



**District Governor
Niurka "Nikki" Mederos**

Governor's Newsletter

District 7490

**Serving Bergen, Hudson
& Passaic Counties**

New Jersey, USA

January, 2019



BE THE INSPIRATION

Governor's Message for January.

I wanted to share a very special message with all of you, that was placed by yours truly in the GOL journal this year.

After 30 years in healthcare, one tends to bear and witness many devastating and heartbreaking cases. There are times when we witness the miracle of life, and other times that we are surrounded by imminent death. Yet, all in all, we are lucky; we live in a country that has laws where hospitals are not allowed to close their emergency room doors to those in need, regardless of insurance or the ability to pay for medical services.

Truly there are so many around the world who are not as lucky. Many people around the world struggle daily to meet basic survival needs: shelter, clean water, and food. Medical care is considered a luxury. Many children and adults have no hope of surviving any type of medical emergency that may occur, even what we consider a non-emergent situation.

Last year at our District Conference, we witnessed firsthand the need for medical resources in Santo Domingo. Decisions had to be made regarding running a single generator for a cardiac catheterization procedure or cooling an operating room. Oxygen masks were not being properly sterilized, even with alcohol swabs, since alcohol swabs are considered a bonus. As we explored the island, we took note of "so called ambulances" many which of could be deemed as old antiques or technically ready for a junk yard.

This year, I had the pleasure of meeting one of our "Gift of Life" recipients, Jonathan, from Bolivia, a handsome young boy who at first sight looked to be around four years of age, but he was in fact, seven years old.

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Newsletter Editor

Stephen Stamos is the editor of *The Governor's Newsletter*. He can be reached at 201-823-0247 or at sstamos@optonline.net.

Governor's Message for January.

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Due to his cardiac condition, his average growth had been sluggish for years. His father, Cesar shared their story, a very sad story, which included struggling with finances, for his child to get the blood transfusions he so desperately needed. Due to a Rotary Club in Bolivia and in collaboration with our Gift of Life Rotarians from District 7490, Jonathan was medically treated. We are pleased to report that Jonathan returned to his native home, with a new and healthy lease on life: just one example of the many missions sponsored by the Gift of Life Foundation.

Let us thank the real heroes in all these missions, and they are the Physicians, Nurses, and Healthcare facilities, that have shown so much compassion and courage to embrace their talent in offering much needed medical services to those in need. These healthcare professionals review the medical cases and make life-saving decisions on procedures that will not only save the lives of the patients, but will affect the lives of their families and/or caregivers.

We must also thank the "Gift of Life" committee members and so many of our Rotarians, who are dedicated and passionate individuals who give their time, finances and share their homes with total strangers to make a difference in someone else's life.

They have heart and passion for a never-ending mission, because the need is so plentiful and the resources so scarce.

We must always remember that it is our duty to help those among us in the world who are less capable and fortunate than all of us. Rotary District 7490's "Gift of Life Foundation" is our gift to the world. We are so blessed to have this foundation in our district, it is a true *Inspiration* to us all.

Be the Inspiration, always

Nikki Mederos, DG
District 7490

Golden Door Club to be Chartered on March 15.

District Governor Niurka "Nikki" Mederos announced on February 11 that the Jersey City Golden Door Rotary Club will be chartered next month.

The charter ceremony will be held at 7:00 p.m., Friday, March 15, at Liberty Prime Steakhouse, located at 111 Montgomery Street in Jersey City.

At its charter, the Golden Door club will be the second Rotary club in Jersey City.

Tickets for the event will cost \$75.00 per person, with interested people being asked to contact Alice Bell at 201-209-9301 ext. 312, or at her email address at abell@gsecdc.org.

In her announcement, Governor Nikki wrote: "Part of the great tradition of chartering a new club in District 7490 has been the presentation of gifts to the new club by the other clubs in the district" which might include:

1. Club Bell and gavel (1 set)
2. Club Banner (1) and stand
3. Four Way Test banner (1) and stand
4. Object of Rotary banner. (1) and stand
5. Outdoor Plaque noting club's date and time of meeting (1)
6. Outdoor Rotary street signs (Min. 4)
7. Initial subscription to Clubrunner website
8. Initial subscription to Zoom or GoToMeeting websites
9. Name badges with storage case (30+1)
10. A portable folding lectern (1)
11. American flag and stand (1)
12. Charter night lapel pins, (30)
13. New member packet kits (30)

Governor Nikki also noted that many of these proposed gifts can be purchased from the Russell Hampton Company (<http://www.russellhampton.com/>) adding that "A Club can also present a cash donation that will be combined with similar gifts from other clubs to purchase one of the items listed above."

