

The Toolbox



May 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

Celebrating the Vibrant Spirit of Rotary: Reflections on Our District Conference

What an exhilarating whirlwind our recent District Conference was! With over 300 passionate attendees hailing from districts 7150, 7170, and 7190. The energy was incredible, fueled by the enthusiasm of our dedicated Rotarians and the infectious spirit of our youth exchange members.

One of the highlights was undoubtedly our inaugural "CNY Cabaret," a dazzling showcase of talent featuring Rotarians, youth exchange students, and even the children of Rotarians. Who could forget the unforgettable performance by Lizzy Martin, whose captivating voice left us all in awe?

The lineup of speakers was equally inspiring. We were honored to have incoming RI director Chris Etienne share insights into the Rotary Action plan, while polio survivor, Ramesh Ferris, moved us with his courageous story and impassioned call to action for End Polio Now. The presence of esteemed guests like RI presidential representative Vicki Puliz and past foundation trustee Dean Rohrs added an extra layer of prestige to our event.

With more breakout sessions than ever before, attendees were treated to a wealth of knowledge on key Rotary topics, from membership and grants to our areas of focus. But it wasn't all serious business; we also indulged in some fun-filled activities, from discussing raising monarch butterflies to exploring antique cars and even painting our own Mandala coasters.

The climax of our weekend was the ceremonial inauguration of our very first CNY Board President, Lizzy Martin, and her leadership team. It was a momentous

occasion, symbolizing a new chapter in our district's journey towards greater impact and service.

The feedback we've received has been overwhelmingly positive, with attendees expressing sentiments of pride, inspiration, and camaraderie. As one attendee eloquently put it, "More than any previous district conference, it made me feel proud to be a Rotarian and to share the conference space and my time with so many wonderful people - old friends and new."

Another attendee echoed this sentiment, remarking, "I've been to a number of District conferences and this one was special. The energy was palpable, the breakouts were great, and the addresses were personal and inspiring. You picked a great time to join Rotary!"

And perhaps most importantly, the sense of unity and synergy among our three districts was truly remarkable. As one participant observed, "The one thing that struck me with this weekend was that even though many of us will be nostalgic for our 'own districts', the energy of all 3 coming together is definitely strong and invigorating. While many have been working hard to kickstart CNYRotary, I really felt that this weekend cemented how great it will be as we reflect on the success of our district conference, let us be reminded that these are exciting times for Rotary. Our new district is poised to build on the best practices of the past, with a strong team dedicated to providing resources and support to our clubs. Together, we are strengthening our bonds across the heart of New York state, united in our mission to serve the people in our local communities and make a lasting impact.

Continued on next page...

With such passion and dedication driving us forward, the future of Rotary in District 7190 is brighter than ever before. Let's continue to work together, inspire each other, and make a difference in the world.

Yours in Rotary service,
Whitney Pangburn
District Governor District 7190



Photos by Marisa Multari

Let's Get Ready for CNY Rotary

Submitted by the CNY Communications Team

We've been working on and talking about CNY Rotary for almost two years now, but the time to become official is drawing near. On July 1, we will be CNY Rotary and our three current districts will be retired. What does that mean for the average member? By and large, this change will not impact your day-to-day Rotary experience. Clubs will continue to meet and serve as they always have, but there will be a few changes that you need to know. Please read on for some information to help you and guide you on where to go with questions.

Communications & News

If you want to find information about our district online, you will want to visit www.CNYRotary.org. This has been our website for more than a year and will serve as our online hub moving forward. Your current district websites will automatically redirect you there starting in July, just in case you forget. Around mid-July we will have finalized the merging of our three current accounts into our new CNY Rotary ClubRunner, which will give the website a new look and be your new portal for logging into ClubRunner. Watch for emails and social communications once that is complete.

The June edition of this newsletter will be the final edition in this format. Starting in July, we will transition from one monthly publication to a section of the website that is constantly refreshed with new articles all the time, called the CNY Rotary News Network. This will make it possible for clubs, Rotary programs and CNY Rotary committees to submit articles and event information at any time. We will post your submissions to the Rotary News Network and share it across our social channels. Members will receive a monthly email with a roundup of headlines currently on the Rotary News Network and a reminder to engage with that content on our website. We encourage all to follow us on social media to stay connected to important information, inspiration and educational materials as well. Check back next month for details on how you will be able to submit your news to us.

