**Pinion from The Rotary Club of Bernardsville**

**8 March 2016**

Lavinia gave thanks for our opportunities to serve and to be ambassadors in the community. Our guests were Don Rica and Al Lynn. Also joining us were Ted Kaplan and Terri Stangel from Quantum Floating. Twenty-two attended. Bob won the 50/50.

P1 President Al’s updates

P2 Quantum Floating by Ted Kaplan Happy Dollars

P2 The Rotary Foundation (TRF) and some of its history

P3 Membership Club Officers Meeting assignments

P4 Service Work Officer nominations Queen of Hearts

P5 Four-Way Test

P5 Et Cetera pages🡪

***Rotary’s Four-Way Test***

*Of all the things we say or do –*

* *Is it the* ***truth****?*
* *Is it* ***fair*** *to all concerned?*
* *Will it build* ***good will*** *and better* ***friendships****?*
* *Will it be* ***beneficial*** *to all concerned?*

**President Al’s remarks and updates**

* Volunteers are needed for service at the Food Co-op in April. Jeff and Rosemary are doing March.
* Evening meeting is 22 March at the Claremont Tavern. Al will send Evites to us to track confirmed attendance.
* Keller Williams hosted the **second joint blood drive** with Rotary on 4 March. Forty people registered and thirty people were able to donate a pint of blood. The club and Keller Williams are supportive of continuing to offer this community service. Last year we had 40 successful donors.
* Track meet will be in May. Date is TBD and needs to be reserved soonest. At the 15 March meeting the track committee chair Terry and committee members will host a club forum to explain: what events are run and tossed, how the meet was conducted last year, areas for improvement, ideas for shirts, how each of us can be involved in planning or meet events that favor our motivated abilities, and how to have a better ad book. This will be the 66th year for the track meet.
* RERUN -- Registration forms are available for the District Conference 21-24 April. George is preparing the gift basket. The sports theme can/will include football signed by NFl player, baseball signed by Yankee outfielder, hockey item signed by NHL skater, tickets to local game(s), perhaps a four-some at local golf course, USGA contribution. Let George or Al know if you have a sports contact who could help with filling the basket. Funds raised by the basket will got to RI and be points in the club account.
* President Al and Rosemary awarded Will Vandeveer his Blue Badge. Will is doing fine work to modernize and update our club webpage and our FaceBook page.
* RERUN -- Election of officers – The nominating committee has proposed an officer slate for the next Rotary year-=- see below. President Al has agreed to perform a second term. John Carpenter will run for VP and replace Jeff Rogers. Terry will run as Director and replace George Burd. Tim, Brad, Cheryl, Rosemary, and Bill are returning.
* RERUN -- Bernards Township Recreation Department and Rotary will collaborate to host a concert (Recreation Dept) and an Antique Car Show (Rotary) on 5 July 2016. Pleasant Park is the venue for the regular concert series; 3-500 people attend; this will be the first concert of the season. So, we have a fine opportunity to stage the car show and execute a successful fund-raiser. We will sell food and are open to other ideas for raising funds that day. All who attended the first planning meeting tagged this as a win-win and are happy to be working together on it. Put this date on your calendar, phone, tablet, and refrigerator. Al updated last week with – planning for 50 cars to be shown – preference will be given to local car owners – Township is preparing the banner – about 3-500 people are expected at the concert and another 200 attracted to the car show – Dave and Joel Shenman are collaborating on the trophies for the winning car/truck in each category. Rotary has the food concession; this is our chance for major success raising funds. All hands will be needed on deck to help organize and conduct this event.
* RERUN -- Remember the ‘End Hunger 3.6’ project of the Madison Rotary’s Charity Foundation. Volunteers will assemble at St. Vincent’s Church in Madison on 16 April. This one-day event will require 400 volunteers from Rotary, churches, colleges, community organizations, and individuals. Volunteers are needed to package 150,000 meal packets for use at forty food distributions sites in NJ and NYC. For further information contact ellsworthhavens@icloud.com.

**Float away your troubles with Quantum Floating**

Ted Caplan reported how he was introduced to Floating and how it helps him reduced stress, which makes him a more effective lawyer and board member. Ted practices corporate law and often finds himself in contentious and adversarial surroundings. Floating has allowed him to address places in his subconscious that were manifesting as stress and let him slow his life and be more reflective and effective. Floating is based on research done by John Lilly at Bethesda government labs in the 1950s.

The flotation medium is a saturated solution of Epsom salts and is held isothermally at 95o. Ifdesired you can float in silence and in the dark. You recline in a small pool about 8 by 3 feet. The density of the salt solution keeps you buoyant. Devoid of distractions from sound, light, and motion many people find the experience to be one of splendid isolation. Typically a person floats for an hour. It’s an effective way to reduce stress for many people. The salt solution is continually filtered and bathed with ultraviolet light to maintain the fluid free of bacteria and fungus. Ted and his partner Terri Stangel operate the Float Center in Bedminster and are expanding it to house ten floating tubs.

## C:\Users\enduser11\Documents\IMG_1569_roadsign.jpeg

* Adopt-A-Highway now moves to action. The sign has been produced and planted. Find it and see it on US Route 202. We will do our first roadside clean up in early April. Stay tuned for the good weather.

