The Toolb 🕸 🗶

November 2020

Barb Wyllie ~ Editor

Distribution 963

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

From the Governor's Desk

Superheroes

November is Foundation Month in our Rotary World. So, what does a "superhero" have to do with the Rotary Foundation? EVERYTHING!! All the support Rotarians around the globe give to the Foundation make us "Superheroes" -especially in the eyes of those who directly receive the benefits of our work and generous contributions.

The Rotary Foundation started at the 1917 Rotary Convention, with an initial donation of \$26.50 to start the endowment "for the purpose of doing good in the world." From that small beginning, it has grown to develop and carry out sustainable humanitarian projects that provide scholarships and professional training opportunities to promote peace, fight disease, provide clean water and sanitation, sustain mothers and children, improve education, and strengthen local economies.

And our PolioPlus program makes us the worldwide leader in the effort to eradicate Polio, along with our partnerships with the World Health Organization (WHO), UNICEF, the US Centers for Disease Control (CDC), and the Bill & Melinda Gates Foundation. The reward for these efforts was realized in August, when the African nations were declared Polio free!! It's part of the ongoing promise to the children of the world that we will conquer this disease and Rotarians will keep their promise! SUPERHEROES!!

So, with all this in mind, we must continue to support the Foundation, especially now as we are facing the threat of a new global pandemic, Corona Virus (COVID-19). Rotary has been making funds available to help those affected, and towards supplies and research for a vaccine.

November is also a time for us to be thankful. Remember all the things you can be thankful for. Many of us will be apart from our families, but just be thankful for those family members. Be thankful for the ability to help those less fortunate in any manner you can. Be the "superhero" someone needs right now!

Thank You for your generous contributions to The Rotary Foundation. Through your continued giving, you do Open Opportunities!

Service above Self, DG Rich





DISTRICT EVENTS AT A GLANCE

- NOW: Book Reservations being taken p 3
- November 24: Foundation Event *p* 5
- November 26: Happy Thanksgiving

CLUB EVENTS AT A GLANCE

- NOW: Christmas Ornaments: Cohoes Rotary pp 2,11,12
- NOW: Christmas Wreath Sale: Sch'dy Rotary p 4
- NOW: 12 Days of Christmas Raffle: Saratoga Springs Rotary *p* 5
- **NOW November 6: Coats for Kids:** Capital Region Rotary *p* 4
- NOW: Memory Tree Fundraiser: Chestertown Rotary *p 2,13*
- November 25 start: Christmas Tree Sale by Ballston Spa Rotary *p* 4
- NOW through June 2021: Hoffman's Car Wash Fundraiser by Albany Rotary *p 5*

Members Called to a Higher Service

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

Fort Ann Rotary Club's Barbara Hall

Colonie-Guilderland Rotary Club's Lester Warren

(Lester was a Latham Rotarian prior to these Clubs merging.)

Chestertown Rotary Club's Memory Tree Fundraiser

Remember your loved ones by adding their names to this beautifully lit Christmas tree.

Details & registration form on page 13.

Cohoes Rotary Ornaments Celebrate 150TH Anniversary of Cohoes

In 2004 The Rotary Club of Cohoes started a collectible series of Christmas ornaments featuring historic landmarks in the City of Cohoes. This year's ornament celebrates the 150th Anniversary of the City of Cohoes. A portion of the proceeds for the sale of the 2020 ornament will go to support the programs at LifePath Cohoes (formerly Cohoes Senior Center).

Following are previous ornament designs in the series: 2004-the Cohoes Falls; 2005-the Harmony Mills; 2006-the Cohoes Music Hall; 2007-the Cohoes Mastodon; 2008-Cohoes City Hall; 2009-the Half Moon; 2010-Silliman Memorial Church; 2011-the Van Schaick Mansion; 2012-Keveny Memorial Academy; 2013-Cohoes High School; 2014-Cohoes Library; 2015-the former Cohoes Movie Theatre; 2016-Carlson's Ice Rink; 2017-Erie Canal Locks; 2018 Cohoes Armory; 2019-Matton Shipyard. Coffee mugs with the 150th Anniversary design are also available for purchase.

