



**District Governor
Peter Wells**

Governor's Newsletter

District 7490

Bergen, Hudson & Passaic Counties

New Jersey, USA

April, 2016



Be a gift to the world

Governor's Message for April.

Dear Rotarians,

Thanks to the efforts of so many, the District Conference in Baltimore was a great success.

A special thanks goes to the Conference Committee lead by Chairman Dominic Jengo and Conference Coordinator Judy Messineo. Committee members included Aletta Frezzell, Alia Suqi, Bill Rupp, Bob Balentine, Bob Olsen, Bonnie Sirower, Brittany Voza, Carl Hassett, Charlotte Bennett Schoen, Cindy Rose, Fay Logan, Florence Marchi, Gloria Counsellor, Jay Leone, Jim Boyer, Jim Miller, Kathy Frost, Maria Rini, Nikki Mederos, Pat Gallagher, Phil Wells, Sam Stone, Stephen Jarahian, Stuart Gold and Yvonne Hassett.

This year's Conference kicked off in a different way: all those present, were divided into 5 teams to put together 10 bicycles, the recipients were local kids from needy families selected by the Baltimore Y. As an ice breaker it was a lot of fun; as a service project it was a heartwarming success!

The General Sessions included a new interactive format for Club Reports, which included a Village Elders presentation by Dan Shiver and Lenny Agrusti, Community Partnership by Patricia Carrera, Membership Drive by Ruddys Andrade, Water-Sanitation by Kathy Frost and Snack Packs by Maria Rini.

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Newsletter Editor

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Governor's Message April.

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We also tried a new way to present a lot of Rotary information by Speed Booth routines which included RI Foundation by Raj Bhatia, WDH Foundation by Emil Geering, Multi District Events by Joe Dino, Special Needs by Ray Falcon, Village Elders by Dan Shiver, Youth Exchange by John Adams, Interact by Yvonne Hassett, RLI by Stuart Gold, UN Day by Joe Lauren, RI Service by Jim Cole, Administrative Tips by Phil Wells, and Baltimore Excursions by Gloria Counsellor. The fast pace and interface was contagious!

Sadly, but reverently, we also included a Memorial Service, led by Pastor Sam Stone.

In a fitting order of fun, fellowship and a little bit of business the Governor's Banquet closed the conference with a leadership talk by Baltimore DG Ken Solow, awards presentations, and a great local band that had everybody moving.

The pictures are posted and stories have been told, and for those that attended our 59th District Conference, you now know, if you didn't already, that a district conference is a very special opportunity to share the fellowship of Rotary. For those that missed please know that you were well represented with a hope to see you at our next.

If you want to see and learn more about the conference please go to our district web page or make a Facebook friend of Secaucus President Elect Rick Saltarelli. Rick posted pictures and stories to the delight of those who attended.

Do you want to hear more about the awards that were presented at the Governor's Banquet, and awards yet to be announced, please come to the June 13 Staff meeting.

Celebrate Rotary!

DG Peter Wells



Peace Poles and Rotary.

by Charlotte Bennett Schoen

District 7490 Chair Peace and Conflict Resolution 2014-16

Peace pole history: the existing peace poles are global, and since 1990 accepted as NGO by the UN Dept. Public Information - they were started 1955 in Japan by Masahisa Goi, World Peace Prayer Society (WPPS) as non-sectarian and pacifist. Current HQ in Berkshires and their motto *May Peace Prevail on Earth* is a registered trademark. They are best known for the Peace Pole Project.

RI peace and conflict resolution -to make peace in the world we need more peace builders. With this project we can reach out to every Rotary club in the district, every Interact and Rotoract Club, every elementary/middle and high school.

International Peace Day: This project would automatically link to UN International Day of Peace (September 21, 2016) - as have my peace building projects the last 3 years.

1. Pricing: all peace pole pricing info from WPPS by accessing <https://peacepoleproject.org/ppshopcart/products.php>. Price range \$195.00-\$1,450 depending on number of sides, number of languages (message: *May Peace Prevail on Earth*).

2. Alternative to purchasing: peace poles can be fabricated by members of community (in Hudson Valley, this is how Doug Marbel has been advancing the sites. Members of the Englewood Rotary have participated in this event.)

3. Art competition alternative: Communities can have art competition and peace pole fabricated after selection - there are many examples of this available on-line and it energizes and unites the towns.

Finally - we do not have to reinvent the wheel with this initiative - all information is readily available and fits perfectly with the 6 goals of Rotary. If you Google "images peace poles" you will be astonished at the global variety!

I am sending this on Mother's Day evening in the spirit of Julia Ward Howe (1870 Mother's Day Peace Proclamation - and writer of *Battle Hymn of the Republic*)

Minutes of April 4 District Staff Meeting.

By Assistant District Secretary Judy Messineo

Attendance.

PDG's, Bill Rupp, Gloria Counselor, Joe Lauren, Dominic Jengo, Raj Bhatia, Bonnie Sirower, Peter Wells, PRID Ray Wells, DGE Stephen Jarahian, DGN Jim Boyer, DGND Nikki Mederos.

Club Central Membership Seminar: PDG Bonnie Sirower.

April 27th webinar on membership at 7PM; contact PDG Barry Kroll at BarryKroll@aol.com to register.

District Assembly: DGE Steve Jarahian.

May 21st 8:30AM to 11:30AM at Bergen Community College serving coffee/bagels for all incoming officers and to approve the district budget.

Walter D. Head Presentation: Presidents' Ball, WDH Plaques & Ads: Judy Messineo.

WDH Plaques – please be sure to contact Judy and order early so that you may present these awards to your Presidents at the Ball on May 18th. Deadline for submission is April 30th to assure plaques will be available that evening.

Presidents' Ball – Judy had given forms to advertise in the ad journal for the Ball – please support your President and the district. Deadline for submission is April 30th and email Judy at bergentravel@optonline.net.

WDH Golf Outing: PDG Bill Rupp.

May 10th outing at the Ballyowen – the cost for the golf and food or spa treatment and food is \$325. Also selling raffle tickets at \$20 each or for a book of 5 at \$100 to support our scholarship fund – the drawing will be held at the golf outing and winner need not be present.

Contact any board member of the Walter D Head Foundation for your ticket.

Banner Exchange: DGE Steve Jarahian.

June 22 at 6:30PM – Il Villaggio on Route 17 North in Carlstadt. Cost is \$115 per person or a table of 10 for \$1100. Contact Rotary Club of Bergenfield-Dumont or Judy Messineo for further details.

Baltimore Conference: PDG Dominic Jengo.

Bus departure time is 12PM from Stephan Co. 100 West Hunter Avenue, Maywood and cars can be kept in a secured parking lot for your convenience. Cost is \$100 and contact PDG Dominic for reservations.

Special Announcements.

Lisa, Jersey City Rotary – save the date of August 6 for the food truck festival – music/food vendors and looking for volunteers.

Joe – Paterson beefsteak at Brownstone \$70 on April 5th including tricky tray and comedians.

Bergen Community – April 6 from 12-2PM pasta dinner to raise funds for the Englewood church fire.

Rotary Moments:

PRID Ray spoke about his experience in Tasmania and planting and dedicated a tree in the name of Paul Harris.

DGE Steve spoke about the gift of life.

Rory Sutherland – beer committee meeting next Wednesday at Ho-Ho-Kus Inn and had \$20 growler for sale.

PDG Dominic spoke about his experience with polio plus inoculations in India.

DGN Jim spoke about gift of life.

DGND Nikki spoke about the gift of life.

Jim spoke about gift of life.

