

The Toolb



May 2023

Denise DiNoto ~ 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

I have been counting down to May for months and now it is finally here! So many Rotary events are taking place this month.

We start with our joint district conference in Clayton on May 5-7. Rotarians from across central New York will gather for fellowship, learning and celebration. This is an opportunity to meet members from clubs that will be part of the new CNY Rotary district.

Later this month there will be a training for members who may still be struggling with ClubRunner and MyRotary. This training was designed and developed based on feedback from club leaders who were having difficulty with the online platforms. While it is designed for club Secretaries and Presidents, I encourage anyone who is interested in club leadership to attend. You can find more details about the training below.

Unfortunately, I will not be at that training because I will be at the Rotary International Convention in Melbourne, Australia. Some of you know that I was an exchange student to Australia back in 1990. Going back for the RI Convention as the District Governor feels like I have come full circle in Rotary.

When I think back to that young exchange student who left New York to travel to the other side of the world, I know she never imagined being where I am today. That is the beauty of Rotary. Rotary offers opportunities to young people. Rotary builds peace and understanding between cultures. That doesn't happen because of the organization - it happens because of Rotarians like YOU!

You are responsible for a change in someone's life. You may never know about it, but the service you do has impacts beyond what you can imagine. As you continue to Imagine Rotary, be aware of the influence of your deeds and continue to be People of Action!

DG Denise

~ ~ ~

Get to Know ClubRunner and MyRotary

May 25th

6:30-8:30 pm

Glenville Senior Center

Who should come? Incoming club presidents and secretaries, or any member who wants to become a club leader.

~ ~ ~

CNY Rotary Update

Nominations Now Open for CNY Rotary Leadership Positions

The CNY Rotary Steering Committee has opened up nominations for several leadership roles on the future team and all qualified members of Districts 7150, 7170 and 7190 are encouraged to put their name in the hat. All submissions will go through the CNY Rotary Nominating committee, which is comprised of the three Immediate Past District Governors (who cast one vote in the case of a tie), the three District Governor Elects, three Assistant Governors, three immediate Past Club Presidents, three Past District Governors and the three sitting District Governors are non-voting members. You can see that there are three of each position, with one hailing from each of our current three districts.

CNY Rotary President (formerly known as District Governor)

We are seeking nominations for the President of CNY Rotary for 2025-26 and this can happen one of three ways:

- 1 – Your club can nominate you (with your approval)
- 2 – You can go to your club to ask them to nominate you
- 3 – The nominating committee can nominate someone directly (with their approval)

The basic qualifications for the role are that you have to have been an active member for at least seven years before your term begins and you have to have served a full year as club president. Details on the nominating process, a job description and answers to Frequently Asked Questions about being President, as well as the necessary forms are all available at www.cnyrotary.org under the Nominations tab. If you are considering this position, you can reach out to anyone on the Steering Committee to discuss if it would be a good fit for you. It is a serious leadership position and you should know what it will entail before stepping up. It will also be a seriously rewarding experience!

CNY Rotary Committee Chairs

Several committee chair positions are also open to nominations during this time: Finance, Foundation, Youth Exchange, Public Image, Membership, Training, and Diversity, Equity and Inclusion. Each of these roles require some Rotary experience in that area of expertise and come with opportunities for additional training. For these positions, you can self-nominate or have someone nominate you. Please do not nominate people without their permission. The nominating committee will be going through all submissions for these roles, with the top candidates to be interviewed by the CNY Rotary Steering Committee later this month. Check out the Nominations tab at www.cnyrotary.org for job descriptions and the online form for nominations.

Nomination Deadline is May 15

The deadline for clubs to nominate a CNY Rotary President or for someone to nominate themselves to a chair position will be Monday, May 15th. This is because the goal is to have all positions filled by the start of the new Rotary year. This gives the new volunteer leaders time to plan for attending training in the fall and to start work on building the rest of the committee. Each committee will now be bigger and that means many more opportunities to serve. If none of the roles described here sound like you, but you know you want to help at the district level, please keep following along because the call for you to get involved will be going out in the next phase.

Please be sure to [follow us on Facebook](#) and/or Instagram as we put out reminders and helpful information about the work being done to become CNY Rotary. Our goal is that people feel informed and have plenty of opportunities to engage, ask questions and get involved.

