

The Toolbox



October 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

Gratitude is a gift we can give ourselves and others.

By thanking each other, our members, and our partners we lift them up and help them to realize that the contributions they give are very much appreciated. It also helps to build enthusiasm and gives them the motivation to continue to serve others.

Gratitude just makes us all feel better.

In November each of us has the opportunity to share our gratitude to the foundation at our foundation diner. This is a chance for us to celebrate the great projects our Rotary Clubs are a part of and the wonderful work we do because of your donations and dedication.

If you are struggling to feel grateful, here are some ideas to remind you that we have a lot to appreciate in this life.

- 1. Your parents** – for giving birth to you. Because if there is no them, there will not be you.
- 2. Your family** – for being your closest kin in the world.
- 3. Your friends** – for being your companions in life.
- 4. Sense of sight** – for letting you see the colors of life.
- 5. Sense of hearing** – for letting you hear trickle of rain, the voices of your loved ones, and the harmonious chords of music.
- 6. Sense of touch** – for letting you feel the texture of your clothes, the breeze of the wind, the hands of your loved ones.
- 7. Sense of smell** – for letting you smell scented candles, perfumes, and beautiful flowers in your garden.
- 8. Sense of taste** – for letting you savor the sweetness of fruits, the saltiness of seawater, the sourness of pickles, the bitterness of bitter gourd, and the spiciness of chili.
- 9. Your speech** – for giving you the outlet to express yourself.
- 10. Your heart** – for pumping blood to all the parts of your body every second since you were born; for giving you the ability to feel.

11. Your lungs – for letting you breathe so you can live.

12. Your immune system – for fighting viruses that enter your body. For keeping you in the pink of your health so you can do the things you love.

13. Your hands – so you can type on your computer, flip the pages of books, and hold the hands of your loved ones.

14. Your legs – for letting you walk, run, swim, play the sports you love, and curl up in the comfort of your seat.

15. Your mind – for the ability to think, to store memories, and to create new solutions.

16. Your good health – for enabling you to do what you want to do and for what you're about to do in the future.

17. Your school – for providing an environment conducive to learning and growing.

18. Your teachers – for their dedication and for passing down knowledge to you.

19. Tears – for helping you express your deepest emotions.

20. Disappointment – so you know the things that matter to you most.

21. Fears – so you know your opportunities for growth.

22. Pain – for you to become a stronger person.

23. Sadness – for you to appreciate the spectrum of human emotions.

24. Happiness – for you to soak in the beauty of life.

25. The Sun – for bringing in light and beauty to this world.

26. Sunset – for a beautiful sight to end the day.

27. Moon and Stars – for brightening up our night sky.

28. Sunrise – for a beautiful sight to start the morning.

29. Rain – for cooling you when it gets too warm and for making it comfy to sleep in on weekends.

30. Snow – for making winter even more beautiful.

Continued....

31. **Rainbows** – for a beautiful sight to look forward to after rain.
32. **Oxygen** – for making life possible.
33. **The earth** – for creating the environment for life to begin.
34. **Mother nature** – for covering our world in beauty.
35. **Animals** – for adding to the diversity of life.
36. **Internet** – for connecting you and others despite the physical space between you.
37. **Transport** – for making it easier to commute from one place to another.
38. **Mobile phones** – for making it easy to stay in touch with others.
39. **Computers** – for making our lives more effective and efficient.
40. **Technology** – for making the impossible possible.
41. **Movies** – for providing a source of entertainment.
42. **Books** – for adding wisdom into your life.
43. **Blogs** – for connecting you with other like-minded people.
44. **Shoes** – for protecting your feet when you are out.
45. **Time** – for a system to organize yourself and keep track of activities.
46. **Your job** – for giving you a source of living and for being a medium where you can add value to the world.
47. **Music** – for lifting your spirits when you're down and for filling your life with more love.
48. **Your bed** – for you to sleep comfortably in every night.
49. **Your home** – for a place you can call home.
50. **Your soul mate** – for being the one who understands everything you're going through.
51. **Your best friends** – for being there for you whenever you need them.
52. **Your enemies** – for helping you uncover your blind spots so you can become a better person.
53. **Kind strangers** – for brightening up your days when you least expect it.
54. **Your mistakes** – for helping you to improve and become better.
55. **Heartbreaks** – for helping you mature and become a better person.
56. **Laughter** – for serenading your life with joy.
57. **Love** – for letting you feel what it means to truly be alive.
58. **Life's challenges** – for helping you grow and become who you are.

