



CELEBRATING ROTARY

Come join us and help us celebrate Rotary's 100th year at the District Conference May

13-15 in Sturbridge, Mass. There's plenty to do and see in and around Sturbridge including a visit to Old Sturbridge Village (discount tickets available at the hotel); Brimfield Antique Show/Flea Market (largest in the northeast); shopping in factory outlets; visit Sturbridge Marketplace; Hardwick Vineyard & Winery; visit St. Anne Shrine and at the hotel you

will find a fitness center, indoor pool, sauna, miniature golf, boating, and more. And don't forget the always popular golf and bocce ball tournaments.

CELEBRATING ROTARY

We have planned a special treat for conference attendees for the Friday night "100 Candles Salute" program. A dynamic and historical speaker has been booked for our after dinner motivational speaker. You won't want to miss out on this one! It only happens every 100 years!! Come and see and listen to Teddy Roosevelt!

In the hospitality room after the Friday Night Banquet there will be a wine tasting party. The Wagner Winery from Lodi, NY, will conduct the activities for all Rotarians and guests. Plan to join us for this fun event. If you don't really care about the wine, come in and socialize anyway and enjoy the fellowship.

On Saturday night the keynote speaker will be David C. Forward, author of A CENTURY OF SERVICE, THE STORY OF ROTARY INTERNATIONAL. Afterward Mr. Forward will be available for book signing after the program.

And in the hospitality room every time...

**A Quick Pint of Harpoon
HARPOON BREWERY**

Conference Program

Friday, May 13, 2005 4:00-5:00 pm

Call to Order
Secretary's Report
Report on Council on Legislation
Report of District Historian
Discussion of Liability Insurance for Directors, Officers, and Clubs
Door Prizes

Reception—

Ballroom Foyer 5:30 PM—6:30 PM

Theme Dinner

Grand Ballroom 6:30pm

"100 Candle Salute" to Centennial Presidents, Youth, Alumni, and First Time Attendees

(Attire: Business Casual)
Welcome
Parade of Nations
Introduction of Guests
National Anthem
Pledge of Allegiance
Invocation

DINNER

Roll Call of Clubs
Presidential Citations
Introduction of R.I. President's Rep
Welcome From R.I. President
Program— Theodore Roosevelt... Today
Door Prizes
Sergeant-at-Arms
adjourn to Wine Tasting Party

Saturday, May 14, 2005

Call to order
State of the District
Nominating Committee Report
Election of Council on Legislation Delegate 2007
Resolutions and By Laws Changes
Budget, Finance and Audit Report
Gift of Life
Sergeant-at-Arms/Door Prizes

(please turn to page 3)

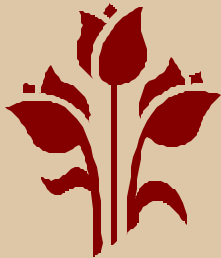


GROUP STUDY EXCHANGE - District 7190 is currently hosting a GSE Team from District 4630 Brazil. Here they close their program with "You've Got a Friend."

Are you wearing your Rotary pin today?



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Rotary and Water

Rotary Foundation grants for the year 2004-05 in District 7190 have totaled over thirty-four thousand dollars. Clubs and Rotarians in our district have used this grant money for worthwhile projects both in our district and overseas. Remember that 100% of the money we contribute to the Rotary Foundation is used for humanitarian purposes and we have a say in how that money is used. This makes our contributions to The Rotary Foundation one of the best charitable investments in the world.

Over \$ 6,000 of the money contributed came back into our district to be used as District Simplified Grants financing projects. This year eight of our clubs applied for and received these grants for community and educational projects. Dictionaries were provided to elementary school children, scholarships for Girls Inc. were funded, a Boys and Girls Club project was financed and a local park was made functional and beautiful. The funds provided by the District Simplified Grant program enabled clubs to perform community service that would not have been possible without the Rotary Foundation. Each project displayed the Rotary International logo and made our communities aware of Rotary service.

