

September 2021

Barb Wyllie ~ Editor

Distribution 930

Please send submissions to Barb at: <u>THETOOLBOX7190@GMAIL.COM</u>

Deadline: 20th of the month

From the Governor's Desk

Hello Rotarians in District 7190!

September is Basic Education and Literacy month for Rotary, and here in the US and most developed countries we are truly blessed with an access to education which is the envy of the world. That said, even in America many children (and adults) struggle with basic education and literacy, and so it is a fitting as a monthly theme and one of Rotary's 7 Areas of Focus.

Here in District 7190 many of our clubs and Rotarians are engaged with schools in support of education and the critical nurture of students. Many of us partner for tutoring and mentoring; others are making sure that kids have food and supplies so they can learn. Connecting with our educational communities is a simple and effective way to give service, and the results will last a lifetime. To Rotary Clubs and members throughout the District, thank you!

Even during these times, when in-person schooling brings forth many complicated emotions, everyone seems to agree on one thing. Students learn best when they are in school. Around the world Rotarians are working to build classrooms, provide educational content through recycled laptops and repurposed software, and working to ensure that all students can have access to education.

And Rotarians generally are lifelong learners, too! Sadly, a few of us are like me, and despite Ms. Z's best 3rd grade effort not much really stuck. But Rotary International has significantly ramped up its own educational content, and I encourage you to go onto the Learning Center on the Rotary International website. There you will find hours of training and content to assist you launch your next service project

and learn about the many, many opportunities which can be found through Rotary.

This fall is a time when we are starting to come out of a dark time – the Covid time. But the rest of the world has not come as far, and this is exactly the kind of thing which should engage Rotarians at the gut level. We may not be participating directly in worldwide vaccination efforts, as we did and are doing with Polio. But through our service to humanity, we can make sure when the rest of the world comes into the sunlight again there is a tutor, a mentor, a book, a laptop, a classroom or a teacher awaiting them. There is no better time than now to be a Rotarian committed to service. Local or global, please make a commitment to Basic Education and Literacy.

Yours in Rotary Service, DG Bruce

Attention All Clubs

Editor's Note: Please make sure your Club members are receiving this newsletter. 1st - You can check the distribution list that I send accompanying The Toolbox (most months). And 2nd, 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, Editor

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. Thank You.

~ ~ ~

DISTRICT EVENTS AT A GLANCE

- NOW: Book Reservations being taken pp 2,16
- September 6: Labor Day
- September 20: Golf Tournament by Gift of Life pp 4,5
- September 22: 1st Day of Autumn
- November 6: Leadership Institute (RLI) p 9
- November 18: Foundation Dinner "Roaring Through the 20's" p 10

CLUB EVENTS AT A GLANCE

- NOW: Fall Mum Sale by Schenectady Rotary p 2
- NOW: Food Drive by BHBL Rotary p 9
- NOW: Quilt Raffle by Sharon Springs Rotary p 2
- September 12: Food Booth at Curtis Lumber Car Show (Rt 67 Ballston Spa) by Ballston Spa Rotary Club p 9
- September 16: Rotary Reunion Boat Cruise by Glenville Rotary Club p 3
- September 22: 'Drive Thru' Dinner by BH-BL Rotary p 6
- October 2: Food Booth at Petapalooza (at Curtis Lumber) by Ballston Spa Rotary Club p 9
- October 10: Food Booth at the Way We Were Car Show (Front St, Ballston Spa) by Ballston Spa Rotary Club p 9
- October 13: Golf Classic by Glenville Rotary pp7,8

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 1.

Thank you for supporting The End Polio Campaign. ~

Schenectady Rotary presents its

Fall Mum Sale

Schenectady Rotary is sponsoring a fall mum sale to benefit youth at the Steinmetz Career and Leadership Academy of the Schenectady School District. The program prepares students for career entry and includes mentoring programs, vocational workshops, a professional clothing room and more. The programs focus on developing strong character, leadership skills, academic focus, and community-mindedness.

