

# The Toolb



**October 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!

Did you hear the one about the banker who wanted to help save the world? He thought about getting involved, but he kept losing interest...

Many of you know that for years I have been a member of the Board for First National Bank of Scotia. Far from losing interest, the good folks at this local bank have supported Rotary and dozens of local organizations since their founding. It's good for business, and it's the right thing to do.

Rotary's theme for October is Community and Economic Development, and this area of focus is critical to the work of Rotary globally and locally. More than 800 million people around the world live on less than \$1.90 per day. About the same number do not have enough to eat daily, and 60% of the world's hungriest people are women or girls. And these statistics are more than 50% better than they were 20 years ago, thanks to organizations like Rotary and other humanitarian organizations worldwide.

Rotarians participate in numerous initiatives which are meeting the challenges of Community and Economic Development. Rotary clubs are underwriting micro-loans, allowing entrepreneurs to access capital and start up or grow their urban businesses or ensure their farming efforts are sustainable. Clubs have adopted villages to break the cycles of intractable poverty. Rotarians travel to remote locations and provide training for better farming, land management, and business development.

Locally our clubs are providing food and backpack supplies so that children can grow to give back to our communities. Parks and playgrounds are being cleaned up and improved, classrooms are being

adopted, and mentoring programs are helping young entrepreneurs get their business off the ground.

No interest is being lost with this effort, because when Rotarians engage in Community and Economic Development the impact is multiplied many times over. When a farm becomes more sustainable the farmer can feed not only himself but also his community. When the micro-loan enables a small business to develop, that woman business owner can offer jobs to others in her community.

Next month's Rotary theme focuses on the Rotary International Foundation. Founded just over 100 years ago, the Foundation has contributed \$4 billion to causes worldwide. Last year alone the Foundation expended \$362 million, with 91% of those going directly to programs. Each year District 7190 raises funds to support the Rotary International Foundation, and on November 18<sup>th</sup> we will hold our annual Foundation event. Funds donated that evening and throughout the year will have an impact that is multiplied through the global efforts of clubs and Districts worldwide.

So, did you hear the one about the banker who wanted to help save the world? She joined Rotary, because it's good for business and it's the right thing to do.

Yours in Rotary Service,  
DG Bruce



## DISTRICT EVENTS AT A GLANCE

- **NOW: Book Reservations being taken** pp 2,12
- **October 11: Columbus Day**
- **October 29: Multi-District World Polio Day** p 6
- **October 31: Halloween**
- **November 6: Leadership Institute (RLI)** p 5
- **November 7: Daylight Savings Day**  
(Fall back one hour!)
- **November 18: Foundation Dinner "Roaring Through the 20's"** p 7

## CLUB EVENTS AT A GLANCE

- **NOW: Food Drive** by BHBL Rotary p 5
- **NOW: Quilt Raffle** by Sharon Springs Rotary p 2
- **October 2: Food Booth** at Petapalooza (at Curtis Lumber) by Ballston Spa Rotary Club p 5
- **October 2: BIG Rotary Garage** by Chestertown Rotary p 2
- **October 10: Food Booth** at the Way We Were Car Show (Front St, Ballston Spa) by Ballston Spa Rotary Club p 5
- **October 13: Golf Classic** by Glenville Rotary pp3,4

### 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 name(s) are on the list but they still aren't receiving it, have them check their spam or junk mail folder. Thank you. Barb Wyllie

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Chestertown Rotary presents its  
**BIG Rotary Garage Sale**  
**Saturday, October 2<sup>nd</sup>**  
**8am to 2pm**  
**Panther Mountain Drive**  
**Chestertown**

They've been accepting donations and you can take advantage of buying furniture, household items, seasonal items, sporting equipment, and much more! All proceeds support Chestertown Rotary Club. Need more info? Call President, Deb Eves 518-538-5605.

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## 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!

**Cost: \$20 per book**  
**\$35 for an autographed**  
**\$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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## New Members

District 7190 Welcomes  
 the Following New Members in  
**Chestertown Rotary Club**

**Doris Gargan**  
**Ed Gargan**  
**Rebecca Moon**  
**Debbie Yates**

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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.



