

# The Toolbox



**June 2024**

**Whitney Pangburn ~ District Governor**

**Barb Wyllie ~ Toolbox Editor**

**Please send submissions to Barb at: [THETOOLBOX7190@GMAIL.COM](mailto:THETOOLBOX7190@GMAIL.COM)**

**Deadline: 20<sup>th</sup> of the month**

## FINAL EDITION

**From the Governor's Desk**

### **Farewell and a Bright Future: Reflecting on Rotary District 7190**

Dear Rotary Members of District 7190,

As I pen this final message to you as District Governor, I am filled with a mix of emotions. The close of Rotary District 7190 marks the end of an era, rich with traditions, memories and friendships that have deeply impacted all of us. It is natural to feel a sense of loss as we transition, but it is equally important to honor and cherish the legacy we leave behind.

I have just returned from the Rotary International Convention in Singapore (pictures on next page,) where over 14,000 Rotarians gathered to celebrate both our history and our future. The convention was a powerful reminder of the incredible impact we have as part of an organization that boasts more than 1.4 million members worldwide. Each member and each club contributes to the greater good, reinforcing our collective mission of doing good in the world.

Our district has embodied Rotary's seven areas of focus: peacebuilding and conflict prevention, disease prevention and treatment, water sanitation and hygiene, maternal and child health, basic education and literacy, community economic development, and the environment. Through these pillars, we have truly

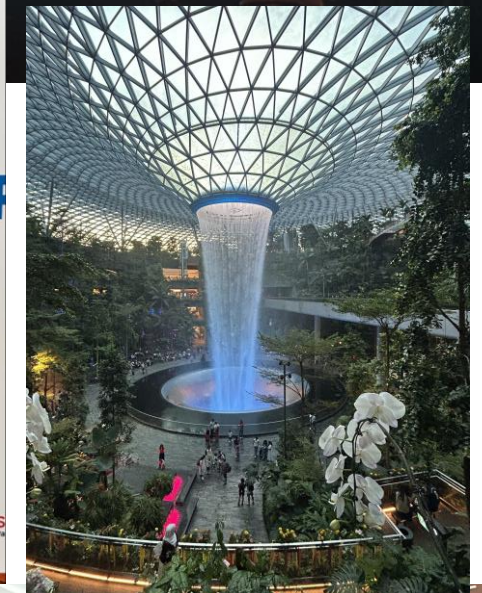
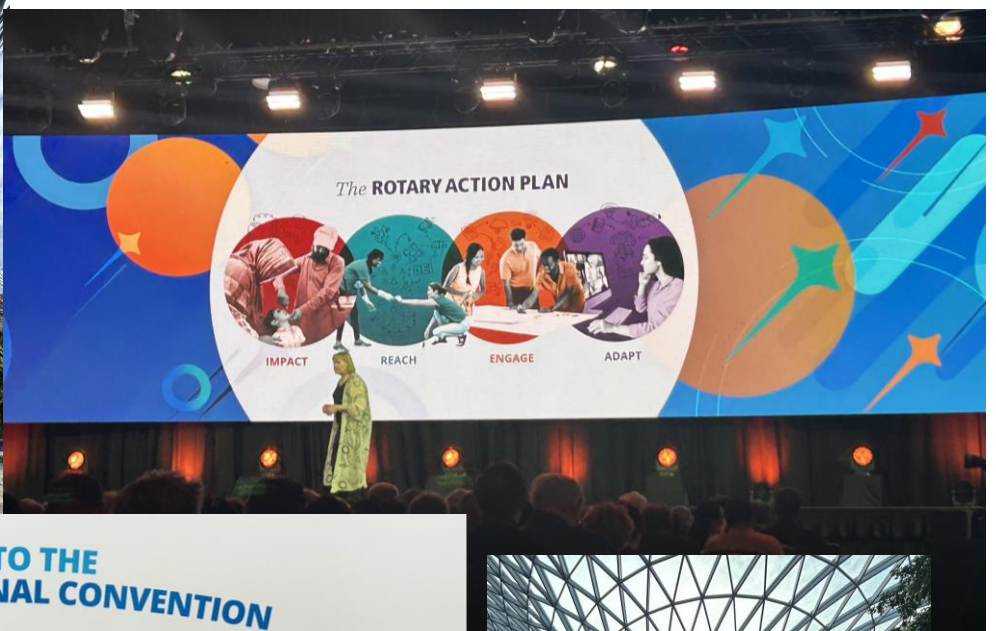
made a difference. The inspiring stories shared at the convention highlighted the global reach of our efforts and the positive change we are driving across communities.