The mums, provided by Schoharie Valley Farms, are in **8" pots** with a full range of color choices.

Plants cost \$9 each.

Pre-orders are accepted until noon on September 15th.

For an order form and information on drive through pick up go to:

https://www.schenectadyrotary.org/mums2021/
Delivery is available for an additional fee within
Schenectady County.

~ ~ ~

Member Called to a Higher Service

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

Burnt Hills-Ballston Lake Rotary Club's

Marie Mosher

Tribute on page 12.

~ ~ ~

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/2105048769351 58/210505360928048

Donation: \$5/chance or 5 for \$20. Only 500 tickets sold. Proceeds benefit Sharon Springs Rotary peace & humanity projects.



Please contact Mary Burch-Macherone with any questions: 518/253-9882.

Prizes for

Low & Net

On Course Contests

Putting,

Longest Ball,

Closest to Pin & More

For more information,

Contact

Tournament Chairman

Richard Suker

(518) 858-8839

richs1247@gmail.com

Rotary District 7190 Gift of Life Annual Golf Tournament

Rotary Clubs from throughout the Capital Region are sponsoring the 23rd annual "Gift of Life International Golf Tournament" on Monday, September 20, 2021 at Pinehaven Country Club in Guilderland, NY. The tournament provides funding to bring children from across the globe to Albany Medical Center for necessary pediatric heart surgery which cannot be performed in their home nations. A parent accompanies each child. To register to play or to support the event through sponsorships or program advertising go to www.giftoflife7190.org

Media Contact: Richard Suker 518 858-8839 rich1247@gmail.com

SPONSORSHIPS

HOST CLUB

\$1500

- -Golf package for four golfers
- -Dining Room Signage
- -Reserved table at awards dinner
- -Full page ad in program
- -Tee Sign on course
- -Special recognition

GOLF CART \$1000

- -Golf package for four players
- -Logo signage on all golf carts
- -Reserved table at awards dinner
- -Full page ad in program

HAPPY HOUR \$750

- -Golf package for four golfers
- -Reserved table at awards dinner
- -Half page ad in program
- -Tee Sign

LUNCH

\$500

- -Golf for 2 players
- -Signage on patio area
- -Quarter page ad in program

TEE SIGN

\$100

-One tee sign on course

-Listed in program

PRESIDENT'S MESSAGE

Rotary District 7190 Gift of Life has healed the hearts of over 425 children of the 38,000 helped by Gift of Life International. This is only possible because of your continued and endless efforts. Thank you for your continued and unwavering support.

Pictured below are some of the young lives your support has helped District 7190 Gift Of Life to save.

Respectfully, Tom Burdick



Taivnaa Mongolia



Yenv Honduras



Chinguune Mongolla



Panama

Continued on next page...

The Toolbox:

Volume 213

September 2021

Rotary International District 7190

Page 4

\$750 Happy Hour Sponsor

\$100 Tee Sign Sponsor

\$500 Lunch Sponsor

\$1,500 Host Club Sponsor \$1,000 Golf Cart Sponsor

SPONSORSHIPS

S500 Foursome

Rotary District 7190 Gift of Life Golf Tournament

Thank you! Our program would not be able to continue healing little hearts around the world without your generous support. Please CIRCLE the appropriate Fees, Sponsorships, and

FOURNAMENT FEES S130 Individual Golfer

Advertisements.

7
ă
F
ē
Ē
Ξ
E
œ
ے
I
ū
۹
щ
ō
¥
2
8
Ħ
ĕ
æ
_
<u>a</u>
P
픙
×

leam/ClubName:	:SS:	E#:	R 1:	ap: Email:	R 2:	ap: Email:	3:	ap: Email:	4:	ap: Email:	
leam/	*Address:	*PHONE #:	PLAYER 1:	Handicap:	PLAYER 2:	Handicap:	Player 3:	Handicap:	Player 4:	Handicap:	

SPONSORSHIP(S) AND/OR ADVERTISEMENT(S)
You will be contacted for additional details regarding your

\$35 Program Quarter Page Ad

\$100 Program Full Page Ad \$60 Program Half Page Ad

ADVERTISEMENTS

"Gift of Life District 7190"

MAKE CHECKS TO:

MAIL CHECK AND COM-PLETED REGISTRATION

Rotary Dist. #7190 GOI

FORM TO:

AMEX

Sponsorships and Advertisements.

