

# The Toolb



**October 2020**

**Barb Wyllie ~ Editor**

Distribution 963

**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** **Are You Open for Business?**

This is a question many of us are asking our local businesses these days. As we enter our sixth month of the COVID-19 pandemic, we are focusing attention this month in Rotary on Economic and Community Development. Now more than ever, our economy and our communities need our help. So many of our local businesses have been forced to close, or cut hours along with employees. The positive - Rotary does not shut down, or stop, or reduce workloads or production! We welcome new members, especially now, as we globally take on the challenges that have been placed before us. We need to support our local businesses and our community leaders.

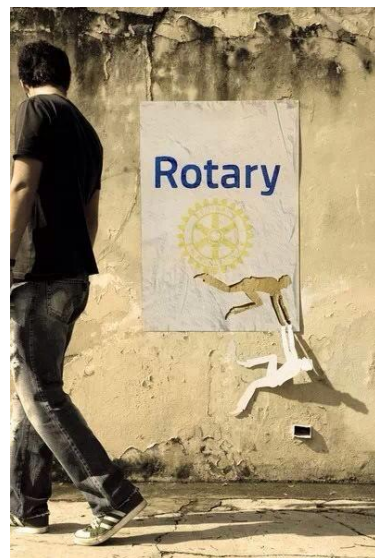
Be proactive in helping to keep these business's open! I encourage all Rotarians in District 7190 to look at the needs in your communities, try to help those in need, and thus make a difference. Many Chambers of Commerce can advise you of businesses that may need help and support. At the same time, this is an ideal opportunity to ask those you're helping to become more involved in their community by joining Rotary (if they are currently not). It sounds almost too easy to attract new members just by lending a hand, but we know an engaged community member is a Rotarian in disguise.

October 24<sup>th</sup> marks a very significant day in our Rotary calendar – World Polio Day. As Rotary prepares to mark this day, members know that even in the face of a pandemic, the important work of fighting polio must continue. Now more than ever, the support of all Rotary members is needed to help win the fight for a polio-free world.

So, as we enter into the 2<sup>nd</sup> quarter of the Rotary year, I leave you with these thoughts:

When a new day begins, dare to smile gratefully. When there is darkness, dare to be the first to shine a light. When there is injustice, dare to be the first to condemn it. When something seems difficult, dare to do it anyway. When life seems to beat you down, dare to fight back. When there seems to be no hope, dare to find some. When you're feeling tired, dare to keep going. When times are tough, dare to be tougher. When love hurts you, dare to love again. When someone is hurting, dare to help them heal. When another is lost, dare to help them find the way. When a friend falls, dare to be the first to extend a hand. When you cross paths with another, dare to make them smile. When you feel great, dare to help someone else feel great too. When the day has ended, dare to feel as you've done your best. Dare to be the best you can. At all times - Dare to be!!!

Service above Self,  
DG Rich



## DISTRICT EVENTS AT A GLANCE

- **October 10-24:** Move to End Polio Event *p 3*
- **October 24:** Book Presale Fundraiser *p 4*
- **October 24:** World Polio Day *p 10*
- **October 31:** Halloween

## CLUB EVENTS AT A GLANCE

- **NOW through June 2021:** Hoffman's Car Wash Fundraiser by Albany Rotary *p 5*
- **Oct 3:** Rotary Garage Sale by Chestertown Rotary *pp 2, 7*
- **Oct 8:** Giffy's Chicken BBQ by Twin Bridges Rotary *pp 2, 13*
- **Oct 13 deadline:** Pumpkin Pals (aka The Great Pumpkin Showdown) by Twin Bridges Rotary *pp 5, 14* [Event on **Oct 22**]
- **Oct 21:** Youth Recognition Event by Albany Rotary *pp 5, 8*

## Celebrate Your Club's 2020 Rotarian of the Year

I'm starting a new column featuring 2020 Rotarians of the Year from District 7190. Please send me the name of your Club's 2020 Rotarian of the Year, along with their photo, your name and your Club's name and what makes this Rotarian valuable to your Club.

Please send this information, in a word document of approximately 200 words or so, to me at [thetoolbox7190@gmail.com](mailto:thetoolbox7190@gmail.com).