As we move forward into the new chapter under CNY Rotary, I encourage all of you to embrace the future with optimism and an open mind. Change can be challenging, but it also brings new opportunities for growth and innovation. The future of Rotary in our area is bright and together, we will continue to make a meaningful impact.

Serving as your District Governor has been one of the greatest honors of my lifetime. I am profoundly grateful for the dedication and service of each Rotary member in our district. Your commitment to our shared values and mission has been truly inspiring.

Thank you for this opportunity to serve alongside you. As we bid farewell to District 7190, let us carry forward the spirit of fellowship and service that has defined our journey. Together, we will build an even stronger future under CNY Rotary.

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



## It's Time for CNY Rotary - What You Need to Know

Submitted by CNY Rotary Communications

As we prepare for the official transition to CNY Rotary and your clubs prepare for a new Rotary year, here are some important things to know (and do!) before we flip the calendar to July 1!

### From Newsletter to News Network

This will be the last month of your current district newsletter in this form. Please take a moment to thank your editor for their hard work and dedication to keeping us connected! Moving forward, we will have a live news section on our website called the CNY Rotary News Network. You can submit your club's news and events info at any time. It will get posted as it is received and reviewed by our team. They will cross-post the articles onto our social media channels and we'll send out a monthly email to all members with a round-up of headlines. We'll be sure to remind everyone to check out the CNY Rotary News Network to get inspiration, see important notices, and stay connected.

**Submit your news to [news@cnyrotary.org](mailto:news@cnyrotary.org) from here on out! Get us your July news today!**

### Database Clean-Ups

We've reached out to your club's leaders with helpful how-to guides and a request to clean up your club's information in our ClubRunner database. This will make sure that when we combine the three districts into our new CNY Rotary ClubRunner, the data is accurate and ready to launch. Club leaders will need to complete all ClubRunner business by June 30th, which has always been the deadline to edit membership data in order to get accurate invoices for the 2024-25 year.

### ClubRunner Transition Process

It's extra important that all ClubRunner edits are completed by June 30th because our ClubRunner access is going to go dark for the first two weeks of July. During this time, ClubRunner will be combining our three databases and our Public Image team will be setting up the new website. Clubs who have their own subscription to ClubRunner can still access their services through their own website, but the three current district websites will go away and only [www.CNYRotary.org](http://www.CNYRotary.org) will exist. Until our current, temporary website transitions to our permanent ClubRunner site, that means no access to log in for our members or leadership. That also means we will be unable to use it for district-wide communications during that time. Once the new website is launched and access to ClubRunner is restored under our new CNY Rotary account, we will notify all members by email and on our social channels.

*Club leaders will receive additional communications reminding them of this important timeline.*

### Official President Video & Area Visits

President Lizzy will distribute a recorded official video to club leaders later this month. Clubs are encouraged to use the video as a program at a club meeting in July or August. You can also share the video to your members to watch on their own time if your summer schedules are already full or you just want to get the word out to everyone. In addition to this video, the CNY Rotary President will have an official visit to each of the 22 areas in our region this summer and fall. Your club leaders will hear from your Area Rep (Assistant Governor) with details as events are planned so you can incorporate them into your schedule. Consider canceling your regular meeting the week of the official visit so we aren't asking too much of our members both in terms of time and money. Cost to attend an Area Visit will be minimal, but there may be costs associated depending on the type of event. If you have questions on your Area Visit, reach out to your Area Rep or President Lizzy at [rotarylizzy@gmail.com](mailto:rotarylizzy@gmail.com).

There will be questions during this transition time, so please note all the ways you can reach out to connect with us at any time:

Email: [centralNYrotary@gmail.com](mailto:centralNYrotary@gmail.com)

Website: [www.cnyrotary.org](http://www.cnyrotary.org)

Social: @CNYRotary on [Facebook](https://www.facebook.com/CNYRotary) and [Instagram](https://www.instagram.com/CNYRotary)

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## Conference Survey Results Are In!

