

The Toolbox



January 2019

Barb Wyllie ~ Editor

Distribution 1,113

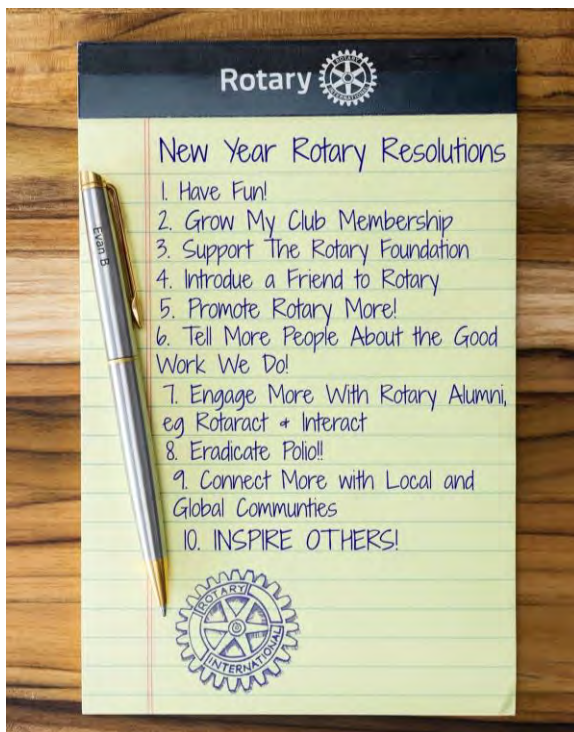
Please send submissions to Barb at: THETOOLBOX7190@GMAIL.COM Deadline: 20th of the month

From the Governor's Desk

Happy 2019 Rotarians and Friends of Rotary!

Do you make New Year's resolutions? Resolutions are made traditionally to change an undesired trait or behavior or to accomplish a personal goal or to just improve your life. Popular goals are to improve physical or mental well-being, career goals, goals to improve finances, be more spiritual, spend quality time with family and friends, learn something new...and, well, the list is endless.

I really like the New Year Rotary Resolutions outlined below. Who wants to adopt these easy goals with me? Come on...I know we can accomplish and sustain these! DG Tammy



DISTRICT EVENTS AT A GLANCE

- January 1: Polio Plunge *pp 1, 7*
- February 21: Rotary 114th Birthday Party
Sponsored by Glens Falls Rotary *p 5*
- April 6: District Training Assembly/Grants Management Seminar
- April 18: Cabaret: Talent Competition
Sponsored by Next Gen Rotary *pp 5, 11*
- May 3-5: District Conference *pp 5, 6*
- June 1-5: RI International Conference

CLUB EVENTS AT A GLANCE

- Now: MAS Contest by eRotary *p 3*
- January 12: Build an Outhouse Workshop by Schenendehowa Rotary *p 2*
- January 19: Chicken & Biscuit Dinner by Schenendehowa Rotary *p 3*
- January 26: 'Amazing Race' by Colonie-Guilderland Rotary *p 3*
- February 9: Winter Outhouse Races by Schenendehowa Rotary *pp 4, 8*
- February 9: Trivia Night by Cobleskill Rotary *p4*



1/1/2019: Polio Plunge

Thank you for your continued support!

~ ~ ~

Help Wanted

After 4 years of heading up Rotary District 7190's Day of Service, I would like to pass the baton. I will train the new hire during the 2018-19 year.

Call or email me at 518-944-3997 or

Barrelbackbuilder@mail.com

for questions or interview.

Thank you.

Bruce McConnelee

~ ~ ~

Meeting Time Change!!

Racing City Rotary Club has changed their meeting time from 5:30 pm to 6:30 pm, same location, as follows:

1st and 3rd Monday, 6:30 PM

(excluding holidays)

VFW Post 420

190 Excelsior Avenue

Saratoga Springs, NY 12866

~ ~ ~

NEW MEETING LOCATION

for Capital Region Rotary

EFFECTIVE IMMEDIATELY, Capital Region Rotary will now meet at Warehouse Grill and BBQ located on Wolf Road in Albany.

~ ~ ~

Attention All Clubs:

DG Tammy has requested that every month all clubs kindly submit the names of their **NEW** members to

thetoolbox7190@gmail.com for

District recognition.

~ ~ ~

Attention All Clubs:

DG Tammy has also requested that every month all clubs kindly submit the names of their members who have passed on to higher service to

thetoolbox7190@gmail.com for remembrance.

remembrance.



