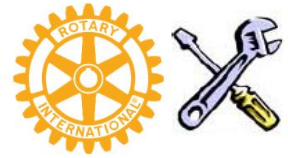


The Toolb



September 2022

Barb Wyllie ~ Editor

Distribution 930

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

Deadline: 20th of the month

From the Governor's Desk

Many of us in the Northeast United States affiliate September with back-to-school. Parents post photos of their children in "first day" poses. College students have moved into their dorm rooms. Some of you reading this may be students yourselves, engaging in a new course of study.

Rotary is committed to learning and literacy; in fact it is one of our Rotary Foundation areas of focus. In our District, many clubs support this area through scholarships, little free libraries, or dictionary distribution. Thanks to Rotarians, young learners are improving their literacy skills and enriching their educational opportunities.

This fall also marks the return of Rotary Youth Exchange (RYE). Youth exchanges between Rotary clubs began in Europe in 1929. The first United States exchanges began in 1939 as short-term programs between California clubs and clubs in Latin American countries. Youth exchange programs expanded to the East Coast in 1958 and instituted the full-school-year long exchange format. The first multi-district program was formed in 1962 with several East Coast Rotary districts. RYE became an official Rotary International program in 1972, with the vision to create a more interconnected and understanding world. Prior to the pandemic disruption, RYE had grown to include over 80 countries and 9,000 students annually.

Many people, even non-Rotarians, know about RYE - it may be one of the best-known Rotary programs. As a former Rotary youth exchange student, I may be

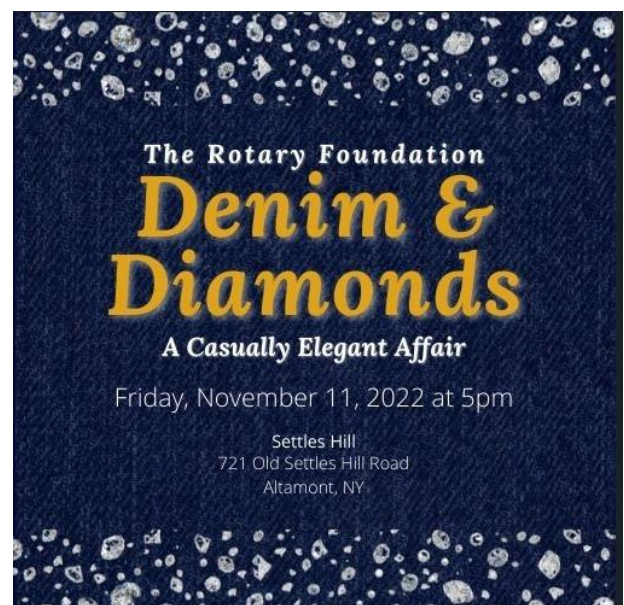
biased about the value of RYE. But, I am sincere in my excitement about students having these opportunities once again! I know RYE offers lessons which can influence your life in unimaginable ways.

Perhaps you know a young person who would make a great ambassador. Sometimes all they need is a push from a Rotarian to begin their journey on the exchange student path!

Be the push!

Yours in Service,
DG Denise DiNoto

Save the Date!



Meet CNY Rotary

Dear Members,

BACK TO COOL – The ABCs of CNY Rotary

It's September, and throughout our region, students will be returning to school. We want to take this opportunity to help explain the framework of CNY Rotary.

One of the biggest (or smallest) changes in CNY Rotary is the structure of the leadership team. Since our area will be much larger, we thought of ways to make the job of the District Governor less daunting. Here is what the transition team envisions:

CNY Rotary will be led by a board of directors. This board will be comprised of a President (District Governor), President Elect (DGE), President Nominee (DGN), President Designate (DGND, non-voting), Immediate Past President (IPDG), 2 Past Presidents at Large (2 IPDGs), Finance Chair. This board will act in a collaborative manner to run the business of CNY Rotary.

We chose these titles to be more relatable to both Rotary members and non-Rotarians. Rotary International will know our President as our District Governor, just as they will recognize CNY Rotary as District 7180 (or whatever number we are assigned).

There will be additional opportunities for regional service in CNY Rotary. The new structure will have committees you will recognize, such as finance, public image, membership and the like. We will also include Area Representatives (Assistant Governors) to assist clubs in achieving their goals.

With our combined resources, we hope that clubs feel empowered and supported in the imperative work they are doing in their communities locally and abroad.