Our district was able to fund \$ 18,000.00 in matching grants working with clubs in Honduras, Bangladesh, Ghana and Zimbabwe. We were able to work with Rotarians in those countries to provide much needed assistance. The efforts of the Twin Bridges Club to bring educational materials to Zimbabwe have been a success. That club worked with Rotarians from Zimbabwe as well as the Albany and Shenendehowa clubs in our district to provide books, and other materials to a school in Africa. If you haven't heard about the project contact the Twin Bridges Club and they will send an ambassador to tell your club the story. Our district has teamed with District 7170 to fund a teaching hospital in Ghana. You will recall that we were able to purchase a SUV to be used by doctors in Ghana a few years ago. Governor Blair had the privilege of serving as a team leader for a GSE team to Ghana and he can tell in detail how effective that project has been. Individual grants totaling almost \$ 10,000.00 were utilized to allow Rotarians to travel in Pakistan and Zimbabwe. That money comes from the World Fund of the Rotary Foundation.

It is amazing that of the \$ 57,000.00 we contributed three years ago we received or have been able to utilize over \$ 34,000 in our district. We have been able to accomplish projects and do good in the world to an extent that would have been impossible on our own.

“Does the district match our contributions to the Rotary Foundation?”

The question frequently arises, “Does the district match our contributions to the Rotary Foundation?” Over the last few years we have developed a policy of matching a Rotarian's contribution to the Foundation if the Rotarian's club has also matched the contribution with a cash contribution of an equal amount. Each Governor, working with the District Foundation Committee, has established his or her own policy. The policy is governed by the amount of credit available to the district, that is the amount contributed by our district to the Foundation, and the goals of the Governor. This year, 2004-2005, our policy has been that the district will match the first \$ 100.00 contribution by a Rotarian, who has not made a contribution to the Rotary Foundation in the past, and matched by a cash contribution of \$ 100.00 from the club with \$ 100.00 credit from the district. Our goal has been to stimulate the contribution of Rotarians who have not participated in the past and thereby advance the “Every Rotarian Every Year” program. We encourage clubs to participate in this matching program and encourage those who have not taken the opportunity to be a part of the Rotary Foundation to do so. We also encourage clubs and members to go a step further and use the foundation recognition points available to them and match the contributions of the Rotarian. An example would be if a new member decides to contribute \$ 100.00 and the club matches that amount, in cash, the district will match with 100 points giving the Rotarian credit for \$ 300 for the \$ 100 original contribution. The club or another member could match that amount with 100 recognition points giving our new contributor \$ 400 credit putting him or her well on the way to being a Paul Harris Fellow.

If you have any questions please contact Jim Spencer, DRFC, at poppop@midtel.net or 518-827-4448.

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Polio and Rotary

April 12, 2005

Today marks the 50th anniversary of the Salk polio vaccine. Poliomyelitis, also known as infantile paralysis, used to be one of childhood's most feared diseases. A few years after Dr. Jonas Salk announced his vaccine on April 12, 1955, nearly every child in the U.S. was protected. Today polio has disappeared from the Americas, Europe and the Western Pacific and is nearly gone from the rest of the world.

A too-little known part of this feat is the role played by Rotary, the international businessman's club, which 20 years ago adopted the goal of wiping out the disease. Rotary understood that medical breakthroughs are worthless unless people aren't afraid to immunize their children and efficient delivery systems exist to get the vaccine to them. And so it mobilized its members in 30,100 clubs in 166 countries to make it happen.

In 1985, when Rotary launched its eradication program, there were an estimated 350,000 new cases of polio in 125 countries. Last year, 1,263 cases were reported. More than one million Rotary members have volunteered their time or donated money to immunize two billion children in 122 countries. In 1988, Rotary money and its example were the catalyst for a global eradication drive joined by the World Health Organization, UNICEF and the U.S. Centers for Disease Control. In 2000 Rotary teamed up with the United Nations Foundation to raise \$100 million in private money for the program.

By the time the world is certified as polio-free — probably in 2008 — Rotary will have contributed \$600 million to its eradication effort.

An economist of our acquaintance calls Rotary's effort the most successful private health-care initiative ever. A vaccine-company CEO recently volunteered to us that the work of Rotary and the Gates Foundation, both private groups, has been more effective than any government in promoting vaccines to save lives. It's become fashionable in some quarters to deride civic volunteerism, but Rotary's unsung polio effort deserves the Nobel Peace Prize.