Reports and Activities of Rotary District 7490's Monthly Meeting on Jan. 7.

Mission of Honor Provides Final Rest to Abandoned Veterans.



Francis Carrasco, a veteran of the war in Vietnam, discussing his efforts to assure that the cremated remains of all veterans of military service are properly laid to rest.

Francis Carrasco, a veteran of the Vietnam War, spoke in January of the "Mission of Honor for Cremains of American Veterans."

Speaking with Rotarians at District 7490's monthly meeting on January 7, Mr. Carrasco said that he was impelled to act after learning that the unclaimed remains of hundreds, perhaps thousands, of military veterans are "put on the shelf" at funeral homes across the nation, with, he said the remains of 400 veterans whose bodies were cremated in Oregon alone, remaining unburied.

Since 2009, Mr. Carrasco said, the NJ Mission of Honor has overseen the burial of the cremated remains of 618 veterans of military service from many of the nation's wars. As an example, he cited the case of two men who had served in the Spanish-American war in 1898, and whose remains were unclaimed for decades, with the remains of one man at a funeral home for 70 years and the remains of the second for 68 years, before they were finally laid to rest.

The burial of the cremated remains of 288 veterans, Mr. Carrasco said, was overseen by the Mission of Honor, with the remains being interred at the Brigadier General William C. Doyle Veterans Memorial Cemetery in Wrightstown, N.J. The remains of the other 306 veterans, he said, were reunited with their families, who arranged for their final resting places.

When the Mission of Honor arranges for the interment of the cremated remains of a veteran, Mr. Carrasco said, the remains are placed in a wooden container with the veteran's name on it. The burial is conducted in a ceremony with military honors, and with people present so the veteran is not buried with no one to mourn.

Mr. Carrasco noted that the Mission of Honor is a charitable tax-exempt organization under Section 501 (c) (3) of the Internal Revenue Code. The organization, he said, works with hospitals, mortuaries and other facilities where remains are stored. If family member of a deceased veteran can be located, he explained, the remains are placed in their custody for final disposition. Only the remains of those veterans for whom family members cannot be located, he continued, are buried by the Mission of Honor.



A wooden box of the type in which the cremated remains of veterans of military service are laid to rest.

Eileen O'Driscoll Explains Rotary Global Rewards.

Eileen O'Driscoll of the Englewood Rotary Club in January demonstrated how Rotarians can take advantage of discount offers through *Rotary Global Rewards* on Rotary International's website.

In a presentation at the District Meeting on January 7, Eileen guided her listeners in navigating the website, by clicking on the option *My Rotary* and then scrolling down to *Rotary Global Rewards* listed under "Featured Links" on the left side of the website's first page. She also demonstrated how Rotarians who wish to offer discount services to other Rotarians can do so by clicking on the option "Create a New Offer" on the *Rotary Global Rewards* page.

(Photograph on Page 4, Col. 1)

Reports and Activities of Rotary District 7490's Monthly Meeting on Jan. 7.

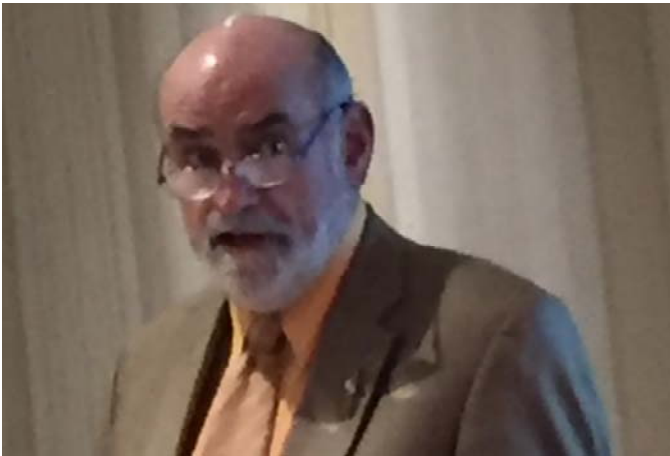
Eileen O'Driscoll Explains Rotary Global Rewards. (Continued from Page 3, Col. 2)



Eileen O'Driscoll, a member of the Englewood Rotary Club, explaining on Jan. 7 how Rotarians can avail themselves of discounted offerings through "Rotary Global Rewards" that are posted on Rotary International's website.

Jay Fowler Reviews Pending District Events.

John C. "Jay" Fowler announced at the January 7 District Meeting that District 7490's Gift of Life Foundation will host its annual Celebration dinner on Wednesday, Feb. 13, at Seasons Catering & Special Events, located at 644 Pascack Road in Washington Township. The cost of the dinner will be \$110.00 per person.



