

# The Toolb



**November 2021**

**Barb Wyllie ~ Editor**

**Distribution 930**

**Please send submissions to Barb at: [THETOOLBOX7190@GMAIL.COM](mailto:THETOOLBOX7190@GMAIL.COM)**

**Deadline: 20<sup>th</sup> of the month**

## **From the Governor's Desk**

Hello Rotarians in District 7190!

One of the most amazing things about Rotary is that there are 1.2 million of us! You know this well, but do you also recognize that standing beside each of us is The Rotary Foundation (TRF)? The Foundation works tirelessly, as it has year after year for more than 100 years, to support the projects and passions of our Rotarians, Rotary Clubs and Districts. In fact:

- Since its founding The Rotary Foundation spent more than \$4 billion on life altering projects around the world;
- Last year alone 493 District grants were provided by TRF, funding projects in Rotary Districts worth \$33.6 million;
- In 2020 Clubs around the world received funding for 1,359 Global Grants, including several in our own D7190, worth \$95.6 million.

Rotarians throughout our District make regular donations to TRF, because they recognize the importance of supporting vital, lifesaving, life changing projects in faraway places. Our fellow club members also make contributions to support our local clubs too, by participating in local fund raising activities with contributions and volunteer hours... in most cases BOTH! Each time this happens there is an impact on the community which is vital and life changing.

Some clubs even have their own local Rotary Club Foundation, and club members support it as well.



Most members that support their local Club Foundation also support TRF, because they have a heart for good works throughout the world and their community and they know the difference they are making.

So much good is done through the work of Rotary. Clubs are BOTH supportive to their members AND their communities. Rotary International is BOTH a global humanitarian organization AND a major donor in support of clean water, literacy, disease eradication, the environment, and so much more.

How about you? Are you BOTH AND? BOTH a champion of your local community AND a global humanitarian? In BOTH cases, the goal is to solve challenging problems, like eradicating Polio, and your donation to TRF brings us ever closer to the finish line.

Didja hear the one about how there are two kinds of Rotarians? Those who finish what they started, and those

.....

November is Rotary Foundation month. So, we can continue the good work of the Foundation, please consider attending the District 7190 Foundation fundraising event on November 18 at the Glen Sanders Mansion. You can sign up on the District website by clicking on the event graphic there. **Registration CLOSSES ON NOVEMBER 5<sup>th</sup>!** If you can't make the event, donations are always accepted!! Thank you!

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Yours in Rotary Service,  
DG Bruce



## DISTRICT EVENTS AT A GLANCE

- **NOW:** Book Reservations being taken *pp 3,13*
- **November 2:** Election Day
- **November 5:** REGISTRATION CLOSES for the Foundation Dinner "Roaring...20's" *pp 1,5*
- **November 6:** Leadership Institute (RLI) *p 2*
- **November 7:** Daylight Savings Day  
(Fall back one hour!)
- **November 11:** Veteran's Day
- **November 18:** Foundation Dinner "Roaring Through the 20's" *pp 1,5*
- **November 25:** Happy Thanksgiving

## CLUB EVENTS AT A GLANCE

- **NOW:** Thanksgiving Centerpieces for Sale by Schenectady East Rotary *pp 2, 12*
- **NOW:** Cash Raffle by Schenectady East Rotary *p 3*
- **NOW:** Coat Drive by Capital Region Rotary *p 2*
- **NOW:** Apple Run by BHBL Rotary *p 4*
- **NOW:** Food Drive by BHBL Rotary *p 4*
- **NOW:** Quilt Raffle by Sharon Springs Rotary *p 3*
- **November 21:** Back to Life by Sharon Springs Rotary *p 3*
- **End of November:** Christmas Tree Sale by Ballston Spa Rotary *pp 4, 8*
- **December 12:** Breakfast with Santa by Twin Bridges Rotary *p 4*

Schenectady East Rotary (with Schenectady ARC Horticulture Center at Maple Ridge) presents:

## Thanksgiving Centerpiece Fundraiser



CORNUCOPIA



CENTERPIECE

Orders are being taken now.  
Order form is on page 12.