DG Denise, DG Rocky and DG Jerry

~ ~ ~

District Events 2022-2023

District Governor, Denise DiNoto

September 12, 2022 – Gift of Life Golf Tournament (open to all)
 September 14, 2022 – District Executive Committee Meeting (Zoom)
 October 2022 – Rotary Leadership Institute Virtual Training (date TBD)
 October 24, 2022 – World Polio Day (event TBD)
 November 11, 2022 – Rotary Foundation Denim & Diamonds Fundraiser (open to all)
 December 17, 2022 – Wreaths Across America – Saratoga National Cemetery
 January 11, 2023 – District Executive Committee Meeting (Zoom)
 January 2023 – Local President-Elect Training Seminar (PETS) (details TBD)
 March 17-18, 2023 – Multi-District President-Elect Training Seminar (PETS), Syracuse, NY
 April 1, 2023 – District Training Assembly and Grants Management Seminar (open to all)
 April 5, 2023 – District Executive Committee Meeting (Zoom)
 May 5-7, 2023 – Multi-District Conference, Thousand Islands, NY (open to all)
 May 28 - 31, 2023 – Rotary International Convention Melbourne, Australia (open to all)
 June 21, 2023 – District Executive Committee Meeting (Zoom)
 June 2023 – District Changeover (open to all) (details TBD)

Dates, events, and locations subject to change, refer to www.Rotary7190.org for updates and current calendar



DISTRICT EVENTS AT A GLANCE

- **NOW: Rotary Calendar Orders taken** p 7
- **NOW: Book Orders being taken** pp 3, 16
- **September 5: Labor Day**
- **September 12: GoL Golf Tournament** pp 4, 15
- **September 14: District Exec Comm Zoom Meeting**
- **September 22: Autumn Arrives**
- **September 23: First full day of Autumn**
- **October 2022: Rotary Leadership Institute Virtual Training (date TBD)**
- **October 24: World Polio Day (event TBD)**
- **November 11: Rotary Foundation Denim & Diamonds Fundraiser (open to all)** pp 1, 8
- **December 17: Wreaths Across America – Saratoga National Cemetery**

CLUB EVENTS AT A GLANCE

- **NOW: Mum Sale orders** by Schenectady Rotary p 3
- **NOW: Canoe Raffle** by Chestertown Rotary p 7
- **NOW: Food Drive** by BHBL Rotary p 8
- **NOW: Homemade Soap Sale** by Rotterdam Sunrise Rotary p 3
- **September 9: Golf Tournament** by Saratoga Springs Rotary p 4
- **September 17: Mum order pick up date**
- **September 21: BBQ** Scotia Rotary p 5
- **September 24: Garage Sale** Colonie-Guilderland Rotary Club p 5
- **September 24: Oktoberfest** with Local Rotary Club Participation p 5
- **September 24: Peace Park Dedication** by BHBL Rotary p 6
- **September 30: Ziti Dinner** Schenectady East Rotary p 6

District 7190 presents

Polio Survivor Louise Rourke's Inspirational Story: *Called by the Water*

Submitted by Doug Ford, End Polio Co-Chair

Learn how her life-long experiences shaped her desire to pursue challenges others may have considered impossible. If you recall, Louise participated in a swim relay across the 32 miles of Lake George and raised over \$100,000 for the End Polio Campaign, including matching funds!

\$20 per book / \$35 for signed copy

Your donation supports

the Rotary Foundation Campaign to Eradicate Polio.

To purchase books, email Doug Ford at

doug.ford@curtislumber.com

See flyer on page 16. Thank you for supporting The End Polio Campaign!

Schenectady Rotary 3rd Annual Mums Sale
in partnership with Schenectady ARC
Horticulture Program

MUM SALES

to benefit scholarships for Schenectady teens

8" pots in a variety of colors

\$9 each

Pickup Date September 17



**Fall Mums, provided by the Schenectady
ARC Horticulture Program
8" pots in a variety of colors**

\$9.00 each

<https://schenectadyrotary.rotary7190gives.org/>

**Pre-orders accepted until noon
September 15th.**

**Easy Drive Through Pick Up on
September 17th**

Maple Ridge ARC

2999 Hamburg Street, Schenectady NY 12303
9am - Noon

Please direct all questions to

SchenectadyRotaryClub@gmail.com

Thank you for your continued support!

*Schenectady Rotary supports and provides
programs centered around developing strong
character, leadership skills, career-readiness, and
community-mindedness.*

~ ~ ~

Rotterdam Sunrise Rotary is selling

Homemade Soaps

A great gift idea for any holiday!

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

Free shipping and/or delivery.

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

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

~ ~ ~

Saratoga Springs Rotary Club presents its

2nd Annual Golf Tournament

September 9th

Saratoga Lake Golf Course

*Get a foursome and
come out and play with us!*

Registration starting at 8:00 am

Shotgun start at 9:00 am

Scramble Format

**\$125 Single; \$250 Twosome;
\$450 Foursome**

\$50.00 for The MEGA bundle

[Includes, Putting Contest (4 balls),
Chipping Contest (2 balls), 50/50, Mulligans,
Raffle and Door Prizes! Saves you time and
money, buy when you register then just show
up, get in your cart, and go!