Cost for ornaments is \$20. Mugs are \$10. To purchase ornaments or mugs go to <u>http://www.rotaryclubofcohoes.org</u> for further information. Ornaments and mugs are also available for purchase at Marra's Pharmacy, 217 Remsen Street, Cohoes, or The Local, 159 Remsen Street, Cohoes.

See flyers on pages 11 & 12.





ALL PROCEEDS FROM THE SALE OF THIS BOOK WILL GO TO THE ROTARY FOUNDATION / END POLIO CAMPAIGN

To reserve your copy of Louise's book or to make a donation... please contact District Polio Chair-Person, Doug Ford: ford@curtislumber.com

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





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Rotary International District 7190

THETOOLBOX7190@GMAIL.COM

www.Rotary7190.org



24" Wreaths Adorned with Red Bow and Pinecone Cluster

\$25 each

Pickup Dates December 4th and 5th



Schenectady Rotary Club's Holiday Wreath Sales \$25 each

These are 24" Wreaths made of fresh greenery and adorned with a red bow and pinecone cluster.

All orders to be preordered on the club website: <u>https://schenectadyrotary.org/wreaths2020/</u>

Presales through December 1, 2020 only, limited quantities available for purchase at pickup

Easy, Drive-Through Pickup at Maple Ridge ARC, 2999 Hamburg St, Schenectady, NY 12303 Friday, December 4: 2pm to 4pm

Saturday, December 5: 9am – 12pm

Comments or questions: <u>schenectadyrotaryclub@gmail.com</u>

Attention All Clubs

Every month, kindly submit the names of your new members and the names of your members who have passed on to higher service to Barb at thetoolbox7190@gmail.com. Thank You.

~ ~ ~

Ballston Spa Rotary Club's

Holiday Tree Sale at the Curtis Lumber store on Rt. 67 south of the Village Sales begin on November 25th

Our sales crews will be required to wear masks and socially distance as will our customers. We will have a *HUGE* selection of about 800 trees from our local vendor (Bob's Trees) and they will make your Holiday celebration very special since all profits go right back into our Community.

Like most of the other Rotary Clubs in our District, we are hoping to raise money to continue our projects focused on helping others this year. We make most of our funding through this event.

We are still looking for anybody to help us unload and set up the trees on 11/24. You can contact Pete Champagne

at pete4793@nycap.rr.com or Mike Palma

at <u>mpalma@nycap.rr.com</u> .

Hope to see you there!

---Ray Otten



Capital Region Rotary Club's will be collecting

Coats for Kids!

Monday Oct 26th - Friday Nov 6th

New and gently used coats welcome! Please call Marisa Multari 518-929-5902 to arrange a no contact pick up! Thank you for your continued support! #Community #CRRC #CoatsForKids

~ ~ ~

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

(*The full-service package **now** includes extra detailing and interior sanitizing.) **Tickets can be purchased at the link below:**

http://www.hoffmanhelpinghands.com/fundraiser. cfm?id=20486. Proceeds will help support Albany Rotary's local projects. Peter J. Rose (518) 843-1920

~ ~ ~

Saratoga Springs Rotary Club's **12 Days of Giving Raffle** December 13th – 24th Raffle prizes range in value from \$200 to \$1000

The "grand" prize to be drawn on Dec 24th

All ticket drawings will be live on our Facebook page,

www.facebook.com/SaratogaSpringsRotary and

you will be able to watch live or tune in afterwards to see who won each day.

