

The Toolb



2006 District Conference—Let's Meet In Burlington April 28-30, 2006

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Dr. Sam Ciccio presents an award to Mary Ellen Plass, vice president and chief nursing officer in recognition of Albany Medical Center's role in the success of the Gift of Life program.

"I Believe" Theme for Gift of Life Dinner Dance

Although final figures are not in yet, the 12th annual Gift of Life Dinner/Dance held earlier this month was a success. Attendees participated in a silent auction, possible the best one yet, and enjoyed a dinner of *Petit Fillet Mignon Accompanied with Baked Salmon Fillet with appetizers and desert* all prepared by the fine chefs at the Albany Marriott on Wolf Road. Master of Ceremonies for the evening was Rotarian Fred Carvin, PDG, of the Glens Falls Club. The theme for the evening was "I Believe" and attendees entered the ballroom through a castle entrance with castle centerpieces on the tables and a huge ice carving of a castle on the hors d'oeuvre's table. As the people arrived for the social hour they were invited to enter the raffle drawing where the prizes were a two night stay at The Sagamore Resort, a round of golf at the Rolling Hills Golf Club, a two night stay at The Hawk Inn & Mountain Resort, and a cash prize.

A special treat before dinner was a dance presentation based on the theme of "I Believe" by a group of young dancers from the Spendwood School of Dance located in Cohoes.

As is the tradition each year the Gift of Life Board of Directors honored those who have given their time and support to helping the Gift of Life meet its

DISTRICT CONFERENCE REGISTRATION DEADLINE IS UPON US!

"Haven't registered for the District Conference yet? The last day for guaranteed room rates and availability is March 31, so call the Conference Registrar, Charlene Bolster, at (518)639-8882 NOW!. Don't miss out on the best, most exciting District Conference ever! Let's meet in Burlington!"

-Caspar James Green,
District Conference Chairman

goal. This year the honorees were Albany Medical Center and Dr. Ziba Fallahi. Representing Albany Med were Mary Ellen Plass, vice president and chief nursing officer, Bernadette R. Pedlow, Senior Vice President for hospital business services and hospital Chief Operating Officer, and Melissa A. Ehlers, MD, Assistant Professor of Anesthesiology.

This year Rotary District 7190 Gift of Life honored a new friend to our mission, Zibandeh (Ziba) Fallahi. Born and raised in Iran, Ziba worked for the former Shah of Iran in Tehran until his downfall in 1979. Moving to the United States, she eventually settled in Binghamton, N.Y. where she established ZIBA Cosmetics in 1991. As Founder, Chairman and Chief Executive Office (CEO) she managed the daily operations of the company, along with traveling extensively throughout the Middle East and Europe promoting products and attending trade shows. Her involvement with then District 7190 Gift of Life program stems from her activities in helping four year-old Mohammad Karime, who first came to the Medical Center in Binghamton for a critically needed facial reconstruction. Because of her association with Dr. Lawrence Kerr, Dr. Saeed Bajwa and Dr. Mo Baghaei-Rad, she was instrumental in securing a major grant to the Gift of Life.

After dinner Dr. Sam Ciccio presented awards to the honorees. Dancing followed with music by Dino Cimino and his fine group of musician. The results of the raffle were announced as was the high bidders in the silent auction to end the evening.



SERVICE Above Self

Samuel J. Hall
Governor 2005-06
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CLUB NEWS

Delmar

The Rotary Club of Delmar gained two new members in March!

The new Delmar Rotary Foundation, our Club's non-profit wing, is blossoming with the proceeds from our Orange and Grapefruit sale and Dine-a-Round. Our Orange and Grapefruit Sale has been going wonderfully. We sold more than 210 cases of fruit, exceeding last year's sales.

Our Club's gourmet chefs prepared a fabulous meal for our third Dine-a-Round, held at Club President Ginger Landy's house raising over \$750 for the Delmar Rotary Foundation.

