



District Governor
John D. Mitchell

Governor's Newsletter

District 7490

Serving Bergen, Hudson
& Passaic Counties

New Jersey, USA

April, 2020



Governor's Message for April.

When will a vaccine be developed? How long will I have to stay at home? When can I return to work? What impact will school closings have on my kids? How will I be able to pay my bills? Will my elderly parents make it through this pandemic? These are just some of the tough questions many of us are asking as we live through this watershed event we find ourselves in.

Not surprisingly however, Rotarians are pivoting from disappointment and have embraced determination. Yes, determination to not allow this darn virus sidetrack us from our "Service Above Self" mission.

Our District Clubs have heard the call and are rallying to do what Rotarians do. This is all the more amazing since Clubs are not meeting in person and the planning to serve our communities has to occur remotely. Yeah, when the "going gets tough, the tough get going" is certainly an apt description for our District Rotarians.

Better days are ahead Rotarians, and together we will come out of this bigger, better and stronger. I have no doubt about this and that's because of all of you!

Stay safe!

DG John

In this Issue.

<i>Rotary International Offers Recommendations on How to Hold Online Meetings During Covid-19.</i>	2
<i>List of Sites in Bergen, Hudson and Passaic Counties Where Blood Donations are Being Accepted.</i>	3
<i>In Membership Corner Column, PDG Leonard Agrusti Talks of Clubs Reaching Out in Covid-19 Epidemic.</i>	4
<i>Englewood, Hackensack, Maywood and Teaneck Rotary Clubs Feed Health Care Workers.</i>	5
<i>Doctor at Newark Beth Israel Medical Center Talks to Jersey City Rotary Club on Covid-19.</i>	6
<i>Jersey City Rotary Club Installs Three New Members and Elects Members to its Board of Directors</i>	7
<i>Paramus Rotary Club Provides Meals and Protective Equipment and also Delivers Food to Seniors.</i>	8

Newsletter Editor

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

Rotary International Recommendations for Best Practices for Holding Online Meetings.

Familiarize yourself with a preferred online meeting platform ([Zoom](#), [GotoMeeting](#)) and host a test call prior to your first meeting.

Provide one-on-one tutorials for less tech-savvy Rotarians on how to use the online meeting format

Provide an agenda prior to the meeting

Set up a communication/etiquette plan for holding online meetings

Request that all attendees mute themselves when not speaking

“Raising hands” to avoid multiple people speaking at once

Pausing for questions

Using the “chatbox” feature

Record your meeting for those unable to attend

Utilize [TED Talks](#), [Rotary's VIMEO](#), and other pre-recorded speakers to watch online together and follow with a group discussion.

