



**District Governor
John D. Mitchell**

Governor's Newsletter

District 7490

**Serving Bergen, Hudson
& Passaic Counties**

New Jersey, USA

March, 2020



Governor's Message for March.

It continues to amaze me how resilient Rotarians are as we struggle through this Coronavirus pandemic. While it is very easy to dwell on our plight, Rotarians instead are stepping up to stay in touch with each other through Zoom meetings, social media or by simply calling each other.

Out of these connections, some pretty good ideas have surfaced:

- Rotarians are helping host/sponsor restaurants, etc. that have supported their Clubs over the years by ordering take-out or pick-up meals.
- Rotarians are keeping an eye on their most senior members, making sure they are safe and healthy.
- Rotarians are contacting their networks for Personal Protective Equipment (PPE) in an effort to diminish the shortages at area hospitals. Even a couple of skilled Rotarian seamstresses offered their handiwork to make surgical masks.
- Rotarians are formulating "service projects" at CDC compliant locations to address the severe blood shortages since the Coronavirus virus hit our region.

Our future District Governor, Ray Cywinski, submitted this great idea:

Considering most, if not all, Rotary club meetings have been cancelled and every member is not spending money on weekly meetings (not to mention District staff meetings, District Conference, Rotary fundraisers, etc.), why not consider donating a portion of the money saved (50%) to the Rotary Foundation?

You can go even further and donate some of the savings from:

- not dining out
- not buying a coffee in the morning
- not going to a movie, play or sporting event
- not travelling
- less gas purchased for commuting

Fellow Rotarians, we are experiencing challenging times and I pray that you and your families remain safe and healthy.

Some of our fellow Rotarians have lost their jobs, or been furloughed and may need assistance. As a Rotary family, let's step up for them.

Lastly, I'm encouraged by this quote from our founder, Paul Harris, "Rotarians are very much more favorably disposed toward action than they are toward words."

In this Issue.

<i>Rotary International Offers Recommendations on How to Hold Online Meetings During Coronavirus.</i>	2
<i>District Governor John Mitchell Joins in Appeal for Blood Donations and for Protective Equipment.</i>	3
<i>List of Sites in Bergen, Hudson and Passaic Counties Where Blood Donations are Being Accepted.</i>	4
<i>Membership Corner by PDG Leonard Agrusti</i>	5
<i>At Jersey City Rotary Club, Amy DeGise Urges Participation in the Census</i>	6
<i>Hoboken Rotary Club Holds 'Virtual' Meeting Instead of its Regular Meeting due to Coronavirus.</i>	6
<i>Paramus Rotary Club Transfers Ownership of 10 Water Wells to Villagers in Myanmar.</i>	8
<i>Paramus Sunrise Honors Member at Annual Dinner Fashion Show Fundraiser.</i>	9
<i>Rotary Foundation Column by Jay Fowler</i>	

Newsletter Editor

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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.