Thank you! Barb Wyllie

~ ~ ~

## Members Called to a Higher Service

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

**Chestertown Rotary Club's**

**Jerry Meader  
and  
Doug O'Brien**

~ ~ ~

## Chestertown Rotary presents its Famous Rotary Garage Sale Saturday, October 3 Panther Mountain Drive

Located off Main Street, next to the Chestertown Town Wide Garage Sale.

Come and support our Club!

See page 5 for additional information.

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## Twin Bridges Rotary offers its Giffy's Chicken BBQ (must preorder)

Take out only

4pm-6pm

Thursday October 8<sup>th</sup>

Pick up at:

**Parking Lot - Catricala Funeral Home**  
1597 Route 9 Clifton Park, NY

Order & pay in advance on our website:  
[www.twinbridgesrotary.com](http://www.twinbridgesrotary.com)

**\$14/dinner Includes:**

**1/2 Chicken, baked potato, coleslaw, roll,  
cookie, beverage & paper package.**

~ ~ ~

## New Member

District 7190 Welcomes  
the Following New Member:

**Schenectady East Rotary Club's  
Brian Lemanski**

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[The following two flyers are for two events DG Rich and his team have been working very diligently on and he is very excited to share with you. He shares his commentary with you below.]

The flyer below, Move to End Polio Now, will be the first virtual event we will be holding using the new district fundraising platform. It will begin on October 10th and run for 2 weeks, ending on October 24th, World Polio Day. As long as everyone "shares" the info on social media outlets,

this will expand the reach for anyone, not just Rotarians to participate. The event is actually called Move to End Polio A-Thon. We hope to have a live presentation on World Polio Day, 10/24, to bring this campaign to an end, BUT also to kick off the 2nd Polio virtual fundraiser, the pre-release sales of Louise Rourke's book. [Flyer on next page.] We have not put an end date on this event. More details to follow. This book should be released for sale the 1st week in November. Pricing and other details will be sent out via ClubRunner to all district members.

ROTARY DISTRICT 7190 INVITES YOU TO



# MOVE TO END POLIO NOW!

**October  
24th  
World Polio  
Day**

***Make A Move October 10-24***

**MOVING CAN BE ANY REPETITIVE ACTION...**

Biking • Hiking • Paddling • Swimming • Walking/Running  
Exercising/Yoga/Pilates • Dancing • Baking For Others  
Gardening • Walk Your Dog/Playing With Your Pets • Sewing  
Fishing • Playing Catch In The Backyard • Learning A New Sport  
Rollerblading • Wheeling • Knitting/Crocheting • Reading

**ANYTHING THAT REQUIRES YOU TO MOVE MORE IN A MANNER  
COMFORTABLE FOR YOU REGARDLESS OF ABILITY OR AGE.**



**PLEDGE • MOVE • DONATE**

For more details, pledge sheets or to make a donation,  
please contact District Polio Co-Chairs  
**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.

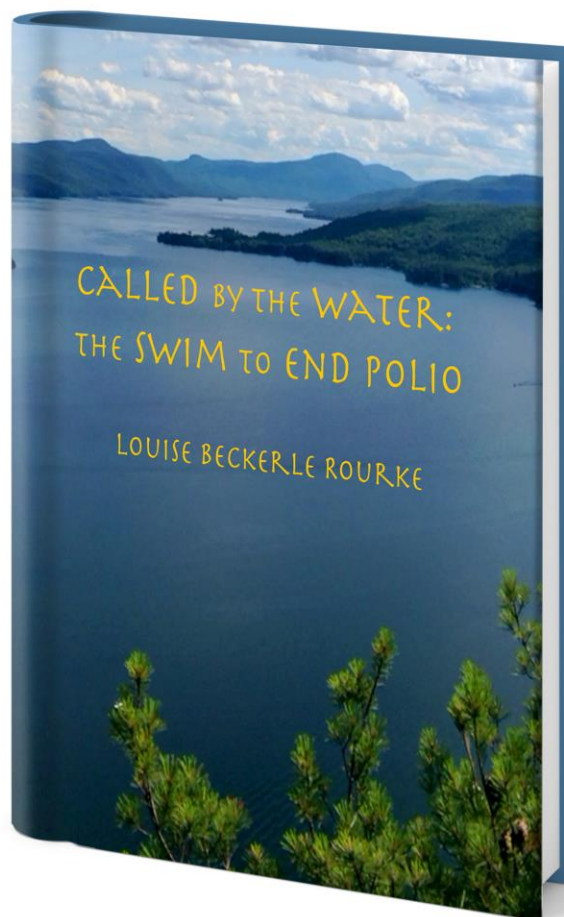
**Michael K. McGovern,**  
Rotary International PolioPlus Committee Chair

"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



**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)

**Twin Bridges Rotary offers its  
2<sup>nd</sup> Annual  
Pumpkin Pals Contest**  
(aka The Great Pumpkin Showdown)

This event was run for the first-time last year, and has now expanded into two divisions: children and adult with prizes galore.