Submitted by CNY Rotary Communications

Thank you to everyone who took the time to give us feedback in our recent survey about District Conference. We welcomed feedback on the 2024 event for those that attended and input on Conference 2025 for those that did not. Below are some insights from each group's feedback.

We received 241 responses.

35% of respondents attended this year's conference and 65% did not.

### 2024 Conference Feedback:

73% of respondents attended the whole weekend.

The top two ways members learned about conference were through district communications and district leadership.

95% of attendees got to interact with a Youth Exchange student - fun!

The three most important parts of conference were:

1 - Hearing from guest speakers

2 - Socializing

3 - Breakout Sessions

And overall, attendees gave it 4.1 stars!

### **2025 Conference Input:**

76% of respondents care more about the value of the conference experience than the cost.

76% want to be able to visit the local sites while at conference.

The three most valuable parts of conference are:

1 - Learning about Rotary projects

2 - Hearing from guest speakers

3 - Socializing

We appreciate the individual responses with more detailed feedback as well. The committee for planning Conference 2025, April 4-6 at the Hilton Downtown Albany, has reviewed the information and is using it for new ideas and ways to build on this year's energizing event. We hope you will save the dates and plan to join us next year!

Learn more at [www.CNYRotary.org](http://www.CNYRotary.org) and follow @CNYRotary on [Facebook](https://www.facebook.com/CNYRotary) and [Instagram](https://www.instagram.com/CNYRotary).

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## CNY Rotary Representatives Have Been Selected & Confirmed

Submitted by CNY Rotary Communications

The Council on Legislation is the committee that helps provide guidance to our Rotary International Board on potential changes to Rotary's rules. The council is made up of Past District Governors from each district of the world and convenes in person every three years.

At our recent conference, the process for selecting our representative was reviewed and an electronic ballot was then distributed to all club leaders in CNY so they could cast their vote. The ballot included links to Rotary resumes for four qualified candidates. The one who received the most votes would serve as our representative and the one with the second most votes would serve as our alternate.

The results are in and our Council of Legislation Representative will be Matt Adler of Owego Rotary, with our alternate Don Reese of Utica Rotary. Thank you to all of the Past District Governors who stepped forward willing to take on this work, and thank you to Matt and Don for confirming that you will serve us in this capacity.

At the same time as we conducted the Council on Legislation vote, clubs cast their vote for someone to represent us on the Director Nominating Committee. This committee helps to nominate our next Rotary International Director, to serve on the RI Board of Directors on behalf of our zone. Drew Kessler is our current director and starting July 1 we will welcome Chris Etienne! This committee would be nominating Chris' successor and it means a series of virtual meetings to review potential candidates this fall. Once again, this is a role for a Past District Governor and we had several step forward willing to serve in this way. Ultimately, the votes came in for Zoe Van der Meulen of Unadilla Rotary to be our representative. Deb Glisson of Onondaga North Rotary will serve as the alternate.

We appreciate all the clubs that participated in this process and congratulate all of the new representatives. Follow @CNYRotary on [Facebook](https://www.facebook.com/CNYRotary) and [Instagram](https://www.instagram.com/CNYRotary) for announcements like this and more!

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## DISTRICT EVENTS AT A GLANCE

- **NOW: SAVE the DATE** for the 2025 Conference: April 4-6
- **NOW: Join the Polio Plus Society** p 10
- **NOW: 'Polio Survivor' Book Sales** p 11
- **June 4: Zoom: CNY Town Hall** p 6
- **June 14: Flag Day**
- **June 16: Father's Day**
- **June 19: Juneteenth**
- **June 20: 1<sup>st</sup> Day of Summer**

## CLUB EVENTS AT A GLANCE

- **NOW: Food Drive** BHBL Rotary p 6
- **NOW: Homemade Soap Sale** Rotterdam Sunrise p6
- **June 1: Mystery Winery Tour** Glenville Rotary pp 5,9
- **June 12: 100<sup>th</sup> Anniversary** Cobleskill Rotary p 5
- **June 14: Golf Outing** Colonie-Guilderland Rotary p 5

### 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 **11<sup>th</sup> annual**

### Mystery Winery Tour

**Saturday, June 1<sup>st</sup>**  
**\$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!!!***

Contact: Barb Wyllie at  
[bw4rotary@gmail.com](mailto:bw4rotary@gmail.com).