Rotarily Yours,
DG Denise, DG Rocky and DG Jerry

DISTRICT EVENTS AT A GLANCE

- **NOW:** Wheelbarrow of Booze by GoL p 3
- **NOW:** Book Orders being taken pp 5, 11
- **May 5-7:** Multi-District Conference, Thousand Islands, NY (Open to all) p 10
- **May 14:** Mother's Day
- **May 20:** Armed Forces Day
- **May 25:** ClubRunner/MyRotary Training p 1
- **May 29:** Memorial Day
- **May 28-31:** Rotary International Conference Melbourne, Australia (Open to all)
- **June 21:** District Exec Comm Meeting/ZOOM
- **June 2023:** District Changeover (Open to all) TBD
- **Sept 14:** Gift of Life Golf Tournament p 8

CLUB EVENTS AT A GLANCE

- **NOW:** Spring Flower Sale by Schenectady Rotary p 3
- **NOW:** Barrow of Beer by Schenectady Rotary p 6
- **NOW:** Help Girls in Malawi by Niskayuna Rotarian p 6
- **NOW:** Food Drive by BHBL Rotary p 7
- **NOW:** Homemade Soap Sale by Rotterdam Sunrise Rotary p 7
- **NOW:** Buy a Water Tank by Lake George Rotary p 9
- **May 6:** Medium Brandon Russ by Sharon Springs Rotary p 4
- **May 17:** Youth Recognition Day by Albany Rotary p 4
- **May 18:** Pints & Pies for Polio by BH-BL Rotary p 4
- **June 1:** Black/White Party by Twin Bridges pp 5, 7
- **June 9:** Golf Outing by Colonie-Guilderland p 5
- **June 16-17:** Variety Show by Amsterdam Rotary p 5
- **June 17:** Cornhole Social by Chestertown Rotary p 5
- **June 26:** Mission for Marcus golf event by Delmar Rotary p 6
- **July 9:** Cornhole for a Cause by Schenectady R. p 6
- **August 7:** Golf Classic by Glenville Rotary p 7

Scotia Rotarian Called to a Higher Service

District 7190 bids a heartfelt farewell with prayers and very fond memories to

Rod (Roderick) Rowledge

*We thank you for your
60+ years of service!*

~ ~ ~

Schenectady Rotary presents its annual

Spring Flower Fundraiser



\$25 each
Flowers or Herbs
Pickup Dates
May 12 and May 13



It's time for the Schenectady Rotary Annual Spring Flower Sale!

We are proud to partner with the Schenectady ARC Horticulture program to provide these beautiful flowers every year!

Funds raised support both the ARC Horticulture program as well as Schenectady Rotary's service to the community including:

- High School Scholarships
- Grants to local organizations
- [Building a new community resource room at William C. Keane Elementary School](#)

ORDER HERE (<https://schenectadyrotary.rotary7190gives.org/flowers2023>)

Flowers will be available for pick-up at Schenectady ARC's Maple Ridge Day Center located at 2999 Hamburg Street, Schenectady (Rotterdam)

Friday May 12 from 2p – 5p

Saturday May 13 from 9a – 12p

Do you want to make a difference in the world? Contact Schenectady Rotary (SchenectadyRotaryClub@gmail.com) for more information.

~ ~ ~

ROTARY DISTRICT 7190 GIFT OF LIFE PRESENTS OUR 2ND ANNUAL BARROW OF BOOZE

gift of life

**DID YOU
KNOW?**

Since our founding, the Gift of Life Chapter 7190 has directly sponsored or supported 355 surgeries in the United States. These surgeries were truly life saving, as the facilities to conduct them simply don't exist in the home country of the children beneficiaries.



**PLEASE NOTE:
MUST BE 21 TO ENTER**

**\$20 EACH
OR
2 FOR \$30**



Thank you for your continued support!
We appreciate you!
Live drawing will be Friday May 26th at 6pm!
Follow us on Facebook



Sharon Springs Rotary presents

Medium Brandon Russ is BACK!

Saturday, May 6th 6 pm \$38

Van Alstyne Homestead

42 Moyer St Canajoharie, NY

Brandon brings the stories of Funny You Should Say That to life! With a blend of stories and messages with audience members, prepare for an evening of being uplifted and connected.

As a developed demonstration Medium, he channels his inner comedian and is funny in the most unexpected ways. Because of the style of his new show, seating is LIMITED.

