

The Toolb



November 2022

Barb Wyllie ~ Editor

Distribution 930

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

Deadline: 20th of the month

From the Governor's Desk

We turn the calendar to November, traditionally the month we gather with friends and family to give thanks. There are many reasons for gratitude every day, not just at Thanksgiving. As Rotarians, we highlight the Rotary Foundation this month, which is fitting since the Foundation makes it possible for us to do the good work for which we are known.

The mission of the Rotary Foundation is to "help Rotary members advance world understanding, goodwill and peace by improving health, providing quality education, improving the environment and alleviating poverty." In other words, the Rotary Foundation makes it possible for Rotarians to do good in the world.

Donations to the Foundation, a recognized charitable organization, support efforts to eradicate polio, provide clean water and sanitation, grow local economies, increase peace and goodwill, educate children and protect the environment. The Foundation supports Global Grants, which fund large-scale international activities, and District Grants, which fund small-scale short term projects.

Clubs in our district have used grant funds to offer scholarships, build playgrounds, repurpose ambulances, and feed children. The impact of the Rotary Foundation can be measured in more than just dollars and cents. I look forward to seeing many of you on November 11 when we will celebrate our Foundation at Denim and Diamonds, a casually elegant affair. Registration closes Tuesday, November 2nd so register now!

When you give thanks this month, I hope you will take a moment to reflect on the many lives you have touched through your support of the Rotary Foundation. We can be grateful for the opportunity to

be affiliated with an organization which allows us to increase our capacity to do good in the world.

With gratitude for you and all you do to support your clubs, our district and our Rotary Foundation throughout the year,
DG Denise

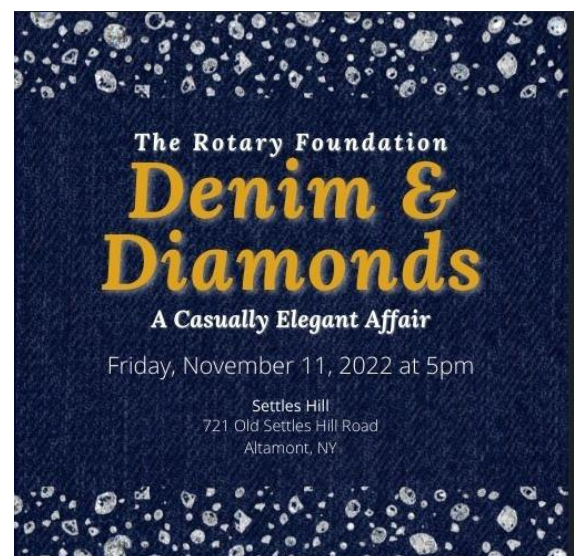
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Last Chance to Register for Denim and Diamonds!

Registration for Denim and Diamonds, the district Rotary Foundation fundraising event, will close on November 2nd. This means you need to act NOW to reserve your space! There will be a silent auction and wine pull to help us raise money for our Rotary Foundation.

[Click here to buy your ticket\(s\) now.](#)

Tickets start at \$85/person with additional opportunities for Foundation support.



Meet CNY Rotary Update Fall Leads the Change

Dear Members,

This is the time of year when we reflect and give thanks for all we appreciate. The CNY Rotary steering committee would like to thank all of its members and all of the Rotarians who have stepped up to help on transition teams. The work they are doing is key to the future of Rotary in our region and will ensure that CNY Rotary provides top-notch support to all of our clubs. While we have teams for the six main areas of the district off and running, we will continue to build out teams that can help ideate additional committees that will be needed. We have received some inquiries through our website from people wanting to get involved, and encourage more of you to reach out and see where you might fit in. You do not need to have past district experience to be part of the CNY Rotary planning team. And remember, being on a transition group does not obligate you to serve on the committee when CNY Rotary becomes official in July of 2024.

The task of building something new and exciting is a very rewarding way to serve your fellow Rotarians.

We also want to share some answers to questions we've received about CNY Rotary. You may have been asking the same questions as well.

Q: Will the district make our clubs join together if we are a small club?

A: The decision for two small clubs to become one would solely rest on the leaders of those clubs. CNY Rotary will not tell clubs what to do any more than the current districts do. The role of the district is to offer support and resources. If clubs are considering merging, they could reach out for help with exploring the idea, working out the logistics, and promoting the new club in their communities.