Amt.5 Check Visa MasterCard Name on credit card:

Card Number _____ Expiration Sec. Code (3 or 4 digits)_____

To pay the day of the event contact Richard Suker (518) 858-8839, richs1247@gmail.com

Voorheesville, NY 12186

Attn: Richard Suker 215 Altamont Road



23rd Annual Golf Tournament

Monday, September 20, 2021 Pinehaven Country Club 1151 Siver Road Guilderland, NY 12084

The Tournament this year will be played To honor all those little hearts the Gift of Life has healed



10:00AM Shotgun Start

Handicap Scramble Format

Pick up boxed lunch at patio

Happy Hour begins when you finish golfing

Awards and Raffle Drawings following golfing (check if you are a winner at registration table)

Register by mail, or on our websites... www.giftoflife7190.org

Find additional copies of this form at... https://www.facebook.com/GiftOfLife7190



Pre-Order Drive Thru Dinner

Proceeds go toward scholarships & community programs

Event Date: Wednesday, September 22, 2021 - pick-up between 4:00pm - 6:00pm

ORDERS DUE BY NOON on MONDAY, SEPTEMBER 20th, 2021

<u>To Order:</u> Call 518.466.5735; OR text a photo of this completed form to 518.466.5735;

OR email the completed form to dbower@bhhsblake.com

Pick-Up: Curbside @ Burnt Hills Ballston Lake High School back parking lot

88 Lake Hill Rd Burnt Hills, NY

Payment: Due at Pick up - Cash, check, credit card, Paypal or Venmo

QTY	APPETIZERS - \$10 each	QTY	DESSERTS - \$8 each	h				
l	Spinach & Artichoke Dip, veggies, pita chip	s	English Style Sherry	/ Trifle				
l	Buffalo Chicken Dip, veggies, pita chips		Strawberry Shortca	ike				
l	Caprese Salad - fresh mozzarella, tomatoes, basil & balsamic drizzle							
QTY	INDIVIDUAL MEALS							
l	15 May 2 Chicken – Baked Potato, Sour Cream, Coleslaw, Cornbread - \$15							
l	BBQ Pulled Pork with a Kaiser Roll, Coleslaw, Amazing Baked Beans & Cornbread - \$15							
	1/2 Rack BBQ Ribs, Baked Potato, Sour Cream, Coleslaw & Combread - \$18							
	Ricotta & Spinach Stuffed Eggplant Parmesan with Baked Potato, Sour Cream, Dinner Roll and Butter - \$15							
QTY	FAMILY MEALS – serves a family of 4 - \$45							
l	BBQ Pulled Pork with Kaiser Rolls, Coleslaw, Amazing Baked Beans & Cornbread							
QTY	EXTRAS AND SIDES - \$3 each							
l	_ Amazing Baked Beans							
l	_ Cornbread							
QTY	DONATE!							
l	Feed a Hungry Family \$45							
	Feed a Hungry Neighbor \$15							
	Please circle your pick-up time: 4	:00 - 4:30	4:30 - 5:00	5:00-5:30	5:30-6:00			
	All safety protocols followed							

Name_____Email_____

ON SITE: Accepting your returnable bottles and cans, as well as non-perishable food items to support Rotary's OPERATION HUNGER. Coin drop!