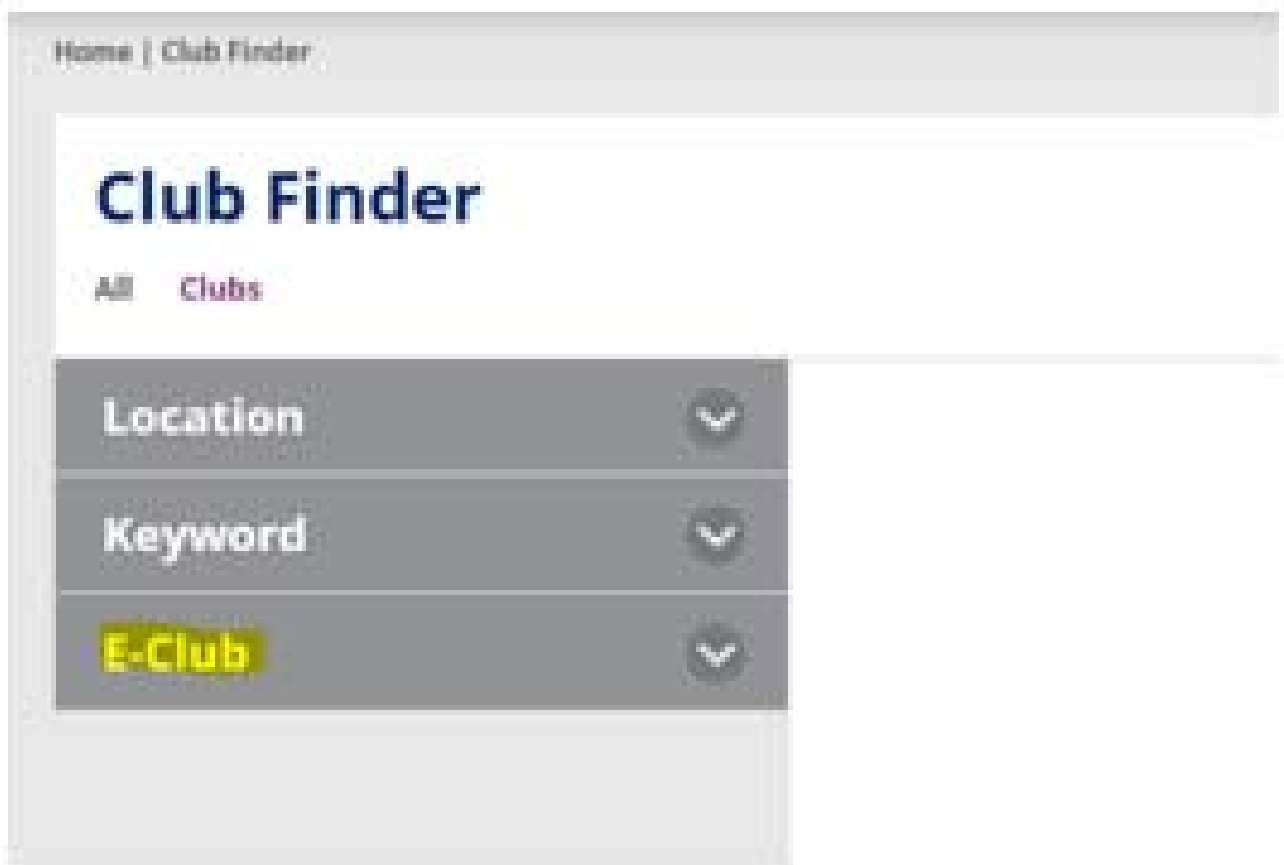
Take the online courses at <https://learn.rotary.org/learn>.

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.



Governor John Joins in American Red Cross Blood Appeal and for Personal Protection Equipment.

DG John Mitchell in Appeal for Blood Donations at CDC Compliant Locations.

In an e-mail message to Rotarians of District 7490, District Governor John D. Mitchell appealed for Rotarians and their friends to donate blood in the midst of the coronavirus.

In his message, written on March 22, Governor John said that he is working with Anna Repole of the American Red Cross with the request that “Rotarians in District 7490 join together to donate blood as the Red Cross needs to build up their supply during this coronavirus crisis.”

In his message, he asked that “If you are healthy, please consider helping by scheduling an appointment to donate blood. Perhaps each Club can make this into a service project.”

Writing to Governor John, Ms. Repole, an Account Representative with the Red Cross's unit in Bergen, Hudson and Passaic Counties, said that the supply of blood has been sharply curtailed “at an alarming rate”, with 4,700 drives having been cancelled throughout the United States since March 17, resulting in more than 150,000 fewer blood donations than normal.

That number, Ms. Repole wrote, “is rising every day” with blood drives being cancelled “at workplaces, college campuses and schools as more people are being told to work remotely and practice social distancing.” In her appeal for donations, Ms. Repole wrote: “We understand why people may be hesitant to come out for a blood drive, but want to reassure the public that we are taking additional precautions to ensure the safety of our donors.”

In her e-mail message to Governor John, Ms. Repole provided a list of places where blood can be donated.

(The list of blood donation sites is on page 4)

Appeal Made for Personal Protective Equipment.

In the midst of the spread of the coronavirus, District Governor John D. Mitchell announced that Nick DeGregorio of the Fair Lawn Sunrise Rotary Club is spearheading an effort to donate Personal Protective Equipment for use by health care professionals.

In his message addressed to Rotarians on March 21, Governor John wrote that “The health care community is keenly aware of the importance of this equipment, and are struggling to meet the need with the current limited resources.”

