

The Toolbox



November 2023

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

The Power and Importance of the Rotary Foundation

Dear Rotary District 7190,

As your District Governor, I have had the privilege to witness firsthand the transformative power of our collective efforts in support of the Rotary Foundation. This foundation is more than just an annual commitment; it's the heart and soul of our global commitment, enabling Rotarians worldwide to advance world understanding, goodwill, and peace.

The Foundation is a beacon of hope. Every dollar contributed translates to a change in someone's life, be it through eradicating polio, providing clean water, improving health, providing quality education, improving the environment or alleviating poverty. Our efforts through the Foundation are not just about raising funds, but about raising hopes, dreams, and aspirations for countless individuals worldwide.

It's a reminder that when Rotarians come together, armed with compassion and the support of the Rotary Foundation, there's no challenge too big for us to tackle.

I'm thrilled to host the upcoming Foundation Dinner on November 16th at the Edison Downtown (not the golf course.) This evening is not just a celebration, but an opportunity to learn, reaffirm our commitment, share our success stories, and inspire each other for the journey ahead. The event will feature, Rotary Foundation Trustee, Dean Rohrs traveling to us all the way from British Columbia.



***The Edison Downtown, 132 Broadway,
Schenectady NY 12305***

I urge each one of you to attend, to be a part of this beautiful evening dedicated to our foundation's mission. Let's come together, not only appreciate our past endeavors but to also envision a brighter, more hopeful future. "Proud of our past, Focused on our future."

Thank you for your unwavering dedication to Rotary and our shared mission. Together, let's continue to make the world a better place, one act of service at a time.

To learn more about the Rotary foundation, [click here](#).

Yours in Rotary Service,

Whitney Pangburn

District Governor, Rotary District 7190

LAST CALL FOR THE DIVERSITY, EQUITY & INCLUSION SURVEY

Submitted by the future CNY Rotary DEI Committee

Thank you everyone who completed this survey over the summer. We had a good response, but would like to hear from even more members in Districts 7150, 7170 and 7190 in order to have a sufficient sample size. All are asked to help in providing this helpful feedback for the future Diversity, Equity and Inclusion (DEI) committee. Your honest responses to this survey will take less than five minutes, and will help the committee better understand how to support our clubs and members. Survey responses can be done anonymously, although it is required that you provide your club name and district number. We ask that each member only complete the survey one time. [Click here](#) to submit your response before November 30th.

Rotary International's DEI Taskforce recently updated their statement, strengthening our commitment to embracing and exemplifying diversity, equity and inclusion in our organization. You can view Rotary's statement on DEI [here](#).

If you would like to get involved in the work of this committee, please contact CNY Rotary DEI Chair Pam Baxter at pammyrotary@gmail.com.



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DISTRICT EVENTS AT A GLANCE

- **NOW:** Join the Polio Plus Society *p 5*
- **NOW:** Raffle Items Needed for Foundation Dinner *p4*
- **NOW:** Book Orders being taken *pp 6, 10*
- **Nov 5:** Daylight Savings Ends
- **Nov 7:** Election Day
- **Nov 11:** Veterans Day
- **Nov 16:** Foundation Dinner (at The Edison Downtown Schenectady) *p 1*
- **Nov 23:** Thanksgiving
- **December Holiday Social** to be announced.
- **January Social** to be announced.
- **Feb 7:** Exec Comm Meeting 7-8pm via zoom
- **Feb 23:** Rotary Birthday Party
- **March 15-17:** President Elect Training (PETS) (Syracuse Doubletree) *p 8*
- **March Social** to be announced.
- **April 6:** District Training Assembly
- **April 26-28:** District Conference (Binghamton Doubletree)
- **May Social** to be announced.
- **May 15:** Exec Comm Session 7-8pm via zoom
- **June Social** to be announced.

CLUB EVENTS AT A GLANCE

- **NOW:** Scarecrow Event by Middleburgh Rotary *p 4*
- **NOW:** Holiday Raffle ticket Sale by Sch'dy East *p 4*
- **NOW:** Help Girls in Malawi by Niskayuna Rotarian *p 7*
- **NOW:** Food Drive by BHBL Rotary *p 6*
- **NOW:** Homemade Soap Sale by Rotterdam Sunrise *p 6*
- **NOW:** Buy a Water Tank by Lake George Rotary *p 9*
- **November 1:** 1st Responder Recognition Breakfast by Albany Rotary *p 3*
- **November 2:** MoonBee by Scotia Rotary *p 3*
- **November 7:** Apple Pie Festival by BHBL Rotary *p 4*
- **November 24:** Christmas Tree Sales BEGIN by Ballston Spa Rotary *p 4*
- **December 13:** Holiday Raffle Drawing by Schenectady East Rotary *p 3*
- **February 3:** Outhouse Races by Shen Rotary *p 5*