**Every Rotarian,
Every Year**

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Centennial Program

GSE Team Report

Youth Exchange Experiences— Round Table

Rotary Foundation

Reflections on District 7190— Panel

Awards

Governor's Reception— Courtyard
(Black Tie Optional)

Centennial Governor's Banquet

**"100 Candle Salute" to Paul Harris Fellows,
Sustaining Paul Harris Fellows, PDG's AG's,
District Officers, Club Officers**

Introduction of Guests

Greetings

Invocation

Pledge of Allegiance

Song

DINNER

Introduction of RI Representative

Remarks by RI Representative

"A Century of Service" – David C. Forward

Youth Exchange Program

Sunday, May 15, 2005

Interfaith Service

Necrology

(10 minute break)

2006 District Conference - Lets Meet in Burlington

District Governor-Elect Remarks

Closing Remarks by RI Representative

Closing Remarks by District Governor

Awards

Governors Certificate of Appreciation

Student of the Year

Citizen of the Year

Rotarian of the Year

Club of the Year

Sergeant-at-Arms

First Time Conference Attendee Recognition

Door Prizes





You Can Get a Tax Write Off by Donating Surplus Computers; Computers then Donated to Schools and Nonprofits

GE Elfun Computer Rehab of Schenectady Inc. (a nonprofit charitable corporation) is soliciting donations of surplus computer equipment. We need computers, 400 MHz Pentium or faster, monitors, memory modules (DIMM – PC66/100/133 SDRAM, DDR etc), hard drives, modems, printers, network equipment, etc. All hard drive data will be destroyed using DoD conforming software and the equipment will be repaired and donated to schools and nonprofit organizations at no cost. Please contact our office for specific details at 518-385-9606.

GE Elfun Computer Rehab of Schenectady Inc. mission is to help bridge the digital divide by providing computer systems to schools and nonprofit organizations who cannot afford to buy new equipment and to extend the useful life of computers that are no longer wanted by businesses through reuse rather than recycling them for scrap materials.

GE Elfun Computer Rehab of Schenectady, Inc., is a nonprofit corporation and a Microsoft Authorized Refurbisher. It is currently a service program of the GE ELFUN SOCIETY (a volunteer organization of GE employees and retirees). Through this program donated surplus computers are rehabilitated and offered to schools and nonprofit organizations that request them. They have donated over 5200 computer systems to over 800 organizations since begin founded in 1993.

Who is eligible? Only schools and state or federally recognized nonprofit organizations are eligible to apply to this program. Individuals cannot receive this equipment.

Submitting a request is done in writing on official letterhead to:

GE ELFUN Computer Rehab of Schenectady, Inc.

1 River Road, Bldg. 262 Room 202, Schenectady, NY 12345 Attn: Terry Lustofin

Your request letter should state your equipment needs and briefly describe planned use of the computers, e.g. word processing, accounting, Internet access, etc. Ask for items that you know you need. In addition, your letter should describe anticipated needs such as capability to run unusual programs, a printer, scanner, etc., so that the computer can be customized for you specific needs. You must include a copy of your organization's federal tax exemption Letter of Determination, 501 c(3) with your request. Requests that do not include this letter will be rejected. Be sure your request includes your phone number and email address so you can be contacted in the event there is a need for added information or clarification.

The computers are inspected, cleaned, repaired and checked for serviceability. Clearly they are not new and FAST like the newest machines. In most cases they have been retired from service and were replaced by newer, faster, and more capable equipment. However, when the Elfun volunteers get through with them, they are capable of giving good service in word processing, spreadsheets, accounting communications, etc. The Elfun Computer Rehab Program does not have licenses to distribute any software other than the Windows operating system. All software will be removed from the hard drive and a Windows 98SE or 2000 operating system will be installed (at a cost of \$8.00) as a starting point to install the application software needed by your organization. When a computer is requested without further specification, the supplied hardware will consist of the low end Pentium computer with 64 Mb of RAM memory, a 3.5" high density floppy diskette drive, a hard drive (usually 2 GB or larger, a DC-ROM drive, a color SVGA monitor, a 107-key keyboard and mouse. Any specific requirements beyond these minimums must be stated.