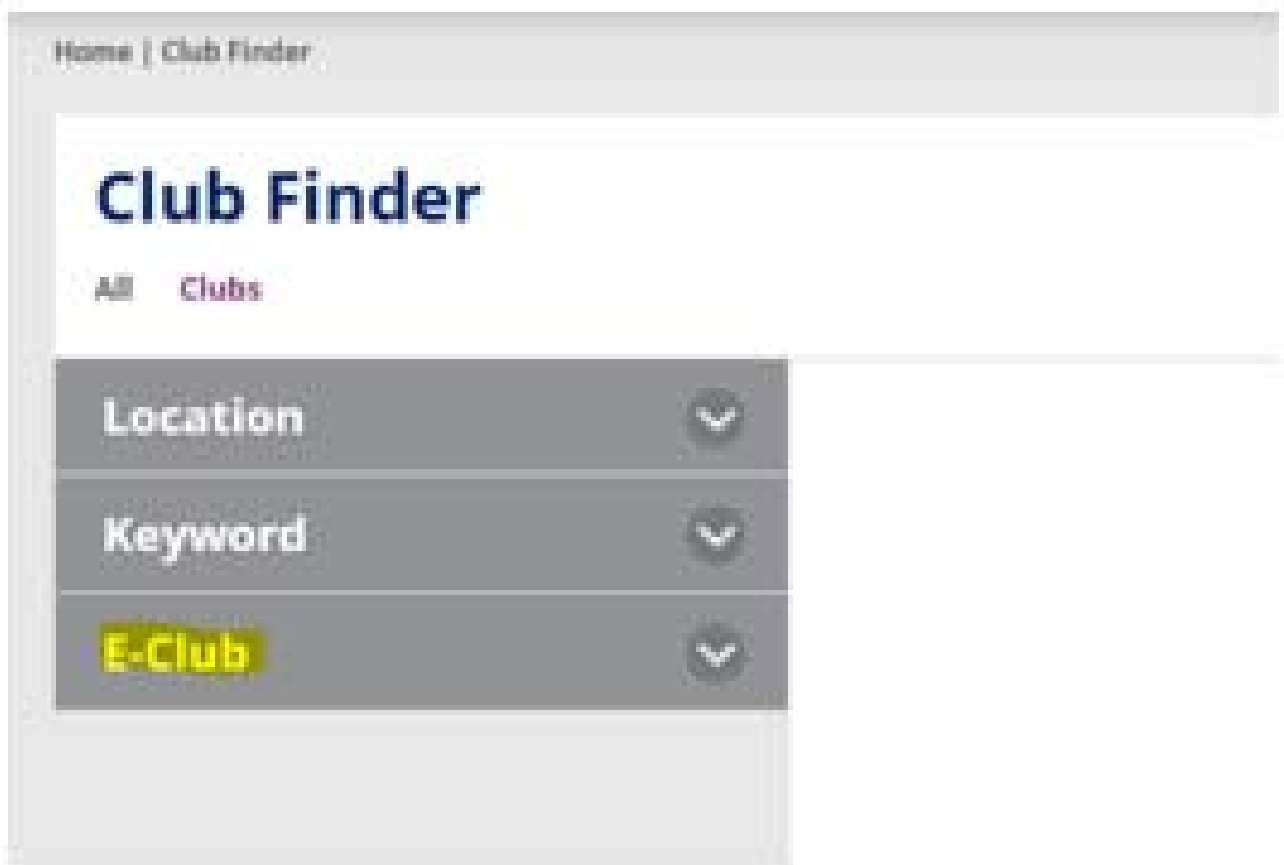
Take the online courses at <https://learn.rotary.org/learn>.

Select an article or short film to read/watch prior to meeting and discuss together.

Determine the current needs of your community and promote an online service project/fundraiser.

Review District 6690's helpful guide to maintaining engagement with your club's members through virtual meetings and other strategies at <https://rotary6690.org/maintaining-engagement/>.

Get in contact with another club that is used-to utilizing online technology such as an 'e-club' in order to discuss. Use the 'E-Club' section of the '[Club Finder](#)' on *rotary.org* or *My Rotary*. Alternatively contact your RMO for contact details.



Sites in Bergen, Hudson and Passaic Counties Where Blood Drives are Being Undertaken.

Following is a list of the sites in Bergen, Hudson and Passaic Counties which are accepting blood donations on behalf of the American Red Cross:

Wayne YMCA

Wednesday, May 13, 2020
10:00 a.m. – 3:00 p.m.
1 Pike Drive
Wayne, NJ 07470

Ridgewood YMCA

Friday, May 22, 2020
9:00 a.m. – 2:00 p.m.
112 Oak Street
Ridgewood, NJ 07450

Meadowlands YMCA

Wednesday, May 27
9:00 a.m. – 2:00 p.m.
390 Murray Hill Parkway
East Rutherford, NJ 07073

Apshawa Volunteer Fire company

Saturday, May 30, 2020
9:00 a.m. – 2:00 p.m.
666 Macopin Road
West Milford, NJ 07480