59. Life – for giving you the chance to experience all that you're experiencing, and will be experiencing in time to come.

And last but not least... #60: YOU! For being who you are and touching the world with your presence.

I thank you for being the inspiration!

DG Tammy.

DISTRICT EVENTS AT A GLANCE

- **NOW: Foundation Event Tix available** *p 3*
- **NOW: Conference Raffle Tix available** *p 4*
- **October 20: Rotary Leadership Institute** *pp 5, 9, 10*
- **October 24: World Polio Day** *p 5*
- **December 8: Rotary End Polio Now Night at the Adirondack Thunder**
- **January 1: Polio Plunge**
- **May 3-5: District Conference** *pp 4, 6, 7, 11*

CLUB EVENTS AT A GLANCE

- **Now: MAS Contest by eRotary** *p 7*
- **Now: Fresh Thanksgiving Centerpieces by BH-BL Rotary** *p 3*
- **October 27: Pancake Breakfast by Malta SunriseMa Rotary** *p 4*
- **December 5: Holiday Auction by Albany Rotary** *p 5*

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.

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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.

~ ~ ~

NEW MEMBERS

District 7190 Welcomes the Following New Members!!!

Niskayuna Rotary Club:

Lois Mills
Mary Forman

Glens Falls Rotary Club:

Tim Bartlett
Jon Proctor
Irv DeMatties
Michelle Chandler
Frieda Toth

Rotary Club of Cobleskill

Chris Tretter

~ ~ ~

Did You Attend Woodstock???

As you may have heard, the theme for the next District Conference of Clubs in May of 2019 will be a Woodstock Theme with many fun, inventive things to do (not your MaMa's District Conference). But we need your help....

If you are planning on attending (see additional info elsewhere in this Toolbox) and actually attended the **Original Woodstock Music and Arts Fair at Max Yasgur's Farm**, PLEASE let us know. And a little story about what you experienced would be great. We would like this info as soon as possible so email me at rcotten53@yahoo.com and be part of the experience of the **PSYCHEDELIC GROOVE** that will be the real happening in May 2019 in Vermont....

Thanks,
Ray Otten

~ ~ ~

NOW

BH-BL Rotary presents

Fresh Thanksgiving Centerpieces

(Locally grown by Schenectady ARC Horticulture Center)

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 19

5:00pm to 8:00pm

Glenville Senior Center

or

Ballston Town Hall

Visit bhblrotary.org for order form and more information.

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Purchase your tickets starting

September 1st 2018 at

Rotary7190.org

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2019 Conference of Clubs Raffle
Tickets Available Now
Win a chance to spend a weekend for two at the 2019 Conference of Clubs, May 3 – 5, 2019 at the Essex Resort and Spa in Essex Junction, Vermont.

Winner receives registration for two including all meals (Friday dinner, Saturday breakfast, lunch, reception, dinner and Sunday breakfast) all materials and two Peace Love Rotary official T-Shirts* AND a beautiful suite for Friday and Saturday nights.

Winning ticket will be selected at the Foundation Dinner event on November 8, 2018. Limited number of tickets available at \$20.00 each.

Already registered? No problem! We will immediately credit your payment.