John C. "Jay" Fowler, speaking earlier this year, on Nov. 5, of the Rotary Foundation at District 7490's monthly meeting.

Jay also reiterated the offer by the chairs of all District Committees to speak to all clubs in the District on the purpose of the committees they chair.

He announced also that the District meeting scheduled for Monday, February 4, is being cancelled due to the hectic schedule for that month.

Bill Rupp on Joint District 7490 – 7475 Conference.

In his discussion of this spring's joint District Conference, Past District Governor William F. Rupp spoke of a tour of the battlefield in Gettysburg at a price of \$25.00 that is being offered to Rotarians attending the conference. The conference, to be held jointly by Rotary District 7490 and District 7475 will be held at the Wyndham Gettysburg Hotel from Thursday, May 2 through Sunday, May 5.



Past District Governor William F. Rupp speaking on Jan. 7 of District 7490's joint conference on May 2 - 5 with District 7475.

RYLA Program Set for June 16 – 19 in Hardwick, N.J.

Sonia Roman and Jean Jordan, both members of the Passaic Valley/Little Falls/Woodland Park/Totowa Rotary Club, announced in January that the Rotary Youth Leadership Awards (RYLA) program this spring will take place at Happiness is Camping, located in Hardwick, N.J. The two women, both of whom are RYLA alumna, said that the program will begin on Sunday, June 16 and end later that week, with a closing ceremony on Wednesday, June 19.

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Reports and Activities of Rotary District 7490's Monthly Meeting on Jan. 7.

RYLA Program Set for June 16 – 19 in Hardwick, N.J. (Continued from Page 4, Col. 2)

Sponsorship for high school juniors and seniors, they explained, will cost \$490.00 per student, who must be between the ages of 16 and 17-years old at the time of the program. Two recent high school students who completed the program in June of last year (2018) spoke of their experience last summer, especially of their having broken “out of our comfort zones” and interacting with high school students they had never before met.

There will be no limit on the number of attendees, they said. The deadline for the submission of applications, they announced, will be March 15.



Sonia Roman and Jean Jordan of the Passaic Valley/Little Falls/Woodland Park/Totowa Rotary Club discussing the RYLA (Rotary Youth Leadership Awards) program that will be held at Happiness is Camping in Hardwick, N.J. on June 16 – 19.

Governor Nikki Talks on a Variety of Topics.

Noting that the 2018 – 2019 Rotary year is half over, District Governor Niurka “Nikki” Mederos emphasized that the second half of that year is just beginning, vowing that she would “forge ahead” as District Governor through the next six months. She spoke as Governor-elect John Mitchell was preparing to undergo a weeklong training session in San Diego this month, in preparation for his year of service, which begins on July 1.

Governor Nikki also said that District 7490 will host a Youth Protection Seminar this winter, in either February or March. Any Rotarian who wishes to work with children or teenagers must undergo both the training offered in the Seminar, and submit to background checks to insure the safety of the young people with whom they would work.

Governor Nikki also said that the District will host a “fireside chat” this spring, and announced that the annual Presidents’ Ball, which will be hosted by the District’s Walter D. Head Foundation, will take place on June 12.

Finally, the District Governor announced that two new Rotary clubs will be chartered this winter, with the provisional club in Kearny to be chartered in February and the Golden Door club in Jersey City to be chartered shortly thereafter. In response to a question as to how many members are in the 50 clubs in District 7490, Governor Nikki said the current number is 1,201.



District Governor Niurka “Nikki” Mederos speaking at District 7490's monthly meeting on January 7 in which she announced the pending charter of two new Rotary Club's this winter, a Youth Protection Seminar in either February or March and the annual Presidents' Recognition Ball on June 12.

Dave Sanderson Recounts Events of 'Miracle on the Hudson' Crash-landing of US Airways Flight 1549.



Dave Sanderson speaking on Jan. 15 – the 10th-anniversary of the "Miracle on the Hudson" in which US Airways Flight 1549 crash-landed in the Hudson River with no loss of life among the 155 passengers and crew onboard.

Dave Sanderson, the last passenger to leave US Airways Flight 1549 after it crash-landed in the Hudson River last year, spoke in January of his experience following the crash.

Speaking on the 10th-anniversary of the crash, Mr. Sanderson said that he had initially been scheduled to leave from LaGuardia Airport on a flight to his home in Charlotte, North Carolina at 5:00 p.m. that afternoon, January 15, 2009. But working as a sales manager at a distribution center in Brooklyn, Mr. Sanderson said, his work that day, which began at 5:00 a.m., was completed approximately five hours later, at 10:00 a.m.