## 22<sup>nd</sup> Annual Glenville Rotary Club Golf Classic



**DATE:**

**WEDNESDAY, OCTOBER 13, 2021**

*Glenville Rotary invites you to participate in the 2021 Annual Golf Classic.*

**TIME:**

**10:00 AM SHOTGUN START  
SCRAMBLE FORMAT**

*The Glenville Rotary has a long history of helping to build and maintain many projects in the Scotia and Glenville communities. That service will continue as we designate a portion of the tournament proceeds for veteran activities throughout the year. The Glenville Rotary also supports various organizations that make positive, lasting change in our surrounding area.*

**LOCATION:**

**PINEHAVEN COUNTRY CLUB  
1151 SIVER ROAD  
GUILDERLAND, NEW YORK**

*Your REGISTRATION fee includes a great day of fun and enjoyment on a championship golf course.*

**REGISTRATION:**

**[www.GlenvilleRotary.org](http://www.GlenvilleRotary.org)**

**COST:**

**\$125.00 PER PLAYER**

*\* Greens fee and Cart*

*\* Light Breakfast*

*\* Buffet lunch on the patio by Illium Bistro (following the round). Enjoy sausage & peppers, penne & vodka sauce, pot roast, salad, dessert & more!*

**LUNCH ONLY OPTION:**

**\$25.00 PER PERSON**

***Not a golfer, join us anyway***

*\* Team Prizes, Closest to Pin, Putting Contest, 50/50, "Chance" drawings & more*

Continued on next page...

## 22<sup>nd</sup> Annual Glenville Rotary Club - Golf Classic REGISTRATION FORM

Contact DENNIS MCGLAUFILIN with questions  
Phone: (518) 495-4712 Email: [golfclassic@glenvillerotary.org](mailto:golfclassic@glenvillerotary.org)

TEAM NAME: \_\_\_\_\_

CONTACT PERSON: \_\_\_\_\_

Player 1: \_\_\_\_\_ Handicap: \_\_\_\_\_

Email: \_\_\_\_\_

Online payment\*\*: Please circle one                      YES                      NO

Player 2: \_\_\_\_\_ Handicap: \_\_\_\_\_

Email: \_\_\_\_\_

Online payment\*\*: Please circle one                      YES                      NO

Player 3: \_\_\_\_\_ Handicap: \_\_\_\_\_

Email: \_\_\_\_\_

Online payment\*\*: Please circle one                      YES                      NO

Player 4: \_\_\_\_\_ Handicap: \_\_\_\_\_

Email: \_\_\_\_\_

Online payment\*\*: Please circle one                      YES                      NO

**LUNCH ONLY:** Please circle one                      YES                      NO

Online payment\*\*: Please circle one                      YES                      NO

Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email: \_\_\_\_\_

### SEND ENTRY FORM AND PAYMENT TO:

Glenville Rotary

PO Box 2638

Glenville, New York 12325-0638

**OR**

Pay online with Pay Pal [www.GlenvilleRotary.org](http://www.GlenvilleRotary.org)

**IF YOU CAN NOT ATTEND, PLEASE CONSIDER MAKING A DONATION  
TO THE GLENVILLE ROTARY. IT WOULD BE GREATLY APPRECIATED!**

**\*\* Please indicate if payment was made online**

## Ballston Spa Rotary News

by Ray Otten

One of the founding principles of Rotary is to help others whenever we can in whatever way we can. One of the ways our club helps others on a worldwide scale is through our work with **ShelterBox**. Their work in Haiti is exactly why we support them.

Fundraising is critical to all of our clubs' survival so we have 3 events lined up for Fall. **We will have food booths set up at the:**

- the **Petapalooza** at Curtis Lumber, Rt 67 in Ballston Spa, on **10/2**
- and the **Way We Were Car Show** on Front St. in Ballston Spa on **10/10**.

'Gonna be a busy time but, please, stop by the shows and come see us!

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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.**



## 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 1, 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.

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## Attention All Clubs

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.

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# EMPIRE MULTI-DISTRICT WORLD POLIO DAY CELEBRATION DINNER

**Friday, October 29, 2021**

**To all Rotarians of Districts 7120, 7150, 7170, & 7190:**

Please join us, with **Rotary International President-Elect Jennifer Jones**, as we rally with our fellow Rotarians around the world to support the fight to end polio forever.

You are invited and encouraged to attend our Empire Multi-District World Polio Day Celebration Dinner. Seating is limited, so get your reservations in quickly.

