Greetings from the Governor

Hello my Rotary family,

It has occurred to me that many Rotarians in District 7490 are unaware of the time, energy and devotion expended by Governors Elect in assembling their District Staff and Committee Chairs. These are the individuals selected or appointed who work far beyond “Service Above Self” to assure that all programs and the District run smoothly and without disruption.

As Governor I would be remiss and derelict in my official duties if I did not pay tribute to those individuals who serve the District behind the scenes. I will over the course of my tenure use this venue to highlight these people who work without the fanfare and “hullabaloo” that so often accompanies the office of Governor. Keep in mind that the order in which they appear does not reflect the level of their importance and also my limited time as Governor does not afford me the opportunity to highlight all those who serve. But your service will not go unnoticed.

Over the past several years we have seen and witnessed the creation of a District Newsletter, second to none. We should all take pride in what our District Newsletter editor Julie Stofko has prepared and presented to our membership. Her devotion to this task truly demonstrates volunteerism far and above the average. Do not be shy about e-mailing Julie and let her know what a great and wonderful newsletter she has created.

E-mail: juliestofko@optimum.net.

Moving forward, I continue to carry the message of our President D.K. Lee to eradicate polio and “MAKE DREAMS REAL.”

In my visit to the clubs, (10 to date) I am overjoyed by the favorable response and commitment of my fellow Rotarians to the Polio Challenge. As pointed out recently we are but a short dash to the finish line, which is not to say we should stop or drop our diligence and attention to Polio’s end but be ever on guard to a possible reemergence of this dreaded disease.

When the leaders of Rotary embarked on the formidable task of eradicating Polio worldwide (1985/86) the disease was present in 125 countries worldwide and afflicted more than 400,000 children. Today, as of figures compiled at the end of the 2007 year only four countries harbor the virus and less than 3000 children are infected yearly. Quite an achievement from a dedicated band of special people who believe in “SERVICE ABOVE SELF”.

The July issue of the “Rotarian” magazine highlights one of those four countries (Nigeria) still harboring the virus and details the efforts of Rotarians to eradicate Polio worldwide. I urge all Rotarians, not only to read the article but to pass it on to family and friends as a continuing effort to show the world Rotary’s efforts in the war on Polio.

“MAKE DREAMS REAL” by sharing our dreams with others.

Yours in Rotary,

Dominic Jengo

Dominic Jengo
District Governor 2008-2009
The Secretary’s Desk
Maryalice Foster, District Secretary

The first month of Governor Dominic’s leadership has come and gone. We’ve visited ten clubs in the month and I’m absolutely bowled over by the number of projects the clubs in this district are responsible for. I never cease to be proud of being a Rotarian and being part of such a wonderful organization. I’m really looking forward to August.

July has passed and hopefully all of you have reported the changes in your club to both the district and to RI. Likewise, all of your clubs should have written that dues check by now. If you haven’t done so, today is the day!

Are all of you familiar with the district web site? If you haven’t had a look, take the time right now to go to www.rotarydistrict7490.org. It’s YOUR website and YOUR place to publicize your club’s activities. If your club secretary hasn’t done so already, s/he needs to update your club membership roster and any new information about your meetings. That’s one of the best and easiest ways to attract visitors who just might become new members.

The Governor’s schedule of visits for August is as follows:
- August 5 – Elmwood Park
- August 6 – Meadowlands
- August 7 – Jersey City
- August 14 – Tenafly
- August 19 – Fairlawn Sunrise
- August 19 - Englewood
- August 21 – North Hudson
- August 26 – Fort Lee
- August 27 – Oradell/Emerson

Remember, my phone number is 973-696-0804 and my email is mfoster561@hotmail.com Keep in touch!

Experience Finland – Europe’s Unique Country

Be a Host Family for One Week

From September 15 to October 15, 2008 Rotary District 7490 will host a Group Study Exchange (GSE) Team from Finland. This is a wonderful opportunity for you and your family to learn about another culture. If you have friends who are interested, they do not have to be Rotary members.