The Toolbox:



22nd Annual Glenville Rotary Club Golf Classic



DATE:

WEDNESDAY, OCTOBER 13, 2021

TIME:

10:00 AM SHOTGUN START SCRAMBLE FORMAT

LOCATION:

PINEHAVEN COUNTRY CLUB 1151 SIVER ROAD GUILDERLAND, NEW YORK

REGISTRATION:

www.GlenvilleRotary.org

COST:

\$125.00 PER PLAYER

LUNCH ONLY OPTION:

\$25.00 PER PERSON Not a golfer, join us anyway Glenville Rotary invites you to participate in the 2021 Annual Golf Classic.

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.

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

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

Continued on next page...

22nd Annual Glenville Rotary Club - Golf Classic REGISTRATION FORM

Contact DENNIS MCGLAUFLIN with questions

Phone: (518) 495-4712 Email: 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		NO
LUNCH ONLY: Please circle one	YES	NO
	YES	
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

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

Rotary Leadership Institute Scheduled for November 6, 2021

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

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

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

To sign up for ANY RLI NEA session, virtual or inperson, please go to 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 and I will help you.

Looking forward to seeing you on November 6.

PDG Sue Austin
District 7190 Site Chair.

Courage does not always roar.

Sometimes courage is the quiet voice at the end of the day saying,

"I will try again tomorrow"

Mary Anne Radmacher



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:

- Curtis Lumber Car Show on 9/12
- 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!



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



ROARING

through the

20'8

ROTARY ANNUAL FOUNDATION DINNER

Glen Sanders Mansion November 18, 2021 6-9 pm. Tickets \$100

Please make checks payable to District 7190

and mailed to PDG Sue Austin, 435 Bolt Road, Scotia, New York 12302

Honorary Committee

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

Add Polio Pals \$25 to your total and this will go exclusively to Polio Plus

Number of Dinner Tickets @ \$100 ___ Honorary Committee Donation \$____

Total amount enclosed\$____

Please make checks payable for Honorary Commíttee donations to Rotary Foundation. and mailed to PDG Sue Austin, 435 Bolt Road, Scotia, New York 12302

Cocktails (cash bar) Hors d'oeuvres Dinner

For more information contact Mary Burch-Macherone (518) 253-9882

District's Historian's Report: Charter Birthdays in September

by Fred Carvin
District Historian

<u>Amsterdam</u> – Charter Date September 1, 1919 -102 years

Nominated District Governor George Williams - 1964-1965

Nominated District Governor John Quatrini – -2001-2002

On June 24, 1919, 23 business and professional men met at the Barnes Hotel in Amsterdam. These civic minded citizens listened to representatives from the Albany and Schenectady clubs tell them what Rotary could accomplish for their community. Later, Tom Male of Schenectady wrote about the significant contributions "the Electric City" had made in launching the successful Amsterdam club. For over 50 years it was thought Schenectady had played the major role in creating Rotary in the "Rug City."

It wasn't until 1969 when the issue was finally settled. Rotary International sent the original charter documents to Everett Singer of Amsterdam, indicating Albany was the official sponsor. According to Mr. Singer, "We in Amsterdam were always under the impression that Albany was our sponsoring club... If, however, you have any other information authenticating a sponsorship by Schenectady, I would be very anxious to see it."

<u>South Glens Falls</u> – Charter Date September 9, 1948 - 73 years

Nominated District Governor George Frost – -1970-1971*

Nominated District Governor Ralph Rowley – -1979-1980

By 1947, our old district 174 was expanding very rapidly. At the Bear Mountain District Conference, it was decided to split District 174 into a northern District 173 consisting of 42 clubs in the upper Hudson Valley and Capital region. With the balance of 45 clubs remaining in the realigned District 174.

During the summer of 1948, a birth announcement was sent to then District Governor Albert Bantham from Glens Falls, Hudson Falls, and Fort Ann Rotary's proclaiming the arrival of the South Glens Falls Club. This was the first multiple club sponsorship in the Capital district area.

On September 28, 1948, charter number 7053 was presented to Cliff Lewis, the first president of South Glens Falls in front of 188 attendees.