Area Representatives

Moving forward, Assistant Governors will now be called Area Representatives (or Area Reps, for short). Your areas, or a small group of clubs geographically grouped together, are not likely to be changing right away, but could be modified slightly in the future. Most Area Reps will remain the same, except for some whose terms were scheduled to end this June. Your club leaders will be notified about your new Area Rep. They will be in touch to conduct their usual visits and check-ins. The role of the Area Rep is essentially the same as it was previously and they are someone you can count on when you need help or resources. Never hesitate to reach out to them when you have questions or concerns!

Inauguration Celebration

At our recent Tri-District Conference at the DoubleTree in Binghamton, the first ever CNY Rotary Inauguration was held with quite a bit of fanfare thanks to a lively crowd. Incoming President Lizzy spoke about the process of creating our new leadership team, everyone got to meet the executive board and leadership council members, the President line was pinned and made official, and she provided a look at what's to come, featuring three important points:

1 - Official club visits as you may have done with District Governors before will now be an Official Area Visit, where you will get together with the other clubs in your area for a social gathering to meet with President Lizzy. If you have ideas on something fun in your area, a venue that could accommodate your event or any thoughts on what might make for a great, new tradition for you and your neighboring clubs, reach out to your Area Rep right away. They will work with Lizzy and the Events Committee to set these up for late summer and fall, and it is best to get something on the calendar sooner rather than later! It is encouraged that this event would replace your club's meeting for that week where it makes sense. She also offered to meet with club boards on zoom if your leadership team would like one-on-one time with her. You can reach out rotarylizzy@gmail.com to schedule that at any time.

Continued on next page...

2 - Watch for a video to be released that will be the “official visit” presentation with information from Rotary International’s incoming President Stephanie Urchick, more about our theme The Magic of Rotary, and more about Rotary’s Action Plan. Clubs will be encouraged to use this video as a program early in the Rotary year and to share with members who can also watch on their own time.

3 – If your club has a special event – a milestone charter, a large service project, a treasured tradition – please send the invitation to that ASAP to get on President Lizzy’s calendar. Other members of the executive board will also attend your special events whenever possible.

Conference 2025

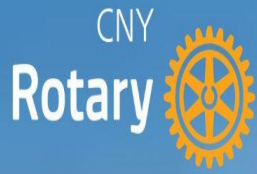
The dates and location for next year’s conference were revealed. Please save April 4-6, 2025 to join us at the Hilton Downtown in Albany, NY. Many details are still to be determined, but the weekend will definitely include our annual Learning Assembly on Friday morning. The hope is that combining the two events will make them more accessible as we will not ask members to give up two weekends in April. If you wish to join the planning committee for Conference 2025, reach out to chair Sam Netzband at samnetzband@outlook.com.

Connect with us!

If you have questions or concerns, you can reach out to us anytime at centralNYrotary@gmail.com. We will also host two more Town Hall sessions on May 7 and June 4 at 7pm on zoom. They are open to all who want to come learn about the latest news and ask anything. Consider making sure someone from each club attends and can take the information back to your members! [Click here](#) to register for the Town Hall zoom link. You can pre-submit anonymous questions [here](#). You are also welcome to reach out to any of our executive board members at any time. [Click here](#) for our current org chart with email information for each leader.

Follow us on [Facebook](#) and [Instagram](#) too!





CONFERENCE 2025

ALBANY APRIL 4-6, 2025

*Will include our annual Learning Assembly (Friday morning), local site seeing, a theme party and more! **Save the dates!***

***Secure your 2025 CONFERENCE Reservation now.
It will be in Albany, NY!
Contact Samantha at samnetzband@outlook.com.***

DISTRICT EVENTS AT A GLANCE

- **NOW: SAVE the DATE for the 2025 Conference:**
April 4-6, 2025 p 5
- **NOW: Join the Polio Plus Society** p 12
- **NOW: 'Polio Survivor' Book Sales** p 13
- **May Social to be announced.**
- **May 1: May Day**
- **May 4: May the 'fourth' be with you!**
- **May 7: Zoom: CNY Town Hall** p 6
- **May 12: Mother's Day**
- **May 15: Exec Comm Session** 7-8 pm via zoom
- **May 27: Memorial Day**
- **June 4: Zoom: CNY Town Hall** p 6

CLUB EVENTS AT A GLANCE

- **NOW: Flower Sale** Schenectady Rotary p 6
- **NOW: Food Drive** BHBL Rotary p 7
- **NOW: Homemade Soap Sale** Rotterdam Sunrise p7
- **May 2: Student Exch. Speaker** Sch'dy Rotary pp 6, 8
- **May 4: Kids' Fishing Derby** Glens Falls Rotary pp 6,11
- **May 18: 100th Anniversary** Saratoga Spr Rotary p 6
- **May 22: Youth Recognition** Albany Rotary p 7
- **May 23: Chicken BBQ** Shenendehowa Rotary p 7
- **June 1: Mystery Winery Tour** Glenville Rotary p 7
- **June 12: 100th Anniversary** Cobleskill Rotary p 8
- **June 14: Golf Outing** Colonie-Guilderland Rotary p 8

Glens Falls Recreation Dept and Rotary are sponsoring their annual



Kids' Fishing Derby & Casting Contest
Saturday, May 4th
8:30-11:30am

See flyer on page 8.