Computers must be picked up by the organizations. Organization will be notified when their order is ready for pickup.

Office hours are from 8:00 AM to 12:30 PM on Tuesday and Thursday only. The program coordinator is Terry Lustofin. Phone: 518-385-9606 (voicemail is available all hours), FAX: 518-385-5623 and e-mail: elfprehab@ge.com



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Healthy Conversations

Facilitator: Stacy Connors, Iroquois

March 23, 2005 - noon

Meeting of the Amsterdam Rotary Club

Raindancer Restaurant – Amsterdam, NY

This conversation was a collaborative effort supported by both St. Mary's Hospital at Amsterdam and Amsterdam Memorial Healthcare. By involving the business community, there was a direct effort to obtain a broader view of the issues surrounding the health care system, in particular at the local and state level.

Small groups were formed, and asked to complete the following 5 core questions. Answers were then shared publicly and recorded as follows:

1. What do you think are the greatest strengths of the current health care system?

- Technology
- Availability of providers and hospitals (although rather dependent upon insurance)
- Trained health care staffing

2. How about the greatest weaknesses?

- Reimbursement – Out of date rates, lag in receiving payment after billing
- Commercial payers profit at the expense of non-profit health care settings and other providers
- Lack of public policy to fund the future of health care
- Large number of uninsured – cost of coverage - working poor have limited access to care
- Lack of specialized physicians
- Healthcare labor shortages
- Long waiting periods in emergency room settings or awaiting bed availability for admission – Governor is calling for reduced beds, yet locally there is a need for additional beds

3. What do you believe is the single most important issue that must be addressed to improve the health care system of our community?

- Medicaid!
- Elder & Transitional Care – a revised system – baby boomers will look for alternatives and improvements to past practices – better focus on prevention
- Health care costs

- Better coordination of existing services
- Affordable health insurance
- Need expansion of emergency care
- Need for more beds and personnel locally

4. If you could make any change in health care that you want – here in our community or across the nation – what would it be?

- Universal access – quality insurance and health care for all
- Improved relationship with medical providers and legal system
- Less duplication – maximum use of community resources
- Medicaid reform
- Reimbursement formulas
- Better access to mental health services
- Cost containment

5. Do you think it is possible to make major changes in the health care system? What should be done first?*

- Health care is currently too bogged down in the political environment
- Eligibility criteria should be revisited
- Right now focus is all on money

*The group overwhelmingly agreed that this question presents grave challenges, as the issues are serious in scope. Further, the feeling was that any healthy reform would most likely take a decade to enact.



THE SHELTERBOX

ShelterBoxes are sponsored by service clubs, (Rotary Clubs), school and church groups, businesses and individuals, etc. Materials are ordered from a range of suppliers selected for general use, long-life, quality and price. ShelterBoxes are prepared and packed using all new materials as delivered from manufacturers, at the ShelterBox warehouse based in Helston, Cornwall. The standard ShelterBox weighs 110 lbs. and has approximate dimensions 33" x 24" x 24". They are sealed and banded for transit and security.

The contents are under continuous review. For example, due to its fragility, use of a wind-up torch was discontinued in June 2003; and replaced with water containers, different torches and batteries, a knife and a large cooking pot. A small stock of wind-up radios (short-wave and FM) has been obtained to substitute a sleeping bag in every tenth box should such a requirement arise.

Plans are in development for site-specific Box contents to address varying climate conditions. For example, a tropical disaster site would require sleeping mats and mosquito netting instead of sleeping bags.

Latest from Bombay!

(aka “Mussoorie, Yodel-lay-he-hoo!”)

Happy spring! I have left Bombay for the month of April and am studying Hindi at a language school in Mussoorie, a hill station in the foothills (more like knee hills) of the Himalayas. This place is quite a change from Bombay and from the relaxed beaches in the south where I spent a little time traveling before coming here...