“To help ensure we are ready for any eventuality” Governor John wrote: “we are proactively exploring innovative ways to obtain additional much-needed supplies” adding that “we are currently reaching out to our local Rotarians in District 7490 to see if they know of a limited stock of Personal Protective Equipment that might be shared with our health care system and hospitals in our District during this challenging time.”

Among the items needed are

- N95 Masks or Similar*
- Eye Protectors
- Sterile Gowns
- Surgical Gloves
- Regular Masks

If you know where such equipment can be obtained, please contact Nick at 862-266-2578 or via e-mail at nick@nickdg.com.

District Conference Cancelled.

District 7490's District Conference, scheduled for May 14 – 17, has been cancelled in view of the coronavirus. All payments submitted will be refunded in full.

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:

Anna Repole (formerly Sommer)

Account Representative

American Red Cross Blood Services

Passaic | Bergen | Hudson

201-364-8097 | anna.repole@redcross.org

[redcrossblood.org](https://www.redcrossblood.org) | facebook.com/RedCrossBlood

CHECK OUT THIS LINK AND THE LINKS BELOW FOR THE CLOSEST LOCATION FOR YOU TO DONATE

<https://www.redcrossblood.org/donate-blood/dlp/coronavirus-covid-19-and-blood-donation.html>

Hyatt Regency – Hudson Ballroom

Friday, March 27, 2020

12:00pm – 5:00pm

2 Exchange Place

Jersey City, NJ 07302

<https://www.redcrossblood.org/give.html/drive-results?zip-Sponsor=Hyatt%20JC>

Bergen County American Legion Fair Lawn

Friday, April 3, 3030

2:30pm – 7:30pm

17-08 River Road

Fair Lawn, NJ 07410

<https://www.redcrossblood.org/give.html/drive-results?zip-Sponsor=Bergen%20County%20American%20Legion>

Palestine American Community Center-Clifton

Saturday, April 11, 2020

9:00am – 2:00pm

388 Lakeview Avenue

Clifton, NJ 07011

<https://www.redcrossblood.org/give.html/drive-results?zip-Sponsor=PACC>

American Legion Post 450-Pequannock

Saturday, April 11, 2020

9:00am – 2:00pm

11 Oak Avenue

Pequannock, NJ 07440

<https://www.redcrossblood.org/give.html/drive-results?zip-Sponsor=Post%20450>

Church of Jesus Christ of Latter-Day Saints-Emerson

Monday, April 13, 2020

3:00pm – 8:00pm

840 Soldier Hill Road

Emerson, NJ 07630

<https://www.redcrossblood.org/give.html/drive-results?zip-Sponsor=LDS%20Emerson>

Bayonne Masonic Club-Bayonne

Tuesday, April 14, 2020

3:00pm – 8:00pm

888 Avenue C

Bayonne, NJ 07002

<https://www.redcrossblood.org/give.html/drive-results?zip-Sponsor=BayonneMasonicClub>

The Shipyard-Hoboken – Red Cross Bus

Friday, April 17, 2020

3:00pm – 8:00pm

1 Independence Court

Hoboken, NJ 07030

<https://www.redcrossblood.org/give.html/drive-results?zip-Sponsor=The%20Shipyard%20Hoboken>

Congregation Beth Tefillah-Paramus

Sunday, April 19, 2020

7:00am – 1:00pm

452 Forest Avenue

Paramus, NJ 07652

<https://www.redcrossblood.org/give.html/drive-results?zip-Sponsor=BethTefillah>

Passaic County Red Cross Youth Council-Wayne

Sunday, April 19, 2020

10:00am – 3:00pm

1 Pike Drive

Wayne, NJ 07470

<https://www.redcrossblood.org/give.html/drive-results?zip-Sponsor=Passaic%20County>

Bergen County American Legion Cresskill-Cresskill

Friday, April 24, 2020

2:00pm – 7:00pm

75 Legion Drive

Cresskill, NJ 07626

<https://www.redcrossblood.org/give.html/drive-results?zip-Sponsor=Bergen%20County%20American%20Legion>

Grace United Methodist Church-Wyckoff

Saturday, April 25, 2020

9:00am – 2:00pm

555 Russell Avenue

Wyckoff, NJ 07481

<https://www.redcrossblood.org/give.html/drive-results?zip-Sponsor=GUMC%20Wyckoff>

Maurice M. Pine Public Library-Fair Lawn

Friday, April 30, 2020

3:00pm – 8:00pm

10-01 Fair Lawn Avenue

Fair Lawn, NJ 07410

<https://www.redcrossblood.org/give.html/drive-results?zip-Sponsor=Maurice%20Pine%20Library>

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.

