

The Toolb



February 2024

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

Greetings Rotarians!

As we progress into this new year, many Rotarians and club leaders are making plans and setting goals. Many of these goals relate to the future of our clubs or our roles within Rotary International. As District Governor I am busy executing the plan I made a year ago. I am pleased to communicate what has been already accomplished and importantly, where we are headed next. Of course, we engaged the typical planning for a District Governor year which includes budget preparations and vote, a few years of learning about processes and resources, planning for the years events including trainings and social gatherings and working with the D7190 District Governor (DG) track, committee chairs, assistant governors (AGs) and club presidents for the Rotary year 23'-24'.

This year was a bit unique for us as we also had/ have many other plans to make, in particular the excitement of our new district that is being built. It's important to recognize that at the conclusion of this Rotary year, when we join two other rotary districts to celebrate the beginning of our new district, CNY Rotary, our District 7190 responsibilities will need to, in essence, "close down." This meant we had to appoint additional members to our District Governor track for an extended 18-month term as we wind those district activities down. Your current District Governor track includes: PDG Sam Hall, PDG Fred Daniels, PDG Bruce McConnelee, PDG Denise

DiNoto as well as myself. We also enhanced our District Treasurer function to ensure our district books were clean and kept on track to prepare to close them out. This is where Beth Kissinger has made great contributions of her time and talents to our district this year, and PDG Sue Austin has also served in a new unique role made this year to help support Beth. We are fortunate to have many others who serve our district in a supporting role offering guidance and assistance where needed.

Much of this year's planning however has been in anticipation of our new district. In keeping with full transparency, the prospect of CNY Rotary has been at many times exciting however there have also been concerns brought to me by our district members. Each concern presented is important, many have been voiced by long standing Rotarians who have made important and valuable contributions to our district that have brought us to where we stand today. But first, some background.

The role of a Rotary District largely is to aid the clubs. As many of you know, the decreasing membership of our clubs has been the driving decision behind the development of this new district. Rotary International at times creates new districts; however, if membership declines, they must act as fiduciaries to our resources and combine districts. Rotary International was at that

Continued on next page...

point of “redistricting” our district a few years ago. This would have meant our clubs and members likely would have been split up and added to other nearby districts or even added to a district hours away. A few of our previous district governors decided to be proactive and help decide our future in a way that did not strip us of local decisions and our history. Unfortunately, both District 7150 (Syracuse area) and 7170 (Binghamton Area) were already showing the same signs of membership decline and after many conversations, we all collectively agreed to put in the work to form a new district that we could all help create.

Where do we stand today? Rotarians from each of the three districts have likely put in thousands of hours of planning to lend their experience, share best practices and help build our new district from scratch. Some conversations have been easy and some were admittedly difficult. However, we were all working toward the same goal, uniting as one. This said, some of our members are still uncertain or frustrated about this new district. Over the coming weeks, I will identify key concerns voiced by D7190 members and let you know where we stand on addressing them. This information will largely be communicated by email however I will also work to have it added to the district website. In some cases, we are well advanced; in other cases, there is much work remaining. With that, I urge each of you to get involved or ask questions. I hope I have clearly articulated over the last 7 months the new opportunities to get involved in committees and leadership or to learn about what is happening through some of our communication. The entire team and I are happy to give updates.

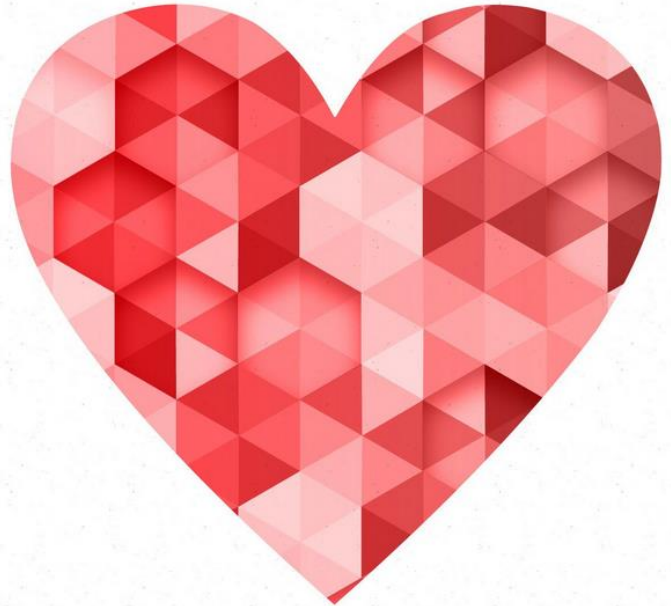
Stay tuned for additional information to come!