Come support the regional Rotary in the super fun shows! Brandon brings his unique style Mediumship with his wit and humor. You will leave uplifted and inspired!

For tickets:

<https://spirittreeconnections.ticketspice.com/book-em-tour-23-van-altyne-homestead-for-rotary-56>



Albany Rotary presents its 39th Annual Youth Recognition Day

May 17th

11:45 am

Come join us as we celebrate our 39th Annual Youth Recognition Day! This event honors youth from childcare agencies in the Capital Region.

Purchase your tickets via EventBrite on our Facebook or contact any Albany Rotary Club Rotarian. Looking forward to seeing you there.

~ ~ ~



**BURNT HILLS—BALLSTON LAKE
& BALLSTON SPA ROTARIES
HAVE TEAMED UP WITH
SPECKLED PIG BREWING CO**

Pints & Pies for Polio

MAY 18 | 5-9PM



11 WASHINGTON STREET, BALLSTON SPA, NY

**Please join us! \$1 from each pint and wood
fired pizza goes towards ending polio
throughout the world.**



For over 30 years, Rotary and the Global Polio Eradication Initiative have reduced polio cases by 99.9% worldwide. If all eradication efforts stopped today, within 10 years polio could paralyze as many as 200,000 children a year. We won't stop until we end the disease for good.

~ ~ ~



FOLLOW THE DISTRICT CONFERENCE

JOIN OUR FACEBOOK EVENT & INVITE FELLOW ROTARIANS

We'll post updates as event plans come together and you can connect with us there in real time!

Press 'control & click' on the link below:

<https://www.facebook.com/events/1158926078076499>





Thursday, June 1, 2023
6:30 to 9:30 pm

Fairways of Halfmoon
17 Johnson Road, Halfmoon

Twin Bridges Rotary Fundraiser

Black & White Party

- Italian Buffet Dinner
- Dancing
- Big, Big 50/50 Raffle
- Wine Pull



music by
DJ Raphael Peralta



Invite your family, friends, coworkers, significant other
or gather your gal pals for a fun "Girls Night Out"!

Make
your
plans
now!

Attire:
your favorite black, white
or black & white outfit!

\$60 per person

Please purchase tickets
by May 15

All proceeds benefit
Twin Bridges Rotary Foundation

buy tickets now at
www.twinbridgesrotary.com

Save the Date!

Amsterdam Rotary presents its 25th Anniversary Variety Show *Back to the 80's*

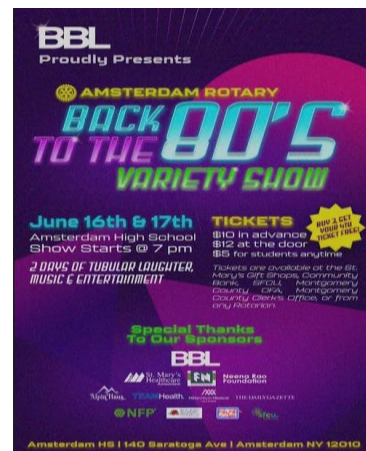
Friday, June 16th & Saturday, June 17th
Amsterdam High School

Bert DeRose Auditorium
Saratoga Avenue
Amsterdam NY 12010

Advance Tickets on
Sale Now \$10
Or become a Patron!

Contact Pete Rose
518-848-0401 or
pjrose69@icloud.com

m



Calling All Duffers, Hackers and Pros



18th Annual Colonie-Guilderland Rotary Club

Par 3 - 18-Hole Golf Outing & Shootout

Friday, June 9th, 2023, Mill Road Acres, 30 Mill Rd, Latham, NY

Price Per Golfer: \$95 Includes Lunch and a Shared Cart

Tee/Hole Sponsorships Available for \$150

Tee Sponsor Plus 4 Golfers Package \$450

[Register at cgrotyary.org](http://www.cgrotyary.org)

Our Club's fund raising supports various programs, such as Albany Ronald McDonald House, Guilderland Food Pantry, college scholarships for local students, Pure Water for the World, St. Jude Children's Hospital, and the Rotary Foundation.

Any team that has at least one Rotary member, will be entered into a drawing for a \$500 donation to a charity of their choice.

