OUR FAMOUS
 OUTHOUSE CHILI DOGS**



For Outhouse Race Details Visit: Shenrotary.org/outhouse-race

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