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**OUR WELCOME SONG**

*We welcome you to Morristown*

*Where freedom's wars were fought.*

*We welcome you to Morristown*

*Where liberty was wrought.*

*Come join our age old comradeship,*

*Break bread with us today.*

*In real Rotarian fellowship*

*Our greetings we convey.*

**THE 4-WAY TEST**

Of the things we think, say or do:

1. Is it the TRUTH?
2. Is it FAIR to all concerned?
3. Will it build GOODWILL and BETTER FRIENDSHIPS?
4. Will it be BENEFICIAL to all concerned?

**VISIT OUR WEBSITE**

<http://www.morristownrotary.com>

# THE RAMBLER

October 24, 2007

## Rotarians Enhance Nutrition Through PowerFlour

*By Tiffany Woods*

*Rotary International News*

What do you get when you combine porridge and barley malt flour? Rotarians know the answer: a cereal that can save the lives of malnourished infants.

Since 1995, Rotarians in districts 6220 and 6270 (Michigan and Wisconsin, USA) have been raising funds to package and ship malt flour, or "PowerFlour," to developing countries where porridge is a daily staple.


When barley malt flour is added to a heated starchy food, the starch is converted into sugar, protein is transformed into soluble protein and amino acids, and minerals are released. People who are severely malnourished are unable to produce the enzymes necessary to digest porridge and other starchy foods. Infants younger than about 2½ years of age cannot digest starchy foods at all. But when malt flour is added, they can extract more calories and nutrients from the food. The diet enhancer can be added to rice, corn, oats, wheat, yams, millet, beans, and other starches.

The PowerFlour Action Network, a Rotarian-managed nonprofit in Wisconsin, has sent the powdery food supplement to 66 countries and distributed enough to enhance more than 50 million meals, says Tom Hartzell, the network's president and a member of the Rotary Club of Sheboygan West.

In September, the organization shipped 10,000 pounds of PowerFlour to a non-governmental organization in Panama with help from a \$12,500 Matching Grant from The Rotary Foundation. The malt flour will be used to feed 5,000 malnourished children for about six months. The grant also helped pay to publish 10,000 copies of a booklet about the use and benefits of the malt flour.

A study of 65 children under 2½ years of age in Panama showed that those who consumed oatmeal containing the malt flour put on more weight than those who ate oatmeal without the supplement. In all other respects, their diets and health status were the same. After five months, the children who ate the malt flour gained about 50 percent more weight than the children whose food did not contain it.

The PowerFlour Action Network gets the malt flour at no cost from malt producers, mainly Briess Malt & Ingredients in Chilton, Wis. A 50-pound bag, which normally costs about \$13, will supplement about 24,000 one-cup servings of porridge.

Interested in replicating this project? Find out more at [www.powerflour.org](http://www.powerflour.org) or e-mail John Wiley at [jwiley@elipticon.com](mailto:jwiley@elipticon.com) to request a free booklet and 10-ounce sample of the malt flour. 

## Interact Club Used Bike Collection

Submitted by Linda Kostrowski

### **THIS WEEK!**

On Saturday, October 27th, 9am - 12 noon, the Morristown High School Interact Club will hold its annual Used Bicycle Collection. We accept used bikes in repairable condition. Bikes should be dropped off behind the high school. I know many members have bikes in their garages which their kids have outgrown or which just don't get ridden any more. We'd be glad to have them!

We work with Pedals 4 Progress, an organization which ships the bikes to countries where they are used for transportation to school or work. They train a member of the receiving community to service the bikes, so it's a win-win deal. We also ask a \$10 donation to help with the expense of shipping the bikes to their destination. Members should hold on to their bikes until the collection day - we don't have any storage facilities to stockpile them. We thank you! ☺

**Send Meeting  
Make-Ups to:**

**John Kuschke  
26 Lynnfield Dr.  
Morristown, NJ  
07960**

## Halloween Party

**Date:** Saturday, October 27, 2007

**Time:** From 7:00 PM

**Where:** The haunted house of Cindy and Chris Flanagan,  
122 Washington Ave,  
Morristown, NJ 07960

**Cost:** Nothing, \$0, nada, not a dime.

### **The Rules**

Come in Costume

Bring what beer, wine or soda you would consume. You can either share this with everyone or you can drink your own (though considering the theme this year is Rotary Shares - hint hint!)

Sign up for a food item to bring.

RSVP to Chris Flanagan ([cbflanagan@gmail.com](mailto:cbflanagan@gmail.com))

When you RSVP please indicate what food item you can bring (from the list on our web site). This list will be updated with changes as they come. ☺



## Group Study Exchange 2008

The Rotary Clubs of our area are seeking four outstanding young adults to visit the Goa region on the western coast of India for a month-long, expense-paid cultural exchange trip. Sponsored by the Rotary Foundation, the **Group Study Exchange** team will travel throughout this part of the world during January and February of 2008.