His travel agent, Mr. Sanderson said, was able to book him an earlier flight at another airline – US Airways – with a departure time of 3:00 p.m.

Thinking later of his ability to catch that earlier flight, Mr. Sanderson theorized that his ability to board that flight was more than happenstance – that it was fate, with God putting him on that plane to help other passengers escape unharmed from the crash that was to follow.

Upon boarding the plane, Mr. Sanderson said, he sat in his assigned seat – 15A – placing his cell phone in his briefcase as was his habit and began reading a magazine, not paying attention to the precautionary instructions flight crews always give prior to takeoff. Now, he added, when flight crews alert passengers to exits and provide other precautionary advice in the event of a crash: he listens.

Mr. Sanderson said that within 60-seconds after leaving LaGuardia Airport, and as the plane was nearing the George Washington Bridge, the aircraft was struck by a flock of geese, immediately disabling its two engines and causing them to catch fire. The sound of the birds striking the plane, he continued was loud enough for all passengers to realize that something had happened.

With the pilot, Capt. Chesley B. Sullenberger, unable to return to LaGuardia or to Teterboro Airport in New Jersey, he said, the passengers remained eerily quiet as the pilot glided to an emergency landing on the Hudson River on a frigid but clear afternoon. With the realization that they were about to crash, Mr. Sanderson said, one might have expected a panic aboard the plane, but instead, he noted the silence – a silence so profound, he said, that one "could hear a pin drop."

With the plane descending toward the river, Mr. Sanderson said, he prayed to God, pulled his cell phone from his briefcase, called his family, and then, left the phone on so as to enable recovery workers to find his body. He then placed his wallet in his trousers so as to enable these same responders to identify him.

As the plane landed in the water, Mr. Sanderson said, one passenger who did indeed read the safety card, opened an exit door, in order to enable people to evacuate the aircraft. But, he said, the open door allowed water to rush into the plane, creating a real possibility that it would sink.

Approaching Seat 10F in his departure from the plane, he said, he could see ferry boats and other water-borne craft already nearing the plane to begin rescue operations. Most prominent among these boats, he said, were ferries from NY Waterway.

In evacuating the plane, he said, passengers, "walked on the seats" as they headed toward the exits. Their resourcefulness, he said, helped provide for a quick exit and no panic. During the evacuation, Mr. Sanderson said, he recalled his mother's admonition that if "you do the right thing, God will take care of you."

Accordingly, he said, that as the evacuation proceeded, he helped other passengers disembark from the plane, remaining behind other passengers as they left the aircraft. In addition to his mother's advice, Mr. Sanderson said, he attributed his behavior to lessons he had learned from the Boy Scouts, and from its organ, the Order of the Arrow.

He also told of one improbable incident, in which a passenger, who managed to remain dry during the evacuation, thrust his cell phone into his (Mr. Sanderson's) face, telling him: "call your wife! Call your wife!"

Upon swimming away from the plane, Mr. Sanderson said, he was pulled aboard a ferry and upon arriving at a hastily-arranged triage center in Weehawken, he was met by two emergency medical technicians and a Red Cross worker, who gave him a warming blanket. He had been carried to the triage center, he said, because he was unable to walk, having been exposed to freezing water.

He compared his physical and mental condition to that of a firefighter "pumped up" by adrenalin, who rushes into a burning building. But after the emergency is over, he said, the firefighter slumps down, exhausted, indeed drained. That, Mr. Sanderson said, is how he felt after having been rescued.

While at the triage center, he was stripped of his wet clothing, Mr. Sanderson said, except for "my skivvies" as health care workers prepared to evaluate his condition. As part of this process, he said, after asking his name and date of birth, one emergency responder wrote the information on a card and placed it around his ankle. Recalling the television series M*A*S*H, where identification tags were placed on the bodies of soldiers who had been killed in action, Mr. Sanderson said he thought to himself: "You didn't make it, you're going to the big casino in the sky."

But he said, with another health worker taking his blood pressure, he realized that he was still alive, but with his optimism quickly fading again as she called out to others that he was in danger of suffering a heart attack. "I survived a plane crash; I got out of the water, and I'm going to die of a heart attack or a stroke?" he recalled thinking. His alarm was only increased, he said, when medical workers told their colleagues that he needed to be readied for treatment "STAT" which he knew, meant immediately.

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Dave Sanderson Recounts Events of 'Miracle on the Hudson' Crash-landing of US Airways Flight 1549.

