

District Governor Niurka "Nikki" Mederos

Governor's Newsletter District 7490

Serving Bergen, Hudson & Passaic Counties

New Jersey, USA

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Governor Nikki Greeted at Club's Homecoming.

In an overwhelming response, District Governor Niurka "Nikki" Mederos was joined by members of other clubs as she was welcomed home in April by the members of her home club, the North Hudson Rotary Club. During her welcome on April 27, Governor Nikki also installed her husband, Manuel "Manny" Mederos, as a member of the Club.

Noting the joint conference of Districts 7490 and 7475 that was to take place within the next 10 days, she suggested that the three districts of New Jersey -7490, 7475 and 7510, consider holding a joint service project.

(Additional Photographs on Pp. 2 - 3)



District Governor Niurka "Nikki" Mederos on April 27 as she installs her husband, Manuel Mederos, as a member of the North Hudson Rotary Club while the club's president, Jorge De Armas, looks on. The installation took place during the club's welcome home to Governor Nikki as she completed her visits to the Clubs of District 7490.

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Clubs of Rotary District 7490 Join Governor Nikki as Her North Hudson Club Welcomes Her Home.

(Continued from page 1, Col. 1)



Governor Niurka "Nikki Mederos with members of the North Hudson Rotary Club of which she is a member and of the Jersey City Golden Door Rotary Club. Clockwise are Carol Mori, the Golden Door Club's President; Jorge DeArmas, President of the North Hudson Club; Alice Bell of the Golden Door, Natalia Novas of North Hudson; Kristine Allen and Ruddys E. Andrade of the Golden Door, and a guest.



A group shot of Rotarians from District 7490 who welcomed District Governor Niurka "Nikki" Mederos to her North Hudson Rotary Club homecoming on April 27.



District Governor Niurka "Nikki" Mederos with a bouquet of flowers presented to her by the North Hudson Rotary Club.



Rotarians from District 7490 on April 27 at La Reggia in Secaucus, welcoming District Governor Niurka "Nikki" Mederos to her home club, the North Hudson rotary Club. Among the Rotarians clockwise are Emory Edwards of the Jersey City Golden Door Rotary Club, Governor-elect John Mitchell, Past District Governor Adele Miller and her husband Bill, Governor nominee-designate John Susanna, and unidentified man, Past District Governor Leonard A. Agrusti and two unidentified Rotarians.

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Clubs of Rotary District 7490 Join Governor Nikki as Her North Hudson Club Welcomes Her Home.

(Continued from page 1, Col. 1)



Past District Governor William F. Rupp welcoming District Governor Niurka "Nikki" Mederos to her North Hudson Rotary Club homecoming on April 27.



From left-to-right on April 27 are Governor-elect John D. Mitchell, District Governor Niurka "Nikki" Mederos, Past District Governor Bonnie F. Sirower and Aleta Frezzell of the Englewood Rotary Club.



Past District Governor Bonnie F. Sirower on April 27 talks of District Governor Niurka "Nikki" Mederos' service to District 7490 during her North Hudson Rotary Club homecoming.

Walter D. Head Trustees Meet on Scholarships.



Trustees of the Walter D. Head Foundation meeting on April 23 to award scholarships. Clockwise are Past District Governor Adele E. Miller, the Foundation's Chairwoman; Cynthia Rose, Governorelect John D. Mitchell, Tamara Elberbe, Past District Governor James Boyer, Tom Grissom, PDG William F. Rupp, Chester Banks and Sharon Chambers-Smith.

Phil Wells Speaks of Hackensack Meridian Health-Rotary District 7490 Fitness Initiative at District Mtg.



Phil Wells of the Park Ridge Rotary Club speaking on a fitness initiative to which Hackensack Meridian Health Palisades Medical Center contributed \$10,000 in seed money.