Judy spoke about the student exchange experience.

Lois spoke about the Kenya project.

Governor's Address:

DG Peter expressed a special thank you for all giving him a wonderful and successful year.

We have increased membership and contributions to the Foundation and how we have made a difference to Rotary and the people in our communities.

With 1,300 Rotarians in our district we have done an outstanding job and now encourages us to increase our membership even more to share the good works.

Few reminders to save the dates and be supportive to the upcoming events:

Banner Exchange: June 22,

Presidents Ball: May 18,

WDH golf outing: May 10th.

Next Meeting: May meeting canceled.

June 6th next staff meeting.

Governor Peter Speaks of Re-emerging Pride in Rotary at District Staff Meeting.

District Governor Peter Wells this month said that 100 people are going to the district conference of April 28 - May 1.

In brief remarks at the conclusion of this month's District Staff Meeting on April 4, Governor Peter spoke of a service project in which participants at the District Conference will participate: the assembling of bicycles in Baltimore. Indeed, he said, some Rotarians involved in the project would remain after the conclusion of the evening's meeting and practice assembling a bicycle.

He spoke of a re-emergence of pride in Rotary, saying that Rotary is at a "unique point to make a difference" in the world, contrasting Rotary's spirit to the "nastiness" in political discourse that is prevalent in the world today. Speaking of District 7490, Governor Peter said that Rotary clubs in the three counties of Bergen, Hudson and Passaic have experienced a growth in membership and that the District has sown a growth in its finances.

But he said, with more than two-million people in those three counties, Rotary, with 1,300 members in 52 clubs in those same three counties is "way to small". He urged his listeners to invite their friends and acquaintances to join in Rotary, and to share their Rotary "stories" with the people around them.

Governor Peter also spoke of the Presidents' Ball, to be held on May 18, as an opportunity for both the District and individual clubs to thank their presidents for the service they are rendering, to both Rotary and the community around them.

He also spoke of the finances of the Rotary District 7490 Walter D. Head Foundation, which he said have been depleted by both low interest rates and a decrease in contributions. He urged his audience to support the Foundation, saying that it is "our Foundation."

Noting that Lois D. Horowitz of the Fair Lawn Rotary Club had virtually alone raised more than \$5,900 to provide for the high school and college education of two girls in Kenya, he said that Rotarians could exert similar efforts on the Foundation's behalf.



District Governor Peter Wells speaking at the District Staff Meeting on April 4 at which he said that Rotary "is at a unique point to make a difference" in the world.

DGE Steve Jarahian on May 21 District Assembly.



Governor-elect Stephen V. Jarahian, speaking of this spring's District Assembly, which will be held at Bergen Community College on Saturday, May 21.

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Reports and Activities of the District Staff Meeting of April 4.

PDG Bill Rupp on May 10 Walter Head Golf Outing.



Past District Governor William F. Rupp speaking on April 4 of the Walter D. Head Foundation's golf outing on Tuesday, May 10 at the Ballyowen Golf Course at the Crystal Springs Golf Resort in Sussex County.

PDG Dominic Jengo Talks of District Conference.



Past District Governor Dominic L. Jengo speaking at the April 4 District Staff Meeting of the 59th annual District Conference which took place in Baltimore on April 28 – May 1.

Lois Horowitz on Tuition Fund for Girls in Kenya.



Lois Horowitz of the Fair Lawn Rotary Club speaking of her solicitation of donations with which to educate two girls in Kenya.



Photographs of some of Lois Horowitz' visits to Rotary Clubs in District 7490 for the solicitation of tuition funds for girls in Kenya.
(Continued on Page 6, Col 1.)

Reports and Activities of the District Staff Meeting of April 4.

Judy Messineo on Walter D. Head Activities.



Judy Messineo of the Garfield Rotary Club on April 4 as she discussed the Walter D. Head Foundation's Presidents' Ball planned for May 18 at the Westmount Country Club in Woodland Park, N.J.

PRID Ray Wells Rotary Moment.



Past Rotary International Director Raymond R. Wells telling of his "Rotary Moment" in Tasmania in Australia where he planted a tree in honor of Paul Harris – the founder of Rotary.

Scenes from the April 4 District Staff Meeting.



Rotarians from District 7490 at dinner during the April 4 District Staff Meeting at Biagio's Ristorante & Banquets.



Chief of Staff Patricia Gallagher presiding over the District Staff Meeting on April 4.

Rotarians Assemble and Distribute Bicycles at District Conference in Baltimore.

Rotarians from clubs in Bergen, Hudson and Passaic Counties, meeting last month at District 7490's annual conference, assembled 10 bicycles which later that day, they presented to children whose families would otherwise have been unable to afford them.

In perhaps the first service project ever conducted at a district conference, Rotarians on April 29, guided by instructions from the manufacturer, put the bicycles together at the beginning of the day's plenary, that is, general meeting. The front wheel of a bicycle that had already been assembled and which was on display as a model was inverted, a mistake which was not repeated on the 10 bicycles they assembled.

With District Governor Peter Wells presiding later that afternoon, Rotary presented the bicycles to the families of 10 children who were to receive them. The families had been selected by a lottery that had been conducted by a local YMCA.

Speaking the next day (April 30) of the presentation, Governor Peter told of the gratitude of one man, the father of two children who were presented with bicycles. The father, in tears, Governor Peter said, had told him that he himself could not have afforded to buy his children the \$85.00 bicycles with which they were presented.



The bicycles that were assembled in Baltimore at the District Conference on April 29 by Rotarians from District 7490 shortly before they were presented to children whose names were selected in a lottery conducted by a local YMCA.



Rotarians from District 7490 on April 29 assembling one of 10 bicycles that were distributed later that day to children in Baltimore. The bicycles were assembled at the District's 59th annual District Conference, in perhaps the first service project to have been conducted at a conference.



Two children on April 29 leaving with the bicycles they received at District 7490's annual District Conference in Baltimore. District Governor Peter Wells is to the left.

Governor of Host District Talks of 'Rotary Leadership and Hollywood' at Conference Banquet.

District 7620 Governor Kenneth R. Solow last month spoke on "Rotary Leadership and Hollywood" in which he offered examples of how people both succeed and fail in leadership.

Speaking on April 30 at the closing banquet of Rotary District 7490's District Conference in Baltimore, Ken, whose district hosted the conference, showed film clips of several movies to illustrate his point. For example, in talking of perseverance, he showed Leonardo DiCaprio, portraying the multiple impersonator Frank Abagnale as he says in the movie *Catch Me if You Can*: "Two little mice fell in a bucket of cream. The first mouse quickly gave up and drowned. The second mouse, wouldn't quit. He struggled so hard that eventually he churned that cream into butter and crawled out. Gentlemen, as of this moment, I am that second mouse."

In the animated movie *Madagascar*, each of the animals who are trying to return to civilization declare themselves to be the leader of the pack, with the result that they have no leadership, and thus, no plan to return home. In *It's a Wonderful Life*, Mr. Potter, portrayed by Lionel Barrymore, offers George Bailey, the leader of a building & loans, a lucrative position in his firm if he will abandon the Bailey Brothers' Building & Loan, thereby forcing home buyers to seek mortgages from him at considerably higher prices. The question here, Ken said, is will George accept the "golden" opportunity offered him by Mr. Potter. (He does not.)

He also showed a clip from the movie *Animal House* in which John Belushi, playing the role of Bluto, urges his fraternity brothers to engage in "one stupid futile gesture" as Faber College is preparing to revoke their fraternity's charter. Bluto's exhortation to his fraternity brothers, however, Ken said, is not the spark that causes his fraternity brothers to follow him, but rather the support offered him by another brother.