Contact **Whitney Pangburn** (518-542-2672 Whitney.pangburn@gmail.com) or **Pepi Noble** (518-373-8574 hynoble@nycap.rr.com) or any Conference committee member for your ticket, **but HURRY!!**

You can also purchase a Raffle Ticket online when you register for the 2019 Conference of Clubs on the District website <http://rotary7190.org/>

Remember to book your Hotel reservation

by: **Phone** 877-684-1123

Online at <https://bit.ly/2rXLGNq>

Group Name: Rotary District 7190



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Come join District 7190 for
World Polio Day
Wednesday, October 24th
6:00 pm – 8:30 pm
Chamber of Southern Saratoga
County
 58 Clifton Country Rd Suite 102
 Clifton Park

Livestream featuring global health experts and celebrities
Polio Updates | Virtual story
Pizza & More

RSVP by October 22nd:

smrotary1213@gmail.com OR
dougford@curtislumber.com



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Malta Sunrise Rotary Club presents its
All You Can Eat Pancake Breakfast
Saturday, October 27th
8:00 am – 11:30 am

Adults: \$7

Children ages 6-12: \$3

Children 5 and under: Free.

Jonesville United Methodist Church

Main Street, Jonesville, NY

off Exit 10 of the Northway (I-87)

Follow the Signs)

*Malta Sunrise Rotary is partnering with the
 Malta Ridge Fire Department Auxiliary.*

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Rotary Leadership Institute (RLI)

Saturday October 20th

Registration & Breakfast 7:30am

Classes 8am – 3:30pm

\$75 per person

UAlbany/East Campus/George Ed Center

1 University Place Rensselaer, NY

See flyers on pages 10 & 11.

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Albany Rotary Club presents its

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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ENDPOLIONOW

Save the Dates

10/24/2018: World Polio Day

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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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. You are welcome here.

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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



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/3CX2Z>

1NV3DAGR ~ ~ ~



On Friday, September 14th we held a celebration event to honor Louise Rourke and Bridget Simson, the two extraordinary ladies who swam the 32-mile length of Lake George in under 22 hours. Louise and Bridget were named a Paul Harris Fellow and presented with their certificate and medallion.

Louise contracted polio before there was a vaccine for it. It was Louise's life long dream to swim the length of Lake George. So, she jumped at the chance to raise money for Polio Eradication efforts.

"If I'm gonna do a swim like this, I want it to be more meaningful to me." Louise hopes others will be inspired by the swim. "Part of my motivation is to focus on people's abilities rather than disabilities."

Bridget, an open water swimmer and coach, swam the length of Lake George in 2017.

Bridget said, "There needs to be more (Polio) awareness, most people assume it's gone."

To date, our donations received total \$32,950

Without the support of Louise and Bridget, this wouldn't have been possible.

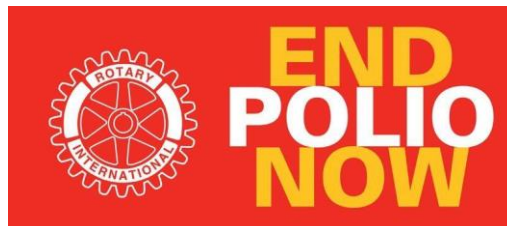
It was Louise's goal to reach \$32,000-\$1,000 for each of the 32 miles of the swim.

With the Bill & Melinda Gates Foundation \$2 for \$1 match, **(\$65,900)** added to **\$32,950** for a grand total of **\$98,850**. This translates to **164,750 children to be vaccinated!**

As of the week of September 10th, we had 17 cases year to date of the wild poliovirus.

13 in Afghanistan and 4 in Pakistan. We're not done yet, we have more to do to eradicate polio worldwide!

Special thanks to Don McPherson of the Saratoga Springs Rotary Club, who reached out to the District regarding Louise and the swim. He was very instrumental in helping make this successful!



Doug Sandy

Doug Ford & Sandy McAlonie
District 7190 Polio Co-Chairs

DG TAMMY HECKENBERG INVITES YOU TO ATTEND ROTARY LEADERSHIP INSTITUTE

NEW LOCATION!!.....NEW LOWER COST!!