Knights of Columbus Council #6139

Sunday, May 31, 2020
8:00 a.m. – 1:00 p.m.
West Milford Recreation Building
PAL Drive
West Milford, NJ 07480

Rockpoint Community Church

Wednesday, June 3, 2020
1:00 p.m. – 6:00 p.m.
400 N. Haledon Avenue
Haledon, NJ 07508

North Arlington Senior Center

Thursday, June 4, 2020
2:00 p.m. – 7:00 p.m.
10 Beaver Avenue
North Arlington, NJ 07031

Palestine American Community Center

Thursday, June 4, 2020
9:00 a.m. – 2:00 p.m.
388 Lakeview Avenue
Clifton, NJ 07011

Little Ferry First Aid Squad

Sunday, June 7, 2020
10:00 a.m. – 3:00 p.m.
95 Main Street
Little Ferry, NJ 07643

Art House Productions

Monday, June 8, 2020
12:00 noon – 5:00pm
262 17th Street
Wayne, NJ 07310

American Dream

Wednesday, June 10, 2020
12:00 noon – 5:00 p.m.
East Rutherford, NJ 07073

Fidelity Lodge #113 F7M

Thursday, June 18, 2020
1:00 p.m. – 6:00 p.m.
99 S. Maple Avenue
Ridgewood, NJ 07450

Apshawa Volunteer Fire company

Saturday, June 20, 2020
9:00 a.m. – 2:00 p.m.
666 Macopin Road
West Milford, NJ 07480

Leaders Save Lives Gabi Bartnik

Sunday, June 21, 2020
10:00 a.m. – 3:00 p.m.
Athenia Veterans Post
147 Huron Avenue
Clifton, NJ 07013

Bayonne Masonic Club-Bayonne

Monday, June 22, 2020
3:00 p.m. – 8:00 p.m.
888 Avenue C
Bayonne, NJ 07002

The Cosmopolitan

Monday, June 22, 2020
2:00 p.m. – 7:00 p.m.
1377 NJ 23
Wayne, NJ 07470

Grace Redeemer Church

Tuesday, June 23, 2020
10:00 a.m. – 3:00 p.m.
21 Harristown Road
Glen Rock, NJ 07452

Saddle Brook Volunteer Fire Dept.

Wednesday, June 24, 2020
3:00 p.m. – 8:00 p.m.
93 Market Street
Saddle Brook, NJ 07663

Glen Rock Jewish Center

Wednesday, June 24, 2020
10:00 a.m. – 3:00 p.m.
682 Harristown Road
Glen Rock, NJ 07452

Muslim for Life Community

Friday, June 26, 2020
12:00 noon – 5:00 p.m.
131 Wagaraw Road
Hawthorne, NJ 07506

Our Lady of Mercy R.C. Church

Sunday, July 5, 2020
8:30 a.m. – 1:30 p.m.
40 Sullivan Drive
Jersey City, NJ 07305

Hyatt Regency – Hudson Ballroom

Monday, July 6, 2020
10:00 a.m. – 3:00 p.m.
2 Exchange Place
Jersey City, NJ 07302

Grace Lutheran Church

Thursday, July 9, 2020
3:00 p.m. – 8:00 p.m.
836 Avenue C
Bayonne, NJ 07002

Leaders Save Lives-Gianna Matthews

Thursday, July 9, 2020
3:00 p.m. – 8:00 p.m.
Ringwood Ambulance Corp.
115 Alta Vista Drive
Ringwood, NJ 07456

Hawthorne Fortitude Masonic Lodge

Thursday, July 9, 2020
1:00 p.m. – 6:00 p.m.
24 Franklin Turnpike
Ramsey, NJ 07446

Catholic War Veterans Post 1612

Saturday, July 11, 2020
8:30 a.m. – 2:30 p.m.
18 West 23rd Street
Bayonne, NJ 07002

United Parcel Service

Monday, July 20, 2020
10:00 a.m. – 3:00 p.m.
340 Macarthur Boulevard
Mahwah, NJ 07430

Wawa

Wednesday, July 22, 2020
2:00 p.m. – 7:00 p.m.
Lodi VFW Memorial Post 5082
163 Union Street
Lodi, NJ 07644

Little Falls Fire Dept.