Although he is regarded as a buffoon in the movie *Stripes*, Bill Murray, a private, leads his platoon in a precision drill with such dexterity that the commanding general is impressed. The moral here, Ken said, is that one must "know what you're doing." On the opposite side of the coin, Ken showed a scene from the movie *Jerry Maguire* in which Tom Cruise fails in his exhortation to colleague in a sports management firm to join him in creating their own firm, which would mean abandoning the secure jobs they now hold.

In further remarks, Ken cautioned his listeners that in order to persuade people to engage in any undertaking, they must be asked "one-on-one". People will not respond he said, to general appeals such as "who wants to do this." Rotary must, he said, "engage" its members and to hold people responsible for the successful completion of their assignments.

The banquet began with Chief of Staff Patricia Gallagher quoting the poet Ralph Waldo Emerson as saying: "To laugh often and much; To win the respect of intelligent people and the affection of children; To earn the appreciation of honest critics and endure the betrayal of false friends; To appreciate beauty, to find the best in others; To leave the world a bit better, whether by a healthy child, a garden patch, or a redeemed social condition; To know even one life has breathed easier because you have lived. This is to have succeeded."

In his invocation Past Rotary International Director Raymond R. Wells expressed pride in his son, District Governor Peter Wells. He then urged his listeners to empathize with people who not only cannot enjoy the banquet of which they were soon to partake, but more importantly with people who cannot be sure where their next meal will come from.



District 7620 Governor Kenneth R. Solow speaking in Baltimore on "Rotary Leadership and Hollywood" at the April 30 closing banquet of District 7490's 59th annual District Conference. District 7620 served as the host district for District 7490's conference.

Club Service Projects Highlighted in District Conference 'Rondtables'

PDGs Dan Shiver and Len Agrusti Speak on Village Elders.

Past District Governors Dan Shiver and Leonard A. Agrusti last month discussed with fellow Rotarians of District 7490 a program in which young people, often termed "at-risk" youths are presented a stark choice - an opportunity to lead successful, productive lives or to lead lives of crime.

In discussing the Village Elders program in Paterson, at the District Conference in Baltimore on April 29, Dan said that Rotarians for the most part will mentor young people who are the "cream of the crop" - that is, young people who show promise. He himself, however, Dan said, was a "solid-C" student, who when he achieved higher grades, promptly reverted to "solid-C" status.

In discussing opportunities with these youngsters, however, Dan and Lenny said, they emphasize to their listeners the need for work. Any success, they tell the youngster they mentor, will not come easily.

Most often, they said, they will ask youngsters they are meeting with: what do they hope to become. Some, Lenny and Dan said, say they hope to become basketball players, others firefighters and some police officers. Members of these professions, the two Past District Governors said, are then asked to speak with these youngsters, who then describe to them the avenues they took to achieve their ambitions. Many of the professional people who speak to these young people, Dan and Lenny said, are themselves young, enabling the teenagers to whom they are speaking to visualize themselves in these same roles.

The Village Elders program, Dan and Lenny said, will host a Career Day program at three high schools on May 19, talking with high school students who, they said, live in an environment in which they can "go either way" - that is, to go on to lead successful lives or to descend to lives of crime and hopelessness.



Past District Governors Dan Shiver and Leonard A. Agrusti speaking in Baltimore on April 29 of the Village Elders program in Paterson for at-risk youth.

Weekend Snack Packs Provided to Children in Need.

Discussing its Weekend Snack Pack Program in Leonia and Edgewater at the District Conference in Baltimore, Maria Rini an Assistant Governor to the Rotary Club of the Palisades on April 29 told how on Friday afternoons teachers at the Anna C. Scott School in Leonia and the George Washington K-2 School in Edgewater discreetly provide packages of snacks to children eligible for free or reduced lunches. The food packages are provided through donations garnered by the Rotary Club of the Palisades, she said.

The program began in 2012 when, Maria said, teachers in Englewood would notice on Monday mornings - the beginning of the school week - that some of their students would appear light-headed, or nauseous due to a lack of food over the previous weekend. In order to fulfill this need, she explained, on Friday afternoons, as the school week is coming to a close, teachers discreetly place packages of nutritious snacks into the backpacks of children whose families indicate a need for, and willingness to accept, these food supplies. The program is conducted sufficiently discreetly, Maria said, so that only the families of the students receiving this assistance know who they are.

The snacks, Maria explained, cost \$4.50 a package, with the food being supplied by the Centers for Food Action, which has locations in Englewood, Hackensack, Mahwah and Saddle Brook. The supplies typically include dinners of macaroni & cheese, ravioli, spaghetti & meatballs that would be heated by the child's parents, milk, cereal, canned fruit, a juice box and a snack bar.

But, Maria said, in attempting to launch the program, the club encountered skepticism from some boards of education: with questions such as: would children share their food with classmates thus stripping away their confidentiality; what if a child receiving food assistance alleged that a cell phone had been stolen from his or her backpack, presumably by a teacher placing the snack pack in their backpacks.

The club, Maria said, receives support for the program from a variety of sources, with the furniture store chain, Raymond & Flanigan, which, while not directly supporting the program, has provided discount coupons to customers who do support it, and on at least one occasion provided a donation of \$500.00 to the program. Maria also said that PNC Bank and the Leonia Community Chest have also support the program.

Discussing a similar program in Paterson, Past District Governor Joseph Dino, Jr. said that the Paterson Rotary club was able to distribute weekend snack packs at a cost of \$3.18 a pack, with high school students in an Interact club sponsored by the Paterson Rotary club packaging the supplies.

(Photographs of Snack Pack Presentation on Page 10, Col. 1)

Club Service Projects Highlighted in District Conference 'Rondtables'

Photographs of Weekend Snack Pack Presentation.



A "Snack Pack" of the type that is provided to children on free or reduced lunch prices in Leonia and Edgewater. A typical snack pack includes dinners of macaroni & cheese, ravioli, spaghetti & meatballs; milk, cereal, canned fruit, a juice box and a snack bar.



Maria Rini, a member of the South Bergen Rotary Club and a Senior Assistant Governor to the Rotary Club of the Palisades, in Baltimore on April 29 as she discussed the club's Weekend Snack Pack Program, in which children on free and reduced school lunch programs are provided with weekend food supplies. She spoke at Rotary District 7490's 59th annual District Conference at the Royal Sonesta Harbor Court in Baltimore.

Palisades Rotary Discusses Walter Filtration System.

Katherine Frost spoke of a water filtration program that was launched in the Dominican Republic four years ago by the Palisade Rotary Club. In an attempt to purify or clean the water they would drink, Katherine said, people would mix Clorox with the water, resulting in illness and in some cases death to those who drank it.

In an effort to avoid providing contaminated water to their children, Katherine said, some parents would give them soda to drink, thereby causing them to suffer from dental problems with the excess of sugar they would consume from the soda. Children would become ill at least twice each month from the contaminated water, she said, with some 3,000 children dying of water-borne illnesses each year.

With the introduction of the water filtration devices, she said, these illnesses disappeared. The filters cost \$67.00 each, Katherine said, and are gravity based, thus allowing clean water to rise from the contaminants. The filters, she added, have an average life span of 20-years. Women in rural villages, who previously collected water for daily usage, Katherine said, now teach their neighbors how to properly use the filters.

A similar program that had been introduced in Haiti, Katherine said, was discontinued because of the widespread theft of the filters.