Registration deadline: August 26th

Make checks payable to:

Rotary Club of Saratoga Spring

PO Box 1307

Saratoga, NY 12866

*(Benefitting Franklin Community Center & the
Rotary Education Foundation)*

Questions?

Call Nathan Towne @ 802-734-5154



24th Annual Golf Tournament

September 12th



Please join us for the Rotary District 7190 Gift of Life golf tournament for a great day of golf.

*Tournament proceeds go to healing the little
hearts of children born with congenital heart
defects.*

We will have a great day of golf at the
beautiful **Pinehaven Country Club** in
Guilderland, NY (www.pinehavenccl.com).

The event will include a 4-person
scramble, lunch on course, men's &
women's longest drive, men's women's
closest to the pin, Hole-In-One 1 year car
lease and awards reception following the
golf. [Click Here for the GOL 7190 Website.](#)

Special Offer: Included with your online
registration is a 1-year subscription to Golf Digest
(a \$10 value). [Click here for offer and refund
details.](#)

Register now and remember to invite your
friends to play. Just click on "Tell a Friend" and
you can send them a link to this site
automatically.

**Thank you for supporting Rotary
District 7190 Gift of Life and its mission.**

Related photos on page 15.

~ ~ ~



**SCOTIA ROTARY
BROOKS BBQ
CHICKEN DINNER**

GLENVILLE MAALWYCK PARK

WEDNESDAY, SEPTEMBER 21, 2022

3 PM UNTIL 6 PM

**CHICKEN DINNER \$15
HALF CHICKEN \$12**

THIS WILL BE A DRIVE THROUGH EVENT - NO ADVANCE SALE
300 Maalwyck Park Rd., Schenectady, NY 12302
*Proceeds support the Scotia Glenville Food Pantry
And other local charities*



Colonie-Guilderland Rotary Club presents its
Annual Garage Sale

Saturday, September 24th
9am-2:30pm
Rain or Shine

Pine Grove United Methodist Church
1580 Central Avenue, Albany, NY

*Money raised supports the
Colonie Outreach Program and other club
activities.*

Email Julie at tiddjulie@gmail.com with
any questions.

~ ~ ~

Join an Incredible Rotary PR Event Oktoberfest 2022

by Beth Kissinger

What is Oktoberfest? Oktoberfest (to be celebrated on September 24th this year) is a free community event presented by the Glenville Business Professional Association (GBPA) and is sponsorship funded. This event draws crowds of more than 10,000 people annually. It features a car show, helicopter rides, German food, food trucks, fireworks, harvest sale area for vendors, and much more.

Who's involved? 7 local Rotary Clubs, (Scotia, Glenville, Niskayuna, Rotterdam Sunrise, Schenectady

East, Schenectady, and Burnt Hills-Ballston Lake) are splitting the cost of a \$1,000 Gold Sponsorship. This sponsorship includes a 4'x4' Rotary sign (logo) on the grounds and will feature said logo on the Oktoberfest event website, in the Daily Gazette ads, in all social media posts, on the event flier, and on the back of the event tee shirts.

Also included in this sponsorship are exhibit spaces. I have requested that our exhibit spaces be combined in a full corner section. Here we will be able to fit our Clubs' displays and flags, set up a Shelter Box, have a Gift of Life area, and a selling area for whatever the Clubs would like to sell/promote i.e., popcorn, roasted nuts, picture taking opportunities, informational fliers, etc.

I am very invested in this event because that's the day the *Glenville Rotary Doggie Paddle Fundraiser* kayak journey begins. Paddling the kayak will be Glenville Rotarian Jimmy Thomas. This event is raising funds to aid veterans with their companion dog expenses. There will be plenty of media present (TV, newspaper, etc.) and if the weather is good, likely a crowd exceeding 10,000 people. It would be so cool to have 100+ Rotarians there in Rotary shirts getting this type of coverage!

My goal is to have Rotary seen as the large active, organization it is instead of 3 people in one booth, 6 in another, 2 in a third, etc.

I envision several picture boards displaying photos of our work done at various Club projects near and far. They'll portray our improvements from various local parks and playgrounds to water purification systems installed in Haiti. Also featured will be our fundraising Ziti Dinners, Pancake Breakfasts, Nisky Day participation, and Corn Hole tournaments, etc. These pictures will show our hard work, our fundraising efforts, and the fun we have in the process. We will present Club summaries, including their meeting date(s) and time(s) along with overall information to give to prospective members.

DG Denise is in agreement that a combined Club presence at this event is exactly what RI and the District are trying to achieve in promoting Rotary's public image. Please join your fellow Rotarians for a HUGE community event that promotes Rotary.

Thank you.

