

A monthly newsletter brought to you by Princeton Corridor Rotary Club

VOL. 4. ISSUE 4

**APRIL 2021** 

#### Top stories in this newsletter









ricia Bake

Carol Feldman

Shelby Rhodes

#### Chris Reef



4/2/2021 -Our speaker at our lunchtime meeting on Friday was Tricia Baker with Attitudes In Reverse (AIR)

Tricia shared some of her personal and family journey which lead to establishing AIR. They offer a comprehensive mental health plan to educate youth, from elementary level through college-age. AIR's programs are wrapped in messages of understanding, empathy and kindness towards all. They believe that good mental health

programming makes the best anti-bullying and suicide prevention plans. Her passion and commitment to this work is apparent and we thank Tricia for sharing her

story with our club.

Also joining us at the meeting was Maya Wahrman who updated us on what has been happening and what she is working on now.

### Larry Kidder

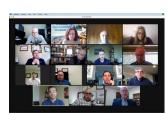


4/9/2021 - Our speaker at our Friday virtual meeting was Larry Kidder. Larry spoke about Jacob Francis, who was a free black man during the revolutionary war period in America. Although slavery was still in force in New Jersey at the time, Jacob broke many barriers during his life.

Jacob served in the Continental army in New Jersey and served under George Washington and participated in the battles in Trenton and Princeton. After the war he was able to buy land and was a farmer. He married a slave who he purchased and then freed her from bondage.

They had many children who went on to help the abolitionist movement in the U.S. A very interesting topic and Larry will be writing a book about the fascinating and little known life of Jacob Francis.

# Carol Feldman



4/16/2021 -. Our speaker last Friday was Carol Feldman. Carol is a Licensed Clinical Social Worker and a Certified Addiction Specialist She has a private practice in both Pennington and Hamilton and conducts sessions with individuals, families and couples.

Carol is also the Executive Director of Shine and Inspire a local nonprofit that specializes in helping people who need help while inspiring them to pay it forward.

She was there to talk about the emotional impact the pandemic has had on individuals and families, both in their personal and work lives. Carol also gave us some insights into trends around suicide and addiction during the pandemic as well as resources to use in the event some one needs help coping with stress or loss in their lives.

#### Shelby Rhodes--Women in Rotary



4/23/2021— Our speaker on Friday was Shelby Rhodes. Shelby is a member of the Rotary Club of The Skylands and is the District Governor elect for District 7475, taking office in July, 2021. Shelby was there to talk about the recent Women in Rotary Leadership forum and the initiatives coming out of that forum. Historically women has been under-represented in Rotary which is part of the reason that women are also under-represented in leadership positions. Among the actions that can be taken to address this issue, and indeed all diversity and inclusion efforts, begins with each club taking a serious look at their own practices and the environment they

create. That environment can either be welcoming and inclusive or the opposite. So it is up to each club to take a serious, realistic look at that and take necessary actions to change it. Difficult but critically important. Thanks, Shelby for your perspective and ideas on this important issue.

**April Business Meeting** 4/23/2021— This month's business meeting discussed the possibility of a safe return to in person meetings and what that will look like. This will be discussed further at the next board meeting in May. The scholarship committee has chosen this years High School winners and they will be recognized at a meeting in June. And as always the meeting ended with a few Trivia questions. Leaders remain Caryn Berla, Sal Levatino and Dan Sheridan.

#### **Chapter Fundraising Projects:**



The tickets for the District Wide Rotary raffle are due back by May 10th. Please contact Jon Castaneda with any questions and if you still need to buy a ticket for yourself. The more we sell, the more we make for the club! jcast@allstate.com

## **Rotary District and International Spotlight:**

Save the date for the Rotary Virtual Convention, 12 -16 June. The Rotary Virtual Convention will be open to all Rotary members and participants. Event registration is now open. Find out more: <a href="https://on.rotary.org/2PmJPQy">https://on.rotary.org/2PmJPQy</a>



## **Schedule of Events**

Our virtual lunch meetings will continue in May, Fridays 12pm (exception 5/21)

Zoom login information will be sent each week.

Friday, May 7 12:00-1:00PM Speaker: Mike Pucciarelli HBK

Tuesday, May 11 —4:30 - 6:30PM Social

Location: Metro North Restaurant

Friday, May 14 12:00-1:00PM Speaker: TBD TBD

Friday, May 21 12:00-1:00PM
In Person meeting at Greg Caruso's home
East Windsor

Wednesday, May 26-12:00-1:00PM

Board Meeting

Friday, May 28, 12:00—1:00PM Business Meeting



# SAVE THE DATE:

June 8, 2021

Strike out Hunger with United Way of Greater Mercer County https://www.uwgmc.org/soh.

Contact Sal for more info.

# SAVE THE DATE

July 1, 5pm Installation Gerhard's home in Plainsboro

# Member News:

Congratulations to Maya Wahrman on her engagement.

Caryn was recently interviewed by a local radio station regarding the CDC's new rulings on cruising returning to the US. Here is the link to the inteview: https://bit.ly/3vxbWfV.

Caryn also is hosting a webinar regarding Cruises Big Comeback on May 4 at 6pm or 9pm. To register: www.familycruising.net/events

Sal's monthly webinar series to Business Transformation Seminar Series 2021 continues on May 17 at 4pm. Topic: Is Work/Life Balance Possible? To register: https://conta.cc/337yfMZ

Facebook: Check out our chapter's Facebook page and share stories of interest.

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