Thank you for everything you do for our local and global communities. What would the world be like without Rotary in it?

Best regards,
Yours in Rotary Service,
Whitney Pangburn
District Governor, Rotary District 7190



**CREATE HOPE
in the WORLD**



CNY Rotary Leadership Team Expansion Continues – Get Involved Today!

Submitted by CNY Rotary Communications

As we continue to build out the CNY Rotary leadership teams, new committees are emerging and all members are invited to join them.

CNY Rotary Events

This committee will help plan and oversee all events held in our region, from training assembly to conference, and everything in between. There are a variety of roles available on this committee which can appeal to any level of commitment and experience from a volunteer. The chairperson is a big role, as is the CNY Rotary Conference Chair, but we also have opportunities to help us execute one social event or work on one area visit for the CNY Rotary President. It is especially important to have a variety of members from across the region in order to bring local knowledge we'll need to identify events, venues and opportunities for fun. [Click here](#) to learn more about the scope of this committee's work and all the job openings we need to fill. While there, you can submit your name to get the invite to the first CNY Rotary Events Committee meeting in March!

CNY Rotary Service

The next new committee is one that will get to do a lot of work with our clubs. The new CNY Rotary Service Committee will serve us by pulling together resources that will make it easier for clubs to do service projects, evaluating the impact of our service-related activities, celebrating and recognizing great service happening in CNY, and providing direct support and guidance to clubs seeking help with existing or new service projects. We are looking for people who are passionate about not only growing Rotary's service, but doing so in meaningful and purposeful ways to ensure we increase our positive impact on the world. We need people who can populate databases, provide logistical advice, help do community assessments, and be communicators about the work of CNY Rotary Service. There are many out there who have service experience and know-how they could bring to this team. If that is you, we hope you will [click here](#) for more details, and use the form on that page to submit your name and get involved.

But wait, there's more!

In addition to filling up these new committees, we are still seeking support on Membership and Public Image in particular. We need some more team members to help us bring membership resources to our clubs, be there to answer questions, work with the training committee and more. We also need someone to help with social media, our future website, and provide support to our smaller clubs that have skill gaps when it comes to things like graphic design. [Click here](#) and then identify the committee you are interested in for more details on the roles they need to fill. There is a contact form you can use let us know you want to get involved!

When more people come forward to help, it makes everyone's work easier. In order to right the ship, we need everyone rowing in the same direction to grow membership, distribute grants, deliver vital communications, put on special events, grow our service impact and so much more. Now is the time to step up and lend your skills! Visit www.CNYRotary.org and be sure to follow @CNYRotary on [Facebook](#) and [Instagram](#) for the latest news and information.

~ ~ ~

CNY Rotary Grants Management Training

Register for The Virtual Session Now

Submitted by the CNY Rotary Foundation Committee

A group of committed volunteers from throughout the CNY Rotary region have been developing a District and Global grants program that will provide opportunities for every club in CNY to bring the Magic of Rotary to their communities, the region, and the world.

This grants program will be a change from those that have existed in our legacy districts – 7150, 7170, and 7190. It is essential that your club leaders receive training in the new programs and procedures so that all of our clubs can take full advantage of this opportunity.

In order to qualify for a district grant, your club must have at least two (2) participants attend and complete the District Grants Management Seminar. For virtual sessions, cameras must remain on throughout the training for full participation.

The first of at least three seminars will be held virtually, via Zoom, at 7:00pm on Wednesday, February 7, 2024. **Registration in advance is required** – [click here](#) to go to the registration page. After completing the registration, you will receive an email with a Join Meeting button that will connect you to the meeting.

For additional information, please follow CNY Rotary on [Facebook](#) or [Instagram](#), or visit www.cnyrotary.org/foundation.

~ ~ ~



Register Today
with this sweetheart deal!

**Full Conference Weekend
just \$199/person**

RATES AVAILABLE FOR SAT/SUN OR SUN ONLY TOO!