**Submission Deadline: October 13<sup>th</sup>.**

**The judging will start with a virtual round and then culminate with an in-person event for finalists, judges and sponsors to be held:**

**October 22  
5:30 to 7:30 pm  
at Clifton Common**

Everyone is a winner in this contest because every pumpkin will be enjoyed by a child struggling with their health.

All pumpkins will be delivered to the hospital prior to Halloween.

"Pumpkin Pals" will brighten up the lives of children at Albany Medical Center during Halloween.

See flyer on page 14 for details or visit the Twin Bridges' website:

[www.twinbridgesrotary.com](http://www.twinbridgesrotary.com) for full information on the contest and available sponsorship opportunities.

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## 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](mailto:thetoolbox7190@gmail.com). Thank You.

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## Albany Rotary presents its annual Youth Recognition Program

**Wednesday October 21<sup>st</sup>**

**12pm – 1pm**

**Zoom Event**

**If you would like to join this gathering, please contact Ketti Blackwell, from the United Way, at [9ketti@unitedwaygcr.org](mailto:9ketti@unitedwaygcr.org) by Monday October 15, 2020 and she will send you the link.**

This program has twice been internationally recognized by The Rotarian for its three-decade long history of reaching into the child care foster system to identify youth who are coping successfully by achieving and accomplishing significant goals in spite of barriers thus being recognized and affirmed by our Rotary club.

For additional information on this program, please refer to article on page 8.

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## 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.

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## Happiness is... An Amsterdam Rotary Engagement



Past President Pete Rose and Second Vice President Bri Giulianelli are engaged. A September 2022 Wedding is planned.

Both are actively involved in the Amsterdam Club.

*Submitted by Pete Rose*



## Corona Virus Choir

(You'll be able to relate to these lyrics.)

<https://enchantmentathamilton.org/20200601ForTheLongestTime.mp4>

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## District 7190's Newest Major Donor Ted O'Hara by Lon Penna



Niskayuna Rotary is proud to announce that one of our members has achieved another milestone. Frederic "Ted" O'Hara was honored this year by The Rotary Foundation for reaching the Major Donor Level. Major Donors are those who contribute \$10,000 to the Rotary Foundation, in support of such worthy causes as the Annual Fund, Polio or a Global Grant. Ted's list of achievements includes:

- Past Rotary District Governor 1993-94, one of the youngest at age 49.
- 48 years of Perfect Attendance!
- World Champion Balloonist
- Founder of Make-A-Wish of Northeast NY!
- Distinguished Financial Planner.
- Adventurer: Ted travelled to Antarctica in 2019.

If any club would like a Zoom presentation on Antarctica, or other topic, Ted can be reached at 518-365-1334 or [flyted@msn.com](mailto:flyted@msn.com)

**CONGRATULATIONS TED, from all of us.**

~ ~ ~



## Chestertown Rotary Update

by Deb Eves & Nan Williams

### Garage Sales

We did a garage sale in September and made over \$500. We have a storage shed that is filled to the brim with "stuff" and we need to get rid of it. The shed is donated by a local resident. We will do another garage sale on Saturday, October 3<sup>rd</sup>, when Chestertown is doing a town-wide sale. (This is the traditional date of the Warrensburg Garage Sale which has been canceled.)



### Pottersville Cemetery Cleanup

Chestertown Rotary Club is also cleaning the gravestones at the old Pottersville Cemetery along State Route 9. These stones have been neglected for years. The town of Chester is supplying the water for the pressure washer and the chemicals needed.

We meet every Thursday morning at 9am and work as long as we would like to. It is starting to look really good and when you read the inscriptions on the gravestones - you

learn about life back in the 1840's. Folks either died young or lived into their 70's. It's been a very gratifying project and the results are amazing!

Thank you to member and Past President, Chris Aiken for spearheading this amazing project.