Rotary Cornhole Social

Saturday, June 17, 11 AM to 4 PM

Chester Conservation Club-Knapp Hill Rd
Chestertown, NY



\$20 Adult * \$5 Age 7-15

Free—Kids 6 and Under

3 Plays for Every Team

Prizes for Winners * 50/50 Raffle

Door Prizes * Concession Stand

Live Music by The Soggy Derby Boys

Practice & Registration starts 10 AM

Brought to you by the Chestertown Rotary Club
70+ Years of Service to our Community


Need info? Call or text 518-538-5605

Visit our FB page

[fb/ChestertownNYRotary](https://www.facebook.com/ChestertownNYRotary)




SAVE THE DATE



JUNE 26, 2023
"MISSION FOR MARCUS"
GOLF TOURNAMENT

*Stomp Out Stigma and Further
Opioid Awareness*

Delmar Rotary Foundation is pleased to present the 4th Annual "Mission For Marcus" Memorial Golf Tournament to further Opioid Awareness in Bethlehem and the greater Capital District. We will have a great day of Golf at beautiful Normanside Country Club in Delmar, NY. Register now and remember to invite your friends to play



STOMP OUT STIGMA
 Rotary Club of Delmar, NY

4-Person Scramble
\$150 per Golfer
\$600 per Foursome


8 AM Registration Full
Breakfast, Raffle
Tickets, Mulligans,
Driving Range, 19th Hole
Contest

9AM Tee-Off Shotgun
Start, Scramble,
Complementary
Beverages, and Light
Fare @ Snack Shack

2:30PM Lunch
Reception, Raffles, Putt
for Cash Finals

8:15-12:45 Putt for Cash
Qualifier

NORMANSIDE COUNTRY CLUB



[https://birdsease.com/
2023InMemoryofMarcusKaplan](https://birdsease.com/2023InMemoryofMarcusKaplan)

Questions ? Contact
Mark: 518-222-9988
kaplanmark20@gmail.com

~ ~ ~


**WIN a Wheelbarrow full of
Wolf Hollow Brewing Company Beer!**

Tickets: 1 for \$10 or 3 for \$25


PROCEEDS TO BENEFIT THE BUILD OF A COMMUNITY RESOURCE ROOM AT
WILLIAM C. KEANE ELEMENTARY SCHOOL

DRAWING TO BE HELD AT:
 SCHENECTADY ROTARY'S CORNHOLE FOR A CAUSE
 AT RIVERS CASINO AND RESORT

Sunday, July 9, 2023
(NEED NOT BE PRESENT TO WIN)



www.SchenectadyRotary.org



Tickets can be purchased via VENMO (@Lisarmj33) or by contacting the club at SchenectadyRotaryClub@gmail.com.

Save the Date!

Cornhole for a Cause Fundraiser

by Lisa Jackson

Schenectady Rotary is partnering with the **Adirondack Cornhole League** for their 2nd Annual

Cornhole for a Cause **Tournament**

They are excited to announce that this year's event will be hosted by their Event Sponsor, **Rivers Casino and Resort**, at Mohawk Harbor in Schenectady, on **Sunday, July 9, 2023!**



Registration opens at 9:00am and bags will fly at 10:00 am.

Cornhole for a Cause features a day-long tournament for professionals and amateurs alike, as well as an assortment of drawings, auctions, and retail vendors.

Spectators are welcome! Come cheer on your friends as they play for the trophy and support the cause and have some fun!

Visit www.SchenectadyRotary.org for more information and registration.

For more information, contact: Lisa Jackson at 518-441-1225 or SchenectadyRotaryClub@gmail.com

Follow us at www.Facebook.com/SchenectadyRotary and watch for more information.

In Partnership with: Schenectady Community Schools & Adirondack Cornhole
Hosted by Rivers Casino

Proceeds will be used to fully furnish a community resource room at a **William C. Keane Elementary School** where families can access medical and mental health services, food, clothing, childcare, transportation, and enrichment programs.

~ ~ ~

Save the Date!

Glenville Rotary presents its annual
Golf Classic

Monday, August 7th
Pinehaven Country Club

Come join us for fun and
helping us help others!
Details to follow.

~ ~ ~

Burnt Hills-Ballston Lake Rotary

continues to provide an

"Operation Hunger"
Collection Box

at Gil's Garage

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

~ ~ ~

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

Please, check out the link below. Share, and bookmark it to support our foundation:

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

Chituka Village Project update here:

<https://youtu.be/m7qO2lsXdBo>

Thank you very much.