Most importantly, the Club is revving up for our Third Annual Teeing for Charity! Teeing for Charity will take place Monday, June 12 from 8:30 a.m. to 5:30 p.m. at Normanside Country Club in Delmar. \$125 per golfer, \$125 per tee flag. We raised over \$7,500 last year, which was donated to seniors' organizations in Ravenna and Bethlehem, the Gift of Life, the Honduras Pure Water Project, Lon Penna's Water Buffalos, and numerous local charities. Please join us for a great day of golf! Be a Gift of Life Sponsor! A Pure Water Sponsor! Or sponsor a couple Water Buffalo! Contact Ginger Landy at 439-4212 or vlandy@nycap.rr.com.

Mohawk Valley

The Mohawk Valley Rotary is alive. There is some struggle with membership, but we are keeping busy. Every month we have contributed in one way or another to the Fulmont Center. The Fulmont Center is a County organization, which helps the needy. Can goods to school supplies we have donated. In December there was a family that had a house fire, we donated Christmas gifts for the family.

The Mohawk Valley Rotary sponsored a Blood Drive in February. For our small community, we had 40 pints donated.

The present activity is preparation for the Mohawk Valley Rotary Ramble. This a 10K run held on June 10th. The proceeds from the Ramble are used to fund the three scholarships given to the 3 seniors in the 3 High School in the club territory. Any one interested in running the entry fee is \$10.00.

In January the Club held a Mixer/Social for new members. Our club members had good time socially, but no new members.

On April 1st the Club will do a Pancake Breakfast as part of the Slush Fest in Fort Plain. This will be a recent Club first. Wish us success.

Judy King —President

CHAMPLAIN CANAL ROTARY FUNDRAISER FOR KATRINA RELIEF

Be among the first to enjoy a new season of fun at The Great Escape & Splashwater Kingdom while helping us raise funds for our non-profit organization.

Champlain Canal Rotary Club is participating in the sale of admission tickets to the fundraiser Spring Spin: One Good Turn To Benefit Another™ held on the Park's opening weekend, May 13 or May 14, 2006. Tickets are just \$19.00 (a savings of over \$20 off General Admission)

Everyone who attends receives full day of unlimited rides, spectacular shows and incredible attractions on either May 13 or May 14 – there's something for the whole family. You also have the opportunity to get a special "C'mon Back!" ticket to revisit the park any day during the 2006 season for just \$12, plus tax plus the opportunity to upgrade to a season pass for only \$29.99, plus tax. Incredible Savings!!

The club to help re-establish the Children's Library in Belle Chasse, Louisiana, which was destroyed by Hurricane Katrina, will use proceeds from the Spring Spin. For more information and tickets contact any Rotary Club Member or call 753-4737!

Amsterdam

Amsterdam Rotary 9th annual Variety Show- March 24th & 25th featuring the Joey Thomas Big Band with a headlining acts "Live from Las Vegas" with ShowTime at 7PM from Amsterdam High School, Saratoga Ave. Amsterdam. Music, Comedy & Great Family entertainment - Advance tickets from any Rotarian @ \$8.00 - at the door \$10.00- This project supports both St. Mary's & Amsterdam Memorial Foundation and the Amsterdam High Drama Club

For April the club sponsors a "Good Friday" April 14th fish luncheon at the Raindancer Rest- State Hwy 30 (2 miles N of Amsterdam) - 11:30AM - 2:30PM

Cost just \$10.00 - This project supports the Interact and Rotoract clubs at Amsterdam High & FMCC



CLUB NEWS



the leadership of Tom Selfridge and Joseph Lovell. Funds raised will go to our Youth Activity or Community Services.

To date we have raised funds to buy a WATER BUFFALO and 2 SHELTER BOXES and contributed to the library for the Katrina effort. We are active in the Youth Exchange Program (Nicoli from France) and have a member on the District Foundation Committee (PP Michael Beaudoin),

We are Club on the move - upward on onward.