(Continued from Page 6, Col. 2)

Compounding his fear and confusion, Mr. Sanderson said, while he was being placed in an ambulance to be taken to Palisades Medical Center (now Hackensack Meridian Health Palisades Medical Center) in North Bergen, an NBC News cameraman tried to board the ambulance with him, but with crews ejecting him and the cameraman trying again to board and again being ejected.

Upon his arrival at the hospital, he said, 10 women carried him from the ambulance wrapped in a blanket, because he said, the stretcher on which he lay could not be dislodged: it was locked in place in the ambulance.

A doctor, he said, called out to medical workers who were evaluating his condition: "blood pressure?" with their response being "190/120", which Mr. Sanderson said, "I knew wasn't good," and with the doctor calling out again: "temperature?" and the medical team responding: "96" with his temperature having been taken orally. "Anally!" the doctor called out with workers then inserting a thermometer in his rectum, "whether I liked it or not, it was going down!" and with that temperature reading being 94-degrees.

Having now been diagnosed with hypothermia for having been in freezing water for several minutes, Mr. Sanderson said, he was wrapped in a "hot air bag" for five hours in order for his temperature to be brought up to "room temperature".

While at the hospital, Mr. Sanderson said, a nurse had difficulty removing his underwear, because they had become frozen to his body from being exposed to the 36-degree water temperature of the Hudson River. She cut the underwear from his body, he said, with scissors "Big scissors" which he said nurses always seem to carry with them.

Now completely nude, Mr. Sanderson said, he asked a passing doctor if he could be provided with some form of clothing, only to hear the doctor's reply: "why do you need clothes? you're in a hospital." A bit later, he continued, someone from the hospital gave him a pair "of the ugliest sweat-pants" one could imagine, but he said, an item of clothing that in being given to him, came from "someone who cared" – a morale booster which at that point, he sorely needed.

While still in Weehawken, Mr. Sanderson said, he and one other passenger had been approached by Federal and state investigators, who wondered if the plane was forced down by terrorists. Later, at the hospital, he said, he was visited by then Gov. Jon S. Corzine, along with the lead officials of the New York offices of the Federal Bureau of Investigation and the Dept. of Homeland Security and also by the Executive Director of the Port Authority of New York and New Jersey.

Noting that 155 passengers and crew were aboard the plane as it took off that afternoon, Mr. Sanderson marveled that injuries were so few that 148 of them were able to return to their homes that same night, with him and a few others remaining hospitalized overnight.

That night at the hospital, Mr. Sanderson said, US Airways assigned Doreen, a member of its emergency response team to remain with him and to help him with anything he needed. Having arrived from Pittsburg that evening, he said, Doreen telephoned his family for him, where he was able to speak with his wife at around midnight.

The next morning, Mr. Sanderson said, Doreen told him that she could arrange a flight home for him at 12:00 noon, but with him insisting that he be able to fly home now, not later. With Doreen saying that was not possible, due to the distance between Weehawken and Queens, Mr. Sanderson said, he asked her to telephone the Executive Director of the Port Authority of New York and Jersey in order to effect his immediate flight.

Doreen, incredulous, did, so, however, with the result being that within six minutes, he was being driven with a police escort from Weehawken to Queens where he arrived at LaGuardia Airport in 16-minutes, with Mr. Sanderson adding:

"If you can get a police escort, take it!" But still, he continued, with no identification and no luggage, he would be unable to board a flight. Doreen, at his request then telephoned the Director of the Dept. of Homeland Security's New York office, who swiftly arranged for his boarding the aircraft.

Upon his arrival in Charlotte, Mr. Sanderson said, he was met by his family and by the Chief Executive Officer of the American Red Cross, who had taken his wife and children under his care in the hours following the crash. One might not realize, he continued, that the chaos and confusion he was experiencing in New Jersey, was also being experienced by his family, who first had to grapple with news of the crash and not knowing, first if he had survived and then, if he was injured.

A week after the crash, Mr. Sanderson said, he was asked to speak at a men's pancake breakfast at his church, with him expecting perhaps 50 or so people to be present. With the breakfast being announced in Charlotte, however, he said, 500 people were in attendance, including an "elderly lady" who, he said, "was locking eyes with me, staring me down" throughout his presentation.

(Continued on page 8, Col. 1)



Photograph by Rick Saltarelli

An image, taken from CBS News on January 15, 2009, showing Dave Sanderson wrapped in a heating bag following that afternoon's crash-landing of US Airways Flight 1549 in the Hudson River.

Dave Sanderson Recounts Events of 'Miracle on the Hudson' Crash-landing of US Airways Flight 1549.