Whoever thought that I would be home every day without participating in a Rotary Function?

Each week I have done at least one Rotary Function, whether it is a meeting or some other gathering with my Rotarian Brothers and Sisters. None of us could have foreseen these extraordinary circumstances brought on by the pandemic of COVID-19.

We were very fortunate that on March 7th we were able to get in a very successful Membership Orientation that was very well attended. I want to thank my Membership Committee for all their help, especially PDG Bonnie Sirower for putting this Orientation together.

We had over 45 Rotarians in attendance and the majority of them were New Members. I am happy to say that those who attended informed us that they got a lot of new information from this meeting.

All the new members were very impressed in what Rotary does in our community as well as what Rotary does internationally.

The hardest part about being confined in my home is the challenge I have as a Rotarian to help someone in need. As I thought about it, I realize the community concerns about this virus.

We should not forget our own Rotary family. "Sometimes the caregivers need care", and we should be mindful of the needs of the vulnerable Rotarians of our own club and the members in our District.

There are those who are confined to their homes because they are at risk. I am thinking of those up in age with an underlying condition that may need something from the store; we can help them when we do our own shopping.

Make that phone call and see if they need something. The telephone call may be all they need, to speak to someone and show them that we care. This is what we can do as Rotarians.

Clubs everywhere are wrestling with the question, "How do we maintain membership engagement during this pandemic?" Online meetings are the preferred method of maintaining Club connection during the current emergency.

I strongly recommend having Virtual Meetings. Rotary communications are essential service to your members.

Reach out to My Rotary and you will get information on How to hold an online meeting. More detail can be found when you go to the My Rotary Website. (Below is what I was able to pull up on My Rotary Website)

How to hold an online meeting:

Webinars, videoconferencing, message boards, instant messaging, and tools like Zoom, Skype and Google Hangouts can help you hold an online meeting. For example, a club member might post content on a message board for other members to respond to throughout the week.

To get started, your club will need:

- A dedicated website
- Members who are responsible for updating the website
- An online platform for hosting meetings
- Private sections of the website that only members can access to protect their personal data
- Online financial transaction systems that allow members to pay dues, donate, or process payments
- The capability to let visiting Rotarians attend your virtual meeting

Hang in there; we will get through this pandemic together.

Lenny

***Leonard (Lenny) Agrusti, PDG
District Membership Chair***

Amy DeGise Talks on Need for Participation in the Census and on Vocational Education.



Amy DeGise, Chairwoman of the Hudson County Democratic Organization speaking at the Jersey City Rotary Club's meeting on March 5 on the need for people to participate in the Census as Joseph E. Branco, a member of the club, listens.

Amy DeGise this month spoke of the need for people to respond to this year's Census survey and of the need for vocational education.

Speaking at the March 5 meeting of the Jersey City Rotary Club, Ms. DeGise said that a failure by people to respond to the 2010 Census cost New Jersey \$100-million in annual Federal revenues. It also cost the State of New Jersey one Congressional seat. She asserted that immigrants and young people were most likely to ignore the Census, some of whom, she suggested might be distrustful of Government.

In an effort to allay those fears, Ms. DeGise said that respondents will have a secure means by which to respond to the Census, which this year will be conducted for the most part via the Internet. Respondents, she said, will be assigned a 12-digit PIN (Personal Identification Number) number so as to safeguard the privacy of their information.

Responding to fears that information derived from the Census could be used to provide other Government agencies with a person's private information, Ms. DeGise pointed out that Federal law prohibits the dissemination of any information derived from the Census to other Government agencies. Such information, for example, she said, could not be used to track illegal immigration.

Addressing the need for people to respond to the Census, Ms. DeGise suggested that a robust response to the Census by residents of Jersey City might show that Jersey City is the State's largest city, rather than Newark.