Saturday, July 25, 2020
9:00 a.m. – 2:00 p.m.
60 Wilmore Road
Lodi, NJ 07424

Congregation Beth Tefillah

Sunday, July 26, 2020
9:00 a.m. – 2:00 p.m.
452 Forest Avenue
Paramus, NJ 07652

Ramsey Free Public Library

Thursday, July 30, 2020
11:00 a.m. – 4:00 p.m.
30 Wyckoff Avenue
Ramsey, NJ 07446

Membership Corner.

*By Past District Governor Leonard A. Agrusti
Chairman, District Membership Committee*



Past District Governor Leonard A. Agrusti, Chairman of District 7490's Membership Retention Committee.

COVID 19- we hear about it every day.

Our lives have been drastically changed. People need help now more than ever. We hear every day on how many people have died and the number of people that have been hospitalized.

This highly contagious corona virus has caused havoc in our country, and in other countries around the world as well. We have seen how Rotary has responded around the world to the call for and by the volunteer work that has been done. Locally we have seen a number of clubs bring food and equipment, including Personal Protective Equipment, ventilators to local hospitals.

Not only have our clubs reached out to the medical workers in hospitals and nursing homes but also to the first responders including the police, firefighters and EMS providers.

The average person does not realize that after a day's work as a healthcare provider, EMTs, firefighters and police officers, when we come home, we take off our clothes and leave them by the door, take a shower and put on fresh clothes before we make any contact with our family.

As an EMT, on behalf of all the EMTs in our District I want to thank you for your help through your donations. A special thank you goes out to those clubs who reached out to the **volunteer** first aid squads and fire departments by bringing food and equipment to their headquarters.

Rotary did not stop there. There have been clubs which reached out to the seniors who were unable to shop. These clubs shop for food for them so they can remain quarantined in the safety of their homes.

Rotary clubs have also made monetary donations to food banks as well as food for the less fortunate in these trying times. Now more than ever we can be proud to be a Rotarian.

As I said in the past, projects are the adhesive that holds clubs together. With this pandemic there are a number of projects that we can do to help our fellow man.

Make sure when we do these good deeds we make people aware that this is Rotary. Expose our brand so they know who we are. I am sure people will want to be part of Rotary and ask to join.

Personal contact meetings have come to a standstill, but this did not stop our clubs from having virtual meetings. Some clubs' attendance has actually increased at these "Zoom" meetings and some clubs actually installed new members via "Zoom". These types of meetings are the way of the future.

Some pilot studies are being done by Zone that clubs consider two personal meetings, one project meeting and one virtual meeting. This again can provide flexibility in our meetings and may be more appealing to potential members.

Thank you all and stay safe.

Yours in Rotary,

Leonard (Lenny) Agrusti, PDG
District Membership Chair

Hackensack, Englewood, Maywood and Teaneck Rotary Clubs Feed Health Care Workers.

The Rotary Clubs of Hackensack, Englewood, Teaneck and Maywood partnered up to feed the healthcare workers that are diligently and bravely managing the COVID-19 testing sites at Bergen New Bridge Medical Center and Bergen Community College.

A special thank you must also go out to Fairmount Eats for providing the scrumptious food that was so very much appreciated by all of our healthcare heroes.

“Service Above Self”



Dr. Shreni Zinzuwada of Newark Beth Israel Hospital Speaks on Coronavirus at JC Rotary ZOOM Meeting.



Photograph from SEAPK Expert Witness Directory

Dr. Shreni N. Zinzuwadia, the co-Director of Simulation at Newark Beth Israel Medical Center, who spoke at the April 16 ZOOM meeting of the Jersey City Rotary Club.