(Continued from Page 7, Col. 2)

After he had finished, he said, the woman approached him, grabbed him firmly by the arm, and thanked him. She had not believed in God, the woman told him, "I don't believe in miracles, but you - you are physical evidence that there is a God" concluding, "Thank you - thank you" and then, Mr. Sanderson said, she walked away. "I never saw her again" he added. As she left him, Mr. Sanderson said, two men who witnessed her comments wept. "I never saw two men cry before" he continued.

Thinking of his experience, Mr. Sanderson then spoke of the need for perseverance in stressful situations, quoting St. Paul's Letter to the Romans in which Paul spoke of perseverance leading to proven character, and proven character leading to hope – "hope" that as St. Paul wrote: "does not disappoint." (Romans 5: 1-5)

Mr. Sanderson then spoke of an assignment he and his classmates had been given while he was in the third grade: an assignment in which they were to discuss the meaning of every word of the Pledge of Allegiance. He spoke of two of those words: the first and the last words of the Pledge, with the first word being "I" as in "I pledge allegiance to the flag..." and the last being "all" as in America being "one nation, under God, indivisible with liberty and justice for all."

He connected those two words "I" and "all" by saying that as they boarded Flight 1549, the passengers were all individuals – "I". But in evacuating the aircraft, he continued, they "all came together" - being "all".

During his presentation, Mr. Sanderson's recounting of the events of January 15, 2009 were laced with humor, but underlying that humor was the realization of fear that embraced him, and the terror that his family must have felt upon learning of the crash, with the realization that most crashes result in massive fatalities.

Coincidentally, District Governor Niurka "Nikki" Mederos is the Director of External Affairs/Outreach Community at the Hackensack Meridian Health Palisades Medical Center then simply Palisades Medical Center) to which Mr. Sanderson was brought after the crash landing. Following his presentation, Governor Nikki presented him with a Paul Harris Fellowship.



Photograph from Niurka Mederos Facebook Page

Dave Sanderson with District Governor Niurka "Nikki" Mederos on January 15 at the Waterside Restaurant & Catering in North Bergen. Governor Nikki is the Director of External Affairs/Community Outreach at Hackensack Meridian Health Palisades Medical Center in North Bergen where Mr. Sanderson was brought following the crash-landing of US Airways Flight 1549 on Jan. 15, 2009.



District Governor Niurka "Nikki" Mederos presenting Dave Sanderson with a Paul Harris Fellowship following his discussion on January 15 of his experiences following the crash-landing of US Airways Flight 1549 in the Hudson River. Coincidentally, Governor Nikki is an executive of Hackensack Meridian Health Palisades Medical Center in North Bergen where Mr. Sanderson was taken for treatment following the crash on January 15, 2009.



Capt. Manuel "Manny" Liba of NY Waterways, who commanded one of the commuter ferry boats that participated in rescue operations on January 15, 2009 after US Airways Flight 1549 crash-landed in the Hudson River, listening on Jan. 15 to Mr. Sanderson's presentation.

Accomplishments of the Rotary Foundation Are Noted at Dinner Celebrating 'Miracle on the Hudson'.

In a review of the work of the Rotary Foundation, Past District Governor Joseph Laureni in January spoke of several of its accomplishments, including the near eradication of polio, the Gift of Life, and its Alliance for Smiles.

Speaking at the Waterside Restaurant & Catering in North Bergen on January 15, he cited the support the Foundation receives from among others UNICEF (the United Nations International Children's Emergency Fund) the World Health Organization and the Bill and Melinda Gates Foundation.

As an example of its accomplishments, he contrasted the number of new polio cases that were reported in 1987 when the Foundation began its PolioPlus campaign (350,000 new cases) and the number of cases reported last year, in 2018 - less than 30.

Joe also spoke of the Gift of Life Foundation, which has performed heart surgeries on 5,000 children in 90 missions around the world, and which began with children from abroad being operated on in hospitals in the United States, and with Rotary families hosting the families of patients who were undergoing the surgery.

Speaking of the Alliance for Smiles, Joe spoke of children born with severe cases of cleft palate, which impelled many of them to lead hermit-like lives, almost as if they were lepers. With remedial surgery, he noted, many of these children felt free to mingle with other children. Since 2005, he said, more than 6,000 remedial surgeries have been performed.

He also spoke of the six Peace Centers that have been established in North Carolina, Australia, England, Japan, Sweden and Thailand.



Past District Governor Joseph Laureni speaking on Jan. 15 of some of the programs sponsored by the Rotary Foundation.