Four months later, Secretary Lee Martin wrote," Today is our fourth month birthday, and we are taking the occasion to look back to our charter night and remember the several clubs and individuals who combined to give us such a grand send-off. From the charter group of 20, we have progressed to 32 members at present, and we have prospects for a few more."

 At the time George Frost was the youngest District Governor in all of Rotary International.

<u>Capital Region Rotary</u>- Charter Date September 18, 2013 – 8 years

As one of the district's newer clubs, Capital Region Rotary has mastered the art of the Internet. Their use of the new media has highlighted their numerous acts of service during their short existence. Recently club president Marisa Multari and club vice-president Mel LaPier Boxer volunteered at the South End Children's Café to deliver food to 12 needy families. They accomplished this mission in less than an hour.

They also are asking for help in providing toys to the Bins of Fun for the Children's Hospital at Albany Medical. In addition, they have cooked several meals for the guests and children at Ronald McDonald House. They've provided training on how to increase diversity in our clubs and helped to "Feed Albany."

The Capital Region Rotary, along with their birthday mates are shining examples of "Service Above Self."

~ ~ ~

A Tribute to Marie Mosier

by Mary Anderson

This July Marie passed away. Twenty years ago, she was by the side of her husband, Val Mosier when the Burnt Hills-Ballston Lake Rotary Club began a significant community project, Town in Bloom.

A community member had suggested that Rotary could do better than the barrels with dying flowers at the corner of Route 50 and Lake Hill Road. Val encouraged Rotary President, Mary Anderson, and the challenge was accepted. People passing through Burnt Hills will remember the beautiful flowers at that important corner. It was a time when Burnt Hills needed hope for community improvement. Marie was a silent partner offering her choice of plants and Marie worked on that corner in the early morning hours to weed and maintain it.

Marie grew up in West Virginia with a farming background. Her love of flowers was a big influence in her advice for the corner Town in Bloom Garden. She knew the value of good soil as we brought in loads of compost. She stressed the importance of deep watering, right down to the roots. Yes, she weeded but she was part of the sense of joy and beauty those flowers created in the community.

The project continues. That original corner garden now has a new business. Stewarts has created similar beauty with flowers, trees, and grass.

Meanwhile all these years Rotary has planted and maintained their other community beautification projects. Colorful gardens welcome people to the community at the Rt. 50 north and south signs. Bright pocket gardens enliven the Town Library, Town Hall and the barrels at Kinsley and Lake Hill Roads. All of this would not be possible without the ongoing watering provided by the Town of Ballston.

The project continues with the support of donations from community members. The commitment of Rotary, the partnership with the Town of Ballston and the ongoing donations keeps Town in Bloom alive and thriving.

However, the leadership and dedication provided by Val and Marie Mosier represents the best example of the Rotary motto "Service above Self".

When you pass that Burnt Hills corner, remember Marie.

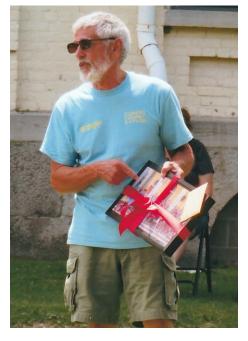
Summer Camp

by Al Cromier

Salem Rotarian, Herb Perkins, is shown holding a gift from Co-Director and certified music teacher Chelsey Horner, at the year ending program of the Lunch, Learn and Play summer camp. Horner was assisted by Co-Director and retired special education teacher Kim Gariepy. The camp was held under tents supplied by Erbe Tent Rentals and Hudson Headwaters Health Network at the Salem Courthouse Community Center.

Retired public school administrator Perkins

has been the superintende nt and fund raiser of the summer camp for last 10 of the 19 years the program has existed. This year 170 students, K-9, were enrolled, and attendance averaged over 100 students day. Twenty-



three paid high school and college counselors, all from Salem, taught the students in a six-hour, five day, five week camp. All students received a free lunch at participating Salem Central School. The Salem Art Works and The Fort Salem Theater supplied additional educational programs.

