

The Toolb



September 2023

Whitney Pangburn ~ 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 **Our own Rotary Experience**

Dear Rotary Members of District 7190,

The Rotary experience is not the same for everyone who interacts with our organization, our district and our clubs. As I have been making my way around the district between visits to clubs and club events, I have been modifying my speech as I learn more. I am sharing thoughts and ideas of the things I am finding are working for clubs. Perhaps my largest discovery has been the club cultures and how wildly different our clubs are. Some clubs are very business-like and efficient. They accomplish a lot and work together to tackle challenges within their community or focus area. This is a good model. It is a perfect fit for many and there is certainly nothing wrong with it.

There are other clubs that are truly tight knit friends. This connection has been incredible and inspirational to witness. Confucius said "Choose a job you love and you will never work a day in your life." I am going to relate that same thought to these clubs. The work they are doing doesn't seem like work at all since they are all great friends completing tasks to support a similar passion.

I saw an incredible example of this recently at my visit to Salem, NY Rotary Club. Three of their charter members, Charlie Perry, Jim Carrolan and Al Cormier have been serving their community together since 1967! They still make sure to get to their meetings and are an active part of the club. Thank you very much, Gentlemen.

For many of us, when we spend time with friends and family those minutes seem to fly by exponentially faster than when we are completing a task that is not our favorite (i.e., dishes, laundry, paying bills, outdoor

chores, etc.). While there are necessary tasks that need to be completed to run our clubs, please keep in mind these tasks could be completed in a different manner than they had been before. For example, your club could adopt the RI Bylaws instead of maintaining your own. Or you could split the work with another club by co-hosting service events and fundraisers or one club becoming a satellite club of another existing club.

When members consider leaving our organization, the **experience** they have is the most heavily weighted factor when determining their future. This experience is broken down into 5 concentration areas in an article on Volunteer Pro. They include competency, participation efficacy, group integration, organizational support, depending on age and perception of voice. In a post on volunteerhub.com it said, "Studies have shown that the average volunteer commits 52 hours a year to volunteerism, and each hour is worth around \$29.95. Based on this data, losing just one volunteer could result in a loss of over \$1500 in value annually."

No matter the value, in many cases we are losing good hearted Rotarians. Rotary International president elect, Stephanie Urchick delivered a speech at the 2023 International Assembly, saying we need to make our clubs irresistible. When she delivered this speech she asked, "Think back to the first club meeting you attended, what were your first impressions? What kept you around? Now, think about how someone with fresh eyes might see your club meeting." She went on to say "If they (Rotary members) feel that sense of belonging, they feel the love, they find themselves irresistibly drawn to the

Continued on next page...

meetings we hold and the service we do, then our job becomes easy. We can worry less about growing and sustaining clubs. And focus more on pointing these people of action in the right direction."

So, this year we have introduced district social events. Once a month, we are meeting up somewhere throughout our district to recognize our friendship, realize the strength we have, share ideas and support one another. My hope is this revitalizes some of these long standing friendships, sparks new friendships and energizes us all when we go back to our clubs. Our first social event "Rotary night at the Joe" was well attended. A big thank you to Larry Jones (Glenville Rotary) and Dawn Vavala (Twin Bridges Rotary) on coordinating that event. We also have many events coming up. We will have a Rotary Balloon Festival night on Thursday, September 21st and our Rotary Foundation Dinner on Thursday, November 16th. Please keep an eye on our district website (Rotary7190.org) and your email for more details.

While we are not all the same and some of these ideas may not work for every club, the legacy of our clubs deserve to be etched in the history of each of our communities for all time. We have so many incredible people and I feel very lucky and grateful to have each of you in our district. Thank you for everything you do.

Yours in Rotary service,
Whitney E Pangburn

Cited sources:

<https://www.volunteerhub.com/blog/retain-more-volunteers-2023/#:~:text=According%20to%20the%20Corporation%20for,providing%20service%20to%20your%20organization.>

<https://my.rotary.org/en/exchange-ideas/events/international-assembly-images-videos?types=audiovideo>. (Stephanie Urchick GS8. International Assembly 2023.

<https://volpro.net/5-reasons-why-volunteers-quit/>



The 3 members pictured above (Charlie Perry, Jim Carrolan, Al Cormier) are charter members of the Salem NY Rotary Club chartered, June 15, 1967.