Phil Wells, a member of the Park Ridge Rotary Club, in April discussed a health initiative that is being launched in North Bergen. The project, whose \$10,000 seed money was donated by Hackensack Meridian Health Palisades Medical Center, will be launched sometime this spring, according to Phil, who spoke of the project at District 7490's monthly meeting on April 1.

With the Medical Center, where District Governor Niurka "Nikki" Mederos is Director of External Affairs/Community Outreach, having donated the \$10,000 in celebration of Nikki's position as District Governor, Hudson County allocated \$30,000 to the project with the Walter D. Head Foundation allocating an additional \$2,000 for a total allocation of \$42,000.

In explaining the need for the Fitness Initiative, Phil displayed a slide which showed that 31.8-percent of American children are considered either overweight or obese, and with the average adult of today being 24-pounds heavier than were adults in 1960. On an optimistic note, however, 80-percent of Americans reportedly use parks "on a regular basis, particularly young children and adults over the age of 50" according to Phil's slide.

The outdoor Fitness Initiative, Phil said, will include an Assisted Functional Trainer, an overhead ladder, a Shoulder Rotator and a Multi-Gym setup.

The facility will be named after both the Medical Center and District 7490, bearing the name *Hackensack Meridian Health Palisades Medical Center & Rotary District 7490 Fitness Initiative.*



Part of a slide presentation which says that almost one-third of American children are either obese or overweight, and which notes that the average American adult of 2019 is 24-pounds heavier than were the adults of 1960.



A page from the slide presentation which explains the fitness initiative in North Bergen which will be named in honor of the Hackensack Meridian Health Palisades Medical Center which donated the \$10,000 seed money to launch the project, and Rotary District 7490 in honor of District Governor Niurka "Nikki" Mederos. Governor Nikki is the Medical Center's Director of External Affairs/Community Outreach.

Reports and Activities of Rotary District 7490's Monthly Meting on April 1.

Governor Nikki Speaks on Issues Facing District.

In her monthly address to District Rotarians in April, District Governor Niurka "Nikki" Mederos said that by the end of this spring, two new Rotary clubs will have been installed, both in Hudson County. The first, she said – the Jersey City Golden Door Rotary Club, was installed on March 15 – while the second, the Kearny Rotary Club, will probably be installed in May.

Speaking at District 7490's monthly meeting on April 1, Governor Nikki thanked the members of her staff in particular, and District Rotarians in general, for the work they have done so far this year. "So many people" she said, "have been engaged" on behalf of the District. She also thanked Past District Governors for their involvement in District matters over the last nine months.

Governor Nikki then turned to the issue of membership in the Rotary clubs of Bergen, Hudson and Passaic Counties that make up District 7490. She spoke of a discrepancy in the membership records of Rotary International for clubs in the District, as opposed to those maintained by the District itself. There is a difference of 65 people she said, whom District 7490 claims as members which RI does not.

As she has before, Governor Nikki urged the clubs to verify the accuracy of their membership rosters with Rotary International's offices in Evanston, Illinois.



District Governor Niurka "Nikki" Mederos speaking at the District Meeting on April 1 of membership and other issues pertaining to the District.

Speaking of a "connectiveness" between District 7490 and the clubs it serves, Governor Nikki said that 28 of the District's 50 clubs are connected to the District's website. While lamenting the fact that the other 22 clubs are not, she nonetheless was confident in one respect, noting that at the beginning of July, only 10 clubs were registered.

Finally, Governor Nikki spoke of the contributions to RI's polio eradication campaign, saying that of the 18 districts and 978 Rotary clubs that make up RI's Zone 32, contributions by Rotarians in District 7490 are lower than in any other district.

Paul Harris Society Honors Rotarians for Pledges.

Acting on behalf of the Paul Harris Society, Rick Saltarelli of the Secaucus Rotary Club honored Lisa M. Beohm of the Jersey City Rotary Club, Phil Wilson of the Rotary Club of the Palisades and Past District Governor James Boyer for their pledges to donate at least \$1,000 every year to the Rotary Foundation.