All proceeds from this event will go to the Rotary Polio Fund.

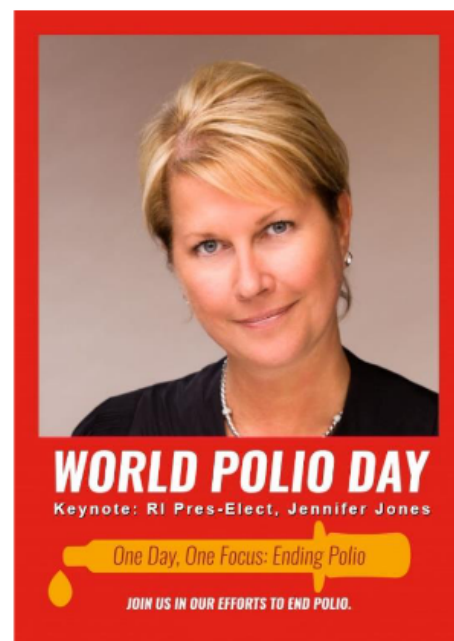
## **Be there for Fellowship, Cash Bar & Dinner:**

**4:00 pm** Mayor's Proclamation on the steps of Syracuse City Hall. (Map)

**5:00 pm** - Cash Bar

**6:00 pm** – Dinner (4 meals to choose from)

**7:00 pm** - Celebration: Keynote Jennifer Jones



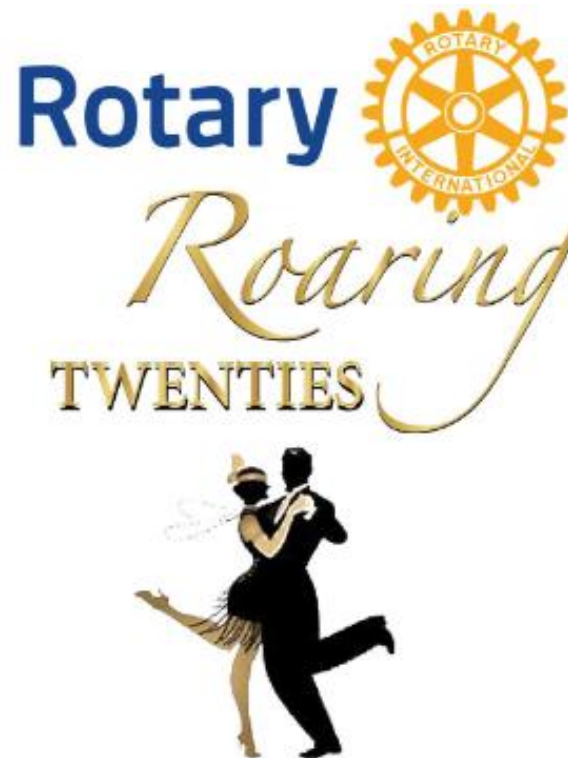
## **Dates & Location of this one-of-a-kind event:**

- **Friday, October 29, 2021**  
Ramada by Wyndam (441 Electronics Parkway, Liverpool / Syracuse, NY 13088)

Register at: <https://bit.ly/MD-Polio-Dinner>

**Registration closes Oct. 25th.**

**We look forward to seeing you!**



**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)

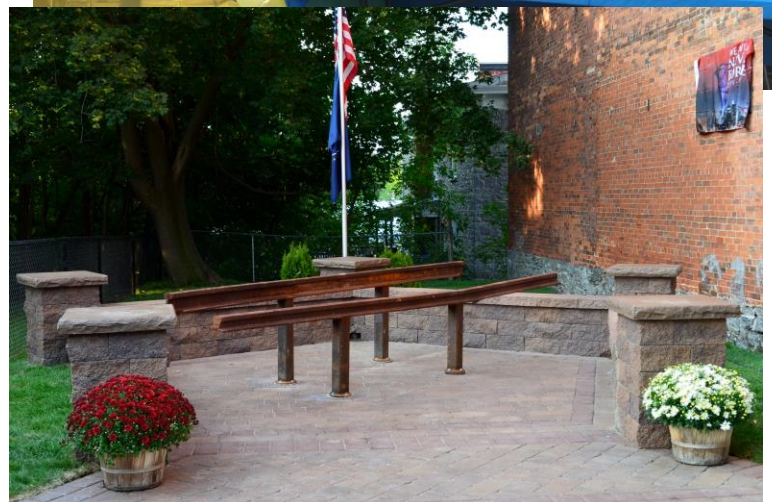
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## Ballston Spa Rotary Club Update

by Ray Otten

On 9/11/2021, our club again took part in the Annual 9/11 Memorial Service in the Village of Ballston Spa. We, as a club, and especially Pete Champagne, were instrumental in setting up this wonderful permanent Memorial in the Village commemorating the folks that lost their lives in the tragedy that struck our Country 20 years ago. We shall never forget.