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

District 7190 continues to offer **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 16.

~ ~ ~

Black & White Party

Twin Bridges is hosting a **Black & White Party!** That's right—get out your little black dress or your white pantsuit or anything that's black, white or black and white. It's all good for the **Black & White Party**.

This exciting event is set for Thursday, June 1 at 6:30 pm with music from DJ Raphael Peralta, dancing (plenty of space), food, drink, the Big, Big Twin Bridges Raffle, a Wine Pull and most importantly, lots of fun! An Italian buffet dinner is included. This is the second time Twin Bridges has held the **Black & White Party** and this one will be bigger and better than before.

Held at Fairways of Halfmoon, 17 Johnson Road, Halfmoon, the cost is \$60 per person and all proceeds will benefit the charitable efforts of the Twin Bridges Rotary Foundation. **Pre-registration is strongly encouraged--sign up now at twinbridgesrotary.com.**

~ ~ ~



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

- 8:00—Registration
with coffee & donuts.
- 9:00—Shotgun start,
scramble format
- Lunch & ice cream truck at the turn
 - Pick up your photo coffee cup & free drink ticket when you finish golfing.
 - Dinner, awards, and raffles follow golfing.

Prizes for:

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

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



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



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

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

**Thursday
September 14th 2023**

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



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

SPONSORSHIPS

All sponsors will be recognized on our social media.

HOST CLUB \$1600

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

PICTURE COFFEE CUP \$1500

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

DINNER SPONSOR \$1300

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

LUNCH SPONSOR \$1200

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

ICE CREAM TRUCK \$900

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

GOLF CART \$750

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

HAPPY HOUR \$750

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

SPONSORSHIPS

T-SHIRT SPONSOR \$250

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

FLAG TEE \$125

- Tee sign on course

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

Sponsors and Advertisers will be contacted for additional details.

Your Name, Team, or Club

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

PAYMENT

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

TOURNAMENT FEES

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

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

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

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

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



Lake George Rotary presents

KEEP GIRLS SAFE & IN SCHOOL



SOKONI WOMEN'S DEVELOPMENT INITIATIVE (SOWETE)

PARTNERSHIPS

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



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

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



57
10,000 LITER
TANKS





1 TANK = \$850



Dorca, 2012



Dorca, 2021

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

<https://bit.ly/WaterTankDonation>

Send a check payable to:
Lake George Rotary Foundation
Kenya Water Project
P.O. Box 321
Lake George, NY 12845



DISTRICT CONFERENCE

May 5-7, 2023 | 1000 Islands Harbor Hotel, Clayton, New York

Discounted packages available for teens and children, so bring the whole family!

All three districts are invited to be part of a weekend filled with celebrations, connections and fun!

IMPORTANT: You must register for conference AND ALSO book a stay directly with the hotel

CONFERENCE SCHEDULE

FRIDAY FUN: Celebrate Cinco de Mayo with Pesos for Polio

A portion of all drink sales go to End Polio, learn about our progress towards eradication, and enjoy seeing old friends and meeting new

SATURDAY LEARNING: Get inspiration & explore the area

We'll spend the morning hearing from local organizations doing great work, with all three districts sharing some key projects from their areas. Then in the afternoon attendees will have free time to shop, taste and see the beautiful riverside community. In the evening, we will celebrate Youth Exchange and get the latest from CNY Rotary at dinner.

SUNDAY SEND-OFF: A time to reflect and look ahead

After breakfast we will remember Rotarians we have lost at the memorial service, following by a look ahead to the next conference, then say, "See you soon!"

Rotary
District 7150



Rotary
District 7170



Rotary
District 7190



REGISTER NOW

Press 'control & click' on the link below:

<https://rotary7150.org/page/conference-2023>

A Rotary Adventure of a Lifetime

by Scotia Rotarian Helen Penna

Let me begin by describing the predicament of the schoolgirls I met in Uganda. Imagine trying to deal with your menstruation when you have no supplies other than rags, leaves, mud, and perhaps a plastic bag. The first time the boys laugh at you because your dress is stained will probably be your last day in school. A March 2022 article in the Rotary magazine stated that many girls in Uganda drop out of school, marry early, have early pregnancies, all for the lack of a way to handle their menstruation. The Rotary magazine went on to say that some girls turn to prostitution, simply to afford menstrual products.