Q: Will the District Governor really be able to visit ALL the clubs once we are CNY Rotary?

A: Visiting every club is a tradition in Rotary, but it is not a rule. Some clubs appreciate one-on-one time with a district leader, others find it inconvenient to fit into their schedules. Some would prefer leadership to help with a project instead. The goal will be to reasonably accommodate clubs, as well as incorporate some special events that bring multiple clubs together for a district visit. As with many aspects of creating CNY Rotary, it will be an opportunity for new traditions to be created. Feel free to start imagining those now (as in Imagine Rotary!).

Q: How can one person lead a district this size?

A: That would be a tall order! That's why the new structure of CNY Rotary will be led by a board, instead of an individual. Of course we all subscribe to "Service Above Self," but we will also be adopting the classic phrase, "many hands make light work." The committees that lead our district today will be larger under CNY Rotary to ensure there is plenty of support and access to resources for all clubs. We hope many of you will be stepping up to lend your expertise, grow your Rotary IQ and get involved.

Please continue sending in your questions and raising your hand to volunteer at www.CNYRotary.org. Be sure to connect with [CNY Rotary on Facebook](#) too!

Photo caption: Members of the Administration Transition Action Group (from left around the table) Peter Cardamone, Dee Cardamone, Cheryl Matt, Tammy Hunter Heckenberg, Rocky Martinez, JoAnne Martinez, Mark Matt and Cindy Kain got to know each other before setting out to work on CNY Rotary's future administration committee structure.

Be sure to [follow us on Facebook](#) to stay connected!

DG Denise, DG Jerry and DG Rocky



DISTRICT EVENTS AT A GLANCE

- **NOW:** Book Orders being taken *pp 3, 12*
- **November 11:** Veteran's Day
- **November 11:** Rotary Foundation Denim & Diamonds Fundraiser (open to all) *pp 1, 7*
- **November 24:** **Thanksgiving**
- **December 16:** 'Drop the Puck' Polio Event *p4*
- **December 17:** Wreaths Across America
Saratoga National Cemetery *p5*
- **January 11:** Dist Exec Comm Meeting/ZOOM
- **January ??:** Local Pres-Elect Training Seminar (PETS) (Details TBD)
- **March 17-18:** Multi-District Pres-Elect Training Seminar (PETS) Syracuse, NY
- **April 1:** District Training Assembly & Grants Management Seminar (Open to all)
- **April 5:** Dist Exec Comm Meeting/ZOOM
- **May 5-7:** Multi-District Conference, Thousand Islands, NY (Open to all)
- **May 28-31:** Rotary International Conference Melbourne, Australia (Open to all)
- **June 21:** Dist Exec Comm Meeting/ZOOM
- **June 2023:** Dist Changeover (Open to all) TBD

CLUB EVENTS AT A GLANCE

- **NOW:** Car Wash Raffle by Twin Bridges Rotary *p 3*
- **NOW:** Food Drive by BHBL Rotary *p 5*
- **NOW:** Homemade Soap Sale by Rotterdam
Sunrise Rotary *p 4*
- **November 18:** **Medium Brandon Russ** by Sharon
Springs Rotary *p 4*
- **November 25-?:** Annual Christmas Tree Sale by
Ballston Spa Rotary *p 3*
- **December 3:** 20th Anniversary Celebration by
Twin Bridges Rotary *p 4*

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 signed copy

Your donation supports

the Rotary Foundation Campaign to Eradicate Polio.

To purchase books, email Doug Ford at

doug.ford@curtislumber.com See flyer on page 12.

Thank you for supporting The End Polio Campaign!

Twin Bridges Rotary presents its
Fall Raffle
The Unlimited Signature Car Wash with Interior Package
One Year Subscription

Donated by



The package features high-pressure wheel cleaning, Simoniz® tire dressing, undercarriage rinse, hot carnauba wax, and the all-new Ceramic Shield & Shine + Rain-X.

This fully loaded Signature package also includes the benefits of interior cleaning. In addition to having your floors and seats vacuumed, your windows cleaned, we'll wipe all plastic/vinyl surfaces, and clean door jams.

\$899 price value

Tickets \$20 each/2 for \$35

Drawing to be held December 10th at their *Breakfast with Santa Event*
695 Mac Elroy Road, Ballston Lake

Need not be present to win.