We are back to doing outdoor events which helps to get us out there in the Community and maybe, just maybe, do a little fundraising. Here's a good-looking group of our folks selling coffee and donuts at the (once again) Annual Curtis Lumber Car Show on September 12th. Lots of people were there and we went through about 18 Dozen donuts and a bunch of coffee. Made them very happy.





## District's Historian's Report: Brief "Do's and Don'ts" for Saving Your Club History

by Fred Carvin  
District Historian

We all know how important it is to "save" our histories, but often have no idea where to begin. This month, I hope to give you some brief suggestions how a club might accomplish those goals.

**1. PEOPLE** - Any effort will fail if you don't have dedicated people or a committee of Rotarians who are willing to take responsibility for this important task.

- a.) Appoint an "official" Historian or committee dedicated to collecting and preserving of important club documents and mementos.
- b.) Hire a professional archivist

**2. Collecting Material** - It is vital to locate and gather those items related to your club history. Some people to contact for these items are:

- a.) Current or past club officers, secretaries or treasurers for their minutes, notes and/or reports
- b.) Older members who may be in possession of important papers.
- c.) Local newspapers, libraries or historical societies collections or archives.
- d.) Rotary International Archives in Chicago.
- e.) Collect older members personal remembrances.

**3. What's Important** - Club's should strive to keep the following items:

- a.) Documents related to the club's Chartering process, including a list of charter members, celebrations, gifts, and correspondence regarding their formation.
- b.) Minutes of club, Board and/or committee meetings. Treasurer and secretary noted or reports.
- c.) Club newsletters
- d.) All legal, fiscal or administrative documents required by law.
- e.) Pictures or documents of club projects, activities or special events. Flags, brochures,

invitations, awards and personal remembrances.

- f.) Significant Rotary correspondence, news articles or past written histories.
- g.) GSE or Student Exchange memorabilia.
- h.) Original Paul Harris collectables or keepsakes.
- i.) Important E-mail correspondence copies.
- j.) Any items felt to have historical significance to the club.

**4. What's Not Important** - There are a few items that may be disposed.

- a.) Dated routine bills (after paying).
- b.) Old or outdated blank forms.
- c.) Useless or irrelevant correspondence, or materials.

**5. Storage and Preservation of Material** - Once material is collected, it needs to be safely stored.

- a.) Use containers that are big enough for items to lay flat or stand up. Try not to fold or bend.
- b.) Do not over stuff boxes.
- c.) Use acid-free packaging. If items are brittle, torn or damaged, place in a polyester cover.
- d.) Storage of containers should be in a cool, dry environment. Temperature should be 65 degrees and 45% humidity
- e.) Scan documents or photos to a computer. Save scans on a storage device. Use albums where possible.
- f.) Make sure all items have accurate dates and names of individuals, where possible.
- g.) Avoid the use of tapes, paperclips, glue and staples, as these items can damage artifacts.
- h.) Avoid having your items damages by mold and mildew. If they are tainted, take immediate restorative actions. Remember, some molds and mildews can be harmful to humans.

Continued on next page...



6. **Places to Store Artifacts** - All clubs are faced with, "What to do" with the materials they've collected. Often, these items are passed from person to person resulting eventually in the disintegration and loss of the items. A safe and secure location should be sought as a permanent archive. Possible settings include:

- a.) Rented or donated storage units that have climate control.
- b.) Members who would be willing to provide space at their businesses.
- c.) Local libraries who have community archives.
- d.) State or local government facilities that accept historical donations.
- e.) Local or community Historical Societies.
- f.) Local colleges or universities that accept historical documents or collections.
- g.) A central district-sponsored location where clubs can store items.

7. **Computer Archive Programs** - Since more and more communications are being conducted via the internet, there are dozens of applications available to assist in preserving these electronic messages. If your club wishes to utilize the computer as a data gathering base, be sure to do the following.