OFFER ENDS FEB 14TH

Booking your hotel stay is a separate step
Rooms start at just \$129/night +taxes, fees
Get booking details at the website below

REGISTER NOW @ www.Rotary7150.org

District Conference
April 26-28, 2024
DoubleTree, Binghamton NY

Rotary District 7150 Rotary District 7170 Rotary District 7190

For additional information or to register: <https://rotary7150.org/page/district-conference-2024>

~ ~ ~

What's New at President Elect Training This Year - Register Now!

Submitted by Empire MD PETS Committee

After a recent survey of incoming club presidents, we know that about half have been president before. So why come to training if you've already done it before? There are dozens of reasons, but here are our top three!

PETS is never the same twice

With new leaders planning the curriculum, new speakers, new topics and new attendees each year, no two Pre-PETS sessions nor PETS weekends are the same. Like snowflakes! This year, we'll even be at a new location. Please do not blow off this learning experience as one you've had before because no one has ever experienced *this* PETS before!

Everyone has something to offer

Whether you have been Club President five times or you have been in Rotary for five months, everyone has something to offer in a facilitated learning environment. Sure, our speakers will present new and inspirational information for you to learn from, but the majority of your learning will be facilitated. That means you will all be sharing your clubs successes and challenges, as well as your personal and professional experiences that lend to our many break out session topics. *Every individual who attends PETS contributes to the experience of every attendee.*

We have new and more advanced classes for experienced leaders

If you are an Encore President, serving another term to lead your club, we have a special track of breakout sessions just for you. Topics will include Conflict Management, Diversity, Equity & Inclusion, Adapting Existing Clubs in the Action Plan, and a direct Q&A with the head of all membership at Rotary International, Brian King. These will be led by district and Rotary International leaders that you likely have not met before.

It is our hope that every club will be represented at the Empire Multi-District President Elect Training Seminar, March 15-17 at the DoubleTree on Carrier Circle in Syracuse. If your club's incoming president is unable or unwilling to attend, someone else can go in their place. Clubs have already paid for someone to go, so take advantage of this learning opportunity for a new member, a board member, a membership chair, a future leader or even your current president to get a refresher.

The hotel room block ends February 13th, so do not wait to make your reservation.

Get the link to book your room and register to attend at www.RotaryEmpireMDPETS.org. There you will also find the full schedule, details like what to wear, speaker bios, FAQ's and more.

Be sure to follow [Empire Multi-District PETS on Facebook](#) for updates, tips and helpful reminders.

Empire Rotary | Multi-District PETS | March 15-17, 2024 DoubleTree Syracuse

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

NOW IS THE TIME TO REGISTER

Registration and hotel booking deadlines are coming up fast!

VISIT OUR WEBSITE TO REGISTER & GET:

- Answers to FAQ's
- A Detailed Schedule
- The Dress Code
- Speaker Bios
- Pre-PETS Zoom Link
- Things to Know
- What to Bring
- Who Will Be There

Pre-PETS sessions will be weekly throughout February. The zoom link is the same for all four sessions and can be found at

www.RotaryEmpireMDPETS.org

DISTRICT EVENTS AT A GLANCE

- **NOW:** Join the Polio Plus Society p 11
- **NOW:** Register for PETS Training p 5
- **NOW:** Register for the District Conference p 4
- **NOW:** Register for Grants Management Training p 4
- **NOW:** 'Polio Survivor' Book Sales pp 7, 12
- **Feb 2:** Groundhog Day
- **Feb 7:** Exec Comm Meeting 7-8pm via zoom
- **Feb 11:** Super Bowl Sunday
- **Feb 13:** Mardi Gras
- **Feb 14:** Valentine's Day
- **Feb 14:** Ash Wednesday
- **Feb 19:** Presidents Day
- **Feb 23:** Rotary Birthday Party p 6
- **March 15-17:** President Elect Training (PETS) (Syracuse Doubletree) p 5
- **March Social to be announced.**
- **April 6:** District Training Assembly
- **April 26-28:** District Conference (Binghamton Doubletree) p 4
- **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:** Help Girls in Malawi Niskayuna Rotarian p 7
- **NOW:** Food Drive BHBL Rotary p 7
- **NOW:** Homemade Soap Sale Rotterdam Sunrise p 7
- **February 3:** Outhouse Races Shen Rotary p 6
- **March 2-3:** Home & Lifestyle Show Saratoga Springs Rotary pp 7-10
- **May 18:** 100th Anniversary Saratoga Spr Rotary p 8



Join your fellow Rotarians to celebrate

Rotary's 119th Birthday!