Members of the Paul Harris Society, Rick explained, pledge to contribute at least \$1,000 every year to the Rotary Foundation's Annual Fund, to PolioPlus, or to any other Rotary Foundation approved program.

Speaking of Phil, who as a child contracted polio, Rick said that as a boy, he was forced to live within the confines of an iron lung.



Rick Saltarelli is flanked on his left by Phil Wilson of the Rotary Club of the Palisades and on his right by Past District Governor James Boyer, who were honored for their pledges of \$1,000 annual contributions to the Paul Harris Society.

(Additional Photographs on Page 6, Col. 1)

Reports and Activities of Rotary District 7490's Monthly Meting on April 1.

Paul Harris Society Honors Rotarians for Pledges. (Continued from Page 5, Col. 2)



Phil Wilson of the Rotary Club of the Palisades being thanked for his pledge of \$1,000 a year to the Paul Harris Society. Phil spent part of his childhood in an iron lung after being stricken with polio.



Past District Governor James Boyer speaking after having been honored for his pledged contributions to the Paul Harris Society.



Lisa M. Beohm of the Jersey City Rotary Club, seen presiding over a District Staff Meeting on July 11, 2016, was thanked for her promised annual contributions of \$1,000 to the Paul Harris Society. Lisa could not be present for the April 1 District Meeting.

PDG Lenny Agrusti Notes Increase in District Membership.

Speaking of membership in April, Past District Governor Leonard A. Agrusti reported that since the beginning of the year, Rotary clubs in District 7490 have added 149 new members, 18 of whom, he said, were added to the Fair Lawn Rotary Club alone.

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Past District Governor Leonard A. Agrusti speaking on April 1 of an increase of Rotary membership in District 7490.

PDG Lenny Agrusti Notes Increase in District Membership. (Continued from Page 6, Col. 2)

Speaking at District 7490's monthly meeting on April 1, Lenny also discussed a new member orientation program that was held last November, and of a second program that will take place on May 23. These programs, Lenny said, have the potential to solidify the bonding of new Rotarians to their respective clubs.

Noting that District 7490 has been forwarding information on prospective members to the 50 Rotary clubs in Bergen, Hudson and Passaic Counties, Lenny said that the clubs which follow up on that information in most cases gain new members.

Lois Horowitz Talks of Friendship Exchange Visit to England.

Lois D. Horowitz, chairwoman of District 7490's Friendship Exchange Committee, announced in April that several Rotarians from District 7490 will travel to Great Britain next month (in May) in a Rotary Friendship Exchange visit.

The Rotarians, she said will travel to the northwestern English city of Manchester on May 15. During their visit, Lois said, they will stay at the homes of British Rotarians. In return, she said Rotarians from the Manchester area will visit New Jersey, where they will be hosted by Rotarians from clubs in the three counties of Bergen, Hudson and Passaic that make up District 7490.

In a second Friendship Exchange visit next year, Lois added, a team of Rotarians will travel to India in February.



Lois D. Horowitz, Chairwoman of District 7490's Friendship Exchange Committee with James Adams, Tamara Ellerbe, an unidentified Rotarian, and Sharon Chambers-Smith as she speaks on April 1 of a pending Friendship Exchange visit to England.

 Past District Governor Dominic L. Jengo speaking on April 1 of the Wheelchair Foundation UK which provides wheelchairs for people

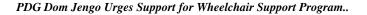
Wheelchair Foundation UK which provides wheelchairs for people in need throughout the world.

Past District Governor Dominic L. Jengo spoke in April of the Wheelchair Foundation of UK, a British non-profit which, for \$135.00, promises to deliver wheelchairs to people anywhere in the world. Asking on April 1 for clubs to consider sponsoring the program, Dominic said that whenever a wheelchair is delivered through Rotary sponsorship, a Rotarian, although not necessarily a club, will be on site to assure delivery.