Speaking from Newark Beth Israel Hospital on April 16, Dr. Shreni Zinzuwadia, co-Director of the hospital's Simulation unit, spoke of the coronavirus.

In a mainly question-and-answer session with members of the Jersey City Rotary Club, Dr. Zinzuwadia said that the virus in New Jersey, or perhaps in the area of Newark, may have reached a "plateau" that is, that the worst of the crisis may have been reached. More patients, she said, are being discharged from hospitals, while others are well-enough that they no longer need to be on ventilators.

Asked about symptoms one might look for, she replied that a fever of 103-degrees F and difficulty in breathing would be two such symptoms of the coronavirus. A painful dry cough, she said, would be another. However, Dr. Zinzuwadia said, a low-grade fever would not be a cause for alarm. One worry, she cautioned, is that some that people can transmit the virus to others without themselves being affected by it.

Asked by District Governor John D. Mitchell about the failure of some ventilators, Dr. Zinzuwadia said that no ventilators had broken down in Newark. Press reports, Governor John replied, have spoken of ventilator failures in Bergen County, where most cases of the coronavirus have been reported. For example, he said, 10 of the 20 ventilators at the Bergen NewBridge Medical Center in Paramus have suffered breakdowns.

Asked about the use of hydroxychloroquine, a drug used to treat malaria, Dr. Zinzuwadia said that it (hydroxychloroquine) is being widely used at the hospital, saying that it has shown promise in some patients, but that there is still too little information on its success to determine its overall effectiveness. She said, however, that the drug is not being administered to some patients with heart problems, for fear that it would endanger their lives.

Dr. Zinzuwadia also said that some patients are receiving blood plasma transfusions from other patients who have recovered from the coronavirus. The transfusions, she said, began some weeks ago.

Dr. Zinzuwadia said that many of the people falling ill with the coronavirus already had secondary health issues. Building up one's immune system, she suggested, was the best way to ward off the virus.

How to do this? She suggested exercise, eating fruits and vegetables and the use of vitamins. She also urged her listeners to try to avoid, or at least manage their levels of stress.

In particular, Dr. Zinzuwadia said that taking two grams of Vitamin C with a cup of hot water or green tea four times a day would be helpful, emphasizing the use of *cups* rather than mugs of hot water or tea, saying that the cups are smaller. Vitamin D can also be used, she said.

But Dr. Zinzuwadia recommended against the use of Vitamin A, saying that it can have toxic effects on some patients. She also said that pills or tablets containing multiple vitamins are of little use.

Dr. Zinzuwadia said that, generally, children under the age of 12 appear to be immune from the coronavirus, but added that teenagers, particularly those with other health problems, are susceptible.

But Dr. Zinzuwadia recommended against the use of Vitamin A, saying that it can have toxic effects on some patients. She also said that pills or tablets containing multiple vitamins are of little use.

JC Rotary Club Installs Three Members and Holds Electoins in April ZOOM Meetings.

Three Members Installed by JC Rotary Club.

The Jersey City Rotary Club installed three new members during ZOOM meetings in April.

Beginning on April 9, the Club installed Anthony J. Soares, a real estate broker with offices in Hoboken, Jersey City and Red Bank, with District Governor John D. Mitchell, officiating at the ceremony.

The following week, on April 16, Grisell Romero, also a real estate broker with offices in Jersey City, was installed as a member of the Club, with Governor John again presiding over the ceremony.



Anthony Soares, of the real estate firm Prime Restate Estate Group, who was installed on April 9 as a member of the Jersey City Rotary Club in its first ZOOM meeting.



Grisell Romero, a real estate broker in the Heights section of Jersey City, who was installed the following week, on April 16, as a member of the Club.

Two weeks later, on April 30, Elizabeth Liaci, the founder and President of Jersey City Write on Sports, who is also a public school teacher, was welcomed into the club.