February 23rd

5-8pm

at The Parting Glass

in Saratoga Springs

Look for your invitation by email.

~ ~ ~



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 <https://www.facebook.com/profile.php?id=100080243694482>

~ ~ ~



Submitted by Maria Flynn

Saratoga Springs Rotary is hosting their...
50th Annual
Home & Lifestyle Show
March 2nd and 3rd
Saratoga Springs City Center

This year marks a milestone occasion as they celebrate **50 years** for the club's major fundraising event. Proceeds will be distributed to community non-profit organizations, youth scholarships, and international humanitarian aid projects. Many of the community groups this Rotary Club supports include 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. They are thrilled to announce the return of their Art Show with local participants featuring arts and crafts vendors and a wine and spirits tasting. **Bring the kids!** There will be family entertainment and a pet adoption clinic throughout the weekend. **Admission is FREE** thanks to the generous support of the Adirondack Trust Company and their many sponsors.

Try your luck with their raffle prizes – due to incredible donations **they have prizes valued over \$3,000!**

For more information, please visit us at <https://saratogaspringsrotary.org/page/saratoga-springs-rotary-home-amp-lifestyle-show>

Sponsor information and forms are on pp 8-10.

~ ~ ~

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 12.

~ ~ ~

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.

~ ~ ~

Help Empower Girls in Malawi

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

Chituka Village Project update here:

<https://youtu.be/m7qO2lsXdBo> *Thank you..*

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

~ ~ ~

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.

Exciting News Direct from the Rotary Club of Saratoga Springs

(Reprint)

Submitted by Marisa Flynn

The **Rotary Club of Saratoga Springs** is excited to announce that we will be celebrating two big events in 2024.

Our **50th Home and Lifestyle Show** on **March 2 & 3** at the **Saratoga Springs City Center**. We are proud to bring together vendors of all kinds for the public to visit and learn of the services that they offer. We have had tens of thousands of visitors over the years and plan to have a banner year this year.

The **100th Anniversary** of the founding of our club. We plan to celebrate this momentous occasion in style with a black-tie event at the **Canfield Casino** on **Saturday, May 18th**. We have lined up a very special speaker, Dave Patterson, music presented by Déjà Vu Jazz combo, and many fun surprises for this event. You won't want to miss it!

Our club's mission is to give back to our community and Rotary International with the funds that we raise and give back locally, with our time, our efforts, and our financial support. We have given to so many local non-profit organizations over our 100 years and hope that you will join us with support for the Home & Lifestyle Show and the 100th Celebration.

Enclosed, you will find our sponsorship package with many levels to suit your needs.

Sincerely,

Joyce Ure, Susan Rhoades, Bill Bergan, Dan Klein, Aaron Ditch, *Gala Committee Members*

Mary Lou Wheeler, *Home & Lifestyle Show Chairperson*

Brian O'Connell, *Home & Lifestyle Show Sponsorship Chairperson*

HOME SHOW Sponsor Levels

COMMUNITY SPONSOR - \$2,500

Enables community not-for-profits to participate in the event at no cost to them, Half Page Ad in Home & Lifestyle Magazine, One Booth (Not-For-Profit of the Sponsors choice), mention in promotional materials, on Rotary webpage and Facebook page and TV's throughout the City Center

HOME SHOW SPONSOR - \$1,000

Mention in promotional materials, Rotary webpage and Facebook page and on TV's throughout the City Center

HOSPITALITY SPONSOR - \$500

Signage at entrance to Hospitality Room and on each table in room.

GALA Sponsor Levels

100th Anniversary Gala Platinum --\$5,000

Reserved table of eight, listing on invitation, prominent mention in promotional materials, on Rotary webpage and Facebook Page, full page ad in program and announcement at event, signage at table

100th Anniversary Gala Ruby--\$3,500

Six reserved seats and listing on invitation, mention in all promotional materials on Rotary webpage and Facebook Page and ½ page ad in program, signage at table

100th Anniversary Gala Table Sponsor-- \$2,000

Four reserved seats and listing on invitation, mention in all promotional materials on Rotary webpage and Facebook Page and ¼ page ad in program, signage at table

100th Anniversary Gala Honorary Committee-- \$500

Two reserved seats and listing on invitation

Continued on next page...