Schenectady Rotary Club

2024 Spring Flower Sale
\$25 Each
Hanging Baskets
Patio Pots
Flowers or Herbs

Pickup Dates
May 10: 2p - 5p
May 11: 9a - 12p

SchenectadyRotary.org/Flowers2024

Exchange Student, Giovana Souza dos Santos of Brazil, to speak at Schenectady Rotary Thursday, May 2nd!
See article on page 8.



ATTEND OUR TOWN HALLS

Save these dates to come get answers to your questions!



The first Tuesday of each month at 7pm:

APRIL 2
MAY 7
JUNE 4



Register for the zoom link at CNYRotary.org



Saratoga Springs Rotary 100th Anniversary Celebration
Saturday, May 18th
5:00 pm - 10:00pm
At the Canfield Casino

A very special speaker, Dave Patterson, will present the Club's 100 years of history.

Enjoy delicious food provided by the Wandering Food Dude and Music presented by Déjà Vu Jazz combo.

In addition, there will be a wine pull, silent auction, photo booth and many more fun surprises for this event.

Black-tie optional

You won't want to miss this!

All RSVPs are due by 5/9/2024.

To register for this event: [100th Anniversary Gala Celebration | Rotary Club of Saratoga Springs \(saratogaspringsrotary.org\)](http://100thAnniversaryGalaCelebrationRotaryClubofSaratogaSprings.saratogaspringsrotary.org)





40TH ANNUAL BRIAN BARR YOUTH RECOGNITION LUNCHEON

JOIN US MAY 22ND 2024 NOON AT THE JOSEPH E. ZALOGA
AMERICAN LEGION POST IN ALBANY, NY
CELEBRATING YOUTH ACHIEVEMENTS AND COMMUNITY IMPACT.
TICKETS AVAILABLE ON EVENT BRITE
VIA ALBANY ROTARY FACEBOOK PAGE

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**Shenendehowa Rotary presents a
Chicken BBQ Dinner
Thursday, May 23rd
at the Shenendehowa United
Methodist Church**

971 Route 146, Clifton Park

\$16

4pm to 6pm

Dinners are provided by Rollin' Smoke BBQ and include 1/2 chicken, baked potato, slaw, & roll.

Pre-order online at

www.shenrotary.org/bbqchicken.

Proceeds will benefit the Shenendehowa Bountiful Backpacks program, an all-volunteer organization providing nutritional food for school aged children in the Shenendehowa CSD.

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Note from PDG Sue Austin:

**REMINDER. ALL FINAL REPORTS FOR
THE 23-24 DISTRICT GRANTS ARE DUE
AUGUST 31. NO EXCEPTIONS!!!**

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Glenville Rotary is sponsoring its 11th annual **Mystery Winery Tour**

**Saturday, June 1st
\$100 / per person**

Cost includes visiting several wineries & vineyards with many great wine tastings, morning coffee & pastry, afternoon snacks, and cold water all day. *(With skyrocketing prices on every level, we have worked very hard to keep this cost down while still providing a quality, memorable trip.)*



Pick-up points:

Scotia Park 'n Ride (Van Buren Rd)
Crossgates Mall (New location - map will be provided)

***Come join the FUN!!
You'll be glad you did!!!***

For reservations contact: Barb Wyllie at
bw4rotary@gmail.com.

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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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Burnt Hills Ballston Lake Rotary
provides an

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

817 Saratoga Rd, Burnt Hills, NY
Collecting non-perishable food items.

Rotary Club of Cobleskill presents its

100 Year Celebration

Wednesday, June 12th

at the **Elks Club**
Cobleskill, NY

5 pm: Social Hour (Cash Bar)

6 pm: Dinner (\$35/pp)

RSVP if you are staying for dinner.

7 pm: Program

at the **Elks Club**
Cobleskill, NY

To register please call Leo at (518) 376-2657 or Chris at (518)234-3773.

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Colonie-Guilderland Rotary Club presents its 19th Annual

18-Hole Golf Outing & Shootout for Duffers, Hackers and Pros

Friday, June 14th

Mill Road Acres

Latham

Price Per Golfer is \$110

which includes lunch and carts

Tee/Hole Sponsorships Available for \$175. Or you can become a Tee Sponsor and add a 4 Golfers Package for \$500.