Elizabeth Liaci, President and Chief Executive Officer of Jersey City Write on Sports, who was installed on April 30 as the Jersey City Rotary Club's newest member.

Club Elects Vice President and Three Directors.

With all but 10 of its 59 members voting, the Jersey City Rotary Club on April 30 completed elections in which its members elected Kelly A. Gormeley Soto as Vice President and Barry L. Dempsey, Aaron D. Forman and Pratik C. Patel as at-Large members of its Board of Directors.

With her election as Vice President, Kelly will begin a four-year term of service on July 1, serving as Vice President for the first year. During her four years as a member of the club's Board of Directors, Kelly will serve as:

July 1, 2020 – June 30, 2021: - Vice President;
 July 1, 2021 – June 30, 2022 – President-elect;
 July 1, 2022 – June 30, 2023 – Club President;
 July 1, 2023 – June 30, 2024 – Immediate Past President.

Also on July 1, Barry, who is now the Club's Immediate Past President, will continue his service on the Board as one of three elected at-Large members. As newly-elected at-Large members of the Board, Aaron and Pat will begin their first service on the Board, also on the first of July.

With the normal two-month election procedure circumscribed by restrictions resulting from the coronavirus epidemic, members of the Club were advised of the pending elections in early April, with biographical profiles of the nine candidates and ballots being transmitted to them by e-mail on April 15.

Those same biographical profiles and election ballots were then included in the Club's newsletter for its meetings of April 16 and again on April 23.

Paramus Rotary Club Supports Women's Shelter and Delivers Meals to New Bridge Medical Center.

Paramus Club Supplies Women's Shelter.

Once again the Paramus Rotary Club pulls together, this time to support a request for much needed food and other supplies for the residents at the Center of Hope and Safety, a shelter for women and children who are victims of domestic abuse, located at 12 Overlook Avenue in Rochelle Park, N.J.

Thank you to all who donated to our efforts. Without each of you we could not have done this today.

Four SUV's full of food and supplies arrived to fill many of the center's needs with more to follow shortly.

Paramus Rotary Service Above Self.

Follow-up on Paramus Rotary Club's assistance to the Woman's Domestic Violence Center.

They are still in need of additional food and baby clothing, which we are still providing, but they do not have room to store frozen items.

Soooo....the Paramus Rotary Club purchased a freezer for them so that they can accept and store frozen items. Freezers are in very short supply so it was ordered from Home Depot as soon as we were made aware of this need and hope to have it arrive and delivered sometime next week.



Some of the food and other supplies provided by the Paramus Rotary Club to the Center for Hope and Safety, a women's shelter in Rochelle Park, N.J.



Members of the Paramus Rotary Club delivering food to health care workers at New Bridge Bergen Medical Center in Paramus.

Paramus Gives 100 Dinners to New Bridge Medical Center.

The first of several deliveries of food for the staff of New Bridge Medical Center started today and arrived, thanks to the Rotary Club of Paramus and Popeye's Louisiana Kitchen on Route 17 Paramus.

Upon arrival the Executive Director and the VP of Marketing accepted the delivery and said how much they appreciated what Rotary has done.

(Continued on Page 9, Col. 1)



Members of the Paramus Rotary Club delivering dinners to staff members of the New Bridge Bergen Medical Center in Paramus.

Paramus Rotary Club Delivers Meals Protective Masks to Medical Staff at New Bridge Medical Center.

*Paramus Rotary 1st Lunch Delivery to New Bridge Medical Center.
(Continued from Page 8, Col. 2)*

Update on more help our club is giving to hospital staff.

In addition to our club paying for Popeye's Louisiana Kitchen of Paramus to supply 100 dinners every Mon.-Wed.-Fri. to the staff at New Bridge Medical Center, we have Rotarians picking up the dinners and delivering them to the hospital.

We are also delivering 100 packages containing 9,501 and surgical masks.



Samples of the protective personal equipment being delivered to health care workers by the Paramus Rotary Club.