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## Rotary Leadership Institute November 6, 2021

by PDG Sue Austin  
District 7190 Site Chair

Save the date in your calendar. We will again be having the RLI (Rotary Leadership Institute) as a virtual training for District 7190. The cost for **virtual training** is set at **\$25 for Rotarians** and **\$10 for Rotaract members**.

If the date is not convenient with your schedule you can attend ANY RLI training. The other dates are listed on the RLI website. Just follow the directions below to sign up.

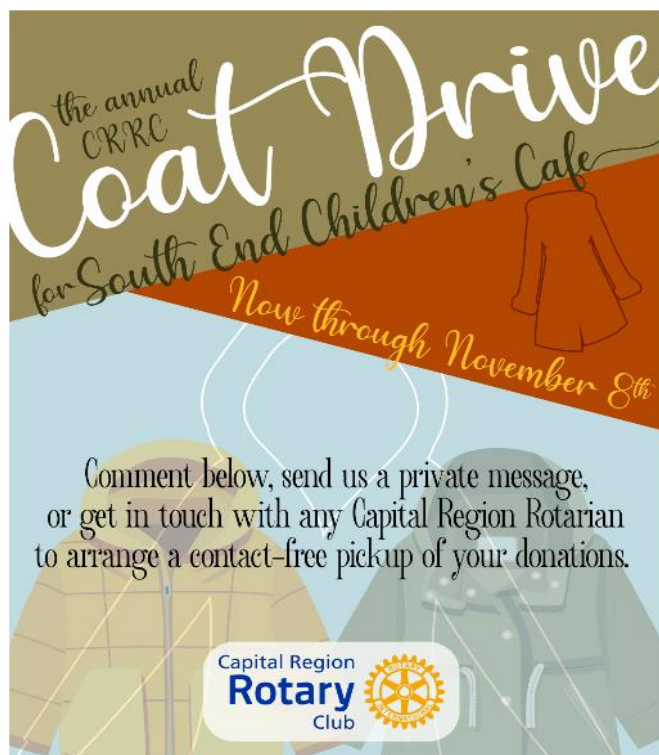
We are training Session I, Session 2, Session 3 and Graduate. The Graduate topic is the "The Rotary Foundations 7 Areas of Focus".

To sign up for ANY RLI NEA session, virtual or in-person, please go to [www.rlinea.org](http://www.rlinea.org). If you do have a problem with the link not working, please just type the URL into your browser.

If you are experiencing an issue you can contact me by email at: [bankr736@nycap.rr.com](mailto:bankr736@nycap.rr.com) and I will help you.

Looking forward to seeing you on November 6.

~ ~ ~



Schenectady East Rotary  
presents its:

## HOLIDAY CASH RAFFLE

**\$500 Prize to the winner!**

**Tickets are \$5.00 each** and may be purchased from any member of the club.

**The Drawing is December 8<sup>th</sup>** at their regular meeting.

Winner does not have to be present at the drawing.

Please contact PDG Sue Austin by email at: [bankr736@nycap.rr.com](mailto:bankr736@nycap.rr.com) or by phone 518-374-8891 (leave a message if no answer).

Help them help our community through their good works.

~ ~ ~

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**
- **\$50 for an autographed copy plus an End Polio Now T-Shirt & face mask**

*Your donation supports*

*the Rotary Foundation Campaign to Eradicate Polio.*

<https://go.rotary7190gives.org/calledtowater>

**See flyer on page 12.**

Thank you for supporting The End Polio Campaign.

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Brandon brings his unique brand of energy and style back to the **Public Library in Sharon Springs** to deliver messages of healing and connection.

**Sunday, November 21**

**Show starts at 2pm**

**Tickets: \$33**

**Sharon Springs Public Library**

129 Main St, Sharon Springs, NY

\*Masks are recommended

Get Tickets at Sharon Springs Rotary.

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Sharon Springs Rotary presents its

## Warm Up with Rotary Handmade Quilt Raffle

Get a chance at being the owner of this beautiful handmade quilt! 53" x 85" (Full, Long) handmade patchwork quilt.

<https://www.jotform.com/assign/210504876935158/210505360928048>

**Donation: \$5/chance or 5 for \$20.**

Only 500 tickets sold. Proceeds benefit Sharon Springs Rotary peace & humanity projects.