Katherine Frost of the Teaneck Rotary Club and an Assistant Governor to the Palisades Rotary Club, in Baltimore on April 29 at Rotary District 7490's 59th annual District Conference as she discussed a water filtration system the Palisades club has installed in communities and homes in the Dominican Republic.

Club Service Projects Highlighted in District Conference 'Rondtables'.

Jersey City Rotary Club 17-Percent Membership Expansion.

Ruddys E. Andrade, a member of the Jersey City Rotary Club, spoke of a 17-percent increase in the club's membership last year while he was its president.

Speaking in Baltimore on April 29 at Rotary District 7490's 59th annual District Conference, Ruddys said the increase was brought about by the use of social media such as Facebook, Twitter and Instagram to publicize the club's activities and the Club's invitation to people to seek membership.

The Club also, Ruddys said, began accepting credit card payments for dues and social engagements and invited prospective applicants for membership to lunches at Hudson County Community College's Culinary Arts Institute Conference Center in Jersey City.

The club emphasized, he said, its goal of seeking only those members who were willing to serve their community, and with "personal agendas" being discouraged. In order to engage the new members, Ruddys said, they are encouraged to serve in areas that interest them. The introduction of two evening meetings a month, he added, encouraged people unable to attend the club's weekly afternoon meetings, to join.



Ruddys E. Andrade at the District Conference in Baltimore on April 29, speaking of the Jersey City Rotary Club's 17-percent increase in membership last year.

Oakland/Franklin Lakes Talks of Community Partnership.



Patricia Carrera speaking of the Oakland/Franklin Lakes Rotary Club's Community Partnership on April 29 at Rotary District 7490's annual conference in Baltimore.

Patricia Carrera, a member of the Oakland/Franklin Lakes Rotary Club spoke of its Community Partnership initiative, whose goal is to bring members of the community together for a common purpose.

Speaking in Baltimore on April 29 at Rotary District 7490's 59th annual District Conference, Pat said that in line with that goal, the club launched an American Pride Car Show, to assist veterans. The car show, Pat said, brings people from all age groups together, with merchants donating money to support the program and space in which to display the cars.

The program has been publicized on social media such as Instagram and by local newspapers, Pat said, providing it with greater exposure to the public, thereby generating greater interest and support. The fourth annual car show, Pat said, was scheduled to take place from 11:00 a.m. to 5:00 p.m. on Sunday, May 8.

Club Service Projects Highlighted in District Conference 'Rondtables'.

PDG Bonnie Sirower Urges Pooling of Warm Coat Projects.

Past District Governor Bonnie F. Sirower at the District Conference on April 29, discussed Operation Warm Coats, in which a number of Rotary clubs in Bergen, Hudson and Passaic Counties provided winter coats to families in need. Noting that a number of clubs operate such program either in pairs or by themselves, she suggested that the clubs pool their efforts with a goal of providing winter clothing to more people than might otherwise receive them.



Past District Governor Bonnie F. Sirower in Baltimore on April 29 being thanked by District Governor Peter Wells on Friday for serving as his trainer last year as he prepared to assume the duties of the District's 59th Governor.

PDG Dominic Jengo Talks of Maywood's School in Kenya.

Past District Governor Dominic L. Jengo spoke at the District Conference on April 29 of efforts by the Maywood Rotary Club to provide educational opportunities for children in a Maasai reservation in Kenya. He discussed the club's "adoption" of a village on the reservation, in which all of its children were provided the opportunity to attend school - an opportunity they would not otherwise have been afforded. Delegations of approximately 20 club members, Dominic said, travel to Kenya each year in order to monitor the program and to meet with the villagers.



Past District Governor Dominic L. Jengo speaking on April 29 of the Maywood Rotary Club's school project in Kenya. He spoke during Rotary District 7490's 59th annual District Conference in Baltimore.



District Governor Peter Wells on April 29 with Rotarians from District 7490 who made presentations during that morning's session of the District Conference. From left to right are Past District Governors Dan Shiver and Leonard A. Agrusti, Governor Peter, Maria Rini of the South Bergen Rotary Club, Patricia Carrera of the Oakland/Franklin Lakes Rotary Club; Ruddys E. Andrade of the Jersey City Rotary Club and Katherine Frost of the Teaneck Rotary Club.

District Conference Acts on Three Resolutions at Session in Baltimore.

Rotarians participating in this year's District Conference on April 30 acted on three resolutions: one that would waive District dues for Rotarians under the age of 35; a second which would declare District 7490 a "stigma-free" district and the third which would repeal limitations on a district governor's ability to re-appoint people to District-level positions. The first resolution was defeated while the two others were adopted.

District Rejects Waiver of Dues for Rotarians Under 35.

The first resolution - Resolution 2016-01 introduced, by the Ridgewood AM Rotary Club - would allow clubs to "waive club dues and admission fees for members under the age of 35." The resolution would also authorize District 7490 to "reduce the per capita district dues for new members in this age group."

In discussing the proposed resolution, Past District Governor William F. Rupp, who presided over this session, explained that the resolution would apply only to District dues, not those assessed by the clubs on their members. Questions were raised as to how clubs or the District could distinguish between those members who are younger than 35, with many clubs not asking their members to list the years in which they were born.

Another question was raised as to the economic impact the waiver would have, with clubs being assessed District dues of \$55.00 per member. The point was also made that while a club might benefit from the reduction of dues for those of its members under the age of 35, the clubs would not be required to waive the payment of dues for those members. In short, a club could still require a member under the age of 35 to pay those portions of his or her dues that would be earmarked for the District.

The resolution was defeated.

District Declares Mental Illness to be 'Stigma-Free' Disease.

The Conference adopted the second resolution - Resolution 2016-02, which was introduced by the Park Ridge Rotary Club – and which provides that Rotary District 7490 "be, and it hereby is a Sigma Free organization."

In its resolution, the Park Ridge club wrote that 20-percent of people between the ages of 13 and 18 "experience severe mental disorder in a given year" and that 13-percent of children ranging in age from 8 to 15 are similarly afflicted. A stigma attached to mental illness the resolution reads: "is identified as the primary reason individuals fail to seek the help they need to recover from the disease." The resolution also discussed the economic impact on employers of the mental illness of their employees.

In discussing the resolution, Michelle Hart-Loughlin, a Program Coordinator with the Bergen County Division of Mental Health Services; and Maryann Uzzi, a member of the Paramus Board of Health; contrasted the sympathy generated by injury or disease to the stigma attached to the effects of mental illness. While friends and neighbors would rally around a family afflicted by accident or physical illness, they said, people would whisper to each other "did you hear" of a suicide attempt or hospitalization for depression.

In an effort to encourage people afflicted with mental illness to seek the help they need, Ms. Hart-Loughlin and Ms. Uzzi said, they have urged communities to declare themselves "stigma free" and to reach out to those of their residents in need of help. Some 38 municipalities in Bergen County, they said, have adopted stigma-free initiatives, with six municipalities doing so in five months.

But, Ms. Hart-Loughlin said, she seeks a "culture of change" insofar as the stigma of mental illness is concerned, rather than simply the adoption of what might be considered "feel good" resolutions.

Speaking to the issue, Ms. Uzzi of the Paramus Board of Health said that the first city in the United States to declare itself to be a "stigma-free" community, was Hoboken, in Hudson County, with Hoboken having done so in May, 2011.

(Continued on Page 14, Col. 1)



Michelle Hart-Loughlin, a Program Coordinator with the Bergen County Division of Mental Health Services, listens as Maryann Uzzi, a member of the Paramus Board of Health, discusses her efforts to declare Paramus to be "stigma-free" insofar as mental illness is concerned. Paramus thus became the first of 38 municipalities in Bergen County to declare themselves "stigma-free". Their presentation took place on April 30 during Rotary District 7490's 59th annual District Conference in Baltimore.