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CNY Rotary Shares Survey Results & Town Hall Invite

Submitted by CNY Rotary Communications

Building a new district of more than 3,000 members can be daunting. The CNY Rotary steering committee was curious to hear from club members and wondered how they felt about the upcoming changes. How are they getting updated? What are their concerns?

Last spring, over 400 members of the three districts about to become CNY Rotary took the time to provide their feedback on the process thus far. The steering committee appreciates all the feedback and has put together a video to share the results with you as well. You can watch the video here: <https://youtu.be/57P9aCdAcrI>. The biggest takeaway from the survey is that many of us are on the same page when it comes to what we need from our district leaders. The team we are building now will deliver on your top three identified needs: effective communication, inspirational leadership, and grants management.

As a result of the survey feedback, the steering committee would like to hear more from you on your feedback about service projects in CNY Rotary. Are you looking for support so your club can do more? Do you want more collaboration? Are you looking for regional events?

Come to the **CNY Rotary Service Town Hall on Tuesday, September 12th at 7 p.m.** to be part of that discussion. Bring your ideas and questions, and be ready to share. Click here to register for the zoom link:

<https://us02web.zoom.us/joining/register/tZc9f-Ggrj4oE9fKSkBevZK4Nvm-xi4fUar1>

Please be sure to follow [@CNYRotary on Facebook](#) and Instagram to stay updated and encourage your fellow Rotarians to do the same. You can visit www.cnyrotary.org for more information as well!

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SAVE THE DATES: March 15-17, 2024

NEW LOCATION: DOUBLETREE CARRIER CIRCLE, SYRACUSE

Empire
Rotary



Multi-District PETS

Training for President Elects, Assistant
Governors and members of Rotary
Districts 7120, 7150, 7170 and 7190

Find us on



www.rotaryempiremdpets.org



Click link for more information <https://www.rotaryempiremdpets.org/>.

DISTRICT EVENTS AT A GLANCE

- **NOW:** Raffle Items Needed for GoL Golf Tourney p 8
- **NOW:** Book Orders being taken pp 4, 13
- **Sept 4:** Labor Day
- **Sept 14:** Gift of Life Golf Tournament pp 5, 11
- **Sept 15:** Rosh Hashanah begins
- **Sept 21:** Social at Balloon Fest 5:30-8:30pm
- **Sept 23:** First day of Autumn
- **Sept 24:** Yom Kippur begins
- **Sept 27 – Oct 1:** Zone Meeting (Toronto, Canada)
- **October Social to be announced.**
- **Oct 18:** Exec Comm Meeting 7-8pm via zoom.
- **Oct 24:** World Polio Day p 9
- **Nov 16:** Foundation Dinner (at The Edison Downtown Schenectady)
- **December Holiday Social to be announced.**
- **January Social to be announced.**
- **Feb 7:** Exec Comm Meeting 7-8pm via zoom.
- **Feb 23:** Rotary Birthday Party
- **March 15-17:** President Elect Training (PETS) (Syracuse Doubletree) p 3
- **March Social to be announced.**
- **April 6:** District Training Assembly
- **April 26-28:** District Conference (Binghamton Doubletree)
- **May Social to be announced.**
- **May 15:** Exec Comm Session 7-8pm via zoom.
- **June Social to be announced.**

CLUB EVENTS AT A GLANCE

- **NOW:** Mum Sale by Schenectady Rotary p 5
- **NOW:** Free Advertising on WPTR p 8
- **NOW:** Holiday Raffle ticket Sale by Sch'dy East p 7
- **NOW:** Bins of Fun by Albany Rotary p 5
- **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 p 7
- **NOW:** Buy a Water Tank by Lake George Rotary p 12
- **September 8:** Golf Tournament by Saratoga p 4
- **September 20:** Chicken BBQ by Scotia Rotary p 6
- **September 21:** Chicken BBQ by Shen Rotary p 6
- **September 22:** Ziti Dinner by Sch'dy East Rotary p 6
- **September 22:** Ride for Missing Children
Supported by Shenendehowa Rotary p 5
- **November 2:** MoonBee by Scotia Rotary p 6
- **December 13:** Holiday Raffle Drawing by
Schenectady East Rotary p 7
- **February 3:** Outhouse Races by Shen Rotary p 7

Saratoga Springs Rotary presents its Golf Tournament

Friday, September 8th
Saratoga Lake Golf Club
8:00 am Registration
9:00 am Shotgun Start
Scramble Format

Join us for a great day of golfing, contests, raffle prizes, 50/50 in support of the Saratoga Springs community. Breakfast Sandwiches available for purchase at At the Turn restaurant (lower level), Lunch at the turn, appetizers post event.