ALBANY ROTARY PRESENTS 2ND ANNUAL FIRST RESPONDER RECOGNITION BREAKFAST

NOVEMBER, 1, 2023 AT 7:30AM

**JOSEPH ZALOGA POST ON
EVERETT RD IN ALBANY NY
CHECK FACEBOOK OR
EVENTBRITE FOR MORE
INFORMATION**

Scotia Rotary presents a
MoonBee

**Thursday, November 2, 2023
6:30 pm - 8:30 pm**

**Scotia Glenville Senior Center
32 Worden Road Scotia, NY 12302**

Join us for a MoonBee hosted by the Scotia Rotary Club. If you sew, please bring your machine. Don't sew? Come anyway — there are plenty of jobs for everyone. Men and children are welcome!!

Please remember to bring disposable menstrual products for donation to local food pantries and shelters! Help us put a dent in period poverty at home and around the world.

This will be a mmmmm combination service project and social event. The MoonCatcher Kits



keep girls from dropping out of school. The washable kits only require \$7 to make, and they are long lasting, 5+ years.



Middleburgh Rotary continues its...

Visit the Scarecrows Event!!!

The Middleburgh Scarecrows are making their 7th appearance and are ready to greet visitors from far and wide! Take a drive to the beautiful Schoharie Valley and enjoy their scenery, farmstands and scarecrows.

This year, the People's Choice voting is back, and with your donation of non-perishable food items or personal care items, you'll receive a vote for each item. With this effort Middleburgh Rotary will be able to provide support to the four food pantries that support families in their school district along with a newly established effort at their Methodist Church.

Scarecrows will be on duty until November 15.

Franken-scarecrow



Head over Heels for Pancakes Scarecrow



Hubie's Pizza Chef Scarecrow



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Burnt Hills Ballston Lake Rotary presents its 50th annual Election Day Apple Pie Festival

**Election Day, Nov. 7th
O'Rourke Middle School**

5 pm – 8 pm

\$8 for adults

Children under 6 are free.

Listen and dance to music provided by The Melody Makers while enjoying fresh apple pie, ice cream and cheese along with spiced apple cider, coffee, and tea.

For Fifty Years, this Rotary event has been bringing families, neighbors, and friends together on Election Day.

Tickets are available at the door and from Rotary members.

Come join the fun of this 50th Anniversary Community Event.

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We need you!

Gift Certificates
Gift Baskets
New Items

Raffle items Needed for District 7190 Foundation Dinner on November 16th!

Contact Marisa Multari
518-929-5902



GIFT CERTIFICATE



your help means a lot!



Holiday Raffle

SCHENECTAY EAST ROTARY CLUB

ENTER A CHANCE TO WIN

\$500.00

PROCEEDS SUPPORT LOCAL COMMUNITY PROJECTS •

COST: **\$5.00** DONATION PER TICKET

DATE OF DRAWING: **DECEMBER 13, 2023**



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

Ballston Spa Rotary announces its annual Christmas Tree Sale!!!

Soon, a crop of Christmas trees will be delivered to the Curtis Lumber parking lot on Rt.67 in Ballston.

The lot will be open every day from November 24th until all the trees are gone.



Thank you in advance to all who continue to support Ballston Spa Rotary's work in the Community through the purchase of a tree.

They are beyond happy to offer these trees once again as their primary fundraising effort for the year.

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District 7190 offers

Polio Survivor Louise Rourke's

Inspirational Story: *Called by the Water*

Learn how Louise's life-long experiences shaped her desire to pursue challenges others may have considered impossible. If you recall, Louise participated in a swim relay across the 32 miles of Lake George and raised over \$100,000 for the End Polio Campaign, including matching funds! Thank you for your support.

\$20 per book / \$35 for a signed copy

Your donation supports the Rotary Foundation Campaign to Eradicate Polio.

To purchase books, email Doug Ford at

doug.ford@curtislumber.com

See flyer on page 10.

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Burnt Hills-Ballston Lake Rotary

continues to provide an

"Operation Hunger"

Collection Box

at Gil's Garage

817 Saratoga Rd, Burnt Hills, NY

Collecting non-perishable food items.