- a.) Make sure the person who does the data entry is qualified. Junk in equals junk out.
- b.) Research the different applications that are available and select one that fits your parameters. The technology in this area is constantly growing.
- c.) If you plan on digitizing originals, be careful not to damage them.
- d.) Automatic feed scanners are NOT suitable for fragile, weak, bent or valuable papers due to the risk of jamming.
- e.) Lots of Copies Keep Stuff Safe (LOCKSS) – Keep multiple copies where possible

For more ideas or suggestions, please contact Fred Carvin -District Historian. [Qbyfred@verizon.net](mailto:Qbyfred@verizon.net).

"Save the Past to Understand the Future."

~ ~ ~

## 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

#### **Chipotle Chile Pepper Guacamole** (page 20) From the region of District 4150 / Mexico

3 chopped chipotle peppers in Adobo sauce  
3 avocados  
4 lemons, juice only  
3 tablespoons chopped cilantro  
1 chopped onion  
Salt and pepper to taste  
Mix all ingredients in a bowl. Stir well and serve.

### Soup

#### **Coconut Bean Soup** (page 32) From the region of District 9200 / Tanzania

½ cup onions, chopped  
2 tablespoons oil  
½ cup green peppers, chopped  
1 ½ teaspoons curry powder  
1 teaspoon salt  
¼ teaspoon pepper  
4 tablespoons butter or margarine, softened  
1 ½ cups fresh tomato, seeded and cut into chunks  
2 ½ cups canned kidney beans with liquid  
2 cups coconut milk  
3 cups water  
½ cup cooked rice  
1 cup shredded coconut

Heat the oil and sauté the onions until softened. Add green peppers, curry powder, salt, pepper, butter or margarine and tomato and simmer for 2 minutes. Add kidney beans with their liquid, the coconut milk and water. Simmer gently for 10 minutes. Stir in the cooked rice and heat for about 2 minutes. Ladle into bowls. Top each serving with 1 tablespoon of shredded coconut and serve. Makes approximately 8 servings.

*Continued on next page...*

**Salad****Koriatiki** (page 57)

Greek Village Salad

From the region of District 2470, 2481 / Greece

- 1 onion
- 1 green bell pepper
- 5 ripe tomatoes
- 1 cucumber
- 2 tablespoons sliced ripe olives
- 2 tablespoons capers
- 1 tablespoon fresh chopped oregano
- 1/3 pound feta cheese, crumbled
- ½ cup olive oil
- Salt

Cut the vegetables into slices and mix in a salad bowl. Top with the olives, capers and oregano and cover with crumbled feta cheese. Pour the olive oil evenly over the top. Serves 6.

**Vegetable****Corn Cakes** (page 79)

From the region of District 6000 / USA

- 1 pkg. corn muffin mix
- 16 oz. thawed corn (recommend roasted corn if you can find it)
- Zest of 1 orange
- ½ medium onion, chopped
- 2 tablespoons butter

Use a griddle to cook the corn cakes. Heat to medium-low to medium heat. Mix corn mix in a large bowl as per package directions. Add corn, orange zest and onion. Cut butter into small pieces and add to batter. Spray griddle with non-stick cooking spray. Make corn cakes as if pancakes and cook until golden on each side. Serve hot.

**Main Course****Belgium Meatballs in Beer** (page 97)

From the region of District 1910, 1920 / Austria

- 2 lbs. ground beef
- 1 lb. ground pork
- 2 ¼ cup bread crumbs
- 1 ½ cups milk
- 2 large eggs
- 1 medium shallot, finely chopped
- 3 tablespoons fresh parsley, finely chopped
- Salt and pepper to taste
- 1 dash of nutmeg
- ½ cup all-purpose flour
- ½ cup unsalted butter
- 2 tablespoons olive oil
- 2 medium onions, finely chopped
- 5 medium Belgian endive, cored and chopped
- 2 teaspoons sugar
- Salt and pepper to taste
- 3 tablespoons flour
- 3 cups beer
- 1 cup chicken stock
- ½ cup fresh parsley, finely chopped

