

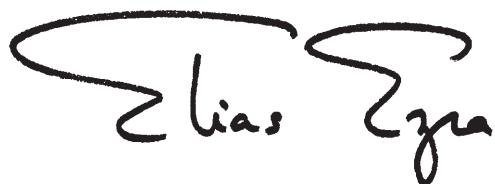
The holiday signs are everywhere. Festive decorations have been in the stores for weeks and well known jingles have been playing on the radio; mouth-watering cookies and other festival treats are being baked by the dozen and the final countdown for the holiday season has begun. It is a time for frantic celebration, for family reunions and for reflection.

In the December 2007 issue of The Rotarian magazine, the author Joseph Derr makes a profound statement in his article entitled "Doing Good – Feeling Good." In it, he makes the case that there is a palpable connection between altruism and good health. Dr. Stephen Post, a professor of Bioethics at the School of Medicine at Case-Western Reserve says that being generous adds to the overall quality of life and possibly increases longevity. It's good for society and it is also good for us. It's present in the Golden Rule and in The Four Way Test.

And if this is true, there are a lot of people in this District who will live very long lives. And deservedly so.

If you have not already done so, and even if you have, please take a few minutes out of your life and make a contribution to The Rotary Foundation. It could prolong your life and it will definitely help the lives of many others.

I wish all of you a very Happy Holiday and a Happy New Year.



Elias (Elly) E. Ezra
Foundation Director



DISTRICT 7510 ROTARY FOUNDATION CONTRIBUTION FORM

I would like to be contacted with information about various programs that would enable me to participate in Rotary Foundation Estate Planning.

Rotarian Name _____ Club Name _____

Address _____ City _____ State _____ Zip _____

Telephone _____ Email _____

Please apply my tax-exempt donation (payable to The Rotary Foundation) of \$ _____ to the following:

- Sustaining Member (\$100 min.)
- Paul Harris Recognition (\$1,000 min.)
- Paul Harris Recognition for another person (\$1,000 min.)
- Benefactor (wings for the Paul Harris pin - \$1,000 min.)
- PolioPlus Partners
- Additional Paul Harris Recognition (\$1,000 min.)
- Major Donor (\$10,000 min.)

I would like to become a member of The Paul Harris Society (\$1,000 per year for life)

Questions? Call the District 7510 Foundation Director Elly Ezra at 732-968-1234

**Do You
HAVE YOUR
WINGS YET?**

Donate
\$1,000 to the
Permanent
Fund for wings
to attach to
your Paul
Harris pin.