

The Toolb



March 2023

Denise DiNoto ~ District Governor

Barb Wyllie ~ Toolbox Editor

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

Deadline: 20th of the month

From the Governor's Desk

March is a time of madness! Not just the college basketball tournament, although that IS a high point for me (Go Buckeyes!). It is a month full of school plays and musicals, Rotary training, the time change and unpredictable weather.

Throughout the Rotary world, presidents-elect are gathering with their peers for group sessions designed to help them develop their leadership skills. Presidents-elect from our district will be participating in training with our multi-district organization in the middle of the month. Is your club sending a representative? Even if your club president-elect cannot attend, another leader from your club can attend on their behalf.

As an organization, Rotary helps promote education of members in addition to grant-sponsored education opportunities. Our own District is planning our District Training Assembly which will be held April 1. This interactive day offers something for new and seasoned Rotarians. Learn more on page 6.

At the start of this Rotary year, I asked you to Imagine Big when you put this year's theme into action. The Glenville club took the challenge and ran - or maybe it is more appropriate to say they paddled and pedaled! In February, Glenville Rotarian Jimmy Thomas completed his almost 4000 mile journey to and from Key West to raise funds and awareness to help veterans get access to a trained service animal. Jimmy was welcomed back to town with a police escort and greeted warmly by friends, family and fellow Rotarians on what was, up to that point, the coldest day of winter. If you haven't heard about the

amazing Doggie Paddle trip, I encourage you to visit www.doggiepaddle.org to get inspired.

There is still time to imagine something big for your Rotary club. What new fundraiser do you want to try? Is there a new partner you want to invite to your club? Are there members who have quietly quit your club just waiting for an opportunity to re-engage? Are you imagining "too big" for your club? Good! That means you will need to work that much more to make it come to life, just like the Glenville Rotarians and volunteers who helped Jimmy with his journey.

I urge you to keep imagining. I leave you this month with a quote from Belva Davis, Emmy-award winning journalist: *"Don't be afraid of the space between your dreams and reality. If you can dream it, you can make it so."*

DG Denise



Meet CNY Rotary Update

Town Halls, Transparency and More to Come in CNY Rotary

All the volunteers working to build CNY Rotary would like to thank the members who took the time to attend the recent Town Hall events. The three, one-hour zoom meetings brought up many great questions about what goes into a project like this and how our work is going to translate into action. Here are a few of the common questions we heard and addressed in the meetings:

Why are our districts coming together?

The short answer is due to declining membership numbers. The long answer is that Rotary wants to have districts be of a certain size in order to justify the costs associated with supporting each district. With our three districts just barely at or below that threshold, our leaders chose a proactive solution rather than having Rotary International decide for us.

Will the President of CNY Rotary visit all the clubs like District Governors do?

Rest assured that everyone will get a chance to meet with the President of CNY Rotary. It will be more common that clubs come together for a visit, but we feel that this is a great opportunity for clubs to make new connections and establish new traditions.

CNY Rotary sounds like a really big district. Is that normal?

Broadly speaking, each of our districts currently have about 40 clubs and about 1,000 members. So becoming CNY Rotary with about 115 clubs and about 3,000 members sounds pretty big. Having a district that takes five hours in the car to connect its furthest corners is a new challenge for us, but none of this is new or unique in Rotary. Many districts cover regions far larger, like the entire state of Alaska. Some requiring boat or airplane travel. Many span multiple countries. There are leaders who must be bilingual in order to communicate with all of their members. And we are not talking about districts on the other side of the world either. You can find districts with these added travel and distance challenges right here in North America. CNY Rotary's leadership team will be built to serve this larger footprint and in-person gatherings will be adapted to be as accommodating as possible. Thankfully we are all adept at virtual meetings, which will make it even easier to stay connected in between our get-togethers!

How do these changes impact my everyday experience in Rotary?

This is a great question! The average member is not likely to notice anything change in their club experience as we transition to CNY Rotary. Clubs will continue to operate autonomously just as they do today.

Club leaders who receive training, support and resources from the district will have new, expanded teams to work with.