Your guest will be hosted by local clubs during the day. You will provide Bed & Breakfast, a weekend, and some evenings of international friendship.

Contact Glenda Campaniolo (Incoming GSE Chair) at fgcampaniolo@yahoo.com to sign up to be a host or arrange a GSE talk at your club.

(Continued on page 3)
Experience Finland – Europe’s Unique Country

(Continued from page 2)

**Take a Free (almost!) Trip to Finland**

*Our Rotary District will sponsor an outgoing GSE team April-May 2009 for four weeks. You might be the Team Leader or Team Member we seek!*

The Team Leader will be a mature Rotarian. Interviews will start at the end of this summer.

Team Members are NON-Rotarians. They are young professionals and business people between the ages of 25 and 40. The trip emphasizes opportunities to see how their various vocations are addressed in Finland. The culture and places of interest are also explored. A marvelous feature is that the team will stay with Finnish Rotary host families.

Interviews will be in the fall of 2008. Contact Sharon Flynn (Outgoing GSE Chair) at sharonflynn@comcast.net for applications and additional information.

**Gift of Life Corner**

*Paul A. Platek, GOL Foundation Chair*

**CALLING ALL HOST FAMILIES**

The Gift of Life program is progressing very well as children are coming in to the country from all over the world and we are working very hard preparing for the upcoming Vietnam mission. We are also in the process of writing a new grant proposal so that more operations can be performed in Ukraine via a joint effort of the Ukrainian Gift of Life led by George Kuzma, the Rotary District 7490 Gift of Life Foundation and a matching grant form Rotary International. The most recent matching grant resulted in 86 life saving heart operations in Ukraine at a total cost of $75,000.

The recent difficulty we are experiencing is finding host families. Several clubs have the requisite money to sponsor a child; however, once a child is identified for them they are not prepared as they do not have a host family ready. I try to reach out to these clubs well in advance of a child coming into the country so they have the opportunity to identify a host family yet many clubs have been unsuccessful getting a family to host the gift of life family.

I don’t discount the fact that being a first time host family can be intimidating. Bringing strangers into your home, upsetting your daily routine, communicating to someone who doesn’t speak your language is for many the reason they say no. Yet those that have hosted in the past have found a way around these obstacles and came away from the experience realizing that, not only did they have nothing to worry about, but hosting a gift of life family was one of the most rewarding experiences of their family’s lives. Hosting works best when the sponsoring club members all chip in to entertain the visiting family and otherwise assist the host family traveling to and from doctor’s appointments, visiting the child in the hospital etc.

Please speak to your club’s gift of life representative if you are interested in this most rewarding experience. As always, members of the Gift of Life Foundation and Committee are prepared to answer any questions you may have about the hosting process and we are anxious to come in to your clubs to speak about the Gift of Life program and what is required to host a gift of life family.
Kearny Rotary Club - Kentucky Care

We Need Your Help!

Kentucky Care
Sponsored by the Kearny Rotary Club

In the Appalachian region of Kentucky, there are countless American Families that live in horrible conditions. Boys, girls, moms and dads go hungry every night in this part of the United States of America. They are out of the mainstream and opportunity passes them by each and every day. We ask that you help our own who are less fortunate, and in the long run, it makes things better for all of us.

Item Donation List for "Kentucky Care" Drive
Anything You Can Spare is Greatly Appreciated!