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## Virtual 5K Apple Run

BH/BL Rotary Club is hosting its annual 5K Apple Run virtually again this year.

Participants can complete this race from now until November 15<sup>th</sup>.

Registration is through zippyreg with options for Race T-Shirt.

<https://zippyreg.com/register/applerun>

<https://zippyreg.com/register/applerun>

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<https://zippyreg.com/register/applerun>

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BHBL 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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Look for it...



## Christmas Tree Sale

**End of November**  
**at Curtis Lumber**  
**by Ballston Spa Rotary**

See page 8, and  
further details in  
December Toolbox!



Hosted By Twin Bridges Rotary

Sunday, December 12, 2021

Adults \$8

8:30am to 11:30am

Children \$4

Clifton Park Elks, 695 Macelroy Road

Children Under 3 - Free

Come Take Pictures with Santa & Mrs. Claus

Children's Activities Will be Provided

Pre-registration strongly suggested. Reserve your place now at [www.TwinBridgesRotary.com](http://www.TwinBridgesRotary.com)

Have Questions? Contact Twin Bridges Rotary at (518) 328-8358 or email [Info@twinbridgesrotary.com](mailto:Info@twinbridgesrotary.com)

## Attention All Clubs

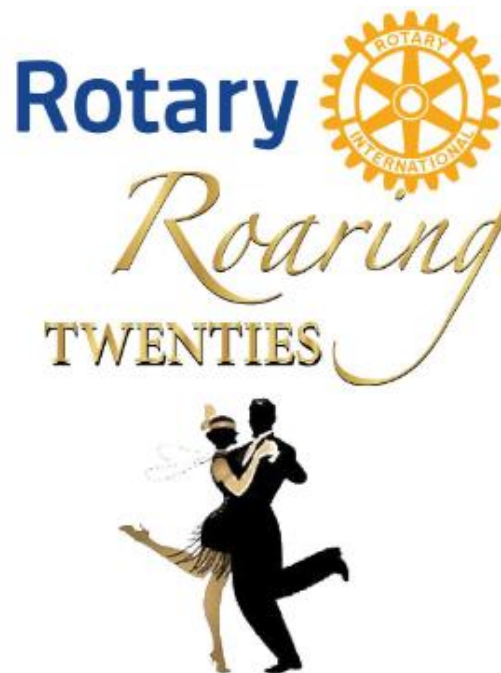
**Editor's Note:** Please make sure your Club members are receiving this newsletter. 1<sup>st</sup> - You can check the distribution list that I send accompanying The Toolbox (most months). And 2<sup>nd</sup>, if their names are on the list but they still aren't receiving it, have them check their spam 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](mailto:thetoolbox7190@gmail.com). Thank You.



**REGISTRATION CLOSES ON NOVEMBER 5<sup>th</sup>!**



**NOVEMBER 18, 2021, 6p - 9p**  
**Glen Sanders Mansion, Scotia, NY**

**Dinner Tickets \$100 each**

Cocktails (cash bar) Hors d'oeuvres Dinner

**Honorary Committee**

**Gatsby Flapper \$100 Gangster \$250 Roaring Rotarian \$500**

*donations must be received by October 31 for inclusion in the program*

**Add Polio Pals \$25 for a donation directly to Polio Plus**

**ONLINE REGISTRATION PREFERRED: [www.Rotary7190.org](http://www.Rotary7190.org)**

Number of Dinners: \_\_\_\_\_ @ \$100 checks payable to Rotary District 7190

Names of Attendees: \_\_\_\_\_

Rotary Club (if applicable): \_\_\_\_\_

**Rotary Foundation Contributions:** checks payable to The Rotary Foundation, Tickets deductible to extent allowed by law.

Honorary Committee Contribution: \$ \_\_\_\_\_ Polio Pals Contribution \$ \_\_\_\_\_

Mail all checks to PDG Sue Austin, 435 Bolt Road, Scotia, New York 12302

## Where Does My Money Go?

by PDG Sue Austin

Did you ever wonder when you donate to the "Honorary Committee" at the District Foundation Dinner on November 18, 2021 where exactly your money goes?