Through the program, groups of young adults from two different parts of the world will visit each others' countries to share their personal, cultural and professional experiences with those they meet in their host country.

The purpose of a group study exchange is to promote international understanding and goodwill through person-to-person contact. While abroad, team members stay in Rotarians' homes and have the opportunity to meet their professional counterparts. They will also give presentations to Rotary Clubs and other groups about our home country and local area.

The Rotary Foundation provides round-trip airfare and local Rotarians in the host country provide meals, lodging and group travel in their district. Team members are responsible only for their personal and incidental expenses.

People interested in applying must be between the ages of 25 and 40, and employed full time in a recognized business or profession for at least two years. Applicants must live or be employed in Rotary District 7470 which is comprised of Morris, Essex, Warren and Sussex Counties. The deadline for application is November 15, 2007.

For further information or an application, please call Frank Geraghty at (908) 213-0055 (days), or e-mail: [fgeraghty@enter.net](mailto:fgeraghty@enter.net).

6th Annual  
**A Taste of Morristown**  
A CHARITABLE FUNDRAISER

**Monday, November 19, 2007**  
**6:00-9:00 p.m.**

Hosted at Morristown Armory  
Wine Tasting courtesy of Gary's Wine & Marketplace

Showcasing the fine and diverse restaurants of the Morristown area

**NEW FEATURE: SCOTCH TASTING PRESENTED BY THE WHISKEY GUILD**

Proceeds benefit Morristown Rotary Club's local and international service projects.

Live Music & Silent Auction

**\$70 Per Ticket**

Tickets on sale in Morristown at King's Supermarket, UPS, Dublin Pub, Braunschweiger Jewelers, in Madison at Gary's Wine and Marketplace, or by contacting St. Marcus at (973) 631-7985; e-mail [am.esq@verizon.net](mailto:am.esq@verizon.net)

For information regarding participation, tickets and sponsorship, e-mail [tasteofmorristown@morristownrotary.com](mailto:tasteofmorristown@morristownrotary.com) Telephone (973) 631-7985

Gold Sponsors: Prudential Financial, Gary's Wine & Marketplace, THE RESIDENCES AT MORRISTOWN

Bronze Sponsors: Provident Bank, Scottrade  
Presented by The Morristown Rotary Club

# The Taste of Morristown

Reminder to all Rotarians: Monday night; November 19, 2007 is coming around quickly... and The Taste of Morristown Committee can not do everything all on its own!

Please give us a hand by helping out on the following:

- Reach out to all business contacts to see if you can obtain **SPONSORSHIPS**.
- Start the sales process by reaching out to all potential **TICKET BUYERS**.
- Solicit donations of Silent Auction items

Sponsorship and Silent Auction forms will be available on the Morristown Rotary Website in the "Forms and Documents" section.

Visit [www.tasteofmorristown.org](http://www.tasteofmorristown.org) for more details!

## Dictionary Project

Here are just a couple of photos from Dictionary Week last week! If you missed out, you still have an opportunity to help out this Friday Oct 26, at the Sussex Ave School. Contact Dave Bagish if you are interested in helping!



### Quote of the Week

*"My people? Who are they?  
I went into the church where the congregation  
Worshipped my God. Were they my people?  
I felt no kinship to them as they knelt there.*

*My people! Where are they?  
I went into the land where I was born,  
Where men spoke my language...  
I was a stranger there.  
'My people,' my soul cried.  
Who are my people?'*

*Last night in the rain I met an old man  
Who spoke a language I do not speak,  
Which marked him as one  
who does not know my God.  
With apologetic smile he offered me  
The shelter of his patched umbrella.  
I met his eyes... And then I knew..."*

'Who Are My People,'  
by Rosa Zagnoni Marinoni

## Help Fill These Pages!!

Please send stories, news, jokes, photographs, and gossip for *The Rambler* to:  
P.J. Thurkauf at [turk11042@hotmail.com](mailto:turk11042@hotmail.com) or 973.538.2040 (fax)

### Calendar of Events

Oct 27	Morristown Interact Club Used Bicycle Collection at MHS. 9am - Noon.	Nov 2	Rotary Seminar on Pure Water Initiatives - FDU Madison Campus - 9am-12pm
Oct 27	Annual Halloween Party @ The Flanagan's. Details on Page 2.	Nov 3	Rotary Day at the UN

## UPCOMING LUNCH

### PROGRAMS

At the Spring Brook Country Club, Morris Township.

#### This Week:

**Dag Bulman - Morristown Historical Society**

## UPCOMING BREAKFAST

### PROGRAMS

At the Morris Center YMCA's Richard F. Blake Children's Center, Cedar Knolls.

#### This Week:

**Byron Miller - Pure Water Project**



Contributions to the Endowment Fund should be addressed to:

**Morristown Rotary  
Endowment Fund  
c/o Jonathan Taylor  
2 Tulip Lane  
Randolph, NJ 07869**

Thanks to the club officers for their continued management of this fund. Balance as of 09/10/2007 is \$154,800