Cost: \$125/player, \$250/twosome,
\$450/foursome

\$50.00 MEGA BUNDLE: includes Putting Contest, Chipping Contest, Mulligans, Raffle tickets (10), door Prizes (10) and 50/50 (10)!
Saves you time & Money!

Registration: Make checks payable to:
 Rotary Club of Saratoga Spring, PO Box 1307,
 Saratoga, NY 12866

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District 7190 offers Polio Survivor Louise Rourke's Inspirational Story: *Called by the Water*

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! Thank you for your support.

\$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 13.

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Schenectady Rotary is sponsoring its **Annual Mum Sale**

The fall flowers are available in a variety of colors and are **\$9 for an 8-inch pot**. The flowers, grown at the Schenectady ARC Horticulture Center, **may be pre ordered until September 4th**.

The fundraiser benefits Schenectady ARC and Rotary Scholarships for teens.

Easy, drive through pick up is from 9 AM – noon on September 9th at the greenhouses at Maple Ridge ARC, 2999 Hamburg Street, Schenectady 12303.

Questions may be directed to SchenectadyRotaryClub@gmail.com. Schenectady Rotary supports and provides programs centered around developing strong character, leadership skills, career-readiness, and community-mindedness.

**District 7190
presents its 25th Annual**

**Gift of Life
Golf Tournament
September 14th**

**The Fairways of Halfmoon
17 Johnson Road Mechanicville, NY
*Registration form and info on page 11.***

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Shenendehowa Supports the Ride for Missing Children

Submitted by Barb and Eric Hamilton

The Albany RFMC is a benefit bicycle ride that supports the two main programs of the **National Center for Missing and Exploited Children (NCMEC)** a 501(c)(3) not for profit organization. Those two main programs are searching for missing children and providing educational opportunities to kids to teach them how to stay safe in our communities as well as when online. These programs are taught free of charge in the school districts that the Ride rolls through on ride day.

This year's Ride takes place on **Friday September 22nd** in Saratoga County. It starts and finishes at the **Southern Saratoga YMCA in Clifton Park**. On Ride Day, we ride 100 miles 2x2, escorted by the Saratoga County Sheriff's Department and the NY State Police with local law enforcement controlling the intersections we roll through.

If you would like to help this worthy cause either by riding a short distance with the group, helping raise awareness in our local schools, or your Rotary, or by donating funds or goodies for the ride or another way **please text Ritch Anthony at 518-772-9019.**

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NOTE: Ballston Spa Rotary has confirmed that they **will indeed have trees to sell this year.**

Crops have been hard to find but thanks to Doug Ford's perseverance, these Rotarians will be receiving and setting the trees up the week of Thanksgiving and then the season will start.



SCOTIA ROTARY BROOKS BBQ CHICKEN DINNER

GLENVILLE MAALWYCK PARK

WEDNESDAY, SEPTEMBER 20, 2023

3 PM – 6 PM or UNTIL SOLD OUT

CHICKEN DINNER - \$15
HALF CHICKEN ONLY - \$12

DRIVE THROUGH ONLY - NO ADVANCE SALE
300 Maalwyck Park Rd., Schenectady, NY 12302
Proceeds support the S-G Food Pantry and other community projects





ZITI DINNER

Includes
Baked Ziti, Meatballs, Salad
Roll and Dessert

Eat-In or Take-Out

Ancient Order of Hibernians
1748 State Street
Schenectady

Enjoy a delicious meal and support
Schenectady East Rotary's Community Projects!

Friday, September 22, 2023 4:00-7:00PM

\$15.00 CASH ONLY



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Shenendehowa Rotary announces its **Chicken BBQ Dinner**

Thursday, September 21st
Shenendehowa United Methodist Church
 971 Route 146, Clifton Park
4pm - 6pm
 Online pre-orders are \$16 at
www.shenrotary.org.
 Drive up orders are \$18.