Soak bread crumbs in milk for 10 minutes and squeeze dry. In mixing bowl, combine bread crumbs, ground meats, parsley, salt, pepper, nutmeg, eggs and shallots. Mix well. Form into 2-inch diameter meatballs. Dust with ½ cup flour. In deep Dutch oven, heat the butter and oil, add meatballs and sauté until well browned, about 6 minutes. Remove to a platter and set aside. Add onion and endives to pan, cook over low heat, stirring constantly for 10 minutes. Sprinkle with salt, pepper, 3 tablespoons flour and sugar. Cook, stirring for 1 minute. Add beer and broth, bring to a quick boil. Reduce heat to a simmer and return meatballs to the pan. Simmer partially covered, until the meat is cooked through and has absorbed the flavors of the sauce, 35 minutes. Sprinkle with parsley and serve. Serves 8. *Continued on next page...*



## Dessert

### Rice Pudding (page 150)

From the region of District 4240 / Costa Rica

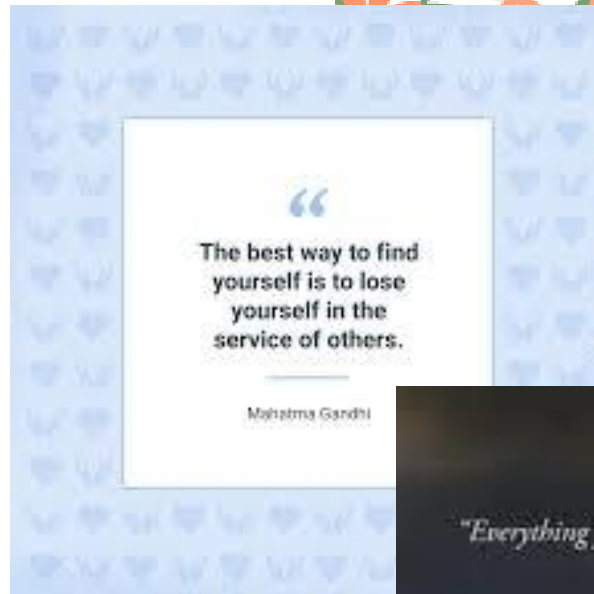
- 3 cups rice
- 5 cups milk
- 4 cups sugar
- 2 tablespoons vanilla
- ½ teaspoon ground cinnamon
- ½ teaspoon ground cloves or 6 whole cloves
- ½ teaspoon grated fresh nutmeg
- ½ cup butter
- 1 cup raisins

Cook rice, uncovered, in 9 cups of water for 45 minutes until rice is quite soft. Stir in other ingredients and simmer for ½ hour. Serve warm, or refrigerate at least four hours to serve cold.

Act as if what you do  
makes a difference. It  
does.

WILLIAM JAMES

~ ~ ~





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.

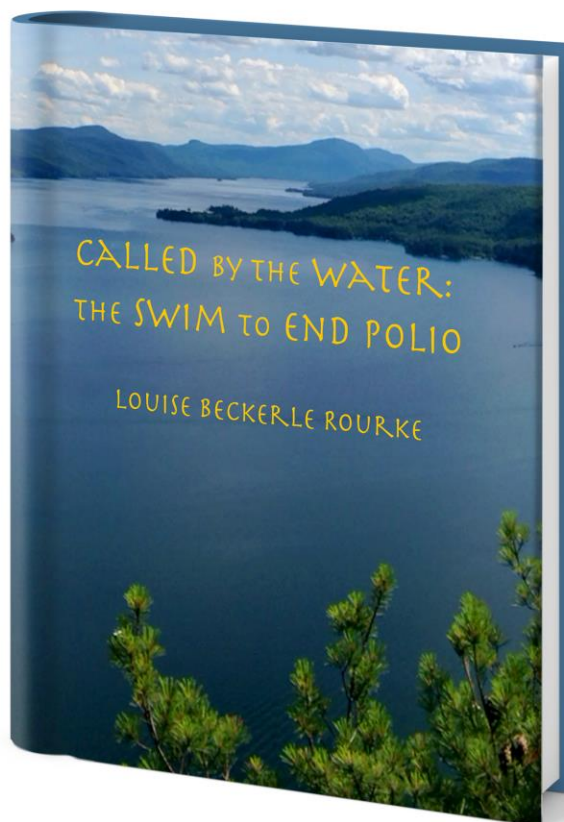
**Michael K. McGovern,**  
Rotary International PolioPlus Committee Chair

"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)