In the past few weeks, I have heard some very interesting answers to that very question and many were not correct so I thought I would take a few minutes and clear up any misconceptions that any of you may have.

Donations made to the Foundation Dinner for membership on the Honorary Committee are sent by the Foundation Committee directly to the Rotary Foundation Annual (Share) Fund and you will RECEIVE CREDIT TOWARDS YOUR NEXT PAUL HARRIS OR MAJOR DONOR LEVEL. These donations also count towards your club's 21-22 goals

When you purchase items at the Silent Auction the money is sent to the Rotary Foundation Annual (Share) Fund and you will also receive credit towards your next Paul Harris or Major Donor Level. These funds also count towards your clubs 21-22 goals.

These funds are tax deductible to the extent allowed by law. We make sure all funds are sent in to the Foundation before the 2021 tax deductible deadline so you can take advantage of any tax benefit that you are entitled to under the law.

Clubs that donate \$100 instead of a basket or Auction Item have their funds sent to the Rotary Foundation Annual (Share) Fund for credit to that Clubs donations and counts towards their club goals

I hope this clears up some of the misconceptions but if you have further questions I am happy to speak to you or your club at any time. I can be reached at 518-374-8891 or by email at: [bankr736@nycap.rr.com](mailto:bankr736@nycap.rr.com)

Please do not hesitate to contact me.

PDG Sue Austin (13-14)

District Rotary Foundation Chair (16-19 & 20-23)

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## District Historian's Report

by Fred Carvin

District Historian

Here is a little information regarding clubs in our District chartered in the month of November:

**Lake George** - Chartered Nov. 30-1948 – 73 years

Sponsored by Glens Falls

Nominated District Governor Tammy Heckenberg 2018-2019

District Governor Al Bantham penned in his newsletter in November, 1948, "Special: A provisional club has been established at Lake George village through the efforts of the Northern Extension committee headed by Walt Casanova and Glens Falls President Bill Brown. The provisional president of the club is Bob Leavitt, the real estate broker whose signs have adorned many lakeside estates."

Club secretary Walt Reichert of the Glens Falls noted, "We may well rejoice in this expansion- not because it makes Rotary bigger, but because it brings the opportunity for fellowship and service to more men and more communities.

At the Charter night presentation on January 3, 1949, an overflow crowd of 175 guests paid \$2.00 each at the Sky Harbor restaurant to hear State Supreme Court Justice Dan Imrie deliver the main address to the new members of the Rotary Club of Lake George.

**Corinth** - Chartered Nov. 16, 1957 - 64 years

Sponsored by Saratoga Springs, and South Glens Falls

In November, 1957, District Governor Frank Hines boasted, "Another new baby." He continued saying, "We have been waiting for many years to see a Rotary Club in Corinth, and last night, the dream came true." This event was brought about by great team work from Saratoga Springs PDG Percy Dake, extension chair John King, special representative George Moore and Lloyd Oothout from Watervliet, PDG Ed Trimbley of Glens Falls, along with Tom Dwyer and Ben Johnson from South Glens Falls.

*Continued on next page...*

Governor Hines described the December 9<sup>th</sup> Charter dinner as follows, "On one of the hardest driving nights of the year, the new club in Corinth was chartered with a wonderful turn-out of boys from the North Country. Our program was beautiful and marked the Holiday season. To Loren Feulner (of Feulner's Restaurant) for the food and arrangements- a perfect job. And especially to Corinth President Irving Densmore. I personally thank you for your cooperation and I know you will make an outstanding president of your club."

**Colonie-Guilderland** - Chartered November 21, 1959 - 62 years

Sponsored by Schenectady

Nominated District Governor Jerome (Jerry)

Greene 1994-1995

Nominated District Governor Mike Popolizio

2008-2009

Granville Club's District Governor Dr. A. Gardner Barrett (1959-1960) was in a tough spot. He followed DG Frank Hines who during his year chartered five new clubs. Dr. Gardner's first success was the "birthing" of the Colonie-Guilderland Club in November, 1959. Governor Barrett wrote, "Wednesday evening, December 9<sup>th</sup> was charter night for our new baby Colonie-Guilderland. Organized by Chairman George Moore and his live-wired extension committee and sponsored by the Schenectady Rotary Club, the newest addition to our district family is off to a flying start with 31 members. Over 225 Rotarians from 31 clubs attended the celebration and listened to Phil Lovejoy, former General Secretary of Rotary International deliver a brilliant and truly solid Rotary address. Special Representative Jack Halpin of Schenectady chaired the meeting to welcome Colonie-Guilderland president Walter Tull and the Rotarians of the two towns."