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Save the Date!

Shenendehowa Rotary Club

presents its 8th annual

Winter Outhouse Race

Saturday, February 3rd

Entry fee \$50/ team.

***If you don't have an outhouse
you may rent one.***

Team Registration at 12 noon

Races Begin at 1 pm

Clifton Common

Clifton Common Blvd., Clifton Park, NY

Each Outhouse Race Team includes 5 members. One person rides and the remaining team members push and pull the decorated outhouses around the racetrack. Each race consists of two teams racing against each other with the winner advancing to the next level. The event is free to the public. Team themes and costumes are encouraged. Each team must pay an entrance fee. There are cash prizes for First place, Second place and Third place, as well a prize for the Best Themed Team. Teams may use this opportunity to raise money toward their own cause. **For details, contact Ray Anthony** ray.shenrotary@gmail.com
<https://www.facebook.com/profile.php?id=100080243694482>

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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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Salem Rotary Club News

By Al Cormier

In keeping with the Salem Rotary Club's interest in promoting foreign exchange student programs, a \$1000 check was presented to Zachary Eastman by club President Randy Dumas at a recent Rotary Club meeting. The donation helped to pay for expenses accrued by the music exchange this past summer. Salem Washington Academy music teacher Zachary Eastman and his assistant Iris Rogers, were influential in organizing the German Youth Exchange Music Program. Salem area families hosted fifty German students and their chaperones during their 14 day visit. In addition to experiencing rural living, local events and places of interest, the group visited New York City. The Ludinghausen Music School Youth Orchestra, led by Matthias Lichtenfeld, and the Salem Festival Chorus, led by Zachary Eastman, performed in concert before a large crowd on July 7 at Salem Central School. The exchange program began in 2004 making this the fourth exchange.

Fund raising plans are now being made for a group of Salem area students to travel to Ludinghausen, Germany next summer. Rotarians interested in making a donation to this exchange should contact Rotarian Al Cormier at 518-854-3527. Thank you.



Help Empower Girls in Malawi

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

Chituka Village Project update here:

<https://youtu.be/m7qO2lsXdBo>

Thank you very much.

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

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A Charitable Foundation of Your Very Own

(Article Rerun)

By Lon Penna

How would you like to start your own Charitable Foundation? You could even name it after yourself, like "The Mary Smith Charitable Fund". The Rotary Foundation can set it up for you. It's fast. It's free. The money you add to your own fund is federally tax deductible. Anyone who contributes to your fund also gets a tax deduction. No need to submit annual tax returns because The Rotary Foundation will do that for you. Who decides how the money is invested? Who decides how the money is spent? It can be you.

Or your children. Or your grandchildren. Or your club members. Or anyone you select. What's the catch?

Well, you will need to contribute 1% to the Rotary Foundation every year. So, if your fund has \$10,000, your Fund will automatically contribute \$100 to The Rotary Foundation. But guess what? The Rotary Foundation is restricted to using your \$100 to carry out charitable projects. Who could ask for more than that? So, Mary Smith, if you would like more information on setting up The Mary Smith Charitable Fund, contact Heidi Stimac, Planned Giving Specialist, The Rotary Foundation, 847.866.3188, planned.giving@rotary.org. Or you can contact Niskayuna Rotary at NiskyRotary@gmail.com. Niskayuna Rotary has already set up its own fund and would be glad to help you or your club or your organization do the same. Our Fund is named after the major donor, "The William Green III – Niskayuna Rotary Donor Advised Fund #451". Our fund has about \$20,000, so the interest earned allows creating a Paul Harris Award annually, as was the original intent.

But be aware that TRF Donor Advised Funds are restricted to donating to other 501c3 organizations and for scholarships. This means you won't be able to use the funds for club projects, like putting up benches in the park. But you can use the funds to donate to The Rotary Foundation's Annual Fund, Polio Plus, Rotary Grants, all of which create Paul Harris Awards. And your fund can donate to the many registered charities in your neighborhood and across the nation.

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Empire
Rotary

Multi-District PETS

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

SAVE THE DATES




Pre-PETS Virtual Sessions will be held on
zoom at 7pm on these four dates:
Monday, Feb 5
Tues, Feb 13
Wed, Feb 21
Thurs, Feb 29

IN PERSON TRAINING WEEKEND
March 15-17, 2024
 NEW LOCATION:
 DOUBLETREE CARRIER CIRCLE, SYRACUSE

Find us on



Empire Multi-District PETS

www.rotaryempiremdpets.org

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



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