Shenandehowa Rotary
3rd Annual Winter Outhouse Races

Build an Outhouse Workshop
Saturday January 12, 2019
10 am at
Curtis Lumber
885 New York 87, Ballston Spa

Purchase your Outhouse "Racer" Kit from Curtis Lumber
We will help you put it together at the Workshop,
AND we can even take it home for you.
To sign up for the workshop call Ray at (518)992-5804

Outhouse Race is
Saturday February 9, 2019, 1 pm at Clifton Park YMCA

Build an Outhouse, Come Out and Race

Git'er Done!
First Prize: \$500
2nd Prize: \$400
3rd Prize: \$300
Best Themed Team \$200

Registration - \$125 per 5 person team

For Outhouse Race Details Visit: Shenrotary.org/outhouse-race

~ ~ ~



~ ~ ~

Amazing Race* to Recovery

This event will be modeled after the popular CBS show The Amazing Race, with detours, roadblocks, pit stops, etc. Your team will earn points for completing tasks throughout the mall and some tasks may be judged on time. * But this is not a foot race and no running in the mall is allowed.

Saturday, January 26th
9am start

Cost: \$20.00 donation per team member
Pre-registration is required to participate.

Registration deadline is January 19th.
Teams can range from 1 to 5 people. Each team must have at least one person over 18 years of age. A mobile phone is required and will be used during the event.

Crossgates Mall
Albany New York

www.amazingracetorecovery.org
www.cgrotary.org

The Colonie-Guilderland Rotary Club is looking for your help in fighting the current addiction and opioid crisis in the Capital District. We are planning a fund-raising event, to promote awareness of the issue and to raise funds to support Second Chance Opportunities, Inc. that is planning to open a community recovery center in Albany.

Their website is www.happyjoyusandfree.com. Funds raised from this event will be used to create a Community Recovery Center, a safe and centralized location in the heart of Albany where people with an addiction, their families and loved ones can come to get support, direction and guidance while they are dealing with substance abuse disorders. A space where people in recovery can come and put the pieces of their life back together by; gaining employment, housing and life skills, being part of the recovery community, and learning to have fun and enjoy themselves without the use of substances, which greatly reduces the risk of relapse.

District 7190 Rotarians can help by:

- Registering Teams to participate in the event and pre-event fund raising
- Volunteering to help the day of the event

If you have any questions, or are interested, please contact us via the event website, or send an Email to khpogge@grasslandcorp.com

~ ~ ~

Rotary  Shenendehowa Rotary Club

Chicken & Biscuit Dinner

Mohawk Towpath Byway 

Saturday, Jan 19, 2019 4 - 6 PM
Clifton Park Senior Citizen Center
6 Clifton Common Blvd
\$ 12 Adults, \$10 Seniors & Children

Tickets available at www.shenrotary.org



All monies raised go to the support of Logan Daniel Fogg, who was diagnosed with congenital glioblastoma at 3 1/2 months old.



For more information contact Anne Cargile 518-275-7796

~ ~ ~

Rotary 1st Annual MAS Challenge

Member Average Service (MAS)

Total Direct Service Minutes / Total Members

Sponsored By: www.eRotaryNY.com

Service Types Defined (only #1 counts) (Calendar Year)

- 1-Direct Service Outside Club (any hands on direct help by member)
- 2-Club Meetings (any meeting)
- 3-Fundraising (ex. Golf tournament, raffle, selling, etc)
- 4-Club Fellowship (not meeting or fundraising club social events)
- 5-Club Service (newsletter, website, etc...)

~ ~ ~

Sponsored by Cobleskill Rotary Club

TRIVIA NIGHT 2019

Saturday, February 9th

Elks Lodge

Cobleskill, NY

Doors Open at 6:00 PM

Play Begins at 7:00 PM

Format: Maximum Six-Person Teams

Cost: \$120 per team / \$20 per person;
Spectator \$10

PRIZE FOR WINNING TEAM: \$300 CASH

*All proceeds go to the Backpack program, School Scholarships and the RYLA program
(Rotary Youth Leadership Awards)*

Play: There are five rounds for everyone. Answers and team scores given after each round. Rounds One, Two, and Three – Twenty questions with 30 seconds to record the answer. Rounds Four and Five – Ten **Question "Lightning Round" with 15 seconds to record the answer.** There will be a two-point bonus question for every round. Tie breakers will be used if needed.

Rules: Student Teams allowed. Adult teams may be made up of students and adults.