Our Rotary District 7190 found a solution. An inexpensive (\$5), long-lasting (5-yrs), washable menstrual kit. The MoonCatcher Kit was designed right here in Schenectady by Ellie von Wellsheim.

This March of 2023, I had the pleasure of traveling to Uganda with Ellie. This was my 3rd trip to Africa with her, but this time, we started work on the recently approved Rotary Global Grant GG1872625. Sometimes we Rotarians like to say our Rotary work is worth it if even one life is changed. This \$41,000 grant will provide MoonCatcher Kits to over 5,000 girls. In addition, 2 schools are being provided with sewing machines, instructions, and enough material to make 200 additional kits per school.



For a MoonCatcher Kit demonstration, watch the 6-minute video <https://www.youtube.com/watch?v=Gy8RzpxOtZw>. To watch a MoonCatcher Kit being made, there is a 50-minute video at <https://www.youtube.com/watch?v=jaVt5hOxaf4>. For more information, visit MoonCatcher.org or text me, Helen Penna, at 518-858-1333.

Let me express my THANKS to my club, the Rotary Club of Scotia, and to all of you in District 7190. Without you, none of this would have happened.



Meeting with the Rotary Club of Namugongo, our Grant Host Partners.



Shopping for MoonCatcher fabrics in Uganda. All of the MoonCatcher Kits for our Rotary Grant are being made in Uganda, boosting the local economy.



The Grant includes sewing machines, tables, instructions, and fabric for schoolgirls to make an additional 400 MoonCatcher Kits.



Sewing machines and foot-treadles all assembled.

Continued on next page...



Ellie on Wellsheim, and the Grant's Trainer, Phoebe Nabwami, teaching the mandatory reproductive health training.



Feeling the Joy of handing out MoonCatcher Kits, 1 girl at a time.



Problem solved.



Here the schoolgirls are asking if they can touch my hair! YES.



A BONUS FOR THE SCHOOLS: OFFLINE DIGITAL K-12 EDUCATIONAL SOFTWARE

Although not part of the Grant, Ellie and I hand-carried seventy microSD memory cards, to be delivered to seventy schools. Each memory card is filled with eRotary's Knowledge Empowerment Software (KES). The memory cards are inserted into Android devices. The educational apps, books and videos are ideal for students like these who do not have access to the Internet. Here you see Ellie & Phoebe learning how to access the index of materials by grade or by subject. The memory cards even include the 50-minute video of Ellie making a MoonCatcher Kit. **More details and free download at www.erotary.club/kes. For assistance, send an email to eRotaryNY@gmail.com.**

~ ~ ~

Rotary 7190 Exchange Program

Rotary District 7190 has a strong and long tradition of participating in the Long-Term Exchange Student Program. This year is no exception. For those of you that will be attending the District Conference you will have the opportunity to meet the 6 In-Bounds for this year and the 4 Out-Bounds for next year. Our District has 1 Out-Bound Exchange Student this year.

Here is a listing of where they are from and located.

Current In-Bounds 2022-2023

Mei Hashimoto	Japan
Cesar Kihlberg	Sweden
Heline Langué	Belgium
Ines Roche	Argentina
Paz Villacreses Masson	Ecuador
Film Yessin	Thailand

Salem Rotary Club
Glens Falls Rotary Club
Middleburgh Rotary Club
Schenectady/Niskayuna Rotary Clubs (Schalmont)
Delmar Rotary Club (Bethlehem)
Lake George Rotary Club

Current Out-Bounds 2022-2023

Josephine Beltramo Italy
Future In-Bounds 2023-2024

Schenectady/Niskayuna Rotary Clubs
Receiving 6 In-Bounds still to be determined

Future Out-Bounds 2023-2024

Alaina Jackson	Netherlands
Diana Martocci	Japan
Evelyn Saunders	Sweden
David Viall	Belgium
Samantha Gorey	Japan

Schenectady/Niskayuna Rotary Clubs
Middleburgh Rotary Club
Delmar Rotary Club
Scotia/Salem Rotary Clubs
Lake George Rotary Club

Recently the In-Bounds and Out-Bounds enjoyed a weekend orientation together at the YMCA Camp Chingachgook on Lake George. The In-Bounds will be with us until the end of June or early July. The Out-Bounds will be leaving for their year abroad in late August. A great group that is sure to have bright futures.