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Rotary Club of Cobleskill presents its

## 100 Year Celebration

Wednesday, June 12<sup>th</sup>

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 19<sup>th</sup> Annual

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

Friday, June 14<sup>th</sup>

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](http://cgrotary.org).**

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## Called to a Higher Service

**Middleburgh Rotarian**  
**Eleanor Spencer**

**Glenville Rotarian**  
**Clarence Mosher**

District 7190 bids these members a heartfelt farewell with prayers and very fond memories!

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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](mailto:msurin@nycap.rr.com).**

Or join their weekly meetings at 7:15 am at the Bellevue Café in Schenectady, NY.



**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.**



**Salem Rotary’s Exchange Student News**

Submitted by Al Cormier

Pictured is Salem's/7190 International Exchange Facilitator, Tom Rogers, and the Salem exchange student, Mahi Darpan Bardia from India. Mahi is a member of the Salem Washington Academy 2024 Graduation Class and will participate in graduation on June 28. Living with three different host families, Mahi has been able to experience village and country living. She and Tom are pictured at the Salem Rotary Club trash pick-up day on State Route 22 on May 4. The Salem Rotary Club has sponsored exchange students since 1969, totaling 99 students coming and going.



Thank you for all your service.



**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](http://CNYRotary.org)



## Schenectady Rotary Club News

Submitted by Joanne DeVoe

Schenectady Rotary Club has announced its two high school 2024 \$1,500 Scholarship awardees. Damilare Gafari and Maria Ashley Prasad, both about to graduate from Schenectady High School, won the scholarships. “It was a very difficult decision,” said Schenectady Rotary Club scholarship chair Elena Alvarez. “All the applicants were deserving academic students, but their support letters and backgrounds nailed their success with the Rotary Scholarship committee. One even received accolades from a Schenectady High School custodian who wrote “In a world where janitors go unnoticed and unappreciated, this student stands out as a beacon of compassion and respect.”

Damilare Gafari will attend NYU. He was born in Lagos, Nigeria. Needless to say, he is smart and engaging. As one of the youngest peer leaders in a summer enrichment program, he inspired middle school students to create a “Damilare Fan Club”!

Maria Ashley Prasad will attend Union College. She aspires to become a pediatrician. Among her many extracurricular activities, not always noted in urban schools, is serving as a swimming instructor for Schenectady elementary students. The combination of personal safety (knowing how to swim), overcoming fears, and healthy recreation in a lifetime sport will serve these students well thanks to Maria.

Both student scholarship winners participated in the Liberty Partnership Program (LPP) at SUNY Schenectady. LPP is a college and career opportunity program. Damilare and Maria Ashley will be invited to attend a Thursday noontime SRC luncheons at the Turf Tavern restaurant in Scotia, NY.

This Schenectady Rotary High School Scholarship committee typically offers one scholarship. Adding a second award is the result of several very successful fund raisers, including Cornhole for a Cause, and mum, wreath, Mother’s Day flower sales in collaboration with Schenectady ARC’s Horticultural Greenhouse, and private donations. It also is significant that the amount of the scholarships has been raised from \$1000 to \$1,500 this year, again because of successful fundraising.

Schenectady Rotary Foundation also awards up to \$2000 to projects benefiting not for profit organizations with a Schenectady County presence.

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## Celebrate!

Submitted by Pam Baxter

June is all about celebration – graduations, summer, Pride and Juneteenth. The CNY DEI Committee is alive, well and doing the work. Every step forward we take in openly accepting ALL people, no matter their differences, is a step in the right direction. Too often it feels like those steps don’t happen often enough, we recognize that, these steps take time, which makes it all the more important to keep doing the work. That is also why when we make progress, we should CELEBRATE. Your DEI Committee wants to share some celebration. With special thanks to DG Whitney and DPE Lizzy, our Rotary District is proud to show our support for the LGBTQIA+ community and have an ad in the 2024 Capital Pride Guide [Click here](#) .