~ ~ ~

Burnt Hills-Ballston Lake Rotary's
Rotary Peace Pole Dedication
Saturday, September 24th
1:00pm

Town of Ballston Library
 2 Lawmar Ln Burnt Hills, NY
 Part of Saratoga's Peace Week Programs and
 Celebrations

by Darlene Bower

Rotary has been working for world peace through good works since its inception on February 23, 1905. Unfortunately, Rotary has not only hidden this bright light under a bushel, Rotary also hides the bushel! Most people do not think of Rotary as a "peace organization". To shine a permanent light on the fact that Rotary daily works for world peace, the Burnt Hills-Ballston Lake Rotary has established a small Rotary Peace Park at the Town of Ballston Community Library, which will be dedicated on September 24th at 11 am.

The park features a Rotary peace pole which has a Rotary Gear and says "May Peace Prevail On Earth" in eight different languages as well as a plaque that says "Rotary works for world peace". The park also features a granite boulder with the quote: "There is no way to peace; peace is the way" from A. J. Muste, a prominent Quaker peace activist. And there is a bench for just sitting and enjoying the peace.

The club will have information on the Rotary Peace Institutes and will have information from local peace organizations on how to create peace. Music and fun are also on the program. If your club would like to participate with an exhibit of your clubs service projects contact Linda LeTendre at 518 330 7683 or at letendre.linda@gmail.com

Come celebrate Rotary's peacemaking efforts and take this light out from under that bushel! Saturday, September 24th, 1:00pm at the Town of Ballston Library, 2 Lawmar Lane, Burnt Hills, NY.



Schenectady East Rotary Club
 Presents their
Annual Ziti Dinner



Friday September 30th
4:00pm to 7:00pm
\$15.00 Cash Only

Eat In or Take Out

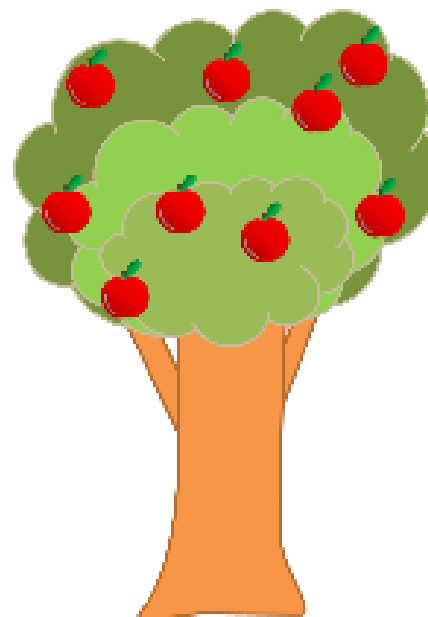
Ziti, Meatballs, Salad, Roll & Dessert

Ancient Order of Hibernians

1748 State St, Schenectady

*PLEASE COME AND ENJOY A DELICIOUS
 MEAL WHILE HELPING
 SUPPORT OUR COMMUNITY PROJECTS*

~ ~ ~



Chestertown Rotary is currently selling chances for their annual

Canoe Raffle

Tickets are \$20 each

Draw date: October 19th
Columbus Day



This is a hand-hewn Cedar Plank Canoe made by a local craftsman. Measures 16' long, weighs 77 pounds. It's a piece of art! Value \$5,000!

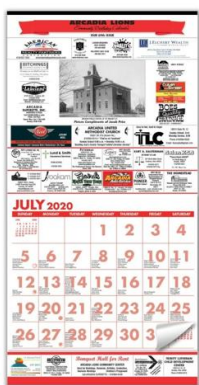
On display Wednesdays at the Chestertown Farmers Market.

The Chestertown Club gives back to its community in many ways—Christmas with Santa, HS Senior Scholarships, local food pantries and libraries, and so many other neighborhood projects.

~ ~ ~

Rotary Birthday Calendar

Rotary District 7190
Fundraiser for The Rotary Foundation



- 11 x 20 calendar with tear off sheets
• Jan 1 - Dec 31, 2023
• Birthdays & Anniversaries
• Rotary Meetings
• Club Events and Activities
• Rotary-supporting Businesses

Why this calendar

- sharing birthdays & anniversaries with Rotary friends is fun
- Keep your Rotary-supportive businesses front and center
- Always know what day a local Rotary Club meets
- Advertise your Rotary club's events & fundraisers with Rotarians in the entire district
- Most importantly, proceeds benefit . . .

PRICES

Calendar \$10
Ads \$40 - \$60 - \$85
Deadline to order:
October 15, 2022

The Rotary Foundation

Exchange Student News



by Joanne DeVoe

This group gathered at Albany International Airport on August 21 to say goodbye to Josie Beltramo (1st on left) outgoing exchange student and welcome Ines Roche (middle with sign) incoming exchange student. Others in the photo from the left are: Nick Clay, Schenectady Rotary; Alaina Jackson, host sibling; Lon Penna, Niskayuna Rotary; Ines Roche, inbound exchange student; Callum Jackson, host sibling; Dave Hitchcock, Niskayuna Rotary; and Ellen McHale, Schenectady Rotary.