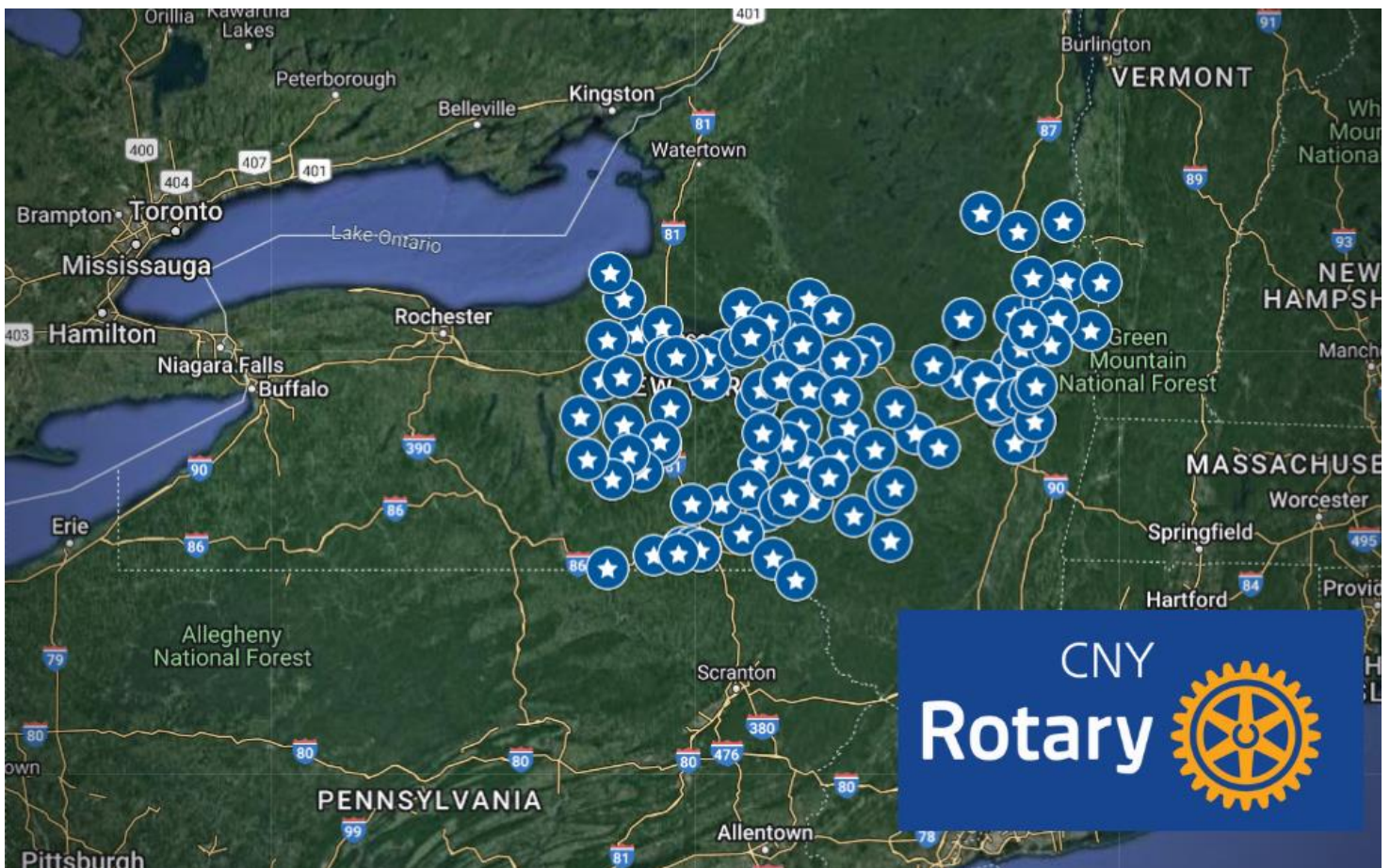
There will be many more leadership roles on district committees, providing more members with rewarding opportunities to serve their fellow Rotarians. So, if you want to serve in new ways, it is great news for you! CNY Rotary's events like District Conference will attract a much larger crowd, which helps us attract exciting speakers and presenters to inspire us with bigger and better ways to serve.

Speaking of the District Conference, you will get an opportunity to connect with members of the CNY Rotary Steering Committee and hear the latest news at our joint District Conference in Clayton, NY May 5-7, 2023. Get details and register at www.rotary7150.org!

There are more questions and answers from the Town Halls available on the FAQ's page at www.cnyrotary.org.

These three Town Hall meetings brought people up to speed on what work has been done so far, but there is still much more to be done. The Steering Committee will continue to provide updates like these in your district newsletters, post details to their social channels on Facebook and Instagram @cnyrotary, and update their web site with additional information as it becomes available. Please follow along to stay informed and reach out using the contact form at www.cnyrotary.org any time you can't find an answer to your question.

Continued on next page...



In addition to answering questions, the CNY Rotary Steering Committee shared some visuals at the Town Hall meetings to help members understand the footprint of the new region. Here is a map that shows where all the clubs are currently located in CNY Rotary, giving you an idea of how much we cover in the central part of the state!