And another step worth celebrating, do you recall that crazy fun filled conference in Vermont just a few years ago? Recall PDG Tammy Heckenberg’s theme of Peace, Love and Rotary and do you remember the conference shirts? Well that shirt design from that Conference of Clubs 2019 shall live on into CNY Rotary, as it has been recreated as our CNY PRIDE shirts and I am excited to share that over 40 Rotarians placed orders and will be debuting them at PRIDE events across New York State this June! This is another step worth celebrating! So this June we hope you take time to celebrate Pride, honor and celebrate Juneteenth and get ready for our Rotary District family to expand in area, in membership, in energy, in friendships and in service. CNY Rotary . . . a bigger brighter family of People of Action!



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### 3 Glenville Rotary Club Events that Became District Events

Submitted by PDG Larry Jones and Barb Wyllie

*by PDG Larry Jones*

#### **Rotary Birthday Party**

In 2010, the Glenville Rotary Club hosted the first Rotary Birthday Party to be held in some time. It became an annual social celebration, and eventually became a District event, and the location was moved around the District to make it more accessible for Rotarians to attend. In 2024, it was held at The Parting Glass Pub in Saratoga. The combined District will likely have multiple locations throughout our region, connected by a live Zoom stream!

*[This event is PDG Larry's brainchild and its original facilitator.]*

#### **Oktoberfest**

The Town of Glenville, along with the Glenville Rotary Club, holds an annual Oktoberfest. Led for many years by Glenville PDG Dave Hennel, the event has morphed into a large-scale regional celebration. The Glenville Rotary has been involved since the beginning, and in recent years additional area clubs have come to tell the stories about their projects and fundraise. The area where the clubs are located has become known as "Rotary Row" and it has become a great showcase for Rotary.

*by Barb Wyllie*

#### **Rotarian of the Year Recognition Night**

Back in 2006, a young college student I know accepted a summer internship at the Joe Bruno Stadium. When he asked how the administration would be paying him, they were noncommittal. Once he arrived to start his internship he was notified that his pay would be based on the commission of the sales he generated. Hearing this he contacted me as he had seen that our Club had purchased a couple dozen game tickets the year before and he was wondering if we would be interested in doing the same that year. Upon hearing this, my mind started working on how we could really help him. I happened to mention this situation to Lon Penna, and immediately we started brainstorming. It was Lon's idea to create the 'Rotarian of the Year Recognition Night' at the Joe. From there, it snowballed. I contacted the park and found out about group sales. So, on faith, I purchased 150 tickets (out of pocket) for the above mentioned newly created event. Then I got the thought to purchase another 150 tickets for opening night. And, buy them I did. I was determined to get the first set sold. And, sold they did. I was determined to get the second set sold. And, sold they did. Then as the season waned, I wondered if this young man would get the commission if I reserved another 150 tickets for the following year's 'Rotarian of the Year Recognition Night' event. He would, so I did.

The bottom line here is that with a little determination on the part of this young college student to reach out and ask if there was interest in purchasing some baseball tickets to the creativity of a colleague willing to brainstorm a solution...my young friend netted in excess of \$700 in commission! To this day, our young friend is very moved by the generosity of a Rotary Club that was willing to help him. This is the takeaway for me of Rotary. One or two people can certainly make a difference in another person's life. It is vital that we step up when and where we can to help others in this finite life.

After many years of facilitating this event, I came to the point where I no longer had the time to continue in this capacity. This is when the District (7190) adopted the event.

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**11<sup>th</sup> Annual Glenville Rotary  
MYSTERY Winery Tour  
Held June 1<sup>st</sup>.**

Photos by Barb Wyllie



**Hummingbird Farms Winery**



**Middleburgh Winery**

*(Meadowdale photo above by Guillermo Trujillo)*

*(Continued on next page...)*



**[Important Note: Surprise!!! We are planning a new trip for this coming September. If you are interested in more info on this (or any of our upcoming) bus trips, please contact me at [bw4rotary@gmail.com](mailto:bw4rotary@gmail.com). Thank you, Barb Wyllie]**



## 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