Today, Colonie-Guilderland has blazed a great record with its support of District 7190-Gift of Life, the Ronald McDonald House and the Shelter Box program, in addition to their other numerous service events.

**Racing City a.m. Club** - Chartered November 16, 2001 - 20 years

Sponsored by Rotary International

As the 20<sup>th</sup> century turned into the 21<sup>st</sup>, Rotary found itself at a crossroad. Approaching the 100<sup>th</sup> year of Rotary, the numbers were stagnating and in many cases beginning to go down. This trend had been occurring in District 7190 since the 1960's. R.I. realized something had to be done to stem this membership decline.

At the Council on Legislation, Rotarians determined clubs would no longer have territorial limits. This meant existing clubs would no longer be able to block new clubs from forming within their assigned boundaries. The Council also eliminated new clubs from needing a sponsoring club.

With these new changes, a few members of the Saratoga Springs lunch club were having difficulty making meetings. A breakfast club would be more suitable for their situation. They found little support among the Saratoga Rotarians, who felt there was no need for this breakfast club within their borders. They suggested other locations may be more appropriate and stood opposed to this disruption.

Undeterred, the breakfast group successfully recruited 25 potential new Rotarians and approached District Governor John Quatrini from Amsterdam about starting a new club. At first, DG Quatrini was strongly in support of the move. However, he soon found himself embroiled in a serious battle between the Saratoga Club and the breakfasters. After listening to both sides, he made the hard decision not to sign the provisional documents or support the creation of a new club in Saratoga. Especially since the Saratoga Club had been productive in helping to create a provisional breakfast club in near-by Wilton.

This determination was not received well by the core members of the proposed Racing City Club. They decided to apply for their provisional and charter status directly to Rotary International.

The Board of Directors granted a new charter to Racing City on November 16, 2001.

*Continued on next page...*



Hoping to promote an atmosphere of reconciliation, Governor Quatrini welcomed Racing City by signing the Charter document and presenting it to inaugural President Helen White at their charter dinner held in January 2002 at the Saratoga Golf and Polo Club. A few months later a second charter was presented at the Wilton Club's celebration dinner held at the Gideon Putnam Hotel.

Although the circumstances surrounding the formation of the Racing City and Wilton Rotary Clubs was 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.

If you have any questions or historical submissions, please contact Fred Carvin-District Historian at [Qbyfred@verizon.net](mailto:Qbyfred@verizon.net)

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## Ballston Spa Rotary News

by Ray Otten

As you all know, fundraising is a very important component of what we all do. Without it, we could not help our Communities as we do. We want to Thank everyone that stopped by our food booths at the **Curtis Lumber Car Show**, the **Petapalooza**, and the **Way We Were Car Show**. Because of you we were able to clear well over \$1,000 between the 3 events. That is money that will be turned right back into our Community to help in many, many ways.

Our next and **BIGGEST** fundraiser for the year is coming up at the end of November when we start selling our **Christmas Trees** again at **Curtis Lumber**. We have over 700 trees coming again this year so we're sure your perfect tree is amongst them. We were fortunate last year to get some help from a few Rotarians from nearby clubs and would love to see you again this year. Stop by after Thanksgiving and help us help others!

**LATE NOTICE: It was just learned that 600 of the ordered trees were recently damaged and won't be arriving! ANY HELP in finding other suppliers would be greatly appreciated. Please**

**contact Ballston Spa Rotary Club. Thank you!!! ~ ~ ~**

## Alliance 180 Presented with Check

by Ray Anthony

Recently, Alliance 180 was presented with a check from The Rotary Club of Shenendehowa at the Saratoga Chamber of Commerce Office at 4 Emma Lane in Clifton Park, NY. The check in the amount of \$725.00 was the result of a Chicken Bar-B-Que dinner fundraiser and other donations made by Shenendehowa Rotary Club members. The chicken dinners were prepared by Giffy's Bar-B-Que of Clifton Park.