The camp was free to Salem students as the result of private and corporate funding. Rotary International, Salem Rotary Club, Stewarts, The Shoppe off Broadway, Charles Wood Foundation, LARAC, Maurice Sendak Foundation, LEAP, and the Washington County Children's Committee were major supporting agencies.



Letter from Your Editor

Greetings 7190 Rotarians,

As we enjoy the final blush of summer and prepare for the onset of fall, do so with a joyful heart. As much as we long for summer and all it has to offer, this year it has also brought unrelenting heat and humidity. Relish the opportunity to reach for the warm embrace of a favorite sweater in the cooler days ahead.

We're bombarded with negativity daily. Embrace the joy each day can offer. Sometimes it's obvious. Sometimes it's obscure. It can be the sunshine on a cloudy day (as the song goes). It can be putting your feet up at the end of a trying day. Find your joy and hold it close.

Wishing you an autumn of peace and satisfaction. YIRS,

Barb Wyllie Editor





More Thoughts for the Day Compliments of Salada Tea

- 1) For success, look first to yourself.
- 2) Wind is air in a hurry.
- 3) Be careful in stretching the truth, it may snap back.
- 4) A rake in the grass bites when stepped on.

Promise yourself to be so strong that nothing can disturb your peace of mind. Look at the sunny side of everything and make your optimism come true. Think only of the best, work only for the best, and expect only the best. Forget the mistakes of the past and press on to the greater achievements of the future. Give so much time to the improvement of yourself that you have no time to criticize others. Live in the faith that the whole world is on your side so long as you are true to the best that is in you!

-Christian D. Larson



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!

September means it's Oktoberfest Time...

Appetizer

Seasoned Pretzels (page 22) From the region of District 5950 / USA

- 1 (16-oz.) bottle Orville Redenbacher popcorn oil
- 2 ½ tablespoons Hidden Valley Ranch salad dressing (powder form)
- 1 1/4 tablespoons dill weed
- 2 lbs. pretzels

Mix above ingredients and pour over 2 pounds of mini twist pretzels. Put in a large pan in a 150-degree F oven for 45-60 minutes, stirring every 15 minutes. (Best if you bake until oil is baked in.)

<u>Salad</u>

German Potato Salad (page 42) From the region of District 6270 / USA

1/3 lb. bacon, diced

2 tablespoons chopped onion

2 tablespoons flour

2 tablespoons sugar

1 teaspoon salt

½ teaspoon white pepper

½ cup vinegar

½ cup water

34 quart sliced, cooked potatoes

Parsley

Fry bacon until delicately brown, drain, reserving at least ¼ cup bacon drippings in skillet. Add onion and sauté about 3 minutes. Add flour, sugar, seasonings and blend well. Add vinegar and water gradually and cook until thickened (about 5 minutes), stirring constantly. Pour over potatoes and toss. Add parsley flakes. Yield: 6 servings.

Soup

Raugintu Kopustai Sriuba (page 52) (Lithuanian Sauerkraut Soup) From the region of District 1460 / Lithuania

34 lb. smoked ribs or other smoked meat

3 quarts water

2 medium onions, quartered

2 bay leaves, cracked in half

10 black peppercorns

2 lb. rinsed and drained sauerkraut

½ head cabbage, shredded

In a large Dutch oven, place smoked meat, water, onion, bay leaves and peppercorns. Bring to a boil, reduce heat and let simmer partially covered 1 hour. Remove meat, bay leaves and peppercorns. Add sauerkraut, bring back to the boil, reduce heat and simmer 30 minutes. Add cabbage and cook until tender. Adjust seasonings. Remove fat and bones from meat, chop and return to the soup. Allow soup to cool completely, skim off ant fat that rises to the surface, reheat and serve.

Serves 8.