Paramus Rotary 1st Lunch Delivery to New Bridge Medical Center.

This past Thursday started the first of the Paramus Rotary Club's deliveries of 100 lunches to the staff at the New Bridge Medical Center.

Starting next week these lunch-time meals will arrive on Tuesday's and Thursday's.

Thank you to the great folks at Fire and Oak restaurant for the preparation of these meals. (Good to have two of our Rotarians Graeme and Diane willing and able to have their staff prepare those meals).

Along with those meals came 100 packets of masks for the hospital staff.

There are 600-plus medical staff on duty at any one shift so our deliveries of 100 dinners (and masks) on Mon.-Wed.-Fri. and lunches on Tues.-Thurs. get rotated between the various medical units.



Members of the Paramus Rotary Club delivering lunches prepared by Fire & Oak restaurant.



Some of the lunches that were prepared by the staff of Fire & Oak for distribution to medical staff workers at the New Bridge Bergen Medical Center in Paramus.

(Continued on Page 10, Col. 1)

Paramus Rotary Supplies Masks to Nursing Home and Announces COVID-19 Emergency Response Fund.

Club Supplies Masks to Nursing Home Staff in Ridgewood.

One of our members, Past President Rev. Dr. Sam Stone, reached out to us letting us know that a nursing home in Ridgewood was one of the hardest hit with residents contracting the coronavirus and that they reached out to his church. They are in desperate need for masks.

Sam's church was located in Paramus but they sold that property and now reside with a congregation in Ridgewood - that's Sam's connection to that home.

Anyway - that request came late yesterday afternoon.

The following took place at 1:30 the very next day.



Paramus Rotary Club COVID-19 Emergency Response Fund.



I am sure you are aware that COVID-19 has impacted the most vulnerable among us. In addition, our medical professionals and first responders are being stretched beyond the limit.

The Paramus Rotary Club COVID-19 Emergency Response Fund has been created to support our community's doctors, nurses, health care workers, and first responders with personal protective equipment (PPE), cleaning and sanitizing supplies, face shields, surgical masks and KN-95 respirators, food and wellness supplies and other essential supplies they desperately need at this time.

Some of the organizations and Healthcare Workers that we will be assisting include: • Bergen New Bridge Medical Center (BNBMC) • Veterans Memorial Home Paramus (VMHP) • Valley Hospital • EMT's, ambulance workers and others coming in direct contact with the Covid-19 patients.

The Paramus Rotary Club Foundation Inc. will accept your tax-deductible contribution, match it**, and distribute the funds to the COVID-19 EMERGENCY RESPONSE FUND. These donations are supporting efforts that are going directly to Frontline Healthcare Workers and First Responders at BNBMC and the VMHP at this time.

We Will Add To Your Generosity!

**The Paramus Rotary Club Foundation Inc. has pledged to match donations utilizing \$15,000 Nick Laganella has already donated to the COVID-19 EMERGENCY RESPONSE FUND. The next day Rotarian Sam Stone on behalf of the Trinity Presbyterian Church matched that donation of \$15,000, so we immediately raised the bar to \$30,000. If we can encourage our Paramus Rotary Club membership to make donations matching those funds we can raise \$60,000 or more to help save lives and limit the spread of the virus. This make us eligible to apply for matching grant funds from the Rotary International Foundation.

If you wish donate to the COVID-19 EMERGENCY RESPONSE FUND you can mail a check made payable to the Paramus Rotary Club Foundation Inc. and mail to...

Paramus Rotary Club Foundation Inc. C/O Linda Martin 1 Kalisa Way, Suite 301 Paramus, NJ 07652 You may also donate electronically by credit or debit card by clicking on the donate button on either PayPal or on any of the credit cards depicted below:



You may also contact us by emailing to: ParamusRotaryClub-Foundation@gmail.com

Thank you for your support and please stay safe.

[signed] Fred Rondlieck President, Paramus Rotary Club