<table>
<thead>
<tr>
<th>Item Category</th>
<th>Items</th>
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</thead>
<tbody>
<tr>
<td>1. Non-Perishable Food</td>
<td>Canned Goods - Soups - Pork and Beans - Spam - Corned Beef-Hash</td>
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<tr>
<td></td>
<td>Tuna Fish - Dirty Moose Beef Stew - Hungry Jack Potatoes</td>
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<td>Chili - Spaghetti-Os - Peas, Corn, Carrots, String Beans, etc.</td>
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<td>Macaroni - Peanut Butter - Jelly - Al Varieties - Applesauce</td>
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<td>Macaroni and Cheese - Instant Hot Chocolate Mix - Honey</td>
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<td>Stove Top Stuffing - Gravy, Pork, Beef, Chicken, Turkey, etc.</td>
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<td>Rice-A-Roni, Pasta-Roni - Oatmeal - Regular or Instant</td>
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<td>Folgers Coffee Single - Tea Bags - Paper Plates...</td>
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<tr>
<td>2. Soft Items:</td>
<td>Sleeping Bags - Blankets - Sheets and Pillows</td>
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<td></td>
<td>Gloves - Coats - Miscellaneous Clothing - Shoes and Boots</td>
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<td></td>
<td>Woolen Hats - Socks, Etc.</td>
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<td>3. Hard Items:</td>
<td>Flash Lights w/Batteries - Lanterns - Heaters</td>
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<td></td>
<td>Furniture: Chairs, Tables, Etc.</td>
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<tr>
<td></td>
<td>Tools, Any Type - Shovels</td>
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<tr>
<td>4. Miscellaneous Items:</td>
<td>Toys for All Ages - Note: Toys Must Operate and Have No Parts Missing</td>
</tr>
<tr>
<td></td>
<td>Bicycles - Any Size</td>
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<tr>
<td>5. Hygiene Items:</td>
<td>Toothbrushes - Toothpaste - Makeup for Girls - Mouthwash and Floss</td>
</tr>
<tr>
<td></td>
<td>Scap - Deodorant - Shampoo - Combs and Brushes</td>
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</tbody>
</table>

Helpful Hints:
- Pairs of Shoes Should be Tied Together by Their Laces
- Canned Goods Should Not Be Leaking
- No Flat Tires on Bikes

The drive starts on Thursday, July 31, 2008 and ends on Sept. 11, 2008.

You can drop off your donations at The Observer
531 Kearny Avenue Kearny, 1pm - 4pm Thursday and Mace Appliance
504 Kearny Ave Kearny between 4pm - 8pm Thursday.

For directions call Lisa Pezzolla 201-991-1600
For more information visit www.theobserver.com and click on the the Kentucky Care link in the middle of the page.
Lois E. Marshall’s Top Ten New Ideas To Build Membership

10. Carry “How to Propose a New Member” with you in your pocket, your car, or wherever, and use it when you meet a potential new member.

9. Call the Chamber of Commerce, the Library, and other local community Boards to invite the Directors to a meeting. When they become a member, others will follow.

8. Get Real Estate members to give you the list of new residents in town. Call them and invite them to a meeting.

7. Invite your golfing friends, bridge partners, fishing buddies, and social friends to a meeting to let them know that Rotary is not just a group of “stuffy old businessmen.”

6. After church, invite fellow parishioners to a Rotary meeting.

5. Youth sports, community projects, and school activities all involve adults. Ask these people to join you at a Rotary function.

4. Invite the local Chief of Police and Superintendent of Schools to join, or have them suggest a member of their staff to join.

3. Start a worthwhile community project, funded by the club, and ask non-Rotarians to help out.

2. Recent retirees often are looking for something to do. ROTARY is the answer. When you meet them, ask them to a meeting.

1. Have a club membership meeting and let each member suggest a person that they plan to ask to be a member… A great round-table meeting!

Note: New members and their sponsors receive a bumper sticker so they may proudly display that they are Rotarians. For membership information call Ray Hough at (201) 342-3300 or email rh385@aol.com.

Change of Venue for Hawthorne Rotary Club

The Hawthorne Rotary Club will now be meeting at Stephen’s Chalet on Diamond Bridge Avenue (across from the Hawthorne Post Office), Hawthorne, NJ at 12:15 p.m.
Paterson A.M. Rotary “New & Used-like New” Shoe Sale

On Saturday, August 16, 2008 the Paterson A.M. Rotary Club will hold its “New and Used-like New” Shoe Sale.