### Memory Tree & Christmas with Santa

We are currently working on how to revamp our **Memory Tree** and **Christmas with Santa** because we do not want to cancel these very important projects - they mean a lot to our Club and to our community. Stay tuned.

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## Albany Rotary Youth Recognition Outreach

by W. Brian Barr

I'm writing to share with you and our many Rotarians a unique and first-time opportunity to share in the Albany Rotary Youth Recognition program via Zoom on October 21, 2020 from 12:00 pm to 1:00 pm. This program has twice been internationally recognized by The Rotarian for its three-decade long history of reaching into the child care foster system by identifying youth who are coping successfully by achieving and accomplishing significant goals in spite of barriers thus being recognized and affirmed by our Rotary club. We want our young people from the six child care agencies in the City of Albany i.e. La Salle School, St. Catherine's Center for Children, St. Anne Institute, Northern Rivers, Community Maternity Services, and Equinox to know that the community is aware of their presence, proud of them, and a resource to them should the need arise for assistance.

A second objective of our program is to express due acknowledgement to the fine professional agencies we are so very fortunate to have in our City of Albany. It is rare to have the professional depth and range of foster/residential/day services within a relatively small geographical area. Because of this and the fact we enjoy proximity to lauded teaching universities, hospitals, and colleges our recipients of service are getting some of the best care in the country. We might also note the reciprocity of the relationship in that Rotarians have and do serve on leadership positions on many of the boards of these great not for profit organizations and similarly many leaders from the agencies have been great members of Rotary over the years.

We are in a position this year to invite our brother and sister Rotarians to Zoom on Wednesday at 12:00 pm noon to 1:00 pm. If you are interested, please let Ketti Blackwell ([9ketti@unitedwaygcr.org](mailto:9ketti@unitedwaygcr.org)) from the United Way know by Monday October 15, 2020 and she will be sending you the link. Thank you.

~ ~ ~

## Ballston Spa Rotary Club News

by Ray Otten

Before you know it, all those leaves will have turned their beautiful Fall colors, they'll have fallen to the ground and then been raked. THEN all of a sudden, the Christmas Season will be upon us. And with that comes the **Ballston Spa Rotary Annual Christmas Tree Sale** at the **Curtis Lumber Store** on Rt. 67 in Ballston Spa.

As with everything, this year will look a little different in that masks will be required by all visiting our lot, sociable separation standards will be followed, and all of our staff will be taking the prescribed precautionary steps to ensure everyone has a Happy Holiday. Cash, check, or credit card will be accepted.

**As a side note**, if any of our local Clubs are looking for a project, we may be able to use some help offloading the trees the week of Thanksgiving this year. In previous years, we have depended on the local school, Naval Base, and ARC Bridges clubs for manpower but that probably won't be happening this year. Contact Mike Palma at [mpalma@nycap.rr.com](mailto:mpalma@nycap.rr.com), Pete Champagne at [pete4793@nycap.rr.com](mailto:pete4793@nycap.rr.com) or Ray Otten at [rcotten53@gmail.com](mailto:rcotten53@gmail.com) if you're available.

Hope to see you there!

~ ~ ~





## Schenectady East Rotary Club Welcomes New Member:

### Brian Lemanski

by Sue Austin

Brian was sworn in on September 23<sup>rd</sup>. He is the gentleman who makes the face shields that many of our Rotarians have helped the Schenectady East Club distribute.

Welcome aboard, Brian.



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## Thank you

by Marisa Multari

Capital Region Rotary Club would like to say a huge Thank You to everyone who donated to their Collection for the cats and canines of Mohawk Hudson Humane Society.



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## Cooking HUMOR!!!

### Cooking with Cade and Nana

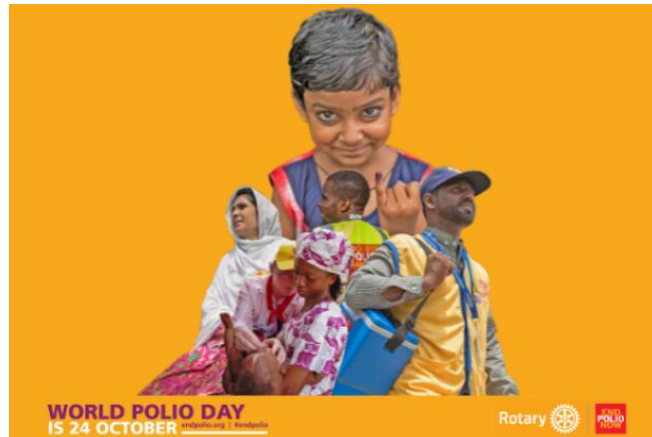
This video is a delight!