An estimated 2018 Census suggests that Jersey City's population at that time was 265,549 while that of Newark's the State's largest city, had an estimated population of 282,090.

Ms. DeGise appealed for people, especially younger people, to work for the Census this year, saying that workers will be paid at the rate of \$22.00 per hour and that rather than visiting homes, they would work on data-based surveys to track the City's (Jersey City's) population. She also said that committee people representing both the Democratic and Republican parties would be asked to participate in counting people, so as to assure the public that the survey will be accurate and not tainted by political manipulation.

Turning to education, Ms. DeGise, a teacher by trade, said that efforts are underway to attract a greater interest in vocational education. She said that the goal was to enable students to graduate from high school, and then go on to community colleges and then on to a career. Speaking of the need for carpenters, for example, Ms. DeGise said that the average carpenter is 48-years old, and that not enough younger people are taking up the trade to replace those who retire.

Saying that young people have a greater civic awareness than previously thought, Ms. DeGise said that many are interested in joining non-profit organizations. Emphasizing their civic awareness, Ms. DeGise, noting that she is the Chairwoman of the Hudson County Democratic Organization, nonetheless said that one need not be an elected official to care for one's community.

Ms. DeGise suggested that youngsters in so-called "inner cities" or low-income school districts, do not receive the same educational opportunities as those in more affluent areas. Elaborating on this point, she said that while high school students in some upper-income school districts earn associate degrees along with their high school diplomas, students in lower-income districts do not.

Ms. DeGise said that schools are attempting to place students with vocational industries, adding that the industries they would be assigned to would be "OSHA (Occupational Safety and Health Administration)-certified." In order to train students for jobs that are in demand, Ms. DeGise said, employers are being asked to tell schools what kind of workers are needed. She also said that employers are being asked to pinpoint job skills that are being taught that are for all practical purposes useless, in order that teachers may teach students skills that will be needed, rather than those that are not.

(Continued on Page 7, Col. 1)

Amy DeGise Talks on Need for Participation in the Census and on Vocational Education.

(Continued from Page 6, Col. 2)

Ms. DeGise said that one impediment to students obtaining jobs is an innate shyness on the part of many young people, particularly girls. While young people can communicate easily via e-mail and social media groups, she said, they are unable in many instances to talk face-to-face with people or even by telephone. In an effort to enable students to break out of their shyness, Ms. DeGise urged that high school students “shadow” adults during their work day, and meet the people with whom the adults work. But, she said, programs in which students can “shadow” adults at work are hampered by a lack of viable transportation.

Training programs in such schools as Lincoln High School in Jersey City, High Tech in Secaucus and Hoboken High School are now underway, Ms. DeGise said. As an example of the success of some of these programs, Ms. DeGise said that at the program's start, 10 high school girls were participating in work-study programs at the Port Authority of New York & New Jersey, whereas now more than 100 high school students are involved in the program.

Ms. DeGise, an Apprenticeship Coordinator at Hudson County Schools of Technology, is Chairwoman of the Hudson County Democratic Organization, (HCDO) having been elected to that position in June, 2018. After having been appointed to the Jersey City Board of Education in January, 2017, Ms. DeGise was elected that November to a full three-year term, but resigned in February, 2019 after having been elected the previous June as Chairwoman of the HCDO.

Census Mandated by the Constitution.

The decennial Census which began this month is mandated by the Constitution of the United States (Article I, Section 2, Paragraph 3) and was originally intended for the purpose of determining how many Congressional districts each state should have.

Each state, regardless of size, is assigned two seats in the Senate, but each state's Congressional representation is determined by its population. California, for example, the nation's most populous state, has 53 Congressional districts, while seven states have only one Congressional district. New Jersey has 13 districts.

The amount of Federal funds allocated to each state is now also dependent, in part, on the size of its population.



Hudson County Executive Thomas A. DeGise, greeting his daughter, Amy DeGise, Chairwoman of the Hudson County Democratic Organization at the March 5 meeting of the Jersey City Rotary Club at Laico's Restaurant. Mr. DeGise was having dinner with friends at the restaurant during his daughter's appearance.