Contact Kathy Rode 518-429-6478 or any TBR member for tickets.

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Christmas Trees!!!



Ballston Spa Rotary will be selling Christmas trees again this winter!!!



Their lot will be open for business at Curtis Lumber on Rt. 67 in Ballston Spa every day from the day after Thanksgiving, November 25th, until the trees are gone.

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Sharon Springs Rotary presents
Medium Brandon Russ
 at the
Van Alstyne Homestead Museum
 in Canajoharie
November 18th
6:30 pm
\$38 per person
Ticket plus book \$60

Experience messages from loved ones weaved with stories from the new book "Funny You Should Say That!". Plus, with an historic space like this, SPIRIT will FLY!

Proceeds will benefit Rotary Club of Sharon Springs for The Rotary Foundation.

Book your tickets here:

<https://facebook.com/events/s/medium-brandon-russ-vanalstyne/1234193750472468/>

Messages begin at 6:30 and stay for the the special book signing afterwards!



Happy Thanksgiving!

Save the Date!!!!

Twin Bridges Rotary Club is Celebrating their 20th Anniversary!

December 3rd

The Barn at Powers Pub

6 to 10 pm

To reserve your seats please go to our website. More information will be uploaded to our website: twinbridgesrotary.com.

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Save the Date!!!!

District 7190 presents

Drop the Puck for Polio

Adirondack Thunder vs. Newfoundland

December 16th

7pm

50/50 tickets and (2) Zambonie rides will be available.

Details in the December Toolbox.

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Rotterdam Sunrise Rotary is selling

Homemade Soaps

A great gift idea for any holiday!

\$5/bar or \$20 for 5 bars in a decorative bag

Free shipping and/or delivery.

Please contact Michael Surin by text at 518-810-8338 or email msurin@nycap.rr.com.

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

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SAVE THE DATE Wreaths Across America

Submitted by Lisa Jackson

Each December on National Wreaths Across America Day, our mission to Remember, Honor and Teach is carried out by coordinating wreath-laying ceremonies at Arlington National Cemetery, as well as at more than 2,500 additional locations in all 50 U.S. states, at sea and abroad.

Saratoga National Cemetery

December 17, 2022

Ceremony begins at Noon

Plan to arrive by 10:30am for parking and meeting up with fellow Rotarians.



RSVP online at:

<https://www.signupgenius.com/go/805094DAEAF22A1FB6-wreaths>

Questions can be directed to Rotary District 7190 PDG and Wreaths Across America

Coordinator Tammy Heckenberg:

tammyheckenberg@yahoo.com or 518-832-3842.

Please call or text Tammy upon arrival at the cemetery for our location.

This event is not rescheduled for weather. Please dress warmly and in Rotary gear if you wish as there are no indoor locations available to warm up. You may want to bring a hot coffee or hot chocolate as well. Limited restroom facilities available.

Family-friendly, bring your children or grandchildren, but please leave your pets at home.

<https://www.wreathscrossamerica.org/>



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Burnt Hills-Ballston Lake Rotary

continues to provide 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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World Polio Day

Submitted by Joanne DeVoe

World Polio Day was marked at a Schenectady City Council on Monday, October 24 when a contingent from Rotary District 7109 were presented with a resolution recognizing October 24, 2022, as World Polio Day in the City of Schenectady. 7109 District Governor, Denise DiNoto, spoke about the need to encourage polio vaccination for children, especially in NYS which is currently experiencing a spike in the disease. This effort was organized through the efforts of Schenectady Council member and Schenectady Rotarian Carmel Patrick and Schenectady Rotary Polio Chairperson Judy Nocera. Not long ago, US Citizens thought the scourge of Polio was eradicated in all but the deepest, darkest corners of undeveloped countries. However, with a new strain having cropped up across the United States, the issue is closer to home. Rotary District 7190 comprises Rotary Clubs in 9 counties in upstate New York - Albany, Fulton, Montgomery, Rensselaer, Saratoga, Schenectady, Schoharie, Warren, and Washington.



A Rotary Wedding

Amsterdam Rotary President Bri Giulianelli was married to Assistant Governor Peter Rose on September 24, 2022.

They met at Amsterdam Rotary's Annual Fundraiser (The Variety Show) many years ago.

They presented the Amsterdam Rotary Foundation with a 1k check in lieu of wedding favors.