<https://www.instagram.com/tv/CEpaXKrJbw4/>

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## October 24<sup>th</sup> is World Polio Day!



[World Polio Day](#) is a time for Rotarians and Rotaractors across the globe to raise awareness about our work to eradicate polio for good. If we stay committed to making progress, polio will be the second human disease ever to be eradicated.

In our fight to end polio, we've used our collective strength to defeat this devastating disease in almost every part of the world. This year, the World Health Organization's African region was certified free of wild poliovirus – showing that eradication is possible even in very difficult circumstances. Wild poliovirus still paralyzes children in Afghanistan and Pakistan, and as long as polio exists anywhere, it remains a threat everywhere.

### Let's Take Action

A polio-free world is possible, but we can achieve it only by taking action together. With the challenges to vaccination programs posed by the COVID-19 pandemic, it's even more crucial that Rotary continues to build awareness and raise funds for polio eradication.

Join the effort to vaccinate children and end polio by organizing a World Polio Day event for your community. In 2019, [Rotary members held more than 5,900 events in 136 countries](#). This year, online events and activities will allow us to expand our reach even more and inspire others to join us.

Not sure how to take action for World Polio Day? From virtual event ideas to social media posts and photos, the World Polio Day Toolkit can help you start planning and promoting your activities now.

Join us for World Polio Day 2020 -- Visit [Endpolio.org](https://endpolio.org)

[Download the World Polio Day Toolkit](#)

[Register your World Polio Day event](#)



## 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!

### Drink

#### Hot Devil Daiquiri (page 5) (Alcoholic Drink)

From the region of District 6450 / USA

- 1½ cups hot water
- ¼ cup sugar
- 2 sticks cinnamon
- 8 whole cloves
- 6 oz frozen lemonade concentrate
- 6 oz frozen limeade concentrate
- ½ cup light rum

In 2-quart microproof casserole, combine hot water, sugar, spices and condensed juices. Stir, then cook on high 5-6 minutes or until mixture boils. Heat rum in microproof container on high for 30 seconds. Ignite and pour over hot beverage. Ladle into punch cups for serving.

### Salad

#### Cauliflower Salad (page 36)

From the region of District 5610-5650 / USA

- 4 cups thinly sliced cauliflower
- 1 cup sliced ripe olives
- 2/3 cup chopped green pepper
- 1 (4-oz.) jar diced pimiento, drained
- ½ cup chopped onion
- ½ cup vegetable oil
- 3 T wine vinegar
- 3 T lemon juice
- 1 tsp sugar
- ½ tsp salt
- ¼ tsp pepper

Combine first 5 ingredients in a salad bowl; toss gently. Combine remaining ingredients in a jar. Cover tightly and shake vigorously. Pour dressing

over vegetables, tossing gently. Cover salad and chill 8 hours or overnight, stirring occasionally. Yield: 6-8 servings.

### Soup

#### Butternut Squash Soup (page 32)

From the region of District 6440 / USA

- 1 (2-lb.) butternut squash, halved lengthwise
- Vegetable oil
- ½ cup olive oil
- ½ cup (¼ inch) diced onion
- ¼ cup (¼ inch) diced celery
- ¼ cup (¼ inch) diced carrots
- 4 cups chicken stock (homemade or store bought)
- Pinch of grated nutmeg
- Salt and freshly ground black pepper

Preheat oven to 375 degrees.

Grease a 13 x 9 x 2-inch baking dish with vegetable oil. Place butternut squash, cut side up in prepared dish. Pierce each [squash] half with toothpick or skewer. Bake until squash is tender, about 45 minutes. Heat the olive oil in a large saucepan over medium heat until hot. Add the onion, celery, carrots and sauté until soft, but not brown, about 10 minutes. Season with salt and pepper. Add the chicken stock and bring to a boil. Simmer for several minutes until soft. When the squash is done cooking, using a large spoon, remove seeds, scrape squash into the pot and discard peel. Add 3½ cups chicken stock and nutmeg and puree in blender or food processor until smooth. Add additional stock to reach desired consistency. Stir soup over medium heat until heated through. Season to taste with salt and pepper. Ladle soup into bowls. (The soup can be made ahead to this point, cooled, covered and refrigerated for several days or frozen for about 1 month. It will thicken as it cools and may need thinning with stock or water when reheating.) Hope you enjoy!