Hoboken Rotary Club Holds 'Virtual Meeting'

The Hoboken Rotary Club on March 17 held a very successful first virtual meeting. As members of the club know, we came away with a plan of action for The Corona-Virus Assistance Fund. We hope you can all support this and contribute your vocational expertise and connections to make this our greatest community project yet.

We had Rotarians at home, in their car and office constructively contribute to the meeting. THANK YOU RICH MARSH! I hope you/we can set up the future Weekly Meeting weekly like that.

Also please watch for details as they develop at hoboken-rotary.org and please spread the word, that the Hoboken Rotary Club is working on a financial assistance plan for residents, and both employers and employees of Hoboken.

Paramus Rotary Club Completes Water Well Project in Myanmar (Previously Known as Burma).

The Paramus Rotary Club initiated a project in the struggling country of Myanmar (formerly known as Burma) to construct a series of Clean Water Drinking Well Towers to aid in Humanitarian efforts in various populated areas where there are no clean sources of water whatsoever.

The results of this lack of a clean water source is a variety of life-threatening diseases including hepatitis, typhoid fever, and dysentery which can cause death and permanent disabilities, and many of those most vulnerable are children from impoverished families.

Drinking water contaminated with human waste is a known cause of Polio, and the Centers for Disease Control & Prevention now recommends that all visitors entering Myanmar be vaccinated for Polio prior to entry.



The water tower near Yangon, Myanmar. Atop the water well is a banner highlighting the Paramus Rotary Club and the Rotary Club of Yangon, both of which worked on the project.



In the two photographs above and below, the Paramus Rotary Club's Past President Sam Stone hands documents transferring ownership of the 10 Safe Water Wells and related health and hygiene facilities to village leaders in Myanmar.



As the transfer took place, members of the audience chanted blessings.



Paramus Rotarians Sam Stone (with camera) and his wife Sophie with members of the Rotary Club of Yangon at the water well their two clubs have completed near the nation's (Myanmar) capital.

Paramus Sunrise Rotary's 10th Fundraiser Honors Joseph O. D'Arco with "Service Above Self" Award.

The Paramus Sunrise Rotary Club held its 10th Annual Dinner Fashion Show Fundraiser at the gorgeous venue of Florentine Gardens in River Vale on Wednesday March 4th. The event was well attended by Rotarians, community members including many family and friends. Dignitaries from Paramus Borough were present, led by Mayor Richard A. LaBarbiera and his wife Mary Ann LaBarbiera, Bergen County Sheriff Anthony Cureton and his wife Natalie Cureton, Former Councilman Ralph Amato, Rich Siniscalchi and Dennis Arslanian.

Rotary District 7490 Gov. John Mitchell, Governor-elect Carl Hassett and his wife Yvonne Hassett, District Governor Nominee John Susani, Past District Governor Bonnie Sirower, Chief of Staff Pat Gallagher and other distinguished Rotary Club members were in attendance, with the event being chaired by Paramus Sunrise Rotarian Dolly Kaur.

The theme of the evening's festivities was the Rotary motto of "Service Above Self." Honoree Joseph O. D'Arco, Paramus Borough Administrator was presented with Rotary's "Service Above Self" Award by Mayor LaBarbiera who read the proclamation and handed the award to Joe in recognition for his support, dedication and commitment to the community. Joe has been a member of the Rotary clubs in the five communities he has served in his 53 years of municipal government service. Joe is married to Louise Palagano and has four children Danielle, Jennifer, John and Andrea and four grandsons, Liam, Ryan, Maxwell and Alexander. Club President Derek Jacobson also presented the Walter D. Head Plaque to past club presidents Timothy Trossman and Iram Valentin for their service to the club.

Fashion Show Models who graced the runway were supported by various integral members of the community from different backgrounds who inspired the event and brought forward their creativity, self-expression and ingenuity. The designer outfits for the Fashion Show was sponsored by Lord & Taylor, Fashion Center, Paramus with the theme for this year being "Fashion Passion".

Song Performances from the Club's second Annual Talent Showcase was presented by Tiana Holeviczki. Dances were performed by Yumi and Lemley of Rogers Dance Studio, member of Caldwell Rotary Club. Entertainment was provided by amazing Singing Chef Charlie P. who also did "The Mozzarella Making Show". Sake and Jinro Tasting was a big hit provided by Takara Sake USA Inc. The Fund raiser event had a fully packed attendance and was great success. Proceeds from this fundraiser will support the Gift of Life Child, Paramus Scholarships and Local Charities.