"We were so impressed with the work Alliance 180 is doing in our community. They are truly making a difference in the lives of Veterans and First Responders living with PTSD. As a Rotary club, this is what we do, we are passionate about supporting and helping organizations that are helping others," said Raymond Anthony of the Shenendehowa Rotary Club.

Alliance 180 is a Peer-to-Peer Purpose-Driven Program. Participation in the program is completely confidential and is provided at no cost to participants. The costs of all accommodations and travel are covered by generous donors.

"We aim to prevent suicide for fellow Veterans and First Responders facing effects of trauma by providing a transformative equine experience," stated Bob Nivens of Alliance 180.

To learn more about Alliance 180, contact Bob Nevins at [bob@alliance180.org](mailto:bob@alliance180.org), (518)744-3600 or visit their website at [www.alliance180.org](http://www.alliance180.org)

Rotary brings together a global network of volunteer leaders dedicated to tackling the world's most pressing humanitarian challenges. Rotary connects 1.4 million members of more than 36,000 Rotary clubs in over 200 countries and geographical areas. Their work improves lives at both the local and international levels, by helping those in need in their own communities.

To learn more about Rotary or to join us contact Ray Anthony at [Ray.Shenrotary@gmail.com](mailto:Ray.Shenrotary@gmail.com), (518)992-5804 or visit their website at [www.shenrotary.org](http://www.shenrotary.org).

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# Colin Powell's 13 Rules for How to Lead

By [ShareAmerica](#)

Oct 19, 2021

Colin Powell (1937-2021), led the State Department as secretary of state and the military as chairman of the Joint Chiefs of Staff. He also served as a four-star general in the U.S. Army. Even so, Powell “wasn’t overly concerned with hierarchy,” said current Secretary of State Antony Blinken [on October 18](#). “He wanted to hear from everyone ... Powell was simply and completely a leader, and he knew how to build a strong and united team.”

Powell offered 13 rules for leadership in his 2012 memoir, *It Worked for Me: In Life and Leadership*. They are lightly edited here.

1. **It ain't as bad as you think. It will look better in the morning.** Leaving the office at night with a winning attitude affects more than you alone; it also conveys that attitude to your followers.
2. **Get mad, then get over it.** Everyone gets mad. It's a natural and healthy emotion. My experience is that staying mad isn't useful.
3. **Avoid having your ego so close to your position that when your position falls, your ego goes with it.** Accept that your position was faulty, not your ego.
4. **It can be done.** Have a positive and enthusiastic approach to every task. Don't surround yourself with instant skeptics.
5. **Be careful what you choose: You may get it.** You will have to live with your choices. Some bad choices can be corrected. Some you'll be stuck with.
6. **Don't let adverse facts stand in the way of a good decision.** Superior leadership is often a matter of superb instinct. When faced with a tough decision, use the time available to gather information that will inform your instinct.
7. **You can't make someone else's choices. You shouldn't let someone else make yours.**

Make sure the choice is yours and you are not responding to the pressure and desire of others.

8. **Check small things.** Leaders have to have a feel for small things — a feel for what is going on in the depths of an organization where small things reside.
9. **Share credit.** People need recognition and a sense of worth as much as they need food and water.
10. **Remain calm. Be kind.** Few people make sound or sustainable decisions in an atmosphere of chaos.
11. **Have a vision. Be demanding.** Followers need to know where their leaders are taking them and for what purpose. Good leaders set vision, mission, and goals.
12. **Don't take counsel of your fears or naysayers.** Those who do risk wasting their time and energy.
13. **Perpetual optimism is a force multiplier.** If you believe in the likelihood of success, your followers will too.