**LOCATION:
GEORGE EDUCATION CENTER
UNIVERSITY OF ALBANY**

**EAST CAMPUS
1 UNIVERSITY PLACE
RENSSELAER, NY**

**DATE: SATURDAY, OCTOBER 20, 2018
REGISTRATION and BREAKFAST 7:30am,
CLASSES FROM 8:00am to 3:30pm**

COST: \$75.00 PER PERSON



WHY ATTEND RLI:

ATTENDANCE AT RLI IS A GREAT START FOR PRESIDENT-ELECT TRAINING. IT IS RECOMMENDED AS WELL FOR CLUB VICE-PRESIDENTS AND OTHERS WHO WANT TO BECOME MORE INVOLVED

YOUR YEAR AS CLUB PRESIDENT WILL BE ONE OF THE BEST YEARS IN YOUR LIFE, PREPARATION WILL MAKE IT FANTASTIC!

YOUR LEADERSHIP WILL MAKE A DIFFERENCE IN THE LIVES OF OTHERS, BOTH NEAR AND FAR

AS A CLUB PRESIDENT YOU'LL HAVE THE OPPORTUNITY TO EXPAND YOUR CIRCLE OF FRIENDS IN ROTARY AND THE COMMUNITY THAT WILL STAY WITH YOU FOR THE REST OF YOUR LIFE

RLI IS A THREE-PART PROGRAM CULMINATING IN GRADUATION AT PART III. YOU'LL BE SHARING IDEAS FOR NEW AND BETTER PROJECTS FOR YOUR CLUB, AND LEARNING FROM CERTIFIED ROTARY FACILITATORS ABOUT WHAT IT TAKES TO MAKE A SUCCESSFUL CLUB

MEET ROTARIANS FROM AROUND THE DISTRICT AND DISCUSS WHAT THEIR CLUBS ARE DOING ABOUT MEMBERSHIP, ATTENDANCE AND OTHER CLUB ISSUES

DEVELOP LEADERSHIP SKILLS THAT APPLY IN ANY ORGANIZATION OR BUSINESS, AND IN PEOPLE'S DAILY LIVES

CATCH THE PASSION OF ROTARY!

REGISTRATION AND MORE INFORMATION AT www.rlinea.org

Other questions? Contact PDG Bill Nathan at 518-489-4499 or bbnathan@outlook.com

Directions on next page !!!

DIRECTIONS TO GEORGE EDUCATION CENTER WHEN TRAVELING ON I-90 EAST

- Take I-90 East to Exit 6A, I-787 South (approx. 6.3 miles from NYS Thruway Exit 24.)
- Take I-787 South and go approx. 1.5 miles to Exit 3A.

CAREFUL: As you approach Exit 3A, follow signs for US-20 East/US-9 South.

- Stay on ramp to Exit US-20 East/US-9 South. Once on US-20 East/US-9 South you will see the University buildings, one mile away at the top of the hill.

At the top of the hill, turn left at the University's "Health Sciences Campus" sign.

Rotary banners will be in place, leading you to the George Education Center.

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Ballston Spa Rotary Club

Have you noticed the nice new Ballston Spa Rotary park bench on the corner of High St. and Milton Ave., at the bus stop near Noah's Attic? This was the 5th bench installed by our club. Also check out Kelly Park, Old Iron Springs Park, The Submarine Memorial Park, and the Library. We plan to continue this program each year to give folks a place to sit, relax, and enjoy our wonderful Village a little more. All our benches have been well received and are used frequently.

The Ballston Spa Business and Professional Association has its annual The Way We Were Car Show on Sunday, October 7th. The event is located on Front St. in the Village and traditionally has about 500 cars on display and draws a few thousand people. Don't forget to stop by our food booth on Front St. across from the Ballston Spa National Bank. We offer a lot of different walkaway snacks & fluids to enjoy while looking at some of the most beautiful vehicles you'll ever see. Hope to see a lot of Rotarians come by and visit.

Isn't it great to live in a Village that has so many opportunities for you to grow your business? Thanks to the BSB&PA.

~ Ray Otten



Grace Dunne, World Peace Fellow studying at University of Queensland and sponsored by the Albany Rotary Club, sitting under the Peace Bell. The bell was donated by Japan and is made of copper coins. This is in a peace park created by the Rotary clubs in Canberra, the capital of Australia.

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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



Rotarians doing what they enjoy the most...fellowshipping together!