Rotarily Yours,

DG Denise, DG Rocky and DG Jerry

FOLLOW THE DISTRICT CONFERENCE

JOIN OUR FACEBOOK EVENT & INVITE FELLOW ROTARIANS

We'll post updates as event plans come together and you can connect with us there in real time!

Press 'control & click' on the link below:

<https://www.facebook.com/events/1158926078076499>

DISTRICT EVENTS AT A GLANCE

- **NOW:** Book Orders being taken pp 6, 12
- **March 12:** Daylight Savings Time Starts
(Turn clocks ahead one hour)
- **March 17:** St Patrick's Day
- **March 17-18:** Multi-District Pres-Elect Training Seminar (PETS) Syracuse, NY p 5
- **April 1:** District Training Assembly & Grants Management Seminar (Open to all) p 6
- **April 5:** District Exec Comm Meeting/ZOOM
- **May 5-7:** Multi-District Conference, Thousand Islands, NY (Open to all) pp 8, 9
- **May 28-31:** Rotary International Conference Melbourne, Australia (Open to all)
- **June 21:** District Exec Comm Meeting/ZOOM
- **June 2023:** District Changeover (Open to all) TBD

CLUB EVENTS AT A GLANCE

- **NOW:** Help Girls in Malawi by Niskayuna Rotarian p 7
- **NOW:** Food Drive by BHBL Rotary p 7
- **NOW:** Homemade Soap Sale by Rotterdam Sunrise Rotary p 7
- **NOW:** Buy a Water Tank by Lake George Rotary p 11
- **March 2:** Brooks BBQ by Ballston Spa Rotary p 4
- **March 4-5:** Home & Lifestyle Show Saratoga Rotary p 5
- **March 9:** Mixer by Schenectady Rotary p 5
- **March 24:** Ziti Dinner by Glenville Rotary p 6
- **March 25:** Amazing Race to Recovery Event by Colonie-Guilderland Rotary p 6
- **April 2:** Pancake Breakfast by Schenectady East Rotary p 7
- **April 5:** Brooks BBQ by Scotia Rotary p 7
- **June 16-17:** Rotary Show by Amsterdam Rotary p 10
- **August 7:** Golf Classic by Glenville Rotary p 10

**Set your clocks ahead on
Sunday, March 12th!**

Scotia Rotarian Called to a Higher Service

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

**Past President
Jackson Tiffany "Tiff" Yeager, Jr**

~ ~ ~

Ballston Spa
Rotary
Club



&

Interact
Ballston Spa High School



*** Think Spring! ***

Thursday March 2nd

3PM -6PM

Ballston Spa VFW

68 E North St

\$15

Takeout Only

**Dinner Includes: 1/2 Chicken,
Baked Potato, Cole Slaw, and Roll**

BBQ

Tickets <https://ballstonsparotary.com/bbq/> or



Partial proceeds to benefit Scottie's Pantry @ BSHS providing food, toiletries and other items to students in need.

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We'll post updates as event plans come together and you can connect with us there in real time!

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<https://www.facebook.com/events/1158926078076499>



The Rotary Club of Saratoga Springs is
hosting their annual



Home & Lifestyle Show

March 4th & 5th

at the **Saratoga Springs City Center**

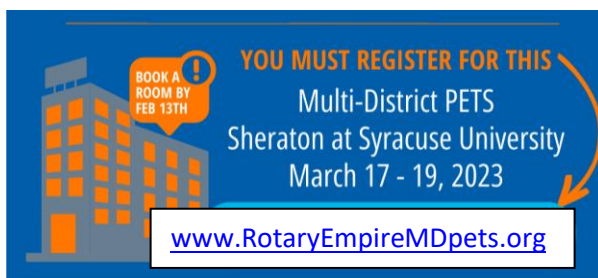
This event is the club's major fundraising effort with proceeds distributed to community non-profit organizations, youth scholarships, and international humanitarian aid projects. Among the many community groups that the Rotary Club supports are the Salvation Army, Franklin Community Center, Saratoga Regional YMCA, Rebuilding Together,

Shelters of Saratoga, Code Blue, and Saratoga Community Health Center in addition to the [Saratoga Springs Rotary Education Foundation](#).