Dinners are provided by Capital City Barbecue and include ½ chicken, baked potato, coleslaw and cornbread, sour cream and butter.

Proceeds from the Dinner will benefit the Shenendehowa Bountiful Backpacks program.

The Shenendehowa Bountiful Backpacks is an all-volunteer organization providing nutritional food for school aged children in the Shenendehowa CSD.

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**Scotia Rotary presents a
MoonBee**

Thursday, November 2, 2023
6:30 pm - 8:30 pm

Scotia Glenville Senior Center
 32 Worden Road Scotia, NY 12302

Join us for a MoonBee hosted by the Scotia Rotary Club. If you sew, please bring your machine. Don't sew? Come anyway — there are plenty of jobs for everyone. Men and children are welcome!!

Please remember to bring disposable menstrual products for donation to local food pantries and shelters! Help us put a dent in period poverty at home and around the world.

This will be a combination service project and social event. The MoonCatcher Kits keep girls from dropping out of school. The washable kits only require \$7 to make, and they are long lasting, 5+ years.





SCHENECTAY EAST ROTARY CLUB

**ENTER A CHANCE TO WIN
\$500.00**

PROCEEDS SUPPORT LOCAL COMMUNITY
PROJECTS

COST: **\$5.00** DONATION PER TICKET

DATE OF DRAWING: **DECEMBER 13, 2023**

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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

Collecting non-perishable food items.

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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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Help Empower Girls in Malawi

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

Chituka Village Project update here:

<https://youtu.be/m7qO2lsXdBo>

Thank you very much.

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

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Save the Date!

**Shenendehowa Rotary Club
presents its 8th annual
Winter Outhouse Race**

Saturday, February 3rd

Entry fee \$50/ team.

***If you don't have an outhouse
you may rent one.***

Team Registration at 12 noon

Races Begin at 1 pm

Clifton Common

Clifton Common Blvd., Clifton Park, NY

Each Outhouse Race Team includes 5 members. One person rides and the remaining team members push and pull the decorated outhouses around the racetrack. Each race consists of two teams racing against each other with the winner advancing to the next level. The event is free to the public. Team themes and costumes are encouraged. Each team must pay an entrance fee. There are cash prizes for First place, Second place and Third place, as well a prize for the Best Themed Team. Teams may use this opportunity to raise money toward their own cause.

For details, contact Ray Anthony

ray.shenrotary@gmail.com .

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Promoting a Fundraiser? Seeking a Host Family? Celebrating Rotary? **Put your message on WPTR Radio...for FREE.**

For \$1200, our Rotary District 7190 funded 6 months (Mar.-Oct.) of daily radio announcements that have been playing a minimum of 5-times-per-day!

Feel free to advertise your fundraisers or your upcoming guest speakers, share Rotary stories, or to say a few words about Polio, ShelterBox, Gift of Life, Exchange Students, etc. The airwaves are yours. Your imagination is the limit.

HOW PUT YOUR CLUB ON THE RADIO? Easy. Draft a 60-second (approx.) announcement and text it to Scotia Rotarian Janice Evans Thomson at 518 526 3288, who will be glad to record your messages at the WPTR studios in Rotterdam. **Submit as many as you wish.**

WPTR plays Classic Rock Radio at **1240AM & 97.1FM**. Live Streaming is at wptrradio.com/streaming.
COMMUNITY RADIO: "At WPTR, we're all about community. Local events, local groups, local news."



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Zoom In

**Gift Certificates
Gift Baskets
New items**

Raffle items Needed for

**District 7190 Gift of Life Golf
Tournament on Sept 14th!
and
District 7190 Foundation
Dinner on November 16th!**

Contact Marisa Multari 518-929-5902

GIFT CERTIFICATE

*your help
means a lot!*

In Memory of Rotarian Ed Brown

Submitted by Anne Cargile



Long-time Shen Rotary member Ed Brown passed away on July 26, 2023. Many of you may remember Ed as a highly motivated Rotarian, giving extraordinary time and effort to benefit the Rotary clubs of our entire region. He will be remembered for his unfailing cheerfulness, and a positive attitude, that made working with him fun and effective. The cure for Polio was a goal very dear to Ed's heart. He participated for many years in our fund-raising New Year's Polar Plunge, and a gift to our End Polio Now campaign would be a great way to memorialize Ed, and show our appreciation of his contribution to our Rotary Community.