All the prizes will be from businesses in Downtown Saratoga Springs and the surrounding area including gifts, gift cards/certificates from local restaurants, clothing stores, gift stores, toy stores, home stores, services/spas and many others. Tickets are \$20 each and all tickets purchased will be valid for all twelve days of drawings-one prize per ticket. Please visit our website, <u>https://saratogaspringsrotary.org</u> or Facebook page to purchase tickets or call 518-495-8560 and speak with Joyce Ure, Raffle Committee Chairperson.



You are invited to join Rotarians from 4 upstate NY Districts on Tuesday, November 24, for a virtual celebration featuring Jennifer Jones. Jennifer will serve as the first female President of Rotary International in the 2022-2023 year.

District leadership decided not to hold an inperson event this year due to COVID-19. The idea of a multi-district virtual event to recognize the Rotary Foundation during Foundation Month began to take shape. Rotarians from D7190 will have the opportunity to join Rotarians from D7120, D7150 and D7170.

All Rotarians are invited to join the live event at 7 PM on November 24. After Jennifer's keynote speech, participants will be placed into break-out rooms by District. District leadership will then present Foundation recognition awards.

There is no charge to attend this event, but since it is being held in place of our typical Foundation fundraising event, we hope you will consider making an optional donation upon registration for this event. For a donation of \$250, you will receive a link to participate in a "meet & greet" with Jennifer at 6:30 PM on November 24, prior to the general session.

To register for this event, please click <u>HERE</u>.

Amsterdam Rotary Club held its 15th Annual Chicken Parm Dinner Monday May 19th at Lorenzos Southside Restaurant. The Drive Through Event sold 790 Dinners. Proceeds will go directly to our local food pantries.





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Malta Sunrise Rotary Masks for Malta

Malta Sunrise Rotary is kicking off a town-wide "Stop the Virus" campaign to fight off the contagious



Covid 19 virus. Rotary President Larry Levine reports that Rotary is contacting forty Malta businesses and supplying each with free emergency masks for customers who wish to do business but left home without their face masks. "There is no reason to turn away a customer who has left their mask at home," Levine said. In addition to the

masks, posters are being placed in the

windows of businesses throughout the town.

The masks are a three-ply, high density layered screening system, Levine said, "If you are wondering if the mask you currently use is effective, a simple trick can help you. Try blowing out a candle while wearing your mask. A good mask should prevent you from extinguishing the flame."

Malta Rotarian and former Saratoga County Public Health Director Helen Endres advises people to wear masks in all public settings particularly when social distancing of 6 or more feet is difficult to maintain, such as grocery stores, pharmacies, and gas stations. Endres said the virus that causes COVID 19 spreads from person to person, mainly through respiratory droplets produced when an infected person coughs, sneezes, or talks. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. The spread of the virus is more likely when people are in close contact with one another (within about 6 feet). Many people are "asymptomatic" which means they have been infected with the virus but don't have symptoms. The masks in conjunction with minimal close contact with others will help to stop the transmission and spread throughout the community.

For more information contact Larry Levine, President Malta Sunrise Rotary at 528-522-5283 (llevinepe@gmail.com), or Paul Sausville at 518-885-4533 (<u>engineer@nycap.rr.com</u>).

Albany Rotary Youth Recognition Video

Here's the recorded video link from yesterday: https://us02web.zoom.us/rec/play/dwYGsEV90WUjr9Jr CWuzssyKBKlgbiEB-8a9w7rJDbWSxo5YONv4mt9zrqSY_bvEytH4EJ2vXs5dCj-.6X6hpZYsWNOrKrlZ?startTime=1603296248000

--- submitted by W.Brian Barr





Burnt Hills Ballston Lake Rotary Club Saves 'Books for Troops' by Steve Caine

For ten years, retired school teacher Ms. Ellen Keegan, the founder 'Books for Troops' and a group of dedicated volunteers, collected books of all genres, and sent them to troops and veterans all over the world. When the Burnt Hills Ballston Lake (BHBL) Rotary club learned about this initiative, members decided to collect books and donate them to 'Books for Troops'.