The Home & Lifestyle Show will feature 100+ vendors for all your home and lifestyle needs. We are thrilled to announce the return of our Art Show with local participants featuring arts and crafts vendors and a wine and spirits tasting. Bring the kids! We will have family entertainment and a pet adoption clinic throughout the weekend. **Admission is FREE** thanks to the generous support of the Adirondack Trust Company and our many sponsors. **Try your luck with our raffle prizes** – due to incredible donations we have prizes **valued over \$3,000!**

For more information, please visit us at
<https://www.rotaryhomeshow.com/>

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Schenectady Rotary presents

Membership Mixer

Thursday, March 9th

5:30 – 7:30pm

Frog Alley Brewing

108 State Street, Schenectady

Prospective members are invited to attend.

This event is intended as an opportunity for guests to meet Rotarians in a social setting and become more mindful of the benefits of membership including community service and camaraderie. Schenectady Rotary plays a role as an important resource for positive change and supportive sustainability in our community. The current focus is on education, encompassing initiatives from scholarships to career development to mentoring to literacy, health, safety, the learning environment, and more. Further information is available at <http://schenectadyrotary.org>

Media Contact: Fred Daniels 518 573-4109

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President Elect Training 2023 Schedule

by Whitney Pangburn

Each year, our district joins neighboring districts in upstate New York to train new leaders in our Rotary clubs. This year's multi-district president elect training seminar (MD PETS) was kicked off by four Zoom Pre-PETS sessions. The four Zoom sessions were available to any future Rotary leaders, especially President-Elects, Secretaries, and Treasurers.

The training will culminate in an in-person MD PETS event for President-Elects and Assistant Governors. The in-person seminar will be hosted in Syracuse, NY Friday, March 17 through Sunday, March 19 at the Sheraton Syracuse University.

To register for the Syracuse session, please visit www.RotaryEmpireMDpets.org. (Hotel rooms for the Syracuse training needed to be reserved prior to February 13th.) All details can be found on the MD PETS website.

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Glenville Rotary presents its annual

Ziti Dinner

Friday, March 24th

4-7:30 pm

Take out available.

\$10 at the door

\$8 presale

(Tickets available at Charlie Palmer Insurance Co. Mohawk Ave Scotia, or from any Glenville Rotarian.)

Glenville Senior Center

Glenville, NY

Entertainment, raffles and more!

~ ~ ~



AMAZING RACE TO RECOVERY

March 25, 2023

www.amazingracetorecovery.org

Colonie-Guilderland Rotary Club

Are you looking for a fun team activity?

Great for teambuilding

Fun for families and friends, or join a team and make new friends
You can have up to 5 people per team
\$20/person

Check out the 5th annual

Amazing Race to Recovery 2023

March 25, 2023, 11am-5pm
at Crossgates Mall

The event is sponsored by the Colonie-Guilderland Rotary Club.

Most of the proceeds go to Second Chance Opportunities to support those in recovery.

Some of the proceeds also support the Colonie-Guilderland Rotary Club's projects.
They include: Guilderland Food Pantry, Food Pantries of the Capital District, Shelter Box, Gift of Life, Pure Water for the World, Rotary Foundation, Ronald McDonald House, Colonie Outreach.

To sign up to participate or get information about Sponsor opportunities visit,

www.amazingracetorecovery.org

Grant Management Seminar 2023

Mark your calendar!

Saturday, April 1st

1:15 - 3:15pm

In Person OR by Zoom

Register on the District Web Site to receive your attendance package and Zoom invitation.

Every Club must have 2 people in attendance to be qualified for a 23-24 District Grant!

In Person will be at the

First Reformed Church

Church St at Union St, Schenectady

Following the District Training Assembly

23-24 DISTRICT GRANT APPLICATIONS ARE DUE BY JUNE 1, 2023!

NO EXCEPTIONS!

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District 7190 continues to offer

Polio Survivor Louise Rourke's

Inspirational Story: *Called by the Water*

Submitted by Doug Ford, End Polio Co-Chair

Learn how Louise's 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 a 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 12.

Thank you for supporting

The End Polio Campaign!

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Schenectady East
Rotary
Club





**ANNUAL
PANCAKE BREAKFAST**

For the benefit of

Crossroads Center for Children

At the Ancient Order of Hibernians Hall
1748 State Street, Schenectady

Sunday, April 2, 2023

8 am ~ 12 Noon

Adults \$12.00

Children 5-12 \$6.00

(Children under 5 free)

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.

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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.

~ ~ ~

Help Empower Girls in Malawi

Please, check out the link below. Share, and bookmark it to support our foundation:

<https://smile.amazon.com/ch/26-3821877Viullage>

Chituka Village Project update here:

<https://youtu.be/m7qO2lsXdBo>

Thank you very much.

Kenji Mtalika Banda, Niskayuna Rotarian
Founder/CEO Banda Bola Sports Foundation, Inc.