Lunch will be served prior to the start.

Register today or learn more about sponsorship at cgrotary.org.

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Exchange Student, Giovana Souza dos Santos of Brazil, to speak at Schenectady Rotary

Thursday, May 2nd

by Ellen McHale

Giovana Souza dos Santos of Brazil will speak at Schenectady Rotary Club's weekly meeting, Thursday, May 2, at 12 noon, at the Turf Tavern, Scotia. The meeting is open to the public. Giovana is the Rotary Exchange Student for the 2023/2024 school year. The project is jointly shared between the Schenectady Rotary Club and the Niskayuna Rotary Club. She comes to Schenectady from Rotary District 4510, Brazil, Assis do Vale Rotary Club.

Her presentation will focus on her home country of Brazil and her life there. She will also talk about her experiences in the USA as a Rotary International Exchange Student.

Niskayuna and Schenectady Rotary Clubs are planning to share hosting an exchange student again next year; predicated on the availability of a potential host family. Families need not be Rotary members. Those interested in being a host family may contact Ellen McHale 518-346-7008 emchale2031@gmail.com

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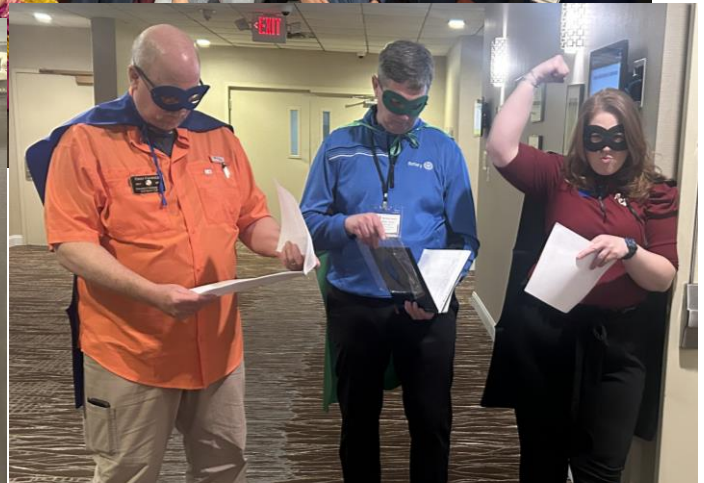
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2024 District Conference

Photos by Marisa Multari





Photos by Barb Wyllie

CITY OF GLENS FALLS RECREATION DEPT. & ROTARY CLUB

Kids' Fishing Derby & Casting Contest

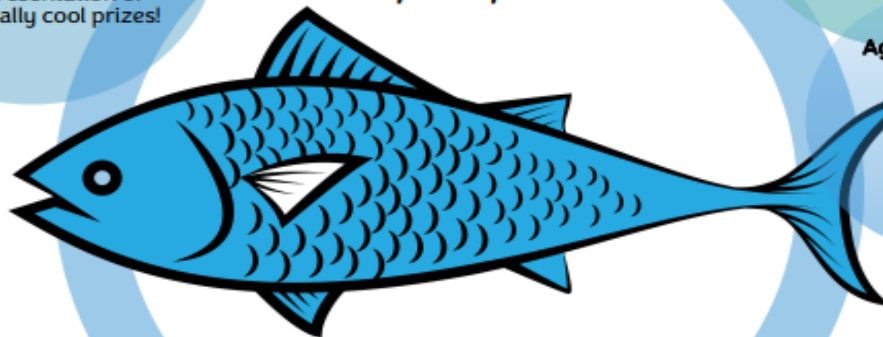
8:30 am: Sign-in & packet pick-up
9:00 am: Fishing begins
11:00 am: Weigh-in of catch
11:30 am: Presentation of really cool prizes!

Saturday, May 4, 2024

Prizes will be awarded in each age category for the **longest fish**, the **heaviest fish** and the **shortest fish**.

Age Categories:

- 3-5 years
- 6-8 years
- 9-12 years
- 13-15 years



Crandall Park Pond, Glens Falls

Equipment needed:
Fishing pole and bait

Check-in:

To be eligible for competition, participants must report to the check-in table before they begin fishing. For safety reasons, the number of derby participants is limited to 325 anglers.

Special Thanks:

We would like to extend a very special thank you to the members of the Glens Falls Rotary Club for volunteering their support to this program for so many years.

Thank you to FISH307 of Lake George for their contribution of grab bag gifts. Each angler will get to choose a free book provided by the Ben Osborn Memorial Fund.

We would also like to thank the Warren County Fish Hatchery for providing the hungry trout!



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