In its Mission Statement, Wheelchair Foundation UK writes that it: "is a non-profit organization leading an international effort to create awareness of the needs and abilities of people with physical disabilities, to promote joy of giving, create global friendship and to deliver a wheelchair to every child, teen, and adult in the world who needs one, but cannot afford one." For these people, its Mission Statement continues " Wheelchair Foundation UK delivers Hope, Mobility, Freedom, Dignity and Independence."

Among the 12 points it lists in its Mission Statement, Wheelchair Foundation UK writes that "we expand our work to include training by professionals who also accompany us at their own expense to give knowledge of physiotherapy/occupational therapy and orthopedics." It also, the Foundation writes, can provide wheelchairs "that require assembly upon arrival."

(Continued on Page 8, Col. 1)



Reports and Activities of Rotary District 7490's Monthly Meting on April 1.

PDG Joseph Laureni Discusses Rotary Foundation Programs. (Continued from Page 7, Col. 2)

Past District Governor Joseph Laureni in April gave a reprise of the Rotary Foundation presentation he gave in January at District 7490's "Miracle on the Hudson" dinner. Speaking on April 1, Joe said that Rotarians "have a lot to be proud of" in its support of clean water projects, its campaign to eradicate polio and its Alliance for Smiles program, among others.

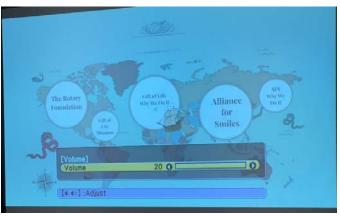
Rotarians, he said, sometimes engage in service programs while on unrelated business activities. He cited as an example Past District Governor Calisto J. Bertin, who became involved in a clean water project while visiting Panama.

He then spoke of the Alliance for Smiles, specifically of a \$65,000 donation in May, 2005, which paid for surgeries on patients with cleft palate defects, which had caused their faces to be disfigured. This disfigurement, he said, would often impel affected people to become virtual recluses.

Since the 2005 donation, Joe continued, Alliance for Smiles donations have allowed for more than 6,000 surgeries to be performed on patients around the world, which have largely ameliorated the patients' cleft palates. Moreover, he said, the Rotary Foundation itself has helped subsidize 18 Alliance for Smiles medical missions at a cost of \$1-million.



Past District Governor Joseph Laureni speaking at the April 1 District Meeting of programs supported by the Rotary Foundation, in particular, the Alliance for Smiles.



An image from a video program shown by Past District Governor Joseph Laureni illustrating programs supported by the Rotary Foundation, including the Gift of Life and the Alliance for Smiles.

PDG Emil Geering Talks of Florie Scialla Award.

Past District Governor Emil J. Geering announced on April 1 that the Paramus Rotary Club, of which he is a member, will present its annual Florie Scialla Award at next month's (May) District Conference in Gettysburg. The award, named in honor of the Paramus club's first woman president, is presented to the one Rotary club or member who is engaged in "outstanding community service or who has conducted an "outstanding" service project.

The deadline for the submission of nominations, Emil cautioned, will be April 15. The late Mrs. Scialla was the wife of Past District Governor Arthur M. Scialla, the District's 30th Governor who served in 1986 – 1987.



Past District Governor Emil J. Geering telling of the Paramus Rotary Club's Florie Scialla Award, which was to be given at the District Conference in Gettysburg, Pa.

NJCU, UACHS and the Jersey City Rotary Club Hold Second 'Passport to Success' Career Orientation Program.

New Jersey City University, the University Academy Charter High School and the Jersey City Rotary Club in April held the second annual "Passport to Success" career-orientation program for high school and college students.

Organized by Dominique C. Smith, who works in NJCU's College Readiness/Admissions/Student Success and Retention program, the program hosted representatives from several companies, labor unions and educational programs on April 27. It also hosted a panel discussion on career-orientation which featured among other speakers Assemblywoman Angela V. McKnight, who represents the 31st Legislative District covering Bayonne and parts of Jersey City.