Connie Colangelo
Secretary

Albany

The Washington Park Lobster Festival presented by the Rotary Club of Albany is set for Saturday, June 10, 2006. This year, proceeds of the Lobster Festival will benefit Mohawk Hudson Literacy Volunteers, the Albany High School Booster Club and the Albany Rotary Foundation. For dinner tickets and information, please call 518-867-4100 or visit www.albanyrotary.org.

Terry Tyson
Executive Vice President

Twin Bridges

The Newest interact club in the district jointly sponsored by Twin Bridges & Shenendehowa will be taking pictures of the kids w/the Easter Bunny as their fundraiser! - VERY important to support this newest effort of these great kids! One of their major concerns is to be able to purchase a water filtration system for a family in Honduras!

Please note effective the 1st week in March Twin Bridges Rotary club will be meeting at noon at Saltys in Halfmoon. We meet on Thurs. Located at exit 8A of the Northway. Just East of Rt. 9 Carol North, President

Ballston Spa

The Ballston Spa Rotary Club has voted to return to our original Luncheon Meeting time. We will be meeting at Manna's Restaurant, 17 Low St. Ballston Spa at 12:15 pm. starting on April 4, 2006.

Thank you. Patty Rutland
President/ Secretary

Menands

MENANDS ROTARY—The picture was taken at the Menands Market (farmers market) where they are storing collected books for the Gulf Coast library and are seeking donations to rebuild their stacks. Left to right Ken Bauer, Joe Conroy (manager), Mel Horowitz, Ron Miller, Al Boyce, Art Shelmandine, Christiana Murray and Peter Mason.

Schenectady

The Schenectady Club, #4940, has continued to recruit new, quality members. We just inducted our latest member, Shawn G. Daley, a Vice President with Sykes-Mallia Association, Inc/Northeast Aviation & Marine and he speaks Portuguese. Shawn joins our recent new members: Patricia K. Barney, a retiree from The Chamber of Commerce of Schenectady (very active in the Leadership Schenectady Program) and also a retired teacher; Susan Bobinsky, a Executive Director of the Schenectady Animal Foundation and Timothy Berger, the CFO of Sunnyview Hospital. Four great new members and our fifth is to be inducted before the end of the month, John Gracey. John will be participating in the March 16 meeting of our Club - he will be bringing a little bit of Ireland to the meeting (John is from Ireland and now working and living in Schenectady).

On April 20 the Schenectady Club will be having a dinner at the Stockade Inn and the evening will be devoted to Paul Harris Fellows - some new members will be inducted into the Fellowship and many presently holding this honor will be recognized.

May 18 will be a meeting devoted to A REVERSE RAFFLE event - a fundraiser and fun day for those that are vying for the \$1,000 prize. It will be under



Rotary District 7190 New York's Capital District



The information in the article on this page was prepared for our GSE team as they embark on their exchange with Brazil. We thought it might be of interest to all Rotarians in the district. -Ed.

Why New York's Capital District? From the Adirondack Mountains, follow the Hudson River south to the Capital of New York, then head west along the Mohawk River (once the commerce route known as the Erie Canal), and you've just traversed Rotary District 7190. Albany is located just 150 miles north of New York City, and a three hour drive from both Montreal, Quebec and Boston, Massachusetts. We enjoy four seasons, which support every recreational activity anyone could desire – skiing, boating, fishing, hunting, horseback riding, hiking, golfing, tennis, jogging, and of course our famous “weekend warrior” motorcycle enthusiasts.

Educational Opportunities – There are 40 colleges and universities in our area, including Union College, known for its engineering and medical programs, Rensselaer Polytechnic Institute, State University at Albany and its unique Albany Nanotech campus, offering inter-company technology development, Skidmore College, and so many more.