District Conference Acts on Three Resolutions at Session in Baltimore.

District Declares Mental Illness to be 'Stigma-Free' Disease. (Continued from Page 13, Col. 2)

Upon reading of this news in the spring of 2013, she said, she approached Mayor Richard LaBarbiera of Paramus with the proposal that that borough be the first municipality in Bergen County to declare itself “stigma-free” - a proposal to which, she said the Mayor quickly agreed.

In furtherance of efforts to rid mental illness of the stigma of shame, students of high schools in Paramus and Ridgewood performed a dance entitled “Let’s Help”, portions of which were screened during her presentation.



An image from a videotape of the dance “Let’s Help” performed by students of high schools in Paramus and Ridgewood in support of efforts to consider mental illness an illness rather than a stigma that was shown at the April 30 session of Rotary District 7490’s 59th annual District Conference in Baltimore.

Governors Get Broader Authority in District Appointments.

The third and final resolution - Resolution 2016-03, introduced by the Maywood Rotary Club - would repeal restrictions on District Rotarians from serving in the same position for more than two years. That resolution, adopted in 1991 by what was then District 749, provided that governors “may appoint or reappoint” people to “various jobs, committees, chairmanships or trusteeships” but with “the exception that no one shall serve more than two consecutive terms in any one position.”

This provision, Bill explained, has been honored in the breach rather than the observance, a breach which he added, the Maywood club hopes to remedy with its proposal for repeal. Maywood’s resolution would allow a governor to appoint people to various positions “without limitation as to the number of previous appointments to such positions” with the exception “as otherwise specifically established” by district conferences or by limitations imposed in the by-laws of District foundations or by Rotary International.

With very little discussion, the Maywood resolution was adopted, broadening the authority of governors to appoint people as they deem appropriate.



Past District Governor William F. Rupp, the District’s Parliamentarian, presides over the April 30 plenary session of District 7490’s 59th annual District Conference in Baltimore, in which participants acted on three resolutions that had been proposed by clubs in the District. Two of the resolutions, one declaring District 7490 to be a “stigma-free organization” insofar as mental illness is concerned and the second broadening the authority of district governors to make district-wide appointments were approved while a third, waiving District dues for Rotarians younger than 35, was defeated.

'Speed Booths' at District Conference Offer Advice on a Variety of Topics.

As Rotary District 7490's 59th annual District Conference drew to a close on April 30, Rotarians were afforded the opportunity to ask questions on a variety of topics.

The topics ranged from special needs, to excursions in Baltimore that would be available to Rotarians after that final session had been adjourned.

Other topics included special needs, the Rotary Foundation, the Walter D. Head Foundation, multi-district events, including the 36th annual New Jersey Vocational Assembly, which is being sponsored by the five Rotary districts in New Jersey.

Still others included the Youth Exchange program in which high school students study abroad for a whole year, Interact clubs of high school students, the Rotary Leadership Institute, Rotary and the United Nations, international service and finally, administrative tips.

Rotarians went from one booth to another in search of answers to topics that interested them



Past District Governor Gloria Counsellor on April 30 at the "speed booth" at which the availability of Baltimore excursions was being announced at last month's District Conference.



Raymond J. Falcon of the Park Ridge Rotary Club on April 30 as he answered questions at the special needs booth at District 7490's annual conference.



Past District Governor Joseph Laurenì on April 30 at the UN Day "speed booth" during Rotary District 7490's conference in Baltimore.

'Speed Booths' at District Conference Offer Advice on a Variety of Topics.



Past District Governor Emil J. Geering speaking of the Walter D. Head Foundation on April 30 as District 7490's annual conference drew to a close in Baltimore.



John E. Adams at the Youth Exchange "speed both" on April 30 during Rotary District 7490's conference in Baltimore, speaking with Tanni, a Youth Exchange student from Spain.



Yvonne Hassett of the Mid-Bergen Rotary Club speaking on April 30 with fellow Rotarians of Interact clubs at Rotary District 7490's conference in Baltimore.



Dr. Stuart Gold, at the Rotary Leadership Institute's (RLI) "speed booth" answering questions on April 30 during Rotary District 7490's conference in Baltimore.

'Speed Booths' at District Conference Offer Advice on a Variety of Topics.



Past District Governor Suraj P. Bhatia with Lisa M. Beohm of the Jersey City Rotary Club on April 30 at the Rotary Foundation's "speed booth".



Past District Governor Joseph Dino, Jr. with brochures for this fall's New Jersey Vocational Assembly, which this year will take place on Wednesday, October 5 at the Pine Manor in Edison.



Past District Governor Dan Shiver on April 30, speaking of the Village Elders program at Rotary District 7490's conference in Baltimore.



Phil Wells of the Park Ridge Rotary Club on April 30 speaking with Rotarians at the administrative tips "speed booth" at District 7490's annual conference in Baltimore.

Rotarians Who Have Died During the Past Year Are Remembered at the District Conference in Baltimore.

Each year during its District Conference, Rotary District 7490 holds a memorial service for those Rotarians who have died during the past year.

On April 30, at the closing session of this year's conference in Baltimore, the District remembered seven Rotarians from clubs in the District who have died since April of last year.

In a ceremony presided over by the Rev. Samuel A. Stone, a minister of Trinity Presbyterian Church in Paterson and a member of the Paramus Rotary Club, selections from the Old and New Testaments of the Bible and from Chapter 8 of Tao Te Ching were read.

The service began with a reading from the 84th Psalm (84:1,2,4,) in which David writes of his longing for the courts of the Lord, and continued with a reading from the 23rd Psalm in which David writes: "the Lord is my shepherd, I shall not want" and an adaptation of St. Paul's First Letter to the Corinthians (1 Corinthians 13:1-8a) in which he writes that without love, he is nothing, continuing with an exhortation on the meaning of love.

Tao Te Ching is described as a philosophical and religious text for Taoism, written by Lao Tzu in the sixth century B.C. in which he writes that the "upmost goodness is like water" which "benefits all things but never contends with anything."



John C. (Jay) Fowler, a member of the Ridgewood AM Rotary Club, playing Taps on April 30 during Rotary District 7490's memorial service for Rotarians who have died during the past year.



Nine candles, each memorializing Rotarians from Rotary clubs in Bergen, Hudson and Passaic Counties who died over the past 12 months. The candles were lit during a memorial service that was held on April 30 at the closing session of Rotary District 7490's 59th District Conference in Baltimore.



The Rev. Samuel M. Stone, a member of the Paramus Rotary Club and a minister at Trinity Presbyterian Church in Paramus, on April 30 as he presides over a memorial service for Rotarians of District 7490 who have died during the past year.

List of the Rotarians Remembered at this Memorial Service.

Following is a list of the Rotarians who were remembered at the Memorial Service held on April 30 at this year's District Conference in Baltimore:

In Memoriam.	
Gary A. Evaslin.....	Jersey City Rotary Club
Michael J. Formisano.....	Jersey City Rotary Club
Kay Nest.....	Fort Lee Rotary Club
Charlie Peace (PP).....	Wyckoff/Midland Park Rotary Club
Stephen Jay Press.....	Englewood Rotary Club
Jack Rosen (PDG).....	Fair Lawn Rotary Club
Kevin Williams.....	Maywood Rotary Club

Welcome on April 28 to Rotarians Attending the 59th Annual District Conference in Baltimore.