Representatives of several companies at the April 27 "Passport to Success" career-orientation program that was hosted by New Jersey City University.



Helen M. Kerins of Perth Amboy High School speaking on April 27 at New Jersey City University's "Passport to Success" career-orientation program as Dominique C. Smith (standing at the podium) listens. To Ms. Kerins right is Assemblywoman Angela V. McKnight, who also spoke.



Keely Respass, representing LogMeln, speaking on April 27 with high school students at New Jersey City University's "Passport to Success" career-orientation program.



Several members of the Jersey City Rotary Club who participated in the April 27 "Passport to Success" career orientation program at New Jersey City University. From left-to-right are Jennifer R. Aitken, Alison M. Robinson, Michelle Ricot-Nandkumar, Cynthia Vazquez, Joseph Timpanaro, Keely Respass and Stephen Stamos.

Paramus Rotary Hears from New Author and from Woman in Long-term Recovery from Addiction.

Don Cirulli Talks on Novel on Sepoy Mutiny.

Former Paramus Councilman Don Cirulli, a veteran and history buff took 15 years to nurture his first book. His book is available on Amazon, Good Reads, Barnes & Noble, Nook, Kindle, EBay. Softcover, hardcover and Ebooks are available. The setting takes place in the 1850's in England, Russian and India.

Here is a little from Don's book cover...

"It is 1853. Jeremy Maitland, the son of tenant farmers in Essex, England, faces the loss of all that he knows and loves with the sudden death of his father. His only hope for advancement in life lies with the military. He is accepted into The Rifle Brigade, an elite unit of the British Army. In little more than a year, Jeremy is fighting alongside French and Turkish troops against Russian forces in the Crimea. At the end of the war, with no reason to return to England, he transfers to The King's Royal Rifle Corps and his adventures take him to India just before the infamous Sepoy Mutiny. He is soon swept up in a devil's wind of betrayal and vengeance. Events take Jeremy from a siege at Cawnpore and escape through swamps and jungle, to the massive assault by the British to capture the Imperial City of Delhi and its king with the shock of a lifetime in his future.

While in India, Sergeant Jeremy Maitland falls in love with the pregnant wife of a British officer, he must kill one of his own men, he is privy to the shooting of a British officer, and he and a colleague uncover what they believe to be a fortune in precious stones. Powerful conflicts, a sympathetic protagonist, and a varied cast of interesting characters are set against exotic backgrounds and Victorian class distinctions.



Former Paramus Councilman Don Cirulli is flanked on his left by Len LoPinto of the Paramus Public Library and on his right by Paramus Rotary Club President Diane Vasile-Falcone at the Club's April 4 meeting.

Jacqueline Szablowski Talks on Drug Addiction.

Jacqueline Szablowski is more than a person in long-term recovery. She is a daughter, sister, girlfriend and mom. Jacqueline started off by telling us her story by reading an apology letter to her Mom. Needless to say, it was an eye opener. Growing up with a family disease, her dependence problems really spiraled at her alcoholic father's funeral. Someone introduced her to pills to "relax" her and help her "cope" with her father's death.

There is a stigma on addiction. People don't talk about it. She lived with a diseased family. Her mom was her enabler, her fixer of all things. Dad was her mascot and used humor to deal with the present situation and also a substance abuser. The hero in the family was her sister who took on roles she shouldn't of had to i.e. paying bills/taking on the mom role. There was also the escape goat and of course the actual substance abuser (actually two, her and her dad)

Jacqueline got sober when she was married and pregnant. Her demons struck again and she hit rock bottom when her daughter was 18 months old. Divorced and homeless, she was in a fragile state of spiritual malady. She entered a detox center for a 28-day program. Treatment centers ship you off after your detox and are done. But constant daily reminders are needed to keep you on the right path. You need to find that healthy outlet. Her family had a difficult time dealing with her recovery. They didn't know how to treat her anymore. They also went for therapy to teach themselves how to change for the better.