Technology-driven economy and home to many corporations! The State University at Albany's Albany NanoTech shared 'clean room' facility has attracted many tech companies to our area, including International SeMaTech North, Tokyo Electron Ltd, and IBM. Opportunities exist for networking with other exciting corporate partners as well – TransWorld Music, Quad Graphics (which prints Time, Newsweek, People for the eastern United States), Flow Management Technologies (software development), MapInfo (mapping software developer), Intermagnetics General (MRI), and many other manufacturing and tech companies. The Capital District is also home to General Electric.



Cultural Events – The New York City Ballet and Philadelphia Orchestra make Saratoga Springs in our Rotary District their summer home. SPAC also offers a Jazz Festival each June, and a dozen pop concerts throughout the summer. David Miller of the Albany Symphony Orchestra offers concerts for all to enjoy year-round in three venues. And numerous theatrical companies entertain with drama and comedy, featuring local and New York City actors. Proctor's Theater in Schenectady is an authentic Vaudeville-era hall, beautifully restored and enlarged to offer touring Broadway shows.



Turning Point of the American Revolution – Saratoga! With the Hudson River connecting points south, and the St. Lawrence River providing access from the Atlantic to the north, our Rotary District featured in many historic points in the American Revolution. The British grounded arms and surrendered following the Battle of Saratoga. Fort Ticonderoga to our north defended Lake George for the King of England. Schenectady's Dutch settlement was attacked during the French and Indian War. Museums and historic sites abound, notably the Saratoga Battlefield and Monument and Fort Ticonderoga.



Salt Lake City to Host Annual Convention in 2007

Rotary International has chosen Salt Lake City, Utah as the site for its annual convention in 2007. The Rotary convention, often compared to a mini-United Nations conference, will attract Rotary club members from around the world to the state-of-the-art Salt Palace Convention Center on June 17-20. Rotary conventions held in the United States typically draw about 25,000 registrants.

In making the announcement, incoming RI President William Boyd said, "Salt Lake City has the facilities and the capacity to host this outstanding event," referring to the Salt Palace's 365,000 square feet of exhibit space and the city's 20,000 hotel rooms, most of which are within walking distance of the convention center. Boyd emphasized that Utah's 40 Rotary clubs — with their combined membership of over 1,900 — are working enthusiastically to plan and host a convention that will showcase the culture, history and attractions of their region.

Originally, New Orleans was to host the 2007 Rotary convention, with Salt Lake City the designated site for 2011. In August, however, Hurricane Katrina not only destroyed much of the New Orleans infrastructure, but also jeopardized the ability of local Rotary clubs to organize and host such a large-scale, international meeting. The Rotary International Board of Directors decided to switch the dates, making New Orleans the designated site for the 2011 convention.

Look for more information about the 2007 convention in the next few months.

I Believe

photos from dinner/dance



Above: Bernadette R. Pedlow, Senior Vice President for hospital business services—Albany Medical Center and Dr. Sam Ciccio.

Right: Melissa A. Ehlers, MD, Assistant Professor of Anesthesiology at Albany Medical Center. Below: Zibandeh (Ziba) Fallahi and Dr. Mohammad Baghaei-Rad.



CLUB NEWS

Salem

April Fools Race's 27th Year

This year marks the 27th year of Salem's April Fool's Race. Held on the first Saturday of April each year, the April Fool's Race continues to be a popular draw for runners across the region. In 1979 about 180 runners competed in the 10k race. The race grew to 500 runners competing in the mid 80's after a 5k race and a children's mile were added to the events. What started as a fundraiser sponsored by the high school literary magazine, the April Fool's is now co-sponsored by the Salem Rotary Club and the high school literary magazine, The Mind's Eye. Any funds raised from the event help support the Rotary student exchange program as well as the literary magazine's programs, publications, and student activities.