Rotarians from District 7490 listening on April 28 to a video presentation on Rotary's PolioPlus campaign to eliminate polio from the face of the earth. The presentation took place at the opening session of the District's annual District Conference.



Rotarians on April 28 after the opening session of Rotary District 7490's 59th annual District Conference in Baltimore.



An image from a video presentation on Rotary International's PolioPlus campaign that was shown on April 28 at the opening session of District 7490's conference in Baltimore.



District Governor Peter Wells at a cocktail reception on April 28 after the opening session of District7490's annual conference in Baltimore.

Assembly of Bicycles at Rotary District 7490's Conference in Baltimore.



District Governor Peter Wells on April 29 welcoming Rotarians to a breakfast meeting at which they would assemble 10 bicycles for presentation to children in Baltimore. The meeting was the first full plenary session of the conference in which Rotarians also learned of service projects and membership programs of some their sister clubs in Bergen, Hudson and Passaic Counties.



A bicycle in the process of being assembled on April 29 at Rotary District 7490's conference. The bicycle was one of 10 that were presented later that afternoon to children in Baltimore.



The parts of one of the 10 bicycles that were to be assembled on April 29 at Rotary District 7490's 59th annual District Conference in Baltimore. Notice the instructions and tools for assembling the bicycles in the foreground.



District Governor Peter Wells on April 29 trying out a bicycle that had just been assembled at District 7490's conference in Baltimore.

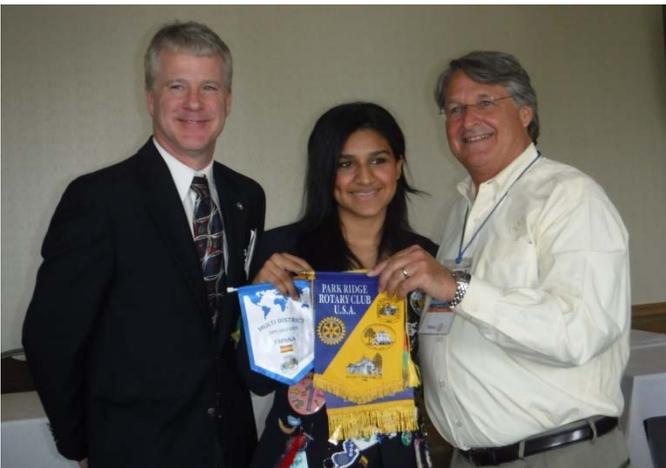
The Closing Session of District 7490's 59th Annual District Conference in Baltimore.



Rotarians gathering on April 30 for the closing session of District 6490's 59th District Conference in Baltimore.



Rotarians from District 7490 listening to debate on a proposed resolution that would waive the imposition of District dues on Rotarians under the age of 35.



Tanni, a Youth Exchange student from Spain, is flanked on her left by John E. Adams of the Wyckoff/Midland Park Rotary Club, chairman of District 7490's Youth Exchange Committee; and on her right by District Governor Peter Wells. Tami joined the District at its 59th annual District Conference in Baltimore.



Placards declaring Bergen County to be "stigma-free" insofar as mental illness is concerned. In the upper right is a resolution adopted by the New Jersey General Assembly on December 3, 2015 urging municipalities throughout the state to follow suit.



Robert A. Tedesco a member of the Fort Lee Rotary Club and a Past Governor of District 7255 in Long Island, speaking with Raymond J. Falcon, Jr. of the Park Ridge Rotary Club during a break in the April 30 closing session of Rotary District 7490's conference in Baltimore.

Betty Wiest, Paterson Rotary Club and Phil Wells Honored at District Conference.

Betty Wiest of the Ridgewood AM Rotary Club, Phil Wells, the President-elect of the Park Ridge Rotary Club and the Paterson Rotary Club were honored on April 30 at the closing banquet of District 7490's 59th annual District Conference in Baltimore.

Betty, who could not be present at the conference, was presented with the Arthur A. Fenniman Memorial Award in recognition of her fidelity to "the principles of the Four-Way Test."

The Paterson Rotary Club received the Florie Scialla Community Service Award for its service project - Service Above ELF (as in Santa's elf) - in which it presented winter clothing, toys and Christmas stockings to 264 children.

Phil was presented with the Governor's Award for his service to the District in which he trained Rotarians in District 7490 on the use of internet services, including ClubRunner, and his serving as a chief aide to his father during the latter's service as District Governor.



The Florie Scialla Community Service Award, presented to the Paterson Rotary Club for its service project last December in which it presented winter clothing, toys and Christmas stockings to 264 children.



District Governor Nominee James Boyer holds the Arthur A. Fenniman Memorial Award which will be presented to Betty Wiest of the Ridgewood AM Rotary Club "in recognition to a life dedicated to the principles of the Four-Way Test." Betty could not be present at Rotary District 7490's 59th annual District Conference in Baltimore at which the award was announced.



District Governor Peter Wells with his son Phil at the April 30 closing banquet of District 7490's 59th annual District Conference. Phil was honored with the Governor's Award for his all-around service to the District during the past year.

The Closing Banquet of District 7490's 59th Annual District Conference in Baltimore.



Members of the Split2nd Band performing on April 30 at the closing banquet of District 7490's conference in Baltimore.



District Governor Peter Wells addressing Rotarians on April 30 at the closing banquet.



Chief of Staff Patricia Gallagher quoting the poet Ralph Waldo Emerson on April 30 at the banquet which closed Rotary District 7490's 59th annual District Conference in Baltimore.



District Governor Peter Wells with District 7620 Governor Kenneth R. Solow who delivered the keynote speech at the closing banquet of Rotary District 7490's 59th annual District Conference. District 7620 hosted the conference in Baltimore.

The Closing Banquet of District 7490's 59th Annual District Conference in Baltimore.



The Wells' family at the banquet on April 30 which closed Rotary District 7490's 59th District Conference in Baltimore. From left-to-right in the back row are Tom, Phil, Linda and District Governor Peter Wells. In the front row are Carol, Jack, Betty and Past Rotary International Director Raymond R. Wells. Tom, Jack and Peter are brothers; Carol is Tom's wife; Betty and Raymond Wells are the parents of the Wells brothers and Phil is Governor Peter's son.



In the photographs above and below, Rotarians from District 7490 show they can have fun as well as work as they dance on April 30 at the closing banquet of the District's 59th annual conference in Baltimore.



Rotarians on April 30 on the dance floor at the closing banquet of Rotary District 7490's conference in Baltimore.



5th Anniversary of March 11, 2011 Earthquake in Japan Marked in Memorial Service.

In a memorial service commemorating the fifth anniversary of the Great Japan Earthquake and Tsunami, on March 11, Dr. Joyce Grossbard, a child psychotherapist with PRACTICES IN New York and New Jersey of the “hope for the surviving children” of the earthquake which struck Japan on March 11, 2011.

“One of the greatest fears of survivors” Joyce said “is that they will be forgotten.” “We are here today, in great number,” she added: “to reassure them that *we have not forgotten.*”

She then discussed how several organizations, including the 9/11 Families Association, comprised of survivors of those who died in the attacks of September 11, the Japanese Medical Society of America, and the Mount Sinai Global Mental Health Team joined in an International Outreach Program for School Children and Community Survivors of 3/11. The Outreach Program, Joyce said “was designed to meet the worsening mental health crisis related to the traumatic events of the tsunami and radiation release and has continued into the present.”

The project was also supported, Joyce said, by American Airlines Kids in Need and by the U.S.-Japan Foundation.