**Heard During Happy Dollars I’m happy –**

3 x To be here today To enjoy the 70o weather

9 x To learn from our speakers about Floating. To learn more about meditation

To witness that the Groundhog was right this year

To be late but be here To enjoy spring’s arrival and welcome the bluebirds back

To see Will receive his earned Blue Badge To see my wife rid of health issues and driving again

To have people like Ted and Terri who live here and make a difference in our community

**Club Updates**

* Rotary Shirts are available at $25.00. Wear yours at Rotary events.
* Remember the **tip** **box** at The Olde Mill Inn for our waitress, Blanca.
* If you do a makeup meeting or attend via E-meeting makeup, let Tim know of your attendance.

**HISTORY OF THE ROTARY FOUNDATION**

At the 1917 convention, outgoing RI President Arch C. Klumph proposed to set up an endowment “for the purpose of doing good in the world.” In 1928, it was renamed The Rotary Foundation, and was a distinct entity within Rotary International.

### GROWTH OF THE FOUNDATION

In 1929, the Foundation made its first gift of $500 to the International Society for Crippled Children. The organization, created by Rotarian Edgar F. “Daddy” Allen, later grew into Easter Seals. When Rotary founder Paul Harris died in 1947, contributions began pouring in to Rotary International, and the Paul Harris Memorial Fund was created to build the Foundation.

### EVOLUTION OF FOUNDATION PROGRAMS

1947: The Foundation established its first program, Fellowships for Advance Study, later known as Ambassadorial Scholarships.

1965-66: Three programs were launched: Group Study Exchange, Awards for Technical Training, and Grants for Activities in Keeping with the Objective of The Rotary Foundation, which was later called Matching Grants.

1978: Rotary introduced the Health, Hunger and Humanity (3-H) Grants. The first 3-H Grant funded a project to immunize 6 million Philippine children against polio.

1985: The [PolioPlus program](https://www.rotary.org/myrotary/en/take-action/end-polio) was launched to eradicate polio worldwide.

1987-88: The first peace forums were held, leading to [Rotary Peace Fellowships](https://www.rotary.org/myrotary/en/get-involved/exchange-ideas/peace-fellowships).

2013: New [district, global, and packaged grants](https://www.rotary.org/myrotary/en/take-action/apply-grants) enable Rotarians around the world to respond to the world’s greatest needs.

Since the first donation of $26.50 in 1917, the Foundation has received contributions totaling more than $1 billion.

 <https://www.rotary.org/myrotary/en/rotary-foundation/history-rotary-foundation>

**RERUN -- The Rotary Foundation and EREY – PDG Brad Jenkins**

Rotary’s purpose is Doing Good in the World. Our Mission is to promote world understanding, good will, and peace. Grants are regularly developed and awarded to further the six focus areas:

Peace and conflict resolution Disease prevention and treatment

Maternal and child health Clean water and sanitation

Basic education and literacy Community and economic development

**MEETING ASSIGNMENTS**

**Set-Up                        Greeter            Invocation            Sgt@ Arms            Clean-Up**

Mar            Swider                  Berisha              L Jenkins               Carpenter            Duffy

**Officer Nominations for 2016-2017 year**

President Al Swider

President-Elect Eric Zalis

Vice President John Carpenter

Treasurer Brad Jenkins

Foundation Treasurer Al Olsen

Secretary Tim O’Donovan

Immediate Past-president Cheryl Delgado

Director Terry Berger

Director Bill Deem

Director Rosemary Goodman

**Membership**

We have some prospective members interested in our club. Membership is being emphasized by President Al.

=======================================

**Club Officers for 2015-2016 year**

President Al Swider

President-Elect Eric Zalis

Vice President Jeff Rogers

Treasurer Brad Jenkins

Foundation Treasurer Al Olsen

Secretary Tim O’Donovan

Immediate Past-president Cheryl Delgado

Director George Burd

Director Bill Deem

Director Rosemary Goodman

**Bernardsville Rotary’s Service Work in the Works**

* Appear and do the meeting assignments we receive from President Al. Can do better here.
* Help with food distribution at God’s Co-op Food Pantry. Doing this at 100%.
* Track meet will be here soon. Be sure to get engaged. This is a fun day. Special invitations go to Don Ellis and Fred Waziak should either gent be in the area this year.
* Help develop and execute our next Fund Raiser. Excellent progress on Car Show by President Al, John Carpenter, and Dave Reiley.
* Participate in the Adopt-A-Highway project. FYI – we have Mile 37.5 to Mile 38.5 of US 202 south bound. We will advance north [facing traffic] as we clean the shoulder and near areas. Mile 38.5 is 0.2 miles north of The Vine; mile 37.5 is opposite the PNC bank in Bernardsville.
* We have open nominations for local ‘sweat equity’ service projects. Bring ideas to Board meeting or Club meeting.

**Continuing Business**

* John Carpenter heads the Program Committee; alert John and Al Swider when you find a speaker for our meeting.

**Our club serves**

**Basking Ridge             Bernardsville**

**Far Hills Liberty Corner**

**Peapack-Gladstone**

**Rotary’s Four-Way Test**

Of all the things we say or do –

* Is it the **truth**?
* Is it **fair** to all concerned?
* Will it build **good will** and better **friendships**?
* Will it be **beneficial** to all concerned?