In early October, when a couple from BHBL Rotary went to deliver the books the club had collected, they discovered 'Books for Troops' was going out of business because they had lost the storage facility that had been given to them. This unfortunate circumstance at first created a situation where thousands of books donated to 'Books for Troops' would go to a commercial book dealer, eventually to be sold, as opposed to going to the troops and vets they were intended for. And, secondly, the books BHBL Rotary had collected were for the moment in limbo with no known place to send them. Fortunately, a BHBL member knew Ms. Keegan's contact information. The club decided that if there was something they could do, they wanted to help.

Ms. Keegan was extremely pleased to know the club wanted to do something. The situation was tenuous. Within a little over a weeks' time, a commercial book dealer was going to come and collect whatever 'Books for Troops' still had, which was reported as 3,000 books. Three thousand books, intended for the troops and veterans were going to go to a commercial book dealer! The club had to act fast! BHBL club members immediately decided that individual members would make contributions. They rose to the occasion. In just a week's time, BHBL Rotary members collectively donated \$1,300, enough to save and ship 3,200 'Books for Troops' books and the 280 books the club had collected. They are being shipped to 17 military hospitals serving recovering troops, veterans, and their families!

Members of the BHBL Rotary Club were gratified that they could in some way support the men, women, and their families who have made significant personal sacrifices for our country.



Rotarian Flavors from Around the World

This is an opportunity to continue to experience the tastes of Rotary from around the world. Below, you will find recipes reprinted from the **Rotarian Flavors of the World Cookbook** (Morris Press Cookbooks 2011). Enjoy!

<u>Drink</u>

Apple Cider Drink (page 8) From the region of District 6440 / USA

2 sticks cinnamon
1 tsp whole cloves
1 tsp whole allspice
2 quarts apple cider
½ cup brown sugar, packed
1 orange, sliced

Place cinnamon, cloves and allspice in a double thickness of cheesecloth; bring up corners of cloth and tie with a string to form a bag. Place cider and brown sugar in a slow cooker; stir until sugar dissolves. Add spice bag. Place orange slices on top. Cover and cook on low for 2-5 hours. Remove spice bag before serving.

<u>Salad</u>

Cranberry Apple Salad (page 35) From the region of District 7910 / USA

1 (3 oz) raspberry Jello 1/2 cup boiling water 1 can whole cranberry sauce 3-4 Granny Smith apples

Dissolve Jello in boiling water. Peel, core and shred apples. Mix into cranberry sauce. Add dissolved Jello. Pour in a Jello mold.





Soup Black Bread Soup with Fruit (page 30) Leivasupp From the region of District 1420 / Estonia 3/4 cup raisins $\frac{1}{2}$ cup plum brandy $\frac{1}{2}$ cup sugar 5 cups water 6 slices black sourdough bread, crusts removed, toasted 2 small tart apples, peeled, halved and sliced 3/4 cup fresh cranberries ³/₄ cup pitted dried prunes 3/4 cup cranberry juice 1 piece (inch) cinnamon stick 3 cloves, whole Zest of 1 lemon Whipped cream for garnish

Soak the raisins in the brandy for 20-30 minutes. In a soup pot, bring the water and sugar to a boil over high heat. Add the bread and then reduce the heat to low and simmer until the bread just begins to dissolve. You may remove the bread with a slotted spoon and push it through a sieve, or use a food processor for a pulse or two. The bread should not be pureed, but grainy. Put the bread back in the pot. Add the raisins with their soaking liquid, cranberries, cranberry juice, apples, prunes, cinnamon stick, lemon zest and cloves.

Bring to a boil and then reduce the heat and simmer, covered, until the fruits are tender. Taste the soup and add more sugar, if desired. Cool, then refrigerate for at least 2 hours. Remove the cinnamon stick and cloves before eating. Serve the soup in serving bowls with whipped cream.