Rotary 7190 Youth Exchange Committee
Suzanna Bernd – Chair
Tom Rogers – Co-Chair
Wes Andrew – Co-Chair



Report of Ambulance Commissioning in Les Cayes, Haiti

by Brian Merriam, Chairman *Schenectady Rotary Club International Committee*

One of the great blessings of being a member of the Schenectady Rotary Club is that we recognize that while we do good works in our community, we have a broad definition of the word “community” to extend well outside of our city limits. Specifically, we received a plea for help from our Rotarian friend, Dr. Dorgu Petit-Homme of Les Cayes, Haiti following the devastating earthquake of August 14th, 2021, that left 2,248 dead, 12,763 injured and 329 missing. Property damage was severe, estimated at \$1.5 billion. 3 days later Hurricane Grace struck causing mudslides and significant flooding. Our club responded by raising \$8,000 for food and water. Additionally, we located a used ambulance through the generous donation of the Community Emergency Corps of Ballston Spa. Another blessing was a donation of 500 pounds of medical supplies thanks to the Corp and Ballston Spa Rotary, along with a used ultrasound machine donated by Ellis Hospital. We then received a commitment from District Governor Bruce McConnelee on behalf of District 7190 to pay the shipping costs to get the ambulance to Haiti. Even though it shipped around the gang-controlled neighborhood and then driven 8 hours to the southern tip of Haiti to the Rotary-built clinic in Les Cayes.

The commissioning ceremony was attended by PDG 7020 Robert Leger (2017-18), past Camp-Perrin Rotary President Dorgu Petit-Homme and several local dignitaries. Schenectady Rotarian Brian Merriam attended remotely and spoke via cell phone and with the aid of a translator. All in attendance praised Schenectady Rotary and the tenacity of getting the ambulance to Les Cayes despite so many obstacles and hardships. This is the first ambulance provided to the community in recent years and is a vast improvement over the backs of pickup trucks and handcarts typically used to transport the sick and injured.

Rotary has again made a huge difference and has made the definition of “community” a blessing to hundreds whose lives may now be saved thanks to our timely response. Thank you to all who helped in this effort!



Ambulance left Schenectady Feb 6, 2022 loaded with medical supplies, headed for Port of Miami.



Local news report with PDG Robert Leger addressing the attendees.



Attendees at the commissioning presentation, Camp Perrin Rotary Club. (Continued...)



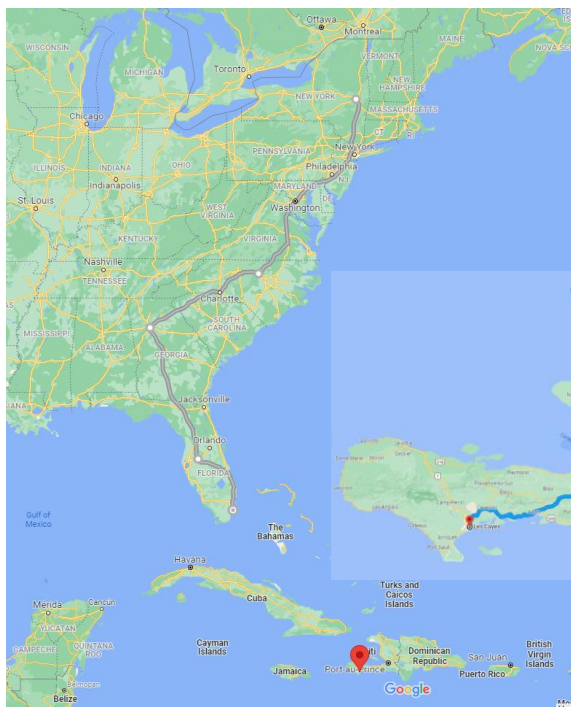
Rotary-built clinic in Les Cayes:
home for the donated ambulance.



Dr. Dorgu Petit Homme thanks Schenectady Rotary.



“Thank you, Rotary!”



The 16-month trip the
ambulance took
to get from Upstate NY
to the southern coast of
Haiti.



Brian Merriam, Chairman
Schenectady Rotary Club
International Committee

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