Welcome International Rotary Student Ines Roche from Argentina pictured below with Schenectady Rotary President, Nick Clay. Maria "Ines" Roche is the Schenectady and Niskayuna Rotary Club's 2022-2023 Exchange Student. She goes by the name of Ines (pronounced EEE Nehs, with an emphasis on the first syllable). She will be staying with Lisa and Milan Jackson's family for the first part of her visit here and she will be attending the Schalmont High School. Ines is fifteen years old, and she is from Tres Arroyos, a city of about 62,000 people in the Province of Buenos Aires, Argentina. She is interested in sports, especially hockey and volleyball. Ines attended her first Rotary Club meeting on Thursday, August 25. When her school schedule allows she will be a speaker at least once during the Rotary year. Our Rotary District also supports and plans events for all of the students. Lisa Jackson reminds us that should we have personal or family plans for outings or experiences that Ines might enjoy to

her visit we might want to invite her to come along.

Make arrangements with Lisa (518) 441-1225.



What is the Denim & Diamonds Event

All About?

by Pam Baxter

Foundation Event Chair

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

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

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

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

~ ~ ~

Burnt Hills-Ballston Lake Rotary

continues to provide an

**"Operation Hunger" Collection Box
at Gil's Garage**

**817 Saratoga Rd, Burnt Hills, NY
to collect non-perishable food items.**

~ ~ ~

2022-2023 Rotary District 7190 Exchange Program

by Tom Rogers

Program Co-chair

Rotary District 7190 is again proud to participate in the Rotary International Exchange Program. Our long history of In-Bound and Out-Bound students has had a profound influence on the exchange students, the host families, the schools they have attended, the friends they have made and the communities they have lived in.

Here are the participants in our District Exchange Program this year:

Out-Bounds:

Josephine Beltramo

Sponsored by the Niskayuna Rotary Club.

Josephine will be going to Italy.

In-Bounds:

Mei Hashimoto – Japan – Salem Rotary Club

Cesar Kihlberg – Sweden – Glens Falls Rotary

Helene Langue – Belgium – Middleburg Rotary

Ines Roche – Argentina – Niskayuna Rotary Club

Ines will attend Schalmot Central School

Paz Masson – Ecuador – Delmar Rotary Club

Paz will attend Bethlehem Central School

Film Yeesin – Thailand – Lake George Rotary Club

The In-Bounds will have arrived sometime between August 18th and the first week of September. Host Families have been arranged for each. Rotary is extremely thankful to all the Host Families.

During this year, the In-Bounds will be at many District events. Please take the opportunity to meet each of them. Additional articles regarding them and their activities will be in future issues of the Toolbox.

If you would more information about the exchange program, contact

Suzanna Bernd – Rotary District In-Bound Chair

Tom Rogers – Co-Chair

~ ~ ~



PDG Larry Receives Presidential Recognition

Shared from the 8/21/2022

The Daily Gazette eEdition

Jones Honored by White House for Volunteer Efforts

by Andrew Waite The Daily Gazette

Larry Jones, of Glenville, holds up a rendering of the four-person family tent included inside a Shelter Box on Tuesday.

Larry Jones, 63, was honored by the White House earlier this month for his volunteer work.

Jones, of Glenville, was awarded a 2022 President's Volunteer Service Award for his efforts on behalf of ShelterBox USA, a global disaster relief organization that provides emergency shelter and household supplies to individuals around the world who have been forced from their homes by disaster or armed conflicts.

"I was a little surprised," Jones said of when he heard the news on a conference call with ShelterBox. "Then they explained what it was. And I was like, this is really cool. But I've been low key about it, because it's not about me. It's about the organization."

Jones, a retired financial adviser, became involved with Shelterbox through the Rotary International, which partners with ShelterBox. Jones is currently a Rotary Shelter-Box Ambassador, and he has served as a District Governor for Rotary District 7190, as well as president of the Glenville club.

In his leadership role, Jones helps steer local fundraisers for Shelter-Box. Each box costs about \$1,000 to fill, and Jones estimates his local Rotary district, which has 41 clubs and roughly 1,000 members, has supported more than 500 boxes since 2000. Jones said his local district has funded more than 30 boxes in the past two years.

With the support of Jones last year, ShelterBox provided supplies to 143,000 people in 11 countries, or 28,600 households, including its largest response to date in the Philippines to Typhoon Rai last December, according to ShelterBox.

Started in 2000 in the United Kingdom to help people in Haiti following an earthquake, ShelterBox provides family-sized tents and essential tools to start repairing and rebuilding homes. The organization's kits and boxes also contain items that help transform shelter into a home, such as cooking sets, solar lights, blankets, water filtration and mosquito nets. These items enable families to recover following a disaster, providing a way to keep communities and families together.