The Paterson AM Rotary Club is soliciting local shoe stores for their overstocked or out of style women’s shoes. We are going to sell the shoes at a discounted price and with the proceeds we will provide backpacks for underprivileged students in our area.

We are appealing to your generosity to help us with this upcoming project. It is through the warm hearts of our contributors that we are able to continue with our assistance to the aforementioned and other projects.

Send your donations by Friday, August 8th To: Paterson AM Rotary Club, 96 East 38th Street, Paterson, NJ 07514 or call for pick up: 973-449-0120. Ask for Robert.

District-Wide Day of Service - October 4th

**RRR = Rotary River Revival**

Our Community Service Committee is going green!

The impact of clubs working together helps to bring recognition to Rotary’s contribution to our communities and builds friendships amongst Rotarians. Join us to help improve the quality of one of our most important natural resources; our rivers. We are working with the River Restoration program, identifying sites and developing resources. More information will be forthcoming or contact: Sheryl Adamoff (973) 684-5002 or Sheryl@airtrontech.com

District 7490 Health Initiative – One Rotarian to Another

**Rotary District 7490 Health Initiative**’s purpose is to motivate Rotarians to take care of their own health, and to motivate their families and colleagues to do the same. If you are not healthy, you cannot effectively serve humanity. We invite Rotarian health professionals to join the initiative by sharing their knowledge and experience at club meetings. We invite Rotarians to share their inspiring health stories in the monthly Governor’s Newsletter. Please contact Betsy Thomason, registered respiratory therapist and past president of Pascack Valley Rotary Club, to get involved. 201-930-0557 evenings/weekends, 551-265-7561 cell, betsy@fitnessoutdoors.com

Rotarian health professional speaks on leadership and conflict resolution.

**Michael Carrier,** Pastor of the First Presbyterian Church in Ramsey, is a past president of the Bergen Highlands/Ramsey Club and currently serves as an Assistant Governor for The Rotary Foundation. A 1969 graduate of the United States Air Force Academy, Michael served on active duty for five years with Intelligence Agencies before beginning study at Princeton Theological Seminary. His involvement in working with congregations experiencing various levels of conflict led him to do advanced degree work in Alternative Dispute Resolution. He is available to speak to your Rotary Club on topics ranging from leadership to mediation and conflict management. You can contact Michael at 201-394-4878 or mikecarrier@earthlink.net (See July 2008 Governor’s Newsletter for more speakers.)

**Keeping an Eye on Your Gut for a Healthy Future**

by John Koch

Last November, my wife Lucy died from complications of ALS (amyotrophic lateral sclerosis). Rotarians helped us so much during the three years Lucy and I were struggling with ALS. This is how I met respiratory therapist Betsy Thomason – when she brought Lucy a cough machine and taught us how to breathe effectively.

Then I discovered that we are both Rotarians in District 7490. We have become acquainted, as Rotary motivates us to do. I introduced Betsy to my daughter Debbie who nudged her to begin writing her BreathPlay™ book, which she has been doing for one year.

I told Betsy that it hasn’t been easy these past seven months since Lucy died. It never is when you loose someone you love. What I decided to do is to take care of myself, as friends and doctors at the VA have suggested. I didn’t know where to start.

That’s when I noticed my gut – something that took me over forty years to ‘perfect’. I realized that I looked like I was
District 7490 Health Initiative—One Rotarian to Another

(Continued from page 6)

with child for more than 4 months!

In February 2008 I joined Quest, a local health club, and after evaluation and orientation, I was amazed to discover how easy it is to exercise. There are machines – powered by you - to build up your arms, legs, shoulders, biceps, triceps – any muscle group you want. When the instructor told me that the crunch machine would help reduce the size of my stomach, bells went off in my head.