Important Functional Family Conditions:
1) Acceptance towards issue;
2) Perfect imperfections/accept you are human;
3) Honesty with each other/talk about feelings;
4) Reality Check.

Words matter! Break the Stigma on Addiction. Be Aware and Talk about it. Take the pledge to help make a difference because at the end of the day, that addict that you have an image of is somebody's daughter, somebody's son, somebody's mother, somebody's father.

Jacqueline is thriving and continues to work on her long-term recovery every day. She is now working at Enlightened Solutions as Treatment Solutions Advocacy.

Enlightened Solution's Mission Statement

To provide a full continuum of care in a soothing environment that includes integrated holistic treatment services for individuals and their families who struggle with substance abuse. This is accomplished by engaging clients in a unique, healthy compassionate recovery community that is lifechanging. Recover successfully.

Enlightened Solution's Vision

To be enlightened by transforming the body, mind and spirit for sustainable recovery and wellness.

Report of Rotary District 7490 Walter D. Head Foundation.

Dear District Rotarians:

As this Rotary year comes to an end, district-giving to our district's Walter D. Head Foundation is much like the ninth inning of a baseball game. It's May, we are in the middle of the final inning, and the bases are loaded!

One district Rotarian and nine district clubs have already scored a home run by honoring a special member of their club, family or community with a *Walter D. Head Fellowship* and commemorative plaque and pin--Dr. Howard Parish of the Rotary Club of Jersey City and the Wyckoff, Fair Lawn, Fort Lee, Paterson, Ridgewood AM, Paramus, Bayonne Garfield and North Hudson Rotary Clubs--and the bases are loaded with several more who have pledged to do so.

Now it is time for you and your club to step up to the plate by contributing to the Walter D. Head Foundation so it can continue to provide scholarships to graduate and undergraduate students and offer financial assistance to two or more district clubs undertaking a joint community service project.

Hit a home run for Rotary District 7490 today by donating \$300 to the Walter D. Head Foundation to recognize an exceptional individual for outstanding service with a *Walter D. Head Fellowship*. Now is the moment for you and your club to step up to the plate to hit the ball! You might even knock it out of the park!

Adele Miller

Foundation Chain

WHO WAS DR. WALTER D. HEAD?

Born in Revere Massachusetts and descended from John Hancock of Revolutionary War fame, at 20, Walter D. Head was one of the youngest graduates of the Class of 1902 at Harvard. When appointed to a teaching post at Philips Exeter Academy, where "some of the boys are older than I am," on his first day he tried to sit at the faculty table in the dining hall, but was directed towards the students' table.

Shortly after he became headmaster of the Nichols School in Buffalo in 1917, he joined the Buffalo Rotary Club and was elected president two years later. In 1935 he became headmaster of the Montclair Academy, joined the Rotary Club of Montclair, and again was elected president two years later.

Throughout his district, then District 36, he became known as a man who personified the Rotary ideal. He was elected 1931-1932 district governor, 1934-1935 Rotary International Director and Third Vice-President, and ultimately, in 1939-1940, Rotary International President.

Fluent in French, German, and Spanish, as well as English, after World War II, he served as one of Rotary International's consultants to the American delegation at the United Nations founding conference in 1945. He was once quoted as saying, "Where people differ, all are partly right."

He continued to serve as Montclair Academy headmaster until he sold the school in 1948. He became a trustee of Bergen Junior College in 1950 and president of the college in 1951. When Bergen Junior College merged with Fairleigh Dickinson College in 1954, he became Provost of the Teaneck Campus. Then a member of the Teaneck Rotary Club, he remained active in Rotary until his death in 1967.

P.S. Already hit a home run or can't make the game? The foundation is selling 50-50 raffle tickets for \$10 and the winner will be selected at the June 12 Presidents Ball. Please contact DGN Carl Hassett at governor7490@gmail.com or call 914-261-8282 to purchase tickets.