Since its founding, Shelter-Box has responded to more than 300 disasters — earthquakes, volcanos, floods, hurricanes, cyclones, tsunamis and war — in more than 100 countries. ShelterBox was nominated for the Nobel Peace Prize in 2018 and 2019. ShelterBox USA is based in Santa Barbara, California.

Jones said one of his favorite stories is about a Palestinian man who was displaced and lived with his family in a ShelterBox tent for more than two years. Now he is an employee of Rotary International.

"That's an amazing story," Jones said.

Jones said the boxes and supplies have been used to help Ukrainians following Russia's invasion. In response to the crisis in Ukraine, District 7190 has raised about \$18,000, specifically for ShelterBox, Jones said.

The President's Volunteer Service Award is a special recognition presented by the White House. It is part of a national program created in 2003 through the President's Council on Service and Civic Participation for individuals of all ages who contribute at least 100 hours to volunteer activities.

"By sharing your time and passion, you are helping discover and deliver solutions to the challenges we face — solutions that we need more than ever. We are living in a moment that calls for hope and light and love," President Joe Biden's letter reads. "Through your service, you are providing all three."

'I was a little surprised. Then they explained what it was. And I was like, this is really cool. But I've been low key about it because it's not about me. It's about the organization.'

LARRY JONES *Glenville resident, on receiving the President's Volunteer Service Award*

Andrew Waite can be reached at awaite@dailygazette.net and at 518-417-9338. Follow him on [Twitter@UpstateWaite](https://twitter.com/UpstateWaite).



Larry Jones, of Glenville, holds up diagrams on Tuesday of what is included inside a Shelter Box, which are shipped across the globe with necessary equipment to aid after a natural disaster.

Photos by STAN HUDY/THE DAILY GAZETTE

~ ~ ~

Schenectady Rotary Student Exchange Program

by Ellen McHale

Schenectady Rotary has a long history of engagement in one of the key programs of Rotary International - the Rotary Youth Exchange program. The Exchange Program furthers one of Rotary's goals for international peace and cooperation. Through the program, high school aged youth are provided a year-long experience living and attending school in another country. Host families (Rotarians and non-Rotarians) host the students as if they were their own children. Students attend a public high school and participate fully in that school's activities. One of the wonderful and egalitarian aspects of the program is that students and their parents do not pay for this program, besides purchasing travel insurance and an open-ended plane ticket. There is no direct cost to the student or to the student's family. Host Rotary clubs provide a monthly stipend for spending money. For several years, the Niskayuna and Schenectady Rotary Clubs have collaborated on hosting a student and our current student will also have "two clubs." Typically, Rotary International prefers that the students experience two or three host families throughout a year's time. A shared arrangement like the one we have with Niskayuna helps us to better provide host families and to share finances.

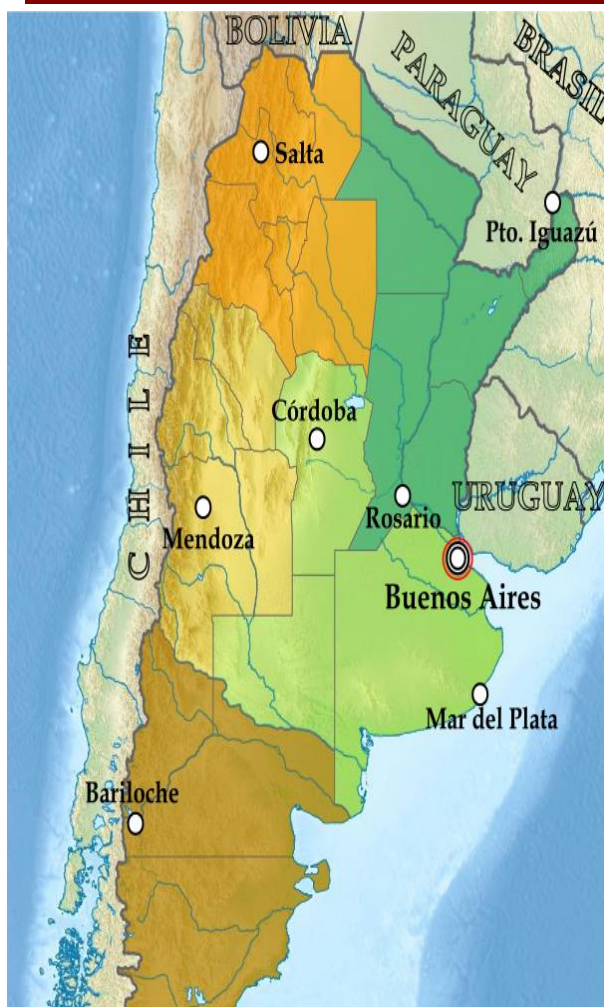
Maria "Ines" Roche is the Schenectady and Niskayuna Rotary Club's 2022-2023 Exchange Student. She goes by the name of Ines (pronounced EEE Nehs, with an emphasis on the first syllable). She will be staying with Lisa and Milan Jackson's family for the first part of her visit here and she will be attending the Schalmont High School.