Kayaking for a Cause Follow Jim's Journey

*As seen in the Schenectady Gazette
on 10/18/22.*

Jimmy Thomas, a 61-year-old Ballston Spa resident, is in Norfolk, Va. [as of 10/18/22] on a kayaking trip to Key West, Florida. A veteran and Glenville Rotary Club member, Thomas is using his trip to raise money for service dogs to assist veterans. Thomas' trip started on Sept. 23 in Scotia and will see him bike back to the Capital Region. Weather permitting, Thomas travels approximately 20 miles per day.

To follow Thomas' trip, head to @doggiepaddleusa on Facebook or doggiepaddle.org.

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What is the Denim & Diamonds Event All About? (Rerun)

by Pam Baxter *Foundation Event Chair*

"Denim and Diamonds" is this year's Rotary Foundation event theme. Don't be fooled into thinking this is a ho-down affair because it is anything but! The "Denim & Diamonds" theme is another challenge for you to IMAGINE what could be, just as RI President Jennifer Jones has challenged us to IMAGINE Rotary, and the world, in new, exciting, and different ways. This year, District Governor Denise challenges us to IMAGINE our annual Rotary Foundation banquet in a new and different way.

The theme "Denim & Diamonds" describes casual and formal wear worn together in an ostentatious way, similar to a costume that celebrates the best of both clothing worlds. This means you are free to wear your jeans and gemstone jewelry, or sequins and upscale pieces combined in whatever way you feel comfortable. Feel free to dress up in whatever you prefer, blending formal and informal in the same way Rotary approaches blending together people from all walks of life in service to others.

This year each club is encouraged to invite community partners to the Rotary Foundation event. The event is our opportunity to share with community partners the great works The Rotary Foundation has helped make possible in the past. It also encourages us all to IMAGINE what great projects can be done in the future, not just with Rotarians but by working with the many other community partners looking to make our world a better place.

Watch your email and the District website for registration and additional information about the "Denim & Diamonds" event and about how to invite your club's community partners.



SOKONI WOMEN'S WATER PROJECT

Submitted by Kathy Wallace

The Lake George Rotary club is teaming up the the Rotary Club 9212 of Karura, Kenya for a water tank project. Listed below are the needs and the tank request. information will also be handed out at the Foundation dinner.

Background:

The Sokoni water project is located in Gwassi, Homa Bay County, Kenya (see link map for exact location). [Location for Sokoni Water Project around this area](#)

Homa Bay County performs below the (Kenya) national average on most socio-economic indicators. Poverty is prevalent in the county and manifests itself in other socio-economic outcomes such as poor nutrition, health, under 5 child mortality and education, as well as a lack of access to basic services. The HIV/Aids prevalence within Homa Bay, Suba Subcounty is also among the highest in Kenya.

The water project was initiated due to lack of **clean water** despite the fact that Gwassi is located near the shores of Lake Victoria - one of the largest fresh water bodies in Africa. Fetching water, which is the responsibility of the woman, is a time-consuming activity that takes almost a whole day preventing women from engaging in other activities. Women have to walk up to 15 kilometres to obtain one 20 litre-can of water that they carry back home on their heads. The water fetched has to cater for all domestic needs. The number of trips is determined by the need for water in each household, therefore the women spend most of their time fetching water, denying them time to engage in education or income generating activities including improved farming. The burden of carrying water has a negative effect on their health and the lack of exposure to education diminishes their self-esteem. Young school girls are not spared as they have to help their mothers to fetch water, resulting in poor education grades for girls. The water they use is also not fit for domestic consumption hence exposing the community to waterborne diseases.



This situation has led to a dependency culture because the women have few skills and no time to apply themselves to any economic activity.

The project is registered as **Sokoni Women's Development Initiative (SOWETE)** for good governance and accountability.

Continued...

Specific Objective:

To provide safe, clean and adequate water by assisting each woman to acquire a 10,000 litre water tank to enable them harvest rainwater for their domestic use.

SOWETE works with women's groups within the community through a community participation model where the women are encouraged to save money from their local economic activities. This money is then used to purchase water tanks for each household within the women's group. To encourage the women further, SOWETE has committed to provide one additional water tank for the group for every tank they are able to purchase themselves.

Therefore, for every water tank the women's group purchase for themselves they receive one more tank. Each tank costs Ksh. 85,000.00, (including transport and installation fees).