John C. "Jay" Fowler, chairman of Rotary District 7490's Rotary Foundation Committee, welcoming Rotarians and their guests to the Jan. 15 "Miracle on the Hudson" commemoration.



A slide highlighting the Rotary Foundation's Gift of Life and Alliance for Smiles programs at the Jan. 15 "Miracle on the Hudson" dinner at the Waterside Restaurant and Catering in North Bergen.

Jersey City Rotarians Participate in 'Rise Against Hunger' Service Project in Honor of Martin Luther King.

Members of the Jersey City Rotary Club in January joined volunteers, including members of the Interact Club at University Academy Charter High School and the Rotaract Club at New Jersey City University to package almost 10,000 meals for those in need.

The project was held on Jan. 21 in honor of the holiday celebrating the birth of the Rev. Dr. Martin Luther King, Jr. Dr. King was born on January 15, 1929, but his birthday is celebrated as a Federal holiday on the third Monday in January.

Dr. King, the nation's preeminent civil rights leader in the 1950's and 1960's, began campaigning for civil rights in the middle 1950's, with his efforts leading to the enactment by Congress of the Civil Rights Act of 1964 and the Voting Rights Act the following year, in 1965. For his efforts, he was awarded the Nobel Prize for Peace in 1964.

Tragically, Dr. King was assassinated on April 4, 1968 when he was 39 years old.



Jersey City Rotarians at the January 21st Rise Against Hunger service project that was held in honor of the holiday celebrating the birth of the Rev. Dr. Martin Luther King, Jr.



Volunteers working on January 21 on the "Rise Against Hunger" service project at New Jersey City University in honor of the holiday celebrating the birth of the civil rights leader, Dr. Martin Luther King, Jr.



Members of the Interact Club at University Charter Academy High School and the Rotaract Club of New Jersey City University with members of the Jersey City Rotary Club on January 21 following the packaging of almost 10,000 meals for people in need.

Volunteer to package
10,000 Meals and
Rise
AGAINST HUNGER
food - community - sustainability
Click here to register
online!
MARTIN LUTHER KING Jr.
Day ON for Service
Join us on January 21st, 2019
3 available volunteer sessions:
8am to 10am set-up, 10am to 12 noon Meal
Packing, 12 noon to 1pm breakdown,
GSU Multipurpose Room
Sponsored by The Center for Community Engagement

A flyer prepared by New Jersey City University's Center for Community Engagement announcing the January 21 service project in which it packaged nearly 10,000 meals in order to feed the hungry. The project was in observance of the holiday celebrating the birth of the Rev. Dr. Martin Luther, King, Jr.

Paramus Rotary Club Hears of Efforts to Combat Domestic Violence and Hosts Annual Spelling Bee.

Wafaa Saad Talks of Efforts Against Domestic Violence.

We enjoyed the company of 26 members and guests at our January 17 meeting. Wafaa Saad was our guest speaker. She has over 10 years of experience in the area of Mental Health at St. Joseph's Hospital and over five years working with domestic violence victims at the WAFAA house, Women Rising Shelter, and Strength Our Sister.

We also had a busy week with the 4th-Grade Spelling Bee and the Blood Donation. Thank you to all those who participated. Your names have been submitted for extra makeup credit.

WAFAA (Women and Families Ascending) is a nonprofit organization that helps families and/or individuals through various social programs. WAFAA's Mission is to strengthen families and the community through education in order to reduce isolation, build connections within and between families, and throughout the community.

They have 24 hour support, referrals for assistance, children's therapy, crisis intervention, career development, court assistance, anger management, translation assistance, immigration paperwork, foster parent assistance, food pantry, cultural sensitivity training and social service.

WAFAA is able to cater to the individual's needs.



Diane Vasile-Falcone, President of the Paramus Rotary Club, with Wafaa Saad, the founder of WAFAA (Women and Families Ascending) to her left, and Dr. Peter Kantzillieris, the Club's Vice President, to her right at the Paramus Club's January 17 meeting.

Club Hosts Fourth-Grade Spelling Bee.

On January 16, the Paramus Rotary Club held its annual Spelling Bee for fourth-graders, with the contest being held at Paramus High School.



The three top spellers in the Paramus Rotary Club's fourth-grade Spelling Bee with from left-to-right: Gia Kim in First Place; Neel Gudapati in Third Place; and Ashna Patel in Second Place.



Participants in the Paramus Rotary Club's spelling bee, which was held at Paramus High School on January 16.

Paterson Rotary Club Provides Warm Coats to 383 Children in Fourth Annual Elf Warm Coats Project.