Ines is fifteen years old, and she is from Tres Arroyos, a city of about 62,000 people in the Province of Buenos Aires, Argentina. She is interested in sports,

especially hockey and volleyball. She will be arriving on August 21st.

Ines will be attending our Rotary Club meetings when her school schedule allows and will be a speaker at least once during the Rotary year. Our Rotary District also supports and plans events for all the students. If you are wondering how you can get involved, the possibilities are endless! A few suggestions are the following:

1. Consider hosting Ines as a second or third host family. Remember, however, that she will need to remain in the Schalmont School District. There is also an application process to be completed.
2. Do you know of a current Schalmont student or teacher who would make a wonderful host family? Tell them about the program and ask them to contact me (Ellen McHale), President Nick Clay, or Lisa Jackson. Prospective host families make an application and then are interviewed by Rotarians. You don't have to have children in the home, although that is preferred.
3. Ines is interested in sports, and she specifically mentions hockey and volleyball in her application. Do you have tickets to the Union College Hockey matches? Maybe you have never been but would like to treat a young person to the game!
4. Is your family planning a "staycation" or is planning to attend a local event or cultural offering? Experiencing other families and their activities and interests is a great way for a young person to learn more about the country or the region. Rotary does not allow the student to freely travel, or to travel overnight with someone who hasn't undergone a background check, but local travel is definitely allowed. If you are planning a special event, consider asking Ines to come.



This Photo by Unknown Author is licensed under CC



5. Maybe you have a larger idea that can include all of the Exchange Students. For example, the Lake George Club hosts the entire student group for a weekend in Lake George Village. If you are interested in helping to arrange for a

larger Exchange Student event, please let me know!

A few things that I and my family have done/attended with prior Exchange Students, which might spark some other ideas:

- apple picking
- regional Fairs - such as the Altamont Fair or the Cobleskill Sunshine Fair
- Live at the Lakehouse - free theater in Albany's Washington Park
- A day trip to the Adirondacks.
- A day of boating, hiking, cycling, or other outdoor activity.
- A professional or college sporting event - hockey, baseball, etc.

As you can see, there are lots of opportunities to engage with Ines! All it requires is a willingness to share an experience that you are already planning, and to make sure that it doesn't conflict with plans that the Jackson family is making. The more we welcome Ines into our Rotary Family, the better her year will be.

The Jackson Family and other Rotarians greeted Ines at the Albany International Airport on Sunday,

~ ~ ~

Ballston Spa Rotary

by Ray Otten

The Summer is coming to an end and the nice, cool Fall season will be here soon.

We participated in the Village's much needed Family Fun Day which was a great success and very well attended. We provided popcorn for the families and kids and were glad to see all the happy faces. Can't wait until next year's event.

Coming up we have the Curtis Lumber Car Show, which is an all day event at Curtis Lumber in Ballston Spa (with coffee, donuts, and who knows what else) and then later that day we will be participating in the 9/11 Memorial Service in Ballston Spa on Front Street. It will be held at the Memorial Display we helped to set up years ago. The Event will be held around 7PM and has always been a moving ceremony.

~ ~ ~

Schenectady Rotarian Donna Tessitore Advances to Paul Harris Fellow *Donna is a Sustaining Paul Harris Member Times Five*

by Joanne DeVoe

Rotarians associate the naming of a Paul Harris Fellow as a tribute to a person who has demonstrated a shared purpose and support for the educational and humanitarian objectives of the Rotary Foundation. This recognition is named after Rotary's founder, the late Paul Harris, a Chicago lawyer, who started Rotary with three business associates in 1905.

A world of good and better understanding comes closer to reality because Schenectady Rotary Past President Donna Tessitore made a substantial donation to the Rotary Foundation several years' ago. That was not enough for Donna; so dedicated is she to the ideals of the Rotary Foundation and the work being done around the world, that she has made five additional donations of equal size to the Foundation thereby becoming a Paul Harris Fellow times five!

In being presented as a Paul Harris Fellow Sustaining Member, Donna has joined a remarkable company of people throughout the world, all recognized for their commitment to 'Service Above Self' to benefit local and international communities.

"Much of our work in Haiti has been funded by grants sponsored by the Paul Harris Foundation Fellowships," said Schenectady Rotarian and fellow Paul Harris sustaining fellow, Brian Merriam in presenting the award to Donna Tessitore. "It gives me great pleasure, Donna, to present you with the emblems of appreciation given to Paul Harris Fellow recipients. We congratulate you and thank you for your commitment to Rotary's common goals of world understanding and peace."