My exercise routine starts with fifteen or twenty minutes of fast walking on the treadmill. Then I choose my machines very carefully, based on what I feel like doing. I want it to be fun. My goal is to reduce my need for the glucose-controlling pills I’ve been taking for thirty years; maybe even to eliminate them.

I’ve been going to the club for five months – two hours a day, a minimum of three times a week. Some weeks I’ve done seven days! You may think at this point that I look like Charles Atlas! He was a bodybuilder way back in the day when the only thing to exercise with was barbells.

For me, the thrill is looking in the mirror and seeing my belt buckle!

Upcoming Events

August 4, 2008 - DISTRICT STAFF MEETING - Membership and Extension. Location: Villa Roberto Ristorante, 70 West Passaic Street, Rochelle Park, NJ 07662, 201-845-3333. All Rotarians are invited to attend. Meeting at 6 P.M. sharp. Fellowship will begin at 5:30 P.M. Please RSVP to Chief of Staff Ray Hough 201-342-3300 or Email: RH385@aol.com.


September 8, 2008 - DISTRICT STAFF MEETING - Vocational Service. Location: Villa Roberto Ristorante, 70 West Passaic Street, Rochelle Park, NJ 07662, 201-845-3333. All Rotarians are invited to attend. Meeting at 6 P.M. sharp. Fellowship will begin at 5:30 P.M. Please RSVP to Chief of Staff Ray Hough 201-342-3300 or Email: RH385@aol.com.

October 6, 2008 - NEW JERSEY VOCATIONAL ASSEMBLY - Birchwood Manor, Whippany, NJ.

October 7, 2008 - DISTRICT STAFF MEETING - Interact and React. Location: Villa Roberto Ristorante, 70 West Passaic Street, Rochelle Park, NJ 07662, 201-845-3333. All Rotarians are invited to attend. Meeting at 6 P.M. sharp. Fellowship will begin at 5:30 P.M. Please RSVP to Chief of Staff Ray Hough 201-342-3300 or Email: RH385@aol.com.

October 30, 2008 - WYCKOFF-MIDLAND PARK ANNUAL BEEFSTEAK DINNER - To be held at the Brownstone Inn in Paterson beginning @ 6:00 pm. For info or tickets contact Howard Partin or Al Daloisio at (973) 684-0362. Tickets are $40.00 each.

November 3, 2008 - DISTRICT STAFF MEETING - Rotary Foundation. Location: Villa Roberto Ristorante, 70 West Passaic Street, Rochelle Park, NJ 07662, 201-845-3333. All Rotarians are invited to attend. Meeting at 6 P.M. sharp. Fellowship will begin at 5:30 P.M. Please RSVP to Chief of Staff Ray Hough 201-342-3300 or Email: RH385@aol.com.

November 14, 2008 - THE JERSEY CITY ROTARY DAYBREAK CLUB’S "A NIGHT AT PEGASUS“ - To be held at the Meadowlands Race Track. Tickets are $100.00 each-includes a dinner buffet and valet parking. For tickets or more info please contact Lenora Gaskins at 973-634-4586.

December 1, 2008 - DISTRICT STAFF MEETING - Holiday Celebration(Alamat TBA). All Rotarians are invited to attend. Meeting at 6 P.M. sharp. Fellowship will begin at 5:30 P.M. Please RSVP to Chief of Staff Ray Hough 201-342-3300 or Email: RH385@aol.com.

February 13, 2009 - GIFT OF LIFE DINNER - The Venetian, Garfield, NJ,

May 20, 2009 - DISTRICT ASSEMBLY

April 24, 2009 - PRESIDENTS NIGHT AND DISTRICT CELEBRATION - Rockleigh Country Club, Rockleigh, NJ.

May 14 - 17, 2009 - 52ND ANNUAL DISTRICT CONFERENCE - Hyatt Regency Hotel and Conference Center, Montréal, Canada.