~ ~ ~



**Hard times make hard men  
Hard men make good times  
Good times make soft men  
Soft men make hard times**

Credit: Terry Schappert

*Green Beret Master Sargent Retired*

~ ~ ~

## 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!

### Appetizer

#### **Crunchy Shrimp Dip** (page 26)

From the region of District 6950 / USA

- 1 pkg. Knox gelatin
  - ¼ cup water
  - 1 can tomato soup
  - 8 oz. cream cheese
  - 4 cans shrimp (very small) [2-3 cans will do.]
  - ¾ cup chopped celery
  - ¾ cup chopped onions
  - 1 cup mayonnaise
- Add gelatin and water, then boil. Add tomato soup and boil a few minutes. Beat cream cheese and add tomato soup mixture. Beat until smooth. Add shrimp, celery, onions and mayonnaise. Pour into oiled mold and refrigerate. Unmold and serve with crackers.

### Salad

#### **Zesty Bean Salad** (page 57)

From the region of District 6270 / USA

- 2 (14.5-oz) cans cut green beans
- 1 (14.5-oz) can yellow beans
- 1 (14.5-oz) can red kidney beans
- 1 (14.5-oz) can garbanzo beans
- 1 cup diced celery
- 1 small onion, chopped

#### **Dressing:**

- ¼ cup cider vinegar
- ¼ cup oil
- ¼ cup sugar
- 1 teaspoon black pepper
- 1 tablespoon Italian herb seasoning

Combine all dressing ingredients; stir and mix well. Pour over beans, celery and onions. Refrigerate. Stir again before serving.

### Vegetable

#### **Zucchini Casserole** (page 94)

From the region of District 6190 / USA

- 4-5 cups sliced zucchini
  - 2 cups boiling water
- Cook zucchini in water until just tender; drain. Do not overcook.

- 2 eggs
- 1 cup mayonnaise
- 1 onion, chopped
- 1 cup grated Parmesan cheese
- ¼ cup chopped green pepper
- Dash of salt and pepper

In a large bowl, beat eggs. Stir in remainder of ingredients. Add zucchini. Turn into greased 1 ½ quart baking dish. Dot with 1 tablespoon margarine and 2 tablespoons buttered bread crumbs (optional). Fresh parsley sprinkled over makes a nice addition. Bake at 350 degrees F for 30 minutes until bubbly. Test center to make sure the custard is set. Serves 6.

### Main Course

#### **Chicken Yassa** (page 110)

From the region of District 9100 / Gambia

- 1 big chicken
- 1 cup white wine
- 1 teaspoon ginger powder
- 1 pound onion, sliced fine
- 3 big peppers, diced
- 2 bay leaves
- 1 teaspoon crushed peppercorns
- ¼ cup lemon juice
- 2 lemons, sliced fine for garnish

Cut chicken into fourths. Let rest in marinade of wine, ginger and salt for 10 hours. Remove chicken from marinade and sauté chicken in the butter. Add all other ingredients plus ½ cup marinade. Cover and cook on a low fire until tender. If there is too much broth, remove chicken and reduce the liquid on a high flame. Put chicken on platter. Pour thickened broth over chicken and garnish with sliced tomatoes and lemon. Serve with rice.

*Continued on next page...*



### Dessert

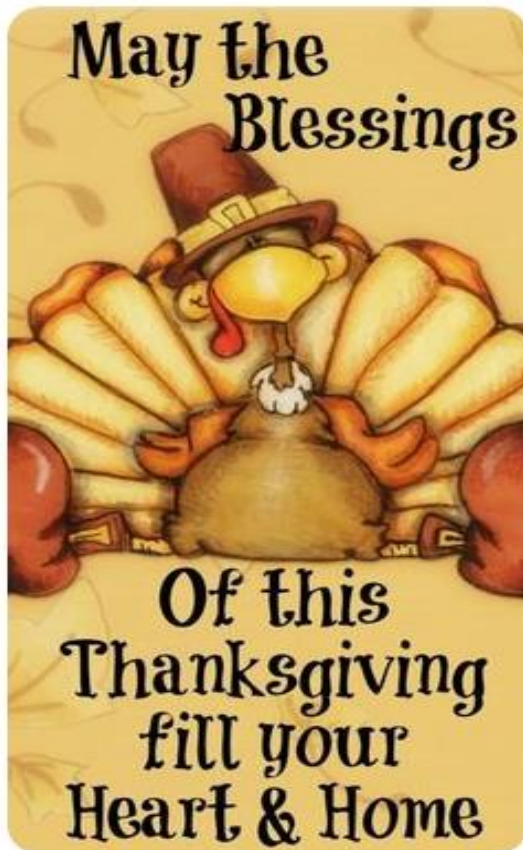
#### **Quick Cheese Cake** (page 148)