Representatives of American Airlines Kids in Need with a contribution to International Outreach Program for School Children and Community Survivors of 3/11 – the earthquake that struck Japan on March 11, 2011.

Using her expertise as a child psychotherapist, Joyce said that she developed “a Memory Box Project for the children in temporary housing who had lost everything.” The Memory Box, she explained: “gave them one small place of their own to preserve their good memories and to help these traumatized children in healing from the chaos that surrounded them.”

She added: “We wanted to connect them to the outside world that cares about them.”

Children in the United States, she said, “collected beach stones as a gift and wrote ‘hope, memory and friendship’ on each stone” with the inscription written in English on one side of the stone, and in Japanese on the reverse side. The stones were included in The Memory Box, which Joyce said “is a safe space to keep their good memories, and hopes, and dreams.”

(Continued on Page 26, Col. 1)



A Memory Box created by Dr. Joyce Grossbard of the Englewood Rotary Club, with beach stones collected by children in the United States on which were written “hope, memory and friendship” the inscription of which were rendered in both English and Japanese.

5th Anniversary of March 11, 2011 Earthquake in Japan Marked in Memorial Service.

(Continued from Page 25, Col. 2)

In her presentation, Joyce said that Brendon Ramos, a 12-year old boy in the United States “who heard about children suffering in Japan and wanted to send them a gift” developed a Crane Box for them so that “they would know that they were cared about around the world.” The last of the crane boxes, she said “resides at the offices of the Tomodaichi Initiative in Tokyo.”



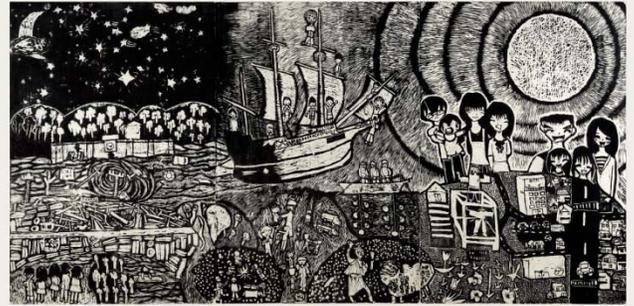
A Crane Box, created by Brendon Ramos, a 12-year old American boy who empathized with children stricken by the earthquake of March 11, 2011,

She then told the story of Hisoshi Tokumizu, a teacher at an elementary school in Ogatsu, who saved the lives of 40 children whom “he rushed to safety at the top of a hill behind their school.” From there, she said “they watched, as their school, their homes and their dreams were smashed and swallowed up by the sea.”

“Having survived such extreme trauma” Joyce said: “the children were in tremendous distress and unable to learn or function.” Mr. Tokumizu, she said “developed a program called ‘Reconstructive Education’ using art as a medium for therapeutic repair.”

In this program, Joyce said, Mr. Tokumizu and his fifth grade students carved a six-foot long woodblock depicting “The Ship of Hope”, a project that was completed after 18-months of work.

The Ship of Hope, Joyce said, takes the students “from ruin and devastation on a journey of recovery and triumph as they sail together into a brighter future.” It is, she said; “a story of healing and the turning of despair into joy and darkness into light.” Mr. Tokumizu, Joyce said “was generous enough to entrust me with the only copy of this outstanding work of children’s art.”



“The Ship of Hope” created by fifth-grade students in Japan who were affected by the earthquake of March 11, 2011. The woodblock, which took 18-months to complete, takes students from ruin and devastation on a journey of recovery and triumph as they sail together into a brighter future.”

The Ship of Hope depicted in the children’s artwork, Joyce continued; “has become a symbol of the resilience and hope for the children of Japan.” For the next five years, she added, the artwork will be displayed at the 3/11 Memorial in New York City.

Alluding to their artwork, Joyce said that “Together, we can sail into a brighter tomorrow, just like the ‘Ship of Hope’, thanks to the Rotary that brings light to the world.”

Concluding her remarks, Joyce said that “This project would never have taken place without the support of the Rotary.”



A memorial service held on March 11 at the First Church of Christ Scientist in New York City, commemorating the fifth anniversary of the March 11, 2011 earthquake and tsunami which struck Japan. A copy of the “Ship of Hope” woodblock that was created by students in Japan adorns the pulpit.

Paramus Rotary Hears from Gift of Life Child and Spokesman on Issues of Mental Health Disorders.

Gift of Life Child from Philippines Visits Club.



Pictured enjoying their time at the Paramus Rotary Club meeting are Raul and Lyka Ocampo with Rotarians Jennifer Padolina and Marty Diamond.

The Rotary “Gift of Life” program began in 1974. Since then some 10,000 children from more than 36 countries have received cardiovascular life saving operations in the United States.

How it works - Children who come to the United States with heart defects are referred by physicians or participating groups in their home country. Rotarians of Rotary District 7490's Gift of Life Foundation forward their medical information to participating hospitals. Doctors and hospitals receive a nominal fee of \$6,000 for the valuable services they render. After cases are approved for surgery by attending physicians, they are assigned to a local Rotary Club. They in turn provide any additional funds for medical care (prescriptions, etc.) and host the child with a parent while they are in this country.

The Paramus Rotary Club alone has hosted over 130 children and sponsored their life-saving operations.

The very special guests at the Paramus Rotary Club meeting of Thursday, April 07, 2016 were father and daughter Lyka and Raul Ocampo from the Philippines. Lyka just recently received her life saving cardiovascular operation and is on the road to recovery. While here Lyka and her father are being hosted by Jennifer Padolina of the Paramus Rotary Club.

Club Hears of ‘Three Amigos of Mental Health Disorder’.

The guest speaker at the Paramus Rotary Club meeting of April 7, was Mr. Michael Weitzman who presented ‘The Three Amigos of Mental Health Disorder’.

As a professional and passionate speaker Michael uses his powerful words, props, and humor in his Workshop/Presentations Called: THE 3 AMIGOS OF MENTAL HEALTH DISORDERS. He does so in the hopes of getting rid of this terrible STIGMA associated with mental illness. By telling his inspirational story his goal is to give hope and help to everyone.

The First Amigo is someone who does not have a Mental Health Disorder. They are usually the ones who don't get it, have no sympathy or empathy, are very ignorant, unhelpful, uncaring, and not supportive to people that do have a Mental Disorder.

The Second Amigo is people who have a Mental Health Disorder but have not come out of the closet yet in order to get help. They are so afraid and ashamed to tell anyone or get help and are also involved with (STIGMA).

The Third Amigo is someone like Michael who has had a Mental Health Disorder as well as everyone else who might be still suffering. People who have or once had a Mental Health Disorder are working hard with their recovery and try hard to not STIGMATIZE themselves as well.

Michael spoke about his personal journey as someone who has suffered and survived having been diagnosed with a Bipolar disorder. He suffered for almost 40 years before beginning treatment.

His message included; you can get better; Mental illness is not uncommon;

It's not YOUR fault; it has nothing to do with bad parenting or having a bad childhood; There are “tools” to use to help; keep a journal; make daily affirmations; Pray; Attend support groups; go dancing; practice Yoga; read feel good books; Laugh/Smile;



As a professional and passionate speaker Michael Weitzman speaking on April 7 at the Paramus Rotary Club's meeting of his own mental illness and his decision to seek help.

Rotarian Magazine Features Story of the Jersey City Rotary Club's Support of Food Pantry.

The Rotarian magazine published an article in its May, 2016 issue featuring the Jersey City Rotary Club's support of a food pantry in the state's second largest city.

The article came about when Jennifer R. Aitken, the club's Vice President, submitted three photographs to a contest the magazine was sponsoring.