The Paterson Rotary held its Fourth Annual Service Above Elf Coat Give-away program on December 17 at the Edward Kilpatrick School on Ellison Street in Paterson. The club gave away 383 warm winter coats to children in grades Pre-K to 4.

Jamie Dykes played Santa Claus. Roberta Farber chaired the project. This was featured on News 12 and in the Record/Herald News.

On January 22, the Record of North Jersey awarded the club a grant of \$1,000 toward the program, with Past District Governor Bonnie F. Sirower, a member of the club, having written the grant proposal. Of more than 100 grant requests that had been submitted to the Record of North Jersey, the Paterson Rotary Club was one of only 11 organizations to receive grants ranging in size from \$1,000 to \$5,000.



Roberta Farber of the Paterson Rotary Club receiving a \$1,000 grant on Jan. 22 from a representative of Gannett Newspapers for the Club's Warm Coats project that took place in December. To Roberta's right is the club's Assistant Governor, John Susani.

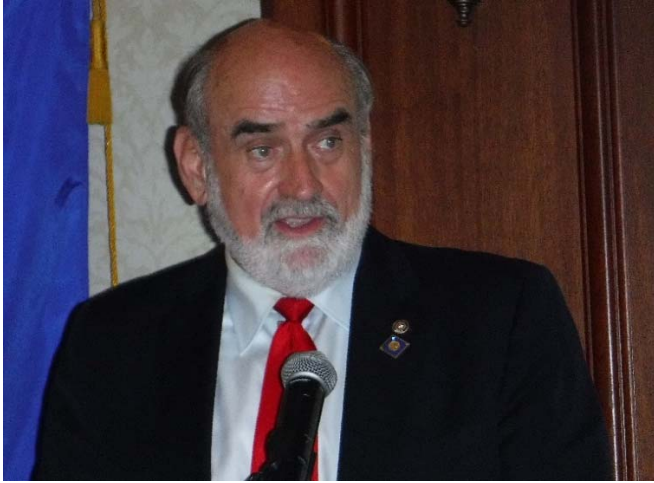


In the photographs above and to the left, children receive winter coats from the Paterson Rotary Club in its fourth annual Service Above Elf Warm Coats project. The coats were presented on Dec. 17 at the Edward Kilpatrick School in Paterson.



Report on the Rotary Foundation.

*By John C. "Jay" Fowler
Chairman, District Rotary Foundation*



John C. "Jay" Fowler
Chairman of District 7490's Rotary Foundation Committee.

District Celebrates 'Miracle on the Hudson'.

On January 15th, the District Rotary Foundation Committee held an evening to commemorate the 10th Anniversary of the "Miracle on the Hudson" to benefit the Rotary Foundation.

The highlight of the evening was the keynote speaker, Dave Sanderson, who was the last passenger off the plane. He shared with us his experiences on that day and how they have changed his life. We also heard from Jeffrey Hayzlett, CEO of C-Suite Network and The New Hero Club.

Rounding out the program was Past District Governor Joe Laureni with an excellent overview of the Rotary Foundation. His presentation, which was about 15 minutes in length, would be perfect for a club program.

If you would like to arrange for a presentation to your club, he can be reached at jlaureni@yahoo.com.

Rotary Committee Grant Considerations.

In recent actions, the Committee committed \$15,000 to the Fair Lawn Club for their Global Grant for an Alliance for Smiles Surgery Mission to Guatemala, and \$4,000 to the Northern Valley Club for their proposed Global Grant for a Blood Transfusion and Thalassemic Center in Faridabad, India.

The Committee also reviewed a request from the Mid-Bergen Rotary Club for a new Ukrainian Gift of Life Operation and Cardio Care Global Grant. Additional information was asked for and the Committee will revisit the request at the next meeting.

The Committee also discussed using District Designated Funds to make a donation to the Polio-Plus Campaign. A decision was deferred until the end of the year when we would have a better handle on what funds, if any, we still had available.

Club Donations to the Rotary Foundation.

Clubs in the District have donated \$34,405.00 so far this year, including \$3,833.00 to PolioPlus. The top five clubs are:

Ridgewood Rotary Club	\$5,000.00
Paramus Rotary Club	\$4,378.00
Ridgewood AM Rotary Club	\$3,033.00
Park Ridge Rotary Club	\$2,855.00
Fort Lee Rotary Club	\$2,075.00

Many Clubs present a Paul Harris Fellow at the end of the Rotary year. Now is the time to begin thinking about placing an order to avoid the last minute rush in May and June.

For More Information on the Foundation....

If you would like more information about the Rotary Foundation, please contact Jay Fowler, at jaycfowler@aol.com.