~ ~ ~



**SCOTIA ROTARY
BROOKS BBQ
CHICKEN DINNER**

GLENNVILLE MAALWYCK PARK

WEDNESDAY, April 5, 2023

3 PM UNTIL 6 PM

CHICKEN DINNER \$15

HALF CHICKEN ONLY \$12



DRIVE THROUGH ONLY - NO ADVANCE SALE - CASH OR CHECK

300 Maalwyck Park Rd., Schenectady, NY 12302

*Proceeds support the Scotia Glenville Food Pantry
And other local charities*



DISTRICT CONFERENCE

May 5-7, 2023 | 1000 Islands Harbor Hotel, Clayton, New York

Discounted packages available for teens and children, so bring the whole family!

All three districts are invited to be part of a weekend filled with celebrations, connections and fun!

IMPORTANT: You must register for conference AND ALSO book a stay directly with the hotel

CONFERENCE SCHEDULE

FRIDAY FUN: Celebrate Cinco de Mayo with Pesos for Polio

A portion of all drink sales go to End Polio, learn about our progress towards eradication, and enjoy seeing old friends and meeting new

SATURDAY LEARNING: Get inspiration & explore the area

We'll spend the morning hearing from local organizations doing great work, with all three districts sharing some key projects from their areas. Then in the afternoon attendees will have free time to shop, taste and see the beautiful riverside community. In the evening, we will celebrate Youth Exchange and get the latest from CNY Rotary at dinner.

SUNDAY SEND-OFF: A time to reflect and look ahead

After breakfast we will remember Rotarians we have lost at the memorial service, following by a look ahead to the next conference, then say, "See you soon!"

Rotary
District 7150

Rotary
District 7170

Rotary
District 7190

REGISTER NOW

Press 'control & click' on the link below:

<https://rotary7150.org/page/conference-2023>

CALL FOR MEMORIALS

Rotary 
District 7170

Rotary 
District 7150

Rotary 
District 7190

Help us honor Rotarians we've lost at this year's conference with a memorial service on Sunday morning. Submit details about members who have passed since the last conference by April 21st for them to be included.

Submissions should include:

Name (including nickname)

Club Name

Rotary Bio (date joined, positions held, etc.)

High Resolution Photo

Submit to: pdg.dennis.s@gmail.com

For more information press 'control & click' on the link below:
<https://rotary7150.org/page/conference-2023>

May 5-7, 2023 | 1000 Islands Harbor Hotel, Clayton

Save the Date!

**Amsterdam Rotary presents its annual
Rotary Show**

Friday, June 16th & Saturday, June 17th

Amsterdam High School

This year's theme is "The 80's"

You will not want to miss it!!

Details to follow.

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Save the Date!

**Glenville Rotary presents its annual
Golf Classic**

Monday, August 7th

Pinehaven Country Club

Come join us for fun and
helping us help others!

Details to follow.

~ ~ ~

Ballston Spa Rotary Update

by Ray Otten

Coming up this spring we will be working on our Village Park clean up as well as continuing to add more convenience benches throughout our Village.

We are always looking for speakers for our meetings so visit our website, BallstonSpaRotary.com, for more information.

Thank you!

~ ~ ~



GROW ROTARY



A Membership Minute An Attractive Invitation

People are drawn toward what attracts them: a vacation destination, a shop, a Rotary Club.

As new members we were drawn to Rotary because there was something that piqued our interest, that sounded fun, that we wanted to be part of.

Most probably, we were invited to a meeting or a service project.

Does your club have service projects, fundraisers, and social activities that other would find attractive? Of course, your club does, but if it doesn't then find some. As Andy Grammar says, *"Build a fire people want to stand around."*

If you do, then the invitation is easier than you think. Just like most of us in the beginning, people don't know much about Rotary so invite them to a service project or a fundraiser.

You have already built an attractive fire of
Service above Self.

Invite someone to join you.

Please share your membership questions and ideas.

Ray Anthony

District Membership Chair

Ray.shenrotary@gmail.com (518) 992-5804

~ ~ ~



Buy a Water Tank



Lake George Rotary Club is teaming up with the Rotary Club of Karura, Kenya to provide 257 Ten Thousand Liter Water Tanks. These tanks will be attached to their house using a sustainable gutter systems to harvest the rain water and treat the water for use.

- Keep girls safe in school
- Girls currently walk 15K or over 9 miles to get water with their mothers.
- Lake George Rotary is applying for a Global Grant



**BUY A
TANK
\$850.00**



SOKONI WOMEN'S
DEVELOPMENT
INITIATIVE(SOWETE)

waterproject.lakegeorgerotary.org

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

