



Top stories in this newsletter



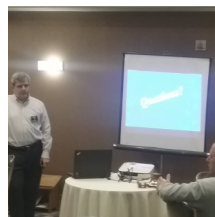
Suppers Program



Princeton Club



Officer Narvaez



Identifying Best Prospects

Suppers Program



03/01/2019 — Our luncheon speaker on Friday was Dorothy Mullen with the Suppers Program. Dorothy gave the club her insights about the links between what we eat and maintaining our cognitive ability.

Most Americans eat too much processed foods, which in turn contributes to the epidemic of diabetes and related diseases. Dorothy began to teach us the differences between foods and how to begin to eat more healthy. In turn, this will help prevent or delay many diseases, including cognitive impairment diseases.

Princeton Club Luncheon



03/08/2019 - Several of our members visited the Princeton Rotary Club to listen to Mayor Liz Lempert share the economic development plans for Princeton. The Princeton Club was also happy to install 3 new members at that same meeting .

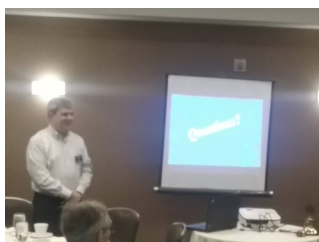
Officer Narvaez



03/15/19 - Officer Jorge Narvaez of the Princeton Police Department was our speaker at lunch today. Officer Narvaez explained his efforts to help fire departments in Nicaragua.

So far he has sent two retired fire trucks down there to allow for fire coverage in remote areas of the country. These trucks can not longer be used locally but they can provide benefit elsewhere. Officer Narvaez took it upon himself, using his own time and energy to fill this need

Identify Your Ideal Prospects



03/22/19—Our speaker this week was one of our members, Sal Levatino, owner of SL Business Solutions. Sal spoke about how to identify your ideal prospects.

Many small businesses struggle to define a process where they can consistently target their best prospects. The presentation proposed a process where several sources of information can be brought together to create this reliable target marketing. Of course this all requires a specific action plan to implement the great ideas so the presentation ended with Q & A related to implementation strategies and best practices.



Princeton Chamber Luncheon

03/07/19 - Our club foundation had a non-profit table at the Princeton Regional Chamber's member lunch on Thursday. Each month several non-profits can engage with other chamber members to raise awareness about their individual mission.

We were able to meet dozens of people to talk about how Rotary serves the local community and contribute to global initiatives as well. We also invited those people to one of our lunch meetings

We would like to extend that invitation to you as well so please reach out to our club for further details.



News Around Town



March 28, 2019—Two members, John Molinelli of Sheehy and Molinelli and Caryn Berla of Cruise Planners held a joint event on Planning your Bucket List: An Introduction to European River



Cruising. John explained how they help their clients plan for the future, including having the money for travel. Caryn discussed the what, where, why and when of River Cruising.

Schedule of Events

Friday, April 5- 12:00PM - 1:30PM

Location: Hyatt Regency

Speaker: Peter L. Gilbert U.S. Army War College Fellow Princeton University Woodrow Wilson School of Public & International Affairs

'In Extremis Leadership'....I'll also take the opportunity to update the Rotary on 'The State of the U.S. Army' and a little about what I'm doing at the University this year.

Tuesday, April 9 - 5:30PM - 7:30PM

Location: Metro North Grill

Princeton Corridor Rotary Social

Friday, April 12 - 12:00PM - 1:30PM

Location: Hyatt Regency

Speaker: Kris Grudt- Exc Director Princeton National Rowing

The organization operates the Finn Caspersen Boathouse on Mercer Lake - a United States Olympic Training Site.

Thursday, April 17, 6:00PM—7:30PM

Location: Stoney Brook Grille, Branchburg

RMB Networking Social

visit: <https://njrotary.org/event/district-rotary-means-business-networking-social-1/> to register.

Friday, April 19 - 12:00PM - 1:30PM

Location: Hyatt Regency

Speaker: Chris Walsh- Riverhorse brewery

Local brewery handcrafting unique beers

Wednesday, April 24 - 7:30AM - 9:00AM

Location: Stark & Stark Community Room

Board Meeting

Friday, April 26 - 12:00PM - 1:30PM

Location: Hyatt Regency

Club business meeting

But, we ask, must the best genius of men be devoted to the science of war and none to the science of averting it?"— Paul Harris, 1940