The current phase of the project has seven women groups each consisting of an average of 25 women. Each group agrees on the target number of water tanks to save for during a one year period. The money is saved in a 'home bank' (see photo) due to lack of banking facilities. Once the goal has been set, the group determines the amount of money each woman must save within the agreed period (on average Ksh.10,000.00 (USD100) per year). The women do menial jobs to raise the money required, including:

1. Fetching water from the lake to sell to nearby schools
2. Cutting and preparing raw sisal fibre for sale.
3. Crushing stones to make ballast for sale.
4. Small businesses such as selling sugar and paraffin in small quantities.
5. Rearing and selling chicken.
6. Selling of fish in small quantities.



Mama Dorca – one of the first beneficiaries of water tanks in 2012 (before and after)

During the long rains in March – May, assuming that the rains are consistent, it takes only one week to completely fill a 10,000 litre water tank; and the water harvested is sufficient to sustain domestic needs for one household for approximately 6 months up till the short rains in September. Having a water tank also means that the women can use the time saved from not fetching water for other activities that generate income, and also educational activities to improve their skills. Their children, in particular the girls are also able to stay in school and gain a formal education as they are no longer expected to help with fetching water.

Continued...

Request:

Fundraising for the matching tanks have previously focused around Alice Kirenge's family and friends. The project has so far provided 112 water tanks. However, due to the demonstration of success, it has attracted more women hence an increase in the demand.

SOWETE now seeks for Rotary partnership through the **Rotary Club of Karura** in District 9212 to provide **Ksh. 4,845,600 (USD \$40,375.00)** for the purchase of the **57** matching tanks (see spreadsheet below) in order to provide a total of 201 women with tanks in the first phase of the project. SOWETE is also seeking longer partnerships for matching the women's future fund-raising efforts so that all women in the County can get water tanks and therefore access to clean and safe water.

Sokoni Women Development Initiative - tank forecast as at 2022**Phase 1**

NAME OF GROUP	No. of members	Womens' savings	Matching	tanks as at 2022	Arrears in matching	Expected Savings in 2022/23	Matching req 2022
7	201	69	43	112	26	31	57
Kenya shillings				9,520,000		2,635,000	4,845,000
USD				95,200.00			40,375.00

Phase 2

Phase 2 (Scale up)	No. of members	Womens' savings	Matching	Tanks		Expected Savings - women	Matching required
2 more groups	50	25	25	50		25	25
2 more groups	50	25	25	50		25	25
4 more groups	100	50	50	100		50	50
4 more groups	100	50	50	100		50	50
4 more groups	100	50	50	100		50	50
Totals	400	200	200	400		200	200
Kenya shillings				34,000,000		17,000,000	17,000,000
USD				283,333.33			166,666.67

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New Twist on Our Recipe Section

by Barb Wyllie

Each year I like to add something new to The Toolbox. For the past couple of years, I have included recipes from the **Rotary Flavors of the World Cookbook** (Morris Press Cookbooks 2011). This year I'm mixing it up and am opening this section to you! I would love for you to share YOUR favorite recipes. It would be even more fun if they were in keeping with the season, but they don't have to be.

Thank you, and I'm looking forward to hearing from you. I know for a fact that we have many creative and very good cooks in our District. These recipes don't need to be original, but you do need to cite their source if they aren't.

Please send your recipes to me at THETOOLBOX7190@GMAIL.COM.

Thank you and bon appetite!



Autumn Soup

Submitted by Barb Wyllie

"This is a delicious, quick and hearty, tried-and-true Betty Crocker classic and longtime family favorite."

Barb

- 1 lb. ground beef
- 1 cup chopped onion
- 4 cups hot water
- 1 cup each: cut up carrots, celery, potatoes
- 2 teaspoons salt
- ½ teaspoon pepper
- 1 teaspoon meat extract
- 1 bay leaf
- Pinch basil
- 6 whole tomatoes, chopped (or 1- 8 oz can tomato sauce)

Brown beef in large soup pot. When browned, drain excess rendered fat. Add onions, cook 5 minutes more. Add water, carrots, celery, potatoes, and seasonings. Mix thoroughly. Bring to boil, cover and simmer 20 minutes. Add tomatoes (or sauce); cover and simmer 10 minutes, or longer.

Remove bay leaf before serving.

Serve with your choice of small pasta or rice.

Makes 6 servings.



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