Combined Sponsor Levels

Premier ~~\$15,000~~ ONLY ONE AVAILABLE ~~SOLD~~

Premium double booth at Home & Lifestyle Show, Reserved Table of eight at Gala, listing on Gala invitation, prominent mention in Home Show and Gala promotional materials, on Rotary webpage and Facebook Page, full page ad in gala program and announcement at both events

Diamond-\$10,000

Double booth/endcap at Home & Lifestyle Show, six reserved seats at Gala, listing on Gala invitation, mention in Home Show and Gala promotional materials, on Rotary webpage and Facebook Page, half page ad in gala program

Gold-\$5,000

Booth at Home & Lifestyle Show (for you or a local non-profit), four reserved seats at Gala, listing on Gala invitation, mention in Home show and Gala promotional materials, on Rotary webpage and Facebook Page, quarter page ad in gala program

Silver-\$2,500

Two reserved seats at Gala, listing on Gala invitation, mention in all Home Show and Gala promotional materials, on Rotary webpage and Facebook Page, quarter page ad in gala program

To participate and/or donate please complete the form on the next page and submit it to RotaryHSGala100@gmail.com

Thank you!

~ ~ ~



Home & Lifestyle Show - In-Kind Sponsor: Raffle/Silent Auction/Wine Pull Donations

We wish to donate the following for raffle, wine pull and contest prizes (please list items, any exclusions/expiration dates and total value):

Deadlines for submission for print:

Home & Lifestyle magazine: January 5, 2024

Gala Invite & Program: February 28, 2024

Please submit this form and indicate which level of sponsorship.

All credit cards will be charged after January 1, 2024, unless otherwise specified.

Email completed form to: RotaryHSGala100@gmail.com

We will support the event(s) at the following level: _____

We are unable to attend, but will donate \$ _____

Sponsor Information:

Sponsor/Corporate Name: _____

Contact Name: _____

Address: _____

Phone #: _____

Email: _____

Billing Information:

Enclosed is a check in the amount of \$ _____

Please charge my card (circle: VISA MC DISCOVER AMEX)

Credit Card #: _____

Exp Date: _____ Security Code: _____

Name appearing on card: _____

Billing Address for card: _____

Amount to be charged on card: _____

Email Address: _____

Signature of approving party: _____

Company Facebook page _____

May we tag you? YES NO

All sponsorships are viewed as tax deductible to the extent the law allows.

~ ~ ~



Be the next member of THE POLIO PLUS SOCIETY

What is the PolioPlus Society? In an effort to increase sustainable giving, the PolioPlus Society (PPS) was formed to encourage Rotarians to commit to a minimum **\$100 donation** to the PolioPlus Fund until polio is eradicated from the face of the earth.

Society members receive a special PolioPlus Society pin to wear with honor.

5 REASONS WHY WE MUST ERADICATE POLIO

1 YOUR GIFT WILL IMPROVE LIVES.

Today, 20 million people who would otherwise be paralyzed by polio are walking, and 1.5 million people who would otherwise have died are alive.

2 YOUR GIFT WILL INVEST IN THE FUTURE.

If all eradication efforts stopped today, within 10 years, polio could paralyze as many as 200,000 children each year. A polio-free world will be a healthier world for children everywhere.

3 YOUR GIFT WILL IMPROVE CHILD HEALTH.

Polio surveillance networks and vaccination campaigns also monitor children for other health problems, like vitamin deficiency and measles, so we can address them sooner.

4 YOUR GIFT WILL LOWER HEALTH CARE COSTS.

The global effort to eradicate polio has already saved more than \$27 billion in health care costs since 1988, and expects to save \$14 billion more by 2050.

5 YOUR GIFT WILL MAKE HISTORY.

Polio eradication will be one of history's greatest public health achievements, with polio following smallpox to become only the second human disease eradicated from the world.

How to donate to PolioPlus thru the PPS:
Send a check payable to: The Rotary Foundation/Polio

Rotary District 7190

c/o Tammy Heckenberg, Polio Chair

12 Chester Street

Glens Falls, NY 12801



Questions?

Contact District 7190 Polio Chairs

Tammy Heckenberg, PDG

tammyheckenberg@yahoo.com, 518-832-3842

Milan Jackson, PDG

mjackson30@nycap.rr.com, 518-294-6717

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