Continued on next page...

www.Rotary7190.org

Main Course

Chicken in Wine (page 111) From the region of District 1640-1790 / France

3 oz. butter 1 T oil 3¹/₂ lb. oven-ready chicken 1 large onion, thickly sliced ³/₄ lb. carrots, thickly sliced 1 T fresh thyme leaves Salt Black pepper 1 bay leaf 1¹/₄ cup Muscadet (wine) 1¹/₄ cup fresh chicken stock 1 lb. button mushrooms 4 egg yolks Freshly grated nutmeg

Heat the oil and half of the butter in a large casserole or pan. Add the chicken and fry for a few minutes on all sides. Remove from the pan and set aside. Place half the onions and carrots in the casserole, then place the chicken, breast side up, on top. Cover with the remaining onions and carrots. Add the bay leaf, thyme, salt and pepper, then pour over the stock and wine. This should cover half of the bird. Add more stock if necessary. Bring to the boil, cover and simmer for 40 minutes. Add the mushrooms, then turn the chicken over. Continue to simmer, covered, for a further 30 minutes. At the end of the cooking time, remove the chicken to a warmed serving platter. Lift out the vegetables with a slotted spoon, remove the bay leaf and arrange the vegetables around the chicken. Keep warm. Return the casserole to a high heat and boil rapidly for 5-8 minutes to reduce the liquid. Meanwhile, melt the remaining butter in a pan lightly fry the remaining mushrooms. and Sprinkle over the other vegetables surrounding the chicken. Keep warm. In a bowl, beat the egg yolks together with the nutmeg. Add a little of the cooking liquid to the eggs; mix well, then stir into the casserole. Remove from the heat and stir once. To serve: pour a little of the sauce over the chicken and serve the rest separately.

Casserole

Squash Casserole (page 90)

- From the region of District 6840 / USA
- 1¹/₂ lbs. yellow squash (fresh or frozen)
- 1 cup oleo or margarine (or real butter)
- $\frac{1}{2}$ cup chopped white onion
- $^{1\!\!/}_{\!\!4}$ cup chopped green bell pepper
- 1/2 cup mayonnaise (use mayonnaise as salad dressing gives it another taste that many may not like)
- 1/2 cup grated sharp cheddar cheese
- 1 cup sliced water chestnuts
- 1 egg and 1 tsp sugar
- Buttered bread crumbs, about 1-2 cups depending on preference

Cook squash, sliced, in hot lightly salted water for 8 minutes and drain. (Let drain while other ingredients are assembled.) Place back into the pot. Sauté onions and bell pepper in 1 cup of oleo (or margarine or real butter). Add cheese and chestnuts into the onion mixture in pan. Whip 1 egg and 1 teaspoon sugar together and add to squash mixture. Add the mixture of onions, bell pepper, cheese, chestnuts and egg and sugar mixture with the squash. Place into a 11/2 quart casserole (lightly buttered or sprayed with Pam). Top with bread crumbs (1/2 cup may be enough, depending on preference). Bake at 350 degrees F for 30 minutes. Serve hot. Serves 6-8 persons.

Continued on next page...



Dessert

Pumpkin Cheese Cake or Bars (page 183) From the region of District 6270 / USA

Crust:

- 1 package cake mix (spice cake mix was used here, but yellow cake mix or carrot cake mix will also work)
- 1/2 cup melted butter

This can be done in a springform pan or a 9×13 inch pan. Mix together and press firmly in bottom of pan.

Filling:

- 1¹/₂ lbs. cream cheese, softened: 3- 8 oz pkgs (Used here: low fat or mix of the 2 types.)
- 1 (14 oz) can sweetened condensed milk
- 1 (14 oz) can pumpkin [Not pie filling]
- 4 eggs
- 1 T pumpkin pie spice

In large mixer, beat cream cheese and sweetened condensed milk on high speed 2 minutes, scraping bowl as needed. Add pumpkin, spice and eggs. Beat 1 minute longer or until smooth. Pour over prepared crust. Bake 55-60 minutes in cheesecake springform pan or 30-35 minutes in 9 x 13-inch pan. Run knife around edge of pan to loosen. Cool completely on wire rack, then chill for 2 hours or overnight.