Salem Rotary's Special Guest

by Thomas Rogers

The Salem Rotary Club enjoyed a special occasion at their morning meeting on Monday, August 29. Inbound Rotary Exchange Student to Salem, Mei Hashimoto from Japan was able to meet with the club for the first time. And in addition, another special visitor was able to attend. Shion Matsumoto came to visit. Shion was a Rotary Exchange Student from Japan in Salem during the 2018-2019 school year. She is visiting the USA this summer and working in a YMCA camp. What a great gathering the club enjoyed. The Salem Rotary Club has been a strong supporter of the Exchange Program for many years. The club has hosted and sent out almost 120 students over the last 50+ years.



Starting from the left: Host Mom Heidi, Salem Club President Tom Rogers, Shion & Mei.

~ ~ ~

Editor's Note:

A Refreshing Step Back in Time

This month, I'm forgoing reprinting recipes from the Rotarian Flavors of the World Cookbook to share something a little different. Last month, husband Frank and I attended the Altamont Fair. We hadn't done so in many years, but for some reason this year I had a 'hankering' to go. Yes, I wrote 'hankering'. Hankering because that's the only word that truly describes why anyone has a desire to go to a fair, unless you're in 4H and have calves to display, hogs to race or recipes to be judged. It is rather odd that in this day and age folks still subject themselves to being voluntarily judged, so I will refrain from judging their motives. (But I will go out on the proverbial limb and say that competing is better than just being handed a participation trophy.)

So, why was it, you ask, that I found myself 'hankering' to attend the Altamont fair? Fair question (pun intended) because I truly couldn't answer that question myself until I had arrived. Once we arrived it was like stepping back in time. Back to a time when life was simpler. A time when folks (yes, folks) allowed themselves to eat calorie laden foods offered at local fairs without worrying if their cholesterol would spike or their arteries clog. A time before keto, gluten free, and low carb anything. (I didn't say it was a healthier time, just a more familiar and comforting time.) A time when folks didn't carry hand sanitizer or act weary if anyone got too close. A time when we were free to laugh and mingle and enjoy life. So, if you miss any of these things consider attending a county or state fair next year. It's good for the soul.

This leads me to the recipe change-up this month. While at the Altamont Fair, I received a (free) packet of recipes for this year's winning recipes. Bingo! I thought I would share some of these first-prize winning recipes with you, and I was even a little enamored that they were mostly all handwritten. Very retro, I felt until... I got home and saw that I could barely read most of them for a variety of reasons. I guess that explains the 'free' part. (Ah, 21st century technology would have come in handy here. But I can't have it both ways.) So, a couple of the recipes that I could read I have reproduced here for your enjoyment and so that you too can step back in time, even for a moment. Enjoy.

Dill Pickle Pasta Salad

- 1 box (16 oz.) rotini pasta
- 1/3 cup dill pickle juice (from the pickle jar)
- 2 cups chopped baby dill pickles
- 1 block (8 oz.) Colby Jack cheese, cubed small
- 1 small white onion, finely chopped

Creamy Dill Dressing:

- 1 cup mayonnaise
- ½ cup sour cream
- 1/3 cup dill pickle juice (from the pickle jar)
- 2 tablespoons chopped fresh dill (or 1 tablespoon dried)
- ¼ teaspoon salt
- ¼ teaspoon pepper

Cook pasta (per directions on the box).

Drain and put in large mixing bowl.

Add in juice, pickles, Colby cheese, and onion.

Stir all dressing ingredients together and add pasta.

Refrigerate for at least 2 hours.

Sausage and Cheese Bread

- 1 lb. pork sausage
- ¼ cup chopped onion
- ¼ cup Parmesan cheese
- ½ cup grated cheddar cheese
- 1 egg
- ½ teaspoon hot sauce
- 1 teaspoon each salt and pepper
- Dash of red pepper flakes
- 2 cups Bisquick
- 2/3 cup milk
- ¼ cup mayonnaise

Preheat oven to 350 degrees.

Spray a 9x5 inch loaf pan.

Crumble sausage into skillet with the onion and cook until brown. Drain and cool.

In large bowl combine egg, cheeses, hot sauce, salt and pepper. Mix well.

Add baking mix, milk, and mayonnaise. Stir.

Add sausage and onions into the mixture. Mix just until blended.

Pour into loaf pan and bake 45-50 minutes. Serves 8

Rest in pan for 10 minutes.

~ ~ ~



Welcome! Meet our Gift of Life children, medical personnel, and interpreters!

The Gift of Life Golf Tournament still has openings for more golfers. Please join us for our major fundraiser to heal little hearts around the world.

If you cannot golf, please consider making a donation for the auction, buying a T sign, being a sponsor or making a donation of any amount.

You may contact Rich Suker at 518/858-8839, Tom Burdick at 518/441-3800 or Pat Herman at 518/ 281-2325 for more information.

The children and all of us at Gift of Life 7190 thank you with all our hearts.

by Pat Herman

(Photos from the GoL Website.)



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