No more than six can play at one table. While answers may be challenged, such challenges will be handled by an arbitrator independent of the scorers and will be judged against the source used by the question preparers. If there are any challenges, the source for the answer being challenged will be made available. **Arbitrator's decision on challenges is final.** There are NO refunds. This event is for charity. Player substitutions are allowed until the emcee starts the questions.

Food available: The Elks Club will sell hamburgers & hot dogs, chicken wings. Cash bar/sodas, pizza, popcorn and coffee available. Complimentary snacks and desserts during play.

Please register by 2/5/19 !!!

Make checks payable to Cobleskill Rotary Club. To **Register: Submit your team name and contact person's name** with \$120.00 per team to: Milan Jackson - P.O. Box 370, Richmondville, NY 12149 [Questions? (518) 294-6717]

~ ~ ~



Shenendehowa Rotary presents its 3rd annual Winter Outhouse Races Saturday, February 9th at 1 PM at the Southern Saratoga YMCA Clifton Park

Put together a team and build your own custom outhouse on skis to compete for the coveted Shenendehowa Rotary "throne" as well as prize money. There is no admission for spectators.

Each outhouse race team includes 5 members; one who rides the "throne" while the remaining 4 members push, pull or drag their decorated outhouse around a snowy race track. Team themes and costumes are encouraged.

First place receives \$500. Second place receives \$400. Thirds place receives \$300 and Best Themed Team receives \$200. For outhouse race details visit shenrotary.org/outhouse-race.

See flyer on page 8.





Sponsored by the Rotary Club of Glens Falls
Rotary Birthday Party
 114 Years Young!

A 114th Birthday Celebration!
 Hyde Collection
 161 Warren Street
 Glens Falls NY

The Hyde Collection is a non-profit trust which hosts community events year round. For information please visit www.hydecollection.org or call 518-792-1761.

Thursday, February 21st
 6-8pm
 Cost is \$30 per person

Limited to the first 60 who register!
Register soon through the District Website
 Stay tuned for official flyer with more info on the Hyde Collection...

Enjoy: Hot and Cold Appetizers
 Wine, Soda, Water
 Desserts



The Next Gen Committee proudly presents
Capital Cabaret:
 The 7190 Regional Talent Competition
 Thursday, April 18th
 6pm

Last year's event (Rotary's Got Talent) was a spectacular success, with 15 competitors vying for the top prize and over \$4,000 raised to support the Rotary International Foundation. A number of clubs sourced talent from within their ranks and from their extended communities, and the club v. club competition was a lot of fun! Now is the time to consider who will represent your club, whether a member, family member or friend of the club. See the flyer at the end of the Toolbox for more information. Contact [Whitney Pangburn](mailto:Whitney.Pangburn@rotary7190.org) or [Marisa Multari](mailto:Marisa.Multari@rotary7190.org) with any questions might have. Audition tapes are being accepted now!



Conference Hints and Tips to Remember/Bring/Wear

- **Pair of NEW PJs for Kids for our Local D7190 Hospitals**
 -Purchase locally, in Burlington or check out the Amazon Wish List at <https://www.amazon.com/gp/registry/wishlist/3CX2Z1NV3DAGR>
- **Music, Instruments, Other Material for Open Mic on Friday Night**
 -Karaoke will be available
- **Hippie Attire for Saturday Night Psychedelic Groove**
 -Awards for best, most original costumes
- **Conference Attire - Rotary Casual Wear**
- **Are You an Alumni of the Original Woodstock Music and Arts Festival?**
 -Contact Ray Otten rcotten53@yahoo.com
- **Don't forget your bathing suits**



A Message from Glens Falls Rotarian and Pure Water Partner, Ian Williams:

There is a focus in Rotary International for solving water and sanitation issues.

There are a number of clubs in our district all doing great work overseas in helping to alleviate water and sanitation crises. I've spoken to some people about these projects and am surprised that our district doesn't pool resources and experience to coordinate efforts into each project.

Groups and clubs waste energy and effort to re-invent the wheel when other clubs may have already solved the problem or have a resource to contribute to a project's success.

I sit on a Haitian Water Committee for the NGO Pure Water for the World which is comprised of mostly Rotarians from across the country.

A similar committee in our district could make all our efforts more effective and perhaps offer an opportunity for collaboration.

I'm willing to talk with interested clubs and see if this is possible...None of us are an island. Let's create the critical mass needed to make District 7190 a leader in Water and Sanitation during 2019.