Main Course

Wiener Schnitzel (page 144) From the region of District 1910, 1920 / Austria

2 1/2 lbs. veal or pork

1 ¼ cup all-purpose flour

4 eggs

2 tablespoons vegetable oil

Salt and pepper to taste

4 ½ cups bread crumbs

¼ cup oil for frying

Cut the veal into ½-inch strips. Roll strips in flour and keep aside. Beat eggs, 2 tablespoons oil, salt and pepper in a shallow bowl. Coat the veal strips in this mixture and then roll in bread crumbs and fry in the hot ¼ cup oil until golden brown.



Continued on next page...

Vegetable

Onion Tart (page 73) (Zwiebelkuchen)

From the region of District 1930-1950 / Germany

0.4 oz. yeast

¼ cup lukewarm milk

1 ½ cup flour

3 oz. butter

1 teaspoon sugar

Pinch of salt

1 egg

2 lbs. onions

2 tablespoons butter

2 oz. flour

½ cup sour cream

4 eggs, separated

Pinch of salt

Caraway seeds

Mix the yeast with the lukewarm milk and sugar. Set aside. Melt the butter and mix in the beaten egg. Set aside. Put the flour in a mixing bowl. Stir in a pinch of salt. Make a well in the center and pour in the yeast mixture and the butter mixture. Knead well. The dough will be a little sticky. If it is too sticky, incorporate a little more flour into it. Oil another mixing bowl, place the kneaded dough into it and let it rise in a warm place until doubled in size. Usually about one and half hours. Make the topping by chopping the onion and frying in butter until it is translucent. Mix the flour with the sour cream, mix in the egg yolks, salt, caraway seeds and cooled onions. Lastly, fold in the egg whites. Grease a baking dish. Punch down the risen dough. Roll out the yeast dough, place in the dish, pulling up the edges slightly. Spread the onion mixture over the dough. Bake onion tart in oven at 350 degrees F until the dough edge is slightly brown and the filling is set. Serve warm.



Dessert

Lubkuchen (page 177) From the region of District 1930 / Germany

½ cup packed brown sugar

½ cup honey

1 tablespoon lemon juice

3 ¼ cups all-purpose flour

¾ teaspoon baking powder

1 teaspoon baking soda

½ teaspoon salt

¼ teaspoon powdered ginger

1 teaspoon cinnamon

½ teaspoon ground cardamom

½ teaspoon ground cloves

½ teaspoon ground nutmeg

9 tablespoons unsalted butter, softened

1 large egg, room temperature, lightly beaten

1/3 cup finely chopped citron

Confectioners' sugar

Heat the honey, brown sugar and lemon juice in a small saucepan over low heat until it is just warm and blended and slightly thinned. Beat together butter and egg until blended; add the honey mixture and mix well. In a separate bowl, mix the flour, baking powder and soda, salt, ginger, cinnamon, cardamom, cloves and nutmeg until mixed. Incorporate this into the honey and butter mixture. Lastly, add the citron. Knead until mixture is well combined. Butter a baking sheet. Roll dough out 1/4 inch thick unto a floured board and cut into small rectangles and put them 1 inch apart on the baking sheet. Bake for 10 minutes in a 350 degree F oven. When done, cool the cookies; sprinkle with confectioners' sugar. Store in an airtight container.

Makes 3 dozen cookies.



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

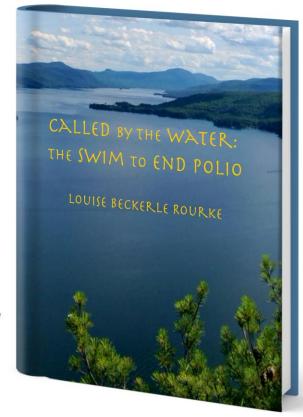
"Louise's book brings to life her remarkable journey and success in overcoming adversity. It is a moving and personal story of her deep appreciation of Lake George. This is truly an inspiration and pleasure

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

The Toolbox:

Volume 213

September 2021

Rotary International District 7190