The Paramus Sunrise Rotary Club meets at 9:00 a.m. on the first, second and fourth Tuesday of the month at Brightview Senior Living, located at 396 Forest Ave., Paramus, NJ 07652.

Guests are invited to attend.



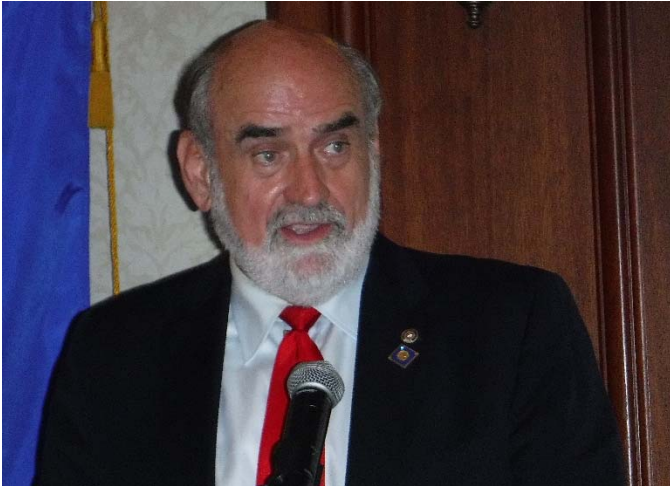
Joseph O. D'Arco, with a Recognition of Service award that was presented to him on March 4 by the Borough of Paramus during the Paramus Sunrise Rotary Club's 10th annual Dinner Fashion Show fundraiser. Mayor Richard A. LaBarbiera stands to Joe's right while Derek Jacobson, the Paramus Sunrise Rotary Club's President, is to his left.



Paramus Mayor Richard A. LaBarbiera and Bergen County Sheriff Anthony Cureton pose with members of the Paramus Sunrise Rotary Club at the club's 10th annual dinner fashion show on March 4, with the event being held at the Florentine Gardens in River Vale, N.J.

Report of the Rotary Foundation.

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



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

Club Donations to the Rotary Foundation.

Through March 20th, clubs in our District have donated a total of \$84,477 to the Rotary Foundation, including \$40,754 for the Foundation's Annual Fund, \$27,252 for Polio Plus and \$16,170 to Global Grants.

The donations for Polio Plus surpassed last year's total of \$7,500 which had been the highest total of the last five years.

The top five clubs in total giving are:

Paramus Rotary Club	\$14,925.00
Fair Lawn AM Rotary Club	\$14,445.00
Ridgewood AM Rotary Club	\$11,432.00
Bergen Highlands Rotary Club	\$4,943.76
Secaucus Rotary Club	\$4,840.85

The top five clubs in donations to Polio Plus are:

Paramus Rotary Club	\$11,600.00
Bergen Highlands Rotary Club	\$3,375.00
Secaucus Rotary Club	\$2,285.85
Wayne AM Rotary Club	\$2,000.00
Ridgewood AM Rotary Club	\$1,970.00

Bergen Highlands Donates \$3,000 to Polio Plus.

We are pleased to report that the Bergen Highlands Rotary Club donated \$3,000 to the Polio Plus Campaign this month. This brings the total donated so far this year to the Campaign to \$27,252.85, well within the reach of our goal of \$30,000.

If your club has not had a program on Polio plus this year, please reach out to either Jim Cole (201-417-5346) or Philip Wilson (201-956-8509) and learn why it is important to support the Polio Plus Campaign now.

Candidate Seeks Peace Scholarship.

Our District has been approached by a candidate looking to apply for a Peace Scholarship. PDG Jim Boyer is working with her and we are looking forward to endorsing her application later this year.

Awarding of Paul Harris Fellowships.

Many clubs present Paul Harris Fellowships at the end of the Rotary year. Do not wait until the last minute to place your orders.

If you need help in ordering the Paul Harris Fellow, please contact Jay Fowler at his e-mail address of: (jaycfowler@aol.com).