I'm a member of the Rotary Club of Glens Falls and a Pure Water Partner. My e-mail is bendigonian2002@yahoo.com. Let's start that conversation today!



Support Gift of Life as You Shop!

Go to smile.amazon.com/ch/22-2704726 and Amazon will donate to Rotary District 7190 Gift of Life Inc. Please share this link and information with your family, friends, and social media contacts. GoL appreciates your support in the mission to save young lives around the world.



Looking for Speakers?

Gift of Life will be glad to arrange for a member to address your club about their life saving mission.

Please contact Pat Herman at phpherman@gmail.com.



Rotary District 7190



Conference of Clubs Essex Junction, Vermont May 3-5, 2019

PEACE, LOVE, ROTARY INFORMATION

Dates: Friday May 3rd-Sunday May 5th 2019

Location: The Essex Resort & Spa
Essex Junction, Vermont
EssexResortSpa.com

Registration To register, visit:
Info: rotary7190.info/ConferenceofClubs

Registration includes conference materials, and meals (Friday dinner through Sunday breakfast)

\$187.00 by December 31st 2018
\$207.00 beginning January 1st 2019

Conferece Harriet "Pepi" Noble
Contact: *Conference Chair*
h noble@nycap.rr.com
518.373.8574

Hotel \$159.00/night + taxes & fees
Reservations: Rate valid three days prior to and after conference dates.
\$20 fee per adult with rooms/suites with three or more guests.
Resort fee waived.

Phone: 877.684.1123
Online: rotary7190.info/ConferenceofClubs
Group Name: Rotary District 7190

District Governor Tammy Hunter Heckenberg • **2019 Conference Chair** Harriet "Pepi" Noble



Support the Insanity | Join the fun

District 7190 Family Polio Plunge

January 1st, 2019

Shepard's Park Lake George NY

OR

Pool Plunge at Courtyard Marriott Lake George

11:00 am

Must Pre-register by December 21st, 2018

Contact:

Doug Ford (518-365-4958) or email dougford@curtislumber.com

Or

Sandy McAlonie (518-339-9904) or email smrotary1213@gmail.com

Walk to Shepard's Park beach for the Lake plunge at 12:15 pm

Doug Ford & Sandy McAlonie, District 7190 Polio Co-Chairs



A Fun Family Event

Saturday February 9, 2019, 1 pm

Southern Saratoga YMCA
1 Wall Street, Clifton Park, NY

FREE AND OPEN TO SPECTATORS

Food and Beverages Available
FEATURING OUR FAMOUS
OUTHOUSE CHILI DOGS



Git'er Done!

Build a Team
Build an Outhouse
Come Out and Race

First Prize: \$500

2nd Prize: \$400

3rd Prize: \$300

Best Themed Team \$200

Registration - \$125 per Team
Proceeds To Benefit Shenendehowa Rotary's
Outreach Programs

For Outhouse Race Details Visit: Shenrotary.org/outhouse-race

Thank You to all who participated in Wreaths Across America...what a moving way to honor our Veterans



Having a special time of fellowship at
Northville Rotary Club's Holiday party



ROTARY PRESENTS:

Capital Cabaret

Rotary District 7190

Call for Talent

WHEN

THURSDAY, APRIL 18TH 2019 AT 6:00PM

WHERE

LUCKY STRIKE SOCIAL, CROSSGATES MALL

WHY

TO RAISE FUNDS FOR GLOBAL PEACE AND HUMANITARIAN SERVICE AND TO BRING TOGETHER LIKE-MINDED BUSINESS AND PROFESSIONAL LEADERS IN OUR COMMUNITY.

\$500

1ST PLACE PRIZE

\$250

2ND PLACE PRIZE

\$100

3RD PLACE PRIZE

SEND YOUR DROPBOX OR GOOGLE DRIVE LINK OF YOUR SUBMISSIONS TO:
ROTARY719ONEXTGEN@GMAIL.COM

SUBMISSIONS MUST BE 3 MINUTES OR LESS AND SENT NO LATER THAN FEB. 22ND 2019

THE ROTARY NEXT GEN FACEBOOK PAGE WILL BE UPDATED WITH MORE DETAILS AS THE EVENT DRAWS CLOSER.
 ANY QUESTIONS, FEEL FREE TO REACH OUT TO OUR EVENT CO-CHAIRS:

Marisa Multari
MARISA.MULTARI@YAHOO.COM

Whitney Pangburn
WHITNEY.PANGBURN@GMAIL.COM