*Continued on next page...*





**Main Course****Mbawa Ya Tomati** (page 128)

Chicken Wings with Tomatoes

From the region of District 9220 / Mayotte

3 kg\* chicken wings

4 onions

2 tins tomato paste

5 T palm oil

(or groundnut oil with paprika for color)

1 tsp ground cumin

Salt and pepper to taste

Heat the oil in a pot, add the chopped onions and fry for a few minutes before adding the cumin, pepper and salt. Mix well, then add the tomato puree. Add 500 milliliters\* water to form a sauce and mix well. Then add the chicken wings. Bring to a boil, then allow to boil briskly for 15 minutes. Serve on a bed of rice.

**\*Editor's Note:**

1) 1 kg=about 2.2 lbs.

2) 500 milliliters = 2 cups plus 1 oz

**Dessert****Pumpkin Patch Squares** (page 148)

From the region of District 6510 / USA

**Bottom Crust:**

1 cup flour

½ cup each: oatmeal, soft butter &amp; brown sugar

**Topping:**

½ cup each: chopped pecans &amp; brown sugar

2 T butter

**Pumpkin Filling:**

2 cups pumpkin

1 can evaporated milk

2 eggs

¾ cup sugar

½ tsp salt

1 tsp cinnamon

½ tsp ginger

¼ tsp cloves

Combine bottom crust ingredients until crumbly. Press into 13 x 9-inch pan. Bake at 350 degrees F for 15 minutes. Blend pumpkin ingredients and pour over baked crust. Bake at 350 degrees F for 20 minutes. Combine topping ingredients and sprinkle over pumpkin filling. Bake at 350 degrees F for 15 minutes. Cool and cut into squares.



Thursday, October 8, 2020

4—6 pm



# Chicken Barbecue

Takeout Only

*A fundraiser  
for  
Twin Bridges Rotary*

Please pay in advance \$14

[www.twinbridgesrotary.com](http://www.twinbridgesrotary.com)

- Parking lot of Catricala Funeral Home  
1597 Route 9, Clifton Park
- Takeout only
- 1/2 Chicken Dinner Includes  
baked potato, coleslaw, roll &  
butter, cookie, beverage and  
paper package.



**GIFFY'S BAR-B-Q**  
*LOCAL FOLKS AND GREAT FOOD!*

Twin Bridges Rotary is a part of Rotary International and serves the Clifton Park/Halfmoon area with hands-on work and financial support of local charitable organizations.

[info@twinbridgesrotary.com](mailto:info@twinbridgesrotary.com) 518/328-8358



# The Great Pumpkin Showdown

**Pumpkin Pals for Pediatrics 2020**

*A Twin Bridges Rotary Club Project*

*to Bring Smiles to Children with Cancer and Other Childhood Illnesses at Albany Medical Center*

**You are Invited to Participate in our Pumpkin Decorating Contest!**



## Two Rounds of Judging!

Virtual Begins October 15th (photos & info required by Oct 13th)

In-person Event for finalists on October 22<sup>nd</sup> 5:30 – 7:30 p.m.  
at Clifton Common

## Student Division Highlights

1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> Place Prizes Awarded in each of the following age groups:  
Ages 5 – 8, 9 – 12, 13- 15, 16-18



**Announcing the first annual \$500 Art and Creativity Scholarship  
for the 1<sup>st</sup> place winner in the 16 to 18 age group.**

## Adult Division Categories

Best Halloween Theme  
Cutest Pumpkin  
Most Artistic Pumpkin  
Most Creative Pumpkin  
Pumpkin with the Best Name  
Pumpkin Depicting a Real-Life  
Person, or Animal  
Pumpkin Depicting a Character from  
a Children's Book, Movie or Cartoon  
The Country Bumpkin'  
(thanks for tryin'  
but better luck next time)

Participation awards for all!

**GO TO**

**[www.twinbridgesrotary.com](http://www.twinbridgesrotary.com)  
or call 518-859-4424**

**for rules of entry  
and other  
important updates!**