Bread

Zucchini Bread (page 185) From the region of District 6270 / USA

- 1 cup oil
- 3 eggs
- 2 cups sugar
- 2 cups zucchini, shredded
- 1 tsp salt
- 1 cup nuts, chopped
- 3 cups flour
- 1 tsp vanilla
- 3 tsp cinnamon
- 1 tsp baking soda
- 1/4 tsp baking powder

Mix well. Grease and flour 2 loaf pans. Pour mixture into pans. Bake for 90 minutes at 350F.

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*********************************** Cohoes Rotary Christmas Ornament Sale Collogs (50th Anniversary In 2004 The Rotary Club of Cohoes started a collectible series of Christmas

ornaments featuring historic landmarks in the City of Cohoes. Following are the ornaments in the series: 2004-the Cohoes Falls; 2005-the Harmony Mills; 2006-the Cohoes Music Hall; 2007-the Cohoes Mastodon; 2008-Cohoes City Hall: 2009-The Half Moon: 2010-Silliman Memorial Church: 2011-the Van Schaick Mansion; 2012-Keveny Memorial Academy; 2013-Cohoes High School; 2014-Cohoes Public Library; 2015-Cohoes Movie Theatre; 2016-Carlson's Ice Rink; 2017-Erie Canal Locks; 2018-Cohoes Armory; 2019-Matton Shipyard.

The 2020 ornament, Cohoes 150th Anniversary, is the sixth in the slim ornament style, white china with a gold band edge. A portion of the proceeds will go to support the programs at LifePath Cohoes (Cohoes Senior Center).

Cost: \$20

To purchase ornaments contact Linda or Ed Tremblav at 518-235-4311 or email ljt@nycap.rr.com Ornaments are also available for purchase at Marra's Pharmacy and The Local Remsen Street, Cohoes



The Toolbox:

CHESTERTOWN ROTARY ANNUAL MEMORY TREE FUNDRAISER





The Holiday Season approaches quickly. It is the season to celebrate the thoughts and memories of the people who shaped our lives. The shared and wonderful memories from our families, friends, teachers, co-workers, clergy, even the kindness of a stranger who changed our lives for the better. Take time to remember these important connections this year by sponsoring a light on the Chestertown Rotary Club Memory Tree, located again in the center of Chestertown.

This year's tree is in memory of Rotarians called to a Higher Service – Jerry Meader, Doug O'Brien, and Jay and Carol Becker. Immediate family members only are invited to the lighting ceremony.

Your \$20.00 contribution will shine lights on the Memory Tree for five names (or \$5.00 per individual name) for all to see this Christmas season and help support local families in need through the food pantry, heating fuel assistance, clothing, etc.

In addition, you and those you remember will be a part of a specially designed Memory Tree announcement appearing in *The Sun Community News* towards the end of the holiday season.

Please fill out the form below and send it with the appropriate contribution no later than November 30th. Enjoy the Holidays!

The Memory Tree lighting will be December 1", 2020. We will host the event on our Facebook Page with a Live Feed. Facebook.com/ChestertownRotary12817

-----Cut Here-----

Please Print

Remit to Chestertown Rotary Club, P.O. Box 260, Chestertown, NY 12817

Person to be Remembered	Honor/Memory H or M	Remembered by	Charge
Contact Name & Address			<u>\$5.00</u> <u>\$10.00</u> <u>\$15.00</u> <u>\$20.00</u>
			5 ^{1H} NAME FREE
Contact Telephone Number		Contact e-mail	

For additional names write on reverse of this form and include \$5 for each additional name