Mussoorie is a bit like “Heidi of the Alps” meets the Jersey Shore: this is definitely a mountain village with deep chasms and stunning views, but there’s also a lot of kitsch. Apparently, Mussoorie is one of the top honeymooning destinations for north Indians. The bazaar is full of video game arcades and sari/sweater-clad women selling freshly popped pop corn in huge iron kettles. The air smells like a movie theater. Most of the shops sell wool socks, shawls or handicrafts, and there’s actually a rickshaw/horse stand where children can dress up like cowboys and clop up and down the middle of the paved thoroughfare for 20 minute stretches. My favorite local attraction? “Howard’s,” a small revolving restaurant with a circumference that will leave you dizzy. The sign on the side of the building says, “Revolving Restaurant! No extra charge for revolving.”

The guest house where I’m living is a 20 minute hike uphill from the bazaar (and the language school is a further 20 minute hike up the mountain - I’m hoping to get a bit role in the next “Buns of Steel” DVD...) The guest house is run by Prem, a white haired, scruffy faced grandpa who wears a brown hounds-tooth tweed jacket, dress pants and blue flip flops while he tends his general store out front. The kings of the house are his 5 year old twin grandsons, Raj and Radho. I am the only guest at the house right now and have full reign over the sunny terrace overlooking the valley. The breezes are strong and the Tibetan prayer flags strung on the roof of the home next door slap vigorously in the morning breezes. It is cold here. I wear all of my warm clothes during the day and at night, I wrap myself like a burrito in the 3 blankets on my bed. I get a bucket of hot water to bathe in the morning, and the squat toilet out back makes me think nostalgically of “Little House on the Prairie” episodes I watched on TBS in grade school. However, besides for the 6500 altitude, there is one other major difference between Walnut Grove and Mussoorie: here, there are monkeys. Just yesterday, Prem reminded me to lock my door so they wouldn’t swing into my room from the roof. Ah, India!

I am in classes for 4 hours a day and am rediscovering the joy/frustration of learning how to read. The Hindi script is challenging, and writing my homework still feels more like a graphic art project than like sentence

composition. In my free time I’ve been wandering the hills. Today, the clouds cleared and I had my first glimpse of the Himalayas. Stunning doesn’t even begin to describe them. I marvel over how in the states, I just accepted that they were big mountains and ambitious people climb them. Here, looking at them, actually making the ascent seems like the challenge (and accomplishment) of a lifetime. George Everest’s house is still in Mussoorie. He lived here for several years doing geological survey work before computing Mount Everest’s height and becoming a household name. I’m hoping to hike to the house this weekend. Apparently, all of his survey tools are still there, even though tv stations are now vying for the property - they want to put up TV towers instead...

I’ve been here for only a few days, and looked like an Easter egg for at least the first 48 hours. Holi, the festival of colors, took place this past Saturday. I was visiting Margaret, another Rotary scholar, at her hostel in Delhi during the holiday. Because Delhi is notoriously unsafe for women and the hostel guards were especially worried about the welfare of the female students during the festival, the hostel was in lock down mode: we weren’t allowed to leave for 24 hours. None the less, the day was celebrated: all of the women in Margaret’s building met in the courtyard and pummeled each other with water balloons, hoses and fistfuls of colored powder. Grateful Dead apparel companies would be impressed with the new, improved appearance of what were previously my pajamas... The dye bled through my shirt, and only yesterday did my stomach return from its Picasso-like “blue phase”. My ears were magenta, my hands green, and I had a curious red and yellow streak across my forehead. The beauty of all of this is that looking like a crayola malfunction made a great impression on all of the Mussoorie locals when I first arrived: “Playing Holi!?! Acchha! Good, Good!” I’m hoping they’ll still like me now that I’ve returned to my normal hue...

I have 7 more weeks in India and will try to write at least once more before coming home. Miss you all and hope the daffodils are popping!

love, Megan

ROTARY

AN ORGANIZATION OF BUSINESS AND
PROFESSIONAL LEADERS · UNITED
WORLDWIDE

1.2 MILLION PEOPLE · 164 COUNTRIES ·
PROVIDING HUMANITARIAN SERVICE ·
BUILDING GOODWILL AND PEACE IN THE
WORLD



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