Race director Dan Sheldon will be the first to tell you that Salem's 5K and 10K courses are not only scenic but challenging. Runners enjoy the gentle climb in the 5K, which winds its way around Blindbuck Road with a relatively flat stretch in the middle and a small hill toward the end. The 10K is an out and back course which take runners from the school to a turn-a-round point on Black Creek Road. This race features a peaceful cemetery, a dairy farm, a bridge over Black Creek, and a view of the Green Mountains of Vermont on the return run. A 5K fun walk has been added to the list of events this year.

The mile run for children makes the April Fool's Race a family event you wouldn't want to miss! Even though other races are often scheduled the same day, Salem still attracts its share of regulars and newcomers each year. This year again will feature a 27th annual tee shirt for all those entered in the race. For a race application, please write Dan Sheldon, 4361 State Route 22, Salem, NY 12865 or by email from drswhf@yahoo.com.





Lorna Boyd, William B. Boyd, Rotary International President 2006-07, with Anne Cargile, District 7190 Governor for 2006-07, and her husband Harry Cargile. Anne is the former chairperson for the Southern Saratoga Chamber of Commerce and served as Treasurer for Captain of Shenendehowa. Her role as Rotary volunteer and leader has taken her on humanitarian missions to Chikandakubi School in Zimbabwe, and to Choluteca, Honduras.

Samuel J. Hall
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District Governor-Elect Anne Cargile Returns from California Training

Anne Cargile of Ballston Lake attended the Rotary International Assembly for incoming District Governors in February in San Diego, California. This week-long intensive training brings together 530 Rotary District Governors from around the world. While there, Anne and Harry Cargile met Incoming Rotary International President, William (Bill) Boyd from New Zealand, and learned that the theme for his year will be "Lead the Way." Anne will assume her position as District Governor on July 1, 2006, heading up a District comprised of nine counties with 46 clubs and 1,600 Rotarians in the Capital District.

Anne joined the Rotary Club of Shenendehowa in 1991, and served as secretary, vice president and club president in 1995-96. She served on various committees at the District level, including Rotary Foundation, membership, Rotary Youth Leadership Awards, and finance. She is a 2004 graduate of the Rotary Leadership Institute and a multiple Paul Harris Fellow, an award given to commemorate the founder of Rotary International. Anne was honored as Rotarian of the Year for District 7190 in 1995.

Let's Meet in Burlington!
D-7190 2006 Convention
April 28, 2006 April 30, 2006



Boyd urges Rotarians to Lead the Way

By Tiffany Woods
Rotary International News

Rotary International's incoming president, William B. Boyd, has chosen *Lead the Way* as the theme for the 2006-07 Rotary year.

"This will be my theme and an affirmation of my belief in the power of Rotarians to change the world, one positive act at a time," he told incoming district governors at the International Assembly in San Diego, California, USA, on 17 February.

Every year at the assembly, Rotary's incoming president unveils a theme for the next Rotary year. The current theme under RI President Carl-Wilhelm Stenhammar is *Service Above Self*, the same as Rotary's longtime motto.

The challenge of finding a theme is that it must be short, inspirational, and translatable. Boyd doesn't remember the moment *Lead the Way* popped into his head. All he knows is that "it just felt right." Since the governors-elect attend the International Assembly to learn more about becoming successful leaders in their districts, Boyd's theme was especially pertinent to the audience.

"In the coming year, I ask each of you to take your places as leaders in your districts and your communities," Boyd told the incoming governors. "I ask each of you to lead in the Rotary way, by living as role models of tolerance, unselfishness, and integrity. And because the best leaders have humility, I ask you to do all of this with friendliness and a smile, so that others will be happy to walk beside you."

Boyd concluded by saying, "As Rotarians, we are not content to let matters stay the way they have always been in our clubs or in our communities. We are not content with the status quo, and we do not look at a problem only to say someone else will solve it. We are the ones who ask, 'Why not us?' We are the ones with the skills and the desire to build a better future. And we are the ones who must *Lead the Way*."

*Every Rotarian
Every Year*