Donations to Polio Plus in Ed Brown's name can be made at www.shenrotary.org

Thank you all for remembering our friend,
Ed Brown.

~ ~ ~

World Polio Day 2023 October 24th

By Randy Wilson

Mark your calendars!

Join the global movement on 24 October as Rotary, Rotaract, and Interact clubs around the world take action to promote awareness of polio and raise funding for Rotary's polio eradication efforts. With poliovirus being reported in previously polio-free areas, the past few years have truly shown that polio anywhere is a threat to children everywhere.

In this critical year for polio eradication, **we need your help** to show the world the tenacity of Rotary members in accomplishing an audacious goal: a polio-free world. Visit our **World Polio Day** webpage for resources and tips on how you and your club can participate in promoting a polio-free world on 24 October.

Let's make polio history. Together, we end polio!



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Schenectady Rotary Scores with Cornhole Fundraiser for City School

Partially Excerpted from Article by Mekayla Da Silva News and Information Portal powered by Smart City News

Schenectady Rotary's recent "Cornhole for a Cause" was a resounding success, bringing together over 200 participants from across the Capital District for a day of friendly competition and community camaraderie. The cause, building a Community Resource Room at Schenectady's Keane Elementary School, will make a significant impact on the lives of students, their families, and the broader community.

Sponsorships played a pivotal role in making the tournament an unforgettable experience for everyone involved. Attendance exceeded expectations and players were awarded over \$4,000 in payouts! There was extensive media coverage leading up to the event and live interviews with both Channel 6 and Channel 10 news. Moreover, the entertainment provided by DJ Cassius, the thrilling raffles, and the diverse array of vendors enhanced the overall experience, making it an event to remember and making a lasting difference in the lives of over 285 families.

Thanks to the work of Schenectady Rotary Club, students and families from Keane Elementary are one step closer to having greater access to wrap-around services as envisioned by the Schenectady City Schools Community Schools Initiative, a program that provides students and their families with access to mental and medical health services, food, clothing, childcare, transportation and enrichment programs. It all fits in with Schenectady Rotary designated focus on educational themes.

200 cornhole players at Schenectady's Rivers Casino & Resort for "Cornhole for a Cause." For those who aren't familiar with the sport of cornhole, it is a game that uses wooden platforms with a 6-inch-wide hole at the top and corn bags. Players take turns throwing corn bags into the hole, earning 21 points to win.

The event raised \$20 thousand overall through club efforts such as small fundraisers, sponsorships and vendor fees, according to Lisa Jackson, Schenectady Rotary Club president. "The cornhole tournament was our primary fundraiser for the community schools project," said Jackson. Though dollars raised from sponsorships, vendor fees and raffles that started ahead of time and wrapped up at the tournament.

According to Jackson, Schenectady Rotary Club has a long history of partnering with the City School District. "The school is at a rough spot and kids at Keane need help. The families need services, and we want to be part of that", she said. "There's no reason that Keane students can't have equal opportunities, Schenectady Rotary is doing what we can to level the playing field for them. We want them to have advantages proven to result in success in the classroom and in life. Planning for the actual physical improvements at Keane have already begun.



Photo by Larry Bailey and Carolyn Bailey

Pictured above are participants of "Cornhole for a Cause" tossing their bean bags.

For more information on the Rotary Club, visit their website at:
www.facebook.com/SchenectadyRotary, IG:
 Schenectady.Rotary or the club website at
www.SchenectadyRotary.org to follow the progress.

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The Fairways of Halfmoon
17 Johnson Road
Mechanicville, NY 12118

8:00—Registration
with coffee & donuts.

9:00—Shotgun start,
scramble format

- Lunch & ice cream truck at the turn
- Pick up your photo coffee cup & free drink ticket when you finish golfing.
- Dinner, awards, and raffles follow golfing.

Prizes for:

- Top 3 teams
- Putting
- Longest drive: Men, Ladies, Senior
- Closest to the pin (2)

Rotary District 7190 Gift of Life has contributed to many of the Global VTT's sponsored by Gift of Life International that have healed the hearts of over 46,000 children around the world. This is only possible because of your dedicated efforts & generosity. We thank you, appreciate you, and hope to see you at this year's tournament.