From the region of District 6510 / USA

- 1 ½ cups graham cracker crumbs
- 2 tablespoons butter
- 2 teaspoons sugar
- 2 (8-oz.) pkgs cream cheese
- 1 cup sugar
- 5 egg yolks
- 1 pint sour cream
- 1 teaspoon vanilla extract
- 1 teaspoon lemon juice
- 5 egg whites, stiff

Mix crumbs, butter and sugar and line a cake pan. Mix cream cheese, sugar, yolks, sour cream, vanilla extract and lemon juice. Carefully mix in egg whites. Pout into crumb pan. Bake at 300 degrees F for 1 hour. Cool. Chill and serve.

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#### **Banda Bola Sports Foundation Update**

by Keni Banda

*Niskayuna Rotarian*

Keni is looking forward to re]starting his programs in Malawi for his Chituka Village Project.

More details to follow on his website

[www.bandabolasportsfoundation.org](http://www.bandabolasportsfoundation.org)

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Schenectady East  
**Rotary**  
Club



## FALL CENTERPIECE ORDER FORM – 2021



**CORNUCOPIA**



**CENTERPIECE**

Item	Price	# Purchased	Total Paid
<b>Cornucopia:</b> Assorted fall flowers, greens and baby's breath in a wicker cornucopia	\$40		
<b>Centerpiece:</b> Assorted fall flowers with greens, baby's breath and a candle in a bowl	\$30		
<input type="checkbox"/> I wish to make a donation: \$ _____			
Date of purchase:     /     /2021	<b>Payment Method:</b> <input type="checkbox"/> Check* <input type="checkbox"/> Cash <input type="checkbox"/> Payment Due		
Did customer take item(s) at time of purchase? <input type="checkbox"/> Yes <input type="checkbox"/> No			
Name:	Phone:		
Address:			
Email:			
Visa/MC#:	Expiration:	CCV#:	

**Orders due by:** November 5 (Payment due at time of order)

**\*Checks payable to:** The Schenectady East Rotary Club

**Pick-up dates:** November 23, 8:00 am-3:00 pm

**Pick-up location:** Maple Ridge Day Ctr, 2999 Hamburg Street, Rotterdam, NY 12303

**Questions: Contact Sue Mackey @ 518-368-8520**



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.

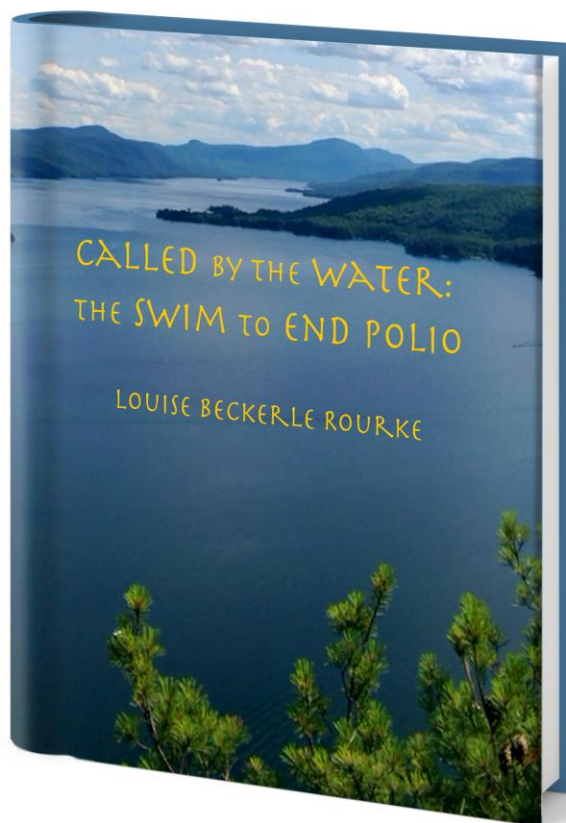
**Michael K. McGovern,**  
Rotary International PolioPlus Committee Chair

"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



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