DISPATCHES

Jersey City Rotarians tackle hunger, one bag at a time

On the third Saturday of every month, the food-filled plastic bags at 68 Storms Ave. in Jersey City, N.J., don't last long. The doors to the monthly food pantry there typically open by 9 a.m. More often than not, volunteer Jennifer Aitken says, all the food is gone by 11 a.m. "Sometimes we're reorganizing bags so that people who are out there still get something," says Aitken, a member of the Rotary Club of Jersey City.

Jersey City Rotarians began regularly volunteering at the food pantry in 2013. That's when Carol Mori, executive director of Garden State Episcopal Community Development Corp., which runs the pantry, became a Rotarian. Struck by how quickly food seems to run out at each event and the extent of the need in the community, the club also made a monetary donation to help buy provisions for the food pantry in 2015.

At least five members of the Jersey City Rotary Club volunteer at the pantry, bagging the food alongside other volunteers for a few hours on Friday, then distributing it to 175 to 200 households in need on Saturday. In addition to nonperishable food, the group sometimes gives away "specialty items," such as eggs or meat, and clothing. If volunteers aren't directly working with edible items, they might be greeting guests, assisting people with their bags or carts, or doing intake paperwork.

Aitken was at the food pantry one chilly January morning when a fellow volunteer snapped a photo while preparing to hand out food to a long line of people outside. "Some are grandparents taking care of grandchildren. Some folks are elderly. Or sickly," Aitken says. "The fact that they're waiting out in the cold to get food – it really speaks to the fact that they need it, otherwise they'd go hungry."

— DEBLINA CHAKRABORTY

The Rotarian/May, 2016

An article in the May issue of *The Rotarian* magazine features the Jersey City Rotary Club's involvement in the Garden State Episcopal Community Development Corp's food pantry.

While the photographs did not win any prizes, the editors who viewed them thought the idea behind the pictures was newsworthy.

The Garden State Episcopal Community Development Corp., (GSECDC) of whom the Executive Director, Carol Mori, is a member of the Jersey City club, provides food for those in need on the third week of every month.

Food supplies are brought to the GSECDC's facility at the Church of the Incarnation at 68 Storms Avenue in Jersey City on the third Friday of the month, during which members of the club, joined by other volunteers, prepare food packages which are then distributed on the morning of the following day – Saturday.

Ringwood/Wanaque Rotary Club Participates in Wanaque's Annual St. Patrick's Day Parade.



Members of the Ringwood/Wanaque Rotary Club on March 17 preparing to march in the annual St. Patrick's Day parade in Wanaque. As they marched, they threw candy to children along the parade route. The parade is always held on St. Patrick's Day.

Ridgewood A.M. Rotary Club ton Meet on Thursday Mornings at Roots.

Effective Thursday, May 5, the Ridgewood A.M. Rotary Club will meet at 7:30 a.m. on Thursday mornings, meeting at Roots, located at 17 Chestnut Street in Ridgewood.

Members and their guests can park behind the restaurant and should enter the restaurant from the parking lot entrance. The main street entrance will not be open.

Membership Challenge.

by DGE Stephen Jarahian - Submitted to the District Conference

Did you know that even if your club membership numbers are constant from year to year, you could still have a retention problem? When a club continually gains and loses members, the resulting revolving-door effect makes it difficult for the club to operate effectively, carry out successful projects, and attract potential members.

To get a true picture of the state of your club's membership, look at information from the past three to five years. You can see membership patterns by going to Rotary Club Central to look at data and reports from several years.

You can obtain more detail by completing the member viability and growth model in Membership Assessment Tools. The model looks at your club's membership activity within a specific time frame to help you identify any significant turnover.

How Can You Create a Member Termination Profile?

Knowing how long members stay in your club can help you identify strengths and weaknesses in your membership development plan. The termination profile in Membership Assessment Tools groups members according to the length of their membership. For example, you might discover that the majority of your club's former members left within their first two years. With this in mind, you can focus on keeping newer members by offering education and encouraging early involvement in club programs and projects.

After a club leader has completed the initial assessment, the membership committee should evaluate the results and discuss them at a club meeting or assembly. Ask members to suggest specific strategies and activities to improve retention.

Is Your Club Innovative and Flexible?

In a changing world, your club's success depends on its ability to be innovative and flexible. Surveys and focus groups consistently show that prospective members and younger members are more likely to stay with Rotary if they believe that their club is willing to accommodate their interests, as well as their work, family, and personal needs.

Ask yourself if your activities and traditions reflect current interests and what could be changed to make your club more relevant to prospective members. Consider changing meeting times and locations, lowering fees, undertaking a variety of service projects, and planning different kinds of programs for club meetings.

Is There a Strong Awareness of Your Club in Your Community?

Public awareness is an important part of your club's continued growth and success. Is your club widely known in your community? Do your members identify themselves as Rotary club members to their friends, neighbors, and colleagues? When your community thinks about your Rotary club, what do they think? Consider inviting Rotary prospects to a project to interact with your members and learn more about your club and its work in the community.

Research indicates that people are more likely to give time and money to an organization with a proven record of tangible results. Make sure your club regularly communicates with the public about its community service projects to attract both donations and new members. Visit the Public Relations page at Rotary.org for resources and tools to ensure that your club and its projects receive the recognition they deserve.

District Report of the Rotary Foundation.

by PDG Raj Bhatia

Submitted to the District Conference

We embarked upon a very challenging year ahead of us with a number of new initiatives.

First, The Rotary Foundation Dinner was planned for November 10, 2015 where the District Governor and all the District 7490 Rotarians hosted Rotary International President K.R. Ravi Ravindran. The dinner with President Ravi, as the keynote speaker honored 52 Rotarians with over forty years of service, serving humanity and one, PRID Ray Wells, for over fifty years of perfect attendance and service as Rotary International Director.

The theme for The Foundation Dinner was “Celebration of Rotary Service” a real tribute to the honorees for their contributions and the work they have done in helping their communities and the compassion they have shown towards those who are suffering around the world.

Three-hundred-thirty delighted Rotarians in attendance far exceeded the expectations of the Host Reception Committee who had not seen such enthusiasm in recent memory. Not only was the planned dinner a very elegant affair but the district made \$6,000, which was sent to The RI Annual Fund.

Second, our goal this year was to increase the number of District and Global grants by over thirty percent. It was indeed a pleasure to note that we exceeded our goals in all these categories.

We offered 12 clubs District grants in amounts ranging from \$500 to \$2,000 for community projects and either contributed to, or supported seven global grants projects.

Third, in addition to the contributions made to the Annual Fund and or becoming a member of the Paul Harris Society, RI's focus has been to invite Rotarians to join the Endowment Fund by either becoming a Major Donor or joining the Bequest Society. The incoming Trustee Chair of The Rotary Foundation has set a goal at \$150-million for the Annual Fund, with a target of \$300-million in total giving for the year 2016-17. (The total giving includes contributions to the Endowment Fund, Rotary Peace Centers and PolioPlus, in addition to the Annual Fund.)

So far, our members have taken the challenge, in addition to the contributions they are making towards the Annual fund, eight members have joined the Bequest Society and three have become Major donors. On the 111th Anniversary of the founding of Rotary, District Governor Peter Wells and I, would like to thank all who have already contributed and encourage other Rotarians to contribute to the Endowment Fund by joining the Bequest Society and or to become a Major Donor. Our aim is to make this a collective effort for the next two years when DGE Steve Jarahian and DGN Jim Boyer follow in their years.

In conclusion I want to thank all the District Foundation Committee Members for their efforts in making this year a success.