The young 9 years old Polina who was unable to receive critically-needed surgery in war-torn Ukraine has gotten the gift of life from doctors on Long Island.



Over 1.3 million children are born each year with a congenital heart defect and 93% are born in a country that cannot provide them treatment.

SPONSORSHIPS

All sponsors will be recognized on our social media.

HOST CLUB \$1600

- Includes 4 golfers
- Dining room signage
- Reserved dinner table
- Full-page ad in program
- Tee Sign on putting green

PICTURE COFFEE CUP \$1500

- Your company logo + photo of golfer
- Each golfer receives his/her cup
- Reserved dinner table
- Half-page ad in program
- Tee Sign on putting green

DINNER SPONSOR \$1300

- Includes 4 golfers
- Reserved dinner table
- Half-page ad in program
- Tee Sign on putting green

LUNCH SPONSOR \$1200

- Includes 4 golfers
- Reserved dinner table
- Half-page ad in program
- Tee Sign on putting green

ICE CREAM TRUCK \$900

- Includes 2 golfers
- Signage at ice cream truck
- Reserved dinner table
- Half-page ad in program
- Tee Sign on putting green

GOLF CART \$750

- Includes 2 golfers
- Logo signage on all golf carts
- Reserved dinner table
- Half-page ad in program

HAPPY HOUR \$750

- Includes 2 golfers
- Reserved dinner table
- Half-page ad in program
- Tee Sign on putting green

SPONSORSHIPS

T-SHIRT SPONSOR \$250

- Half-page ad in program
- Tee Sign on putting green

FLAG TEE \$125

- Tee sign on course

**** All registrants receive a T-shirt ****

For Sponsors \$250 and up, registration forms with payment are due before 8/25 to be named on the back of the T-shirts.

Sponsors and Advertisers will be contacted for additional details.

Your Name, Team, or Club

Name: _____
*Address _____
*Phone # _____
PLAYER 1: _____
Email: _____
PLAYER 2: _____
Email: _____
PLAYER 3: _____
Email: _____
PLAYER 4: _____
Email: _____

PAYMENT

Amount: \$ _____
circle one→ Check - Visa - Mastercard - Amex
Name on Card: _____
Card #: _____
Expiration Date: _____
Sec. Code(3-4digits): _____

**The 25th Annual
Rotary District 7190
Gift of Life
Golf Tournament**

**Thursday
September 14th 2023**

**The Fairways of Halfmoon
17 Johnson Road
Mechanicville, NY 12118**



Rotary District 7190 Gift of Life Golf tournament proceeds will continue to heal little hearts around the world thanks to your generous support with the many raffle prizes & golfing.

TOURNAMENT FEES

\$150 Single Golfer, by 8/1
\$160 Single Golfer, 8/1 to 9/14
\$600 Foursome by, 8/1
\$640 Foursome, 8/1 to 9/14

**PLEASE MAKE CHECKS PAYABLE TO
"GIFT OF LIFE DISTRICT 7190"**

MAIL CHECK & COMPLETED
REGISTRATION TO:
Rotary Dist. #7190 GOL
Attn: Richard Suker
215 Altamont Road
Voorheesville, NY 12186

To pay the day of the event
please contact Richard Suker:
518-858-8839
richs1247@gmail.com

You can also register online at ...
<https://birdease.com/22408>
or by using the QR code below...



Lake George Rotary presents

KEEP GIRLS SAFE & IN SCHOOL



SOKONI WOMEN'S DEVELOPMENT INITIATIVE (SOWETE)



In Kenya, women and children walk an average of **10 MILES** a day to get dirty water.

Young girls **miss school** to help their mothers get water.

PARTNERSHIPS

Lake George Rotary, Rotary Club of Karura and a grant from Rotary International to provide:



57
10,000 LITER
TANKS





1 TANK = \$850



Dorca, 2012



Dorca, 2021

-  Sustainable gutter systems
-  Connect to their home
-  Provide clean, treated rain water
-  Keep women safe + girls in school

<https://bit.ly/WaterTankDonation>

Send a check payable to:

Lake George Rotary Foundation
Kenya Water Project
P.O. Box 321
Lake George, NY 12845



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

