



A monthly newsletter brought to you by Princeton Corridor Rotary Club

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Top stories in this newsletter









WorkWel

Hyatt Recency Lunch Colleen Knock

Chief Garofalo



2/4/2022 -One of our newer member, Matt Drago, gave his bio talk during our lunch on Friday. We ask our new members to speak to the club so that we can get to know that member much quicker than would be possible with individual meetings.

Matt told us about his family, childhood and his path to his current role. This included working in financial services, a minor league baseball team, owning a sports memorabilia franchise and currently the publisher of the monthly magazine Mercer Neighbors of East Windsor.

Interesting background and talk, so we thank Matt for speaking to us and wish him great success in his current endeavor and on his Rotary journey.

WorkWell



2/11/2022 –. We welcomed the Executive Director of Work-Well, Jeannette Rizk and her staff, as our speakers on Friday. Workwell is a New Jersey-based program that brings job training, life skills, and mentoring to people released from prison. The goal of the training course is to serve individuals navigating the difficult road from prison to sustained employment and community partici-

pation.

Working with local partners, they take their clients through a multi-week course to get them off to a good start in re-entering daily life outside of prison. Workwell also engages with local businesses to help match skills with employer needs and they are always looking to add to their list of businesses willing to help with this good work.

Hyatt Regency



1/22/20212 –We had a very special in-person event on Friday where we were at the Hyatt Regency after a nearly 2 year absence. This one-time meeting was held to introduce the club to the new restaurant within the Hyatt called "Laurea". needs and they are always looking to add to their list of businesses willing to help with

this good work.

This Italian themed restaurant opened recently and we sampled their specialties. We were also treated to some custom sample sized drinks prepared specifically for us.

We also held our meeting in the newly refurbished restaurant area. The welcome sign was slightly incorrect but many invited guests were in attendance for this special occasion so we thank the Hyatt for inviting us to this new experience.

Colleen Knock



2/25/20212 –We had our usual monthly business meeting on Friday to talk about discussions and actions coming out of our Board meeting.

But we also had a speaker join us. We welcomed Colleen Knock, a Capital Health Liaison who will speaking

to us about Capital Health's Healthy Living Program. Capital Health has launched an interesting program focused on the needs of senior citizens.

Some of the benefits of this program are coordination of doctors appointments, care management, exercise programs as well as some transportation. Thanks to Colleen for letting us know about this program and how to get additional information.



The club raised \$1,760 from the Super Bowl Box Pool. Congratulations to all the winners!

Rotary District and International Spotlight:

District Conference - Save the Date: April 22-24, 2022 Hershey, PA



Food Insecurity



What is food insecurity? A lack of reliable access to enough food to sustain day-to-day health. And since 2014, global food insecurity has been on the rise.

By 2050, the Institute for Economics and Peace expects the number of people experiencing undernourishment to raise to 45%. Rowe can change this— tary continues to organize projects and raise funding to help com-

bat this issue, hoping to protect communities under extreme ecological threat. Learn more about these efforts and what's already been done: https:// on.rotary.org/3BQcAcG

Peace Centers—Rotary International



Being a pioneer of peace doesn't mean it comes naturally, like any skill it takes time, passion, and practice. Rotary Peace Centers, located around the globe, serve as a training ground for peacebuilding and conflict resolution.

- 93% of working alumni have a job connected to peace development
- 90% of alumni have opportunities to connect & collaborate with Rotary networks and partners
- 188M has been contributed to the program

Learn more about the Rotary Peace Centers: https://on.rotary.org/3BUqryw



In Person meeting safety notice
Out of an abundance of caution, for the safety of our members and guests due to the ongoing spread of the Delta COVID variant, we respectfully request that only members and guests who are vaccinated attend our in-person lunch meetings until further notice.

> If you plan to invite a guest to an upcoming in-person meeting, please notify them of this request in advance. We appreciate you understand-

ing and cooperation during these challenging times. Sincerely The Board of the Princeton Corridor Rotary Club

Schedule of Events

Our lunch meetings will all be alternated between in Person and Zoom.

Friday, March 4 12:00-1:30PM - Salt Creek Grille Speaker: Rich Rein, author William H Whyte, the Dean of Urban Planners

Social: Tuesday, March 8 4:30 - 6:30PM- Metro North Restaurant

Friday, March 11 12:00-1:30PM- Zoom Speaker: Pat Miller, therapist Training your Brain

March 17—Happy St. Patrick's Day

Friday, March 18 12:00-1:30PM—Salt Creek Grille Speaker: TBD

Wednesday, March 23-8:00-9:00 AM-Zoom **Board Meeting**

Friday, March 25 12:00-1:30pm—Zoom **Business meeting**

Member News:



Welcome to our returning member, Tom Colistas.

Sal Levatino will be holding his monthly training sessions with the next one on March 14 at 4pm. It is a virtual event—Using DISC for Sales. Register at: https://rb.gy/cdrcn0

Facebook: Check out our chapter's Facebook page and share stories of interest. https://www.facebook.com/PrincetonCorridorRotaryClub