

# The Spoke

## Rotary Club of Danbury

[www.danburyrotary.org](http://www.danburyrotary.org)

May 20, 2009

P.O. Box 788, Danbury, CT 06813

### President Carol's Corner:



The Connecticut Filmfestival will be running again, June 2<sup>nd</sup> to June 7<sup>th</sup> and they have offered us a table, June 5<sup>th</sup> and 6<sup>th</sup> on the Danbury Green. We will need people to man it, so give me a call if you are interested.

The Festival is unique, one of the few in the country, and brings many aspiring film makers to our community. In addition it is a great source of entertainment for all, an opportunity to showcase our local talent, financially a boon to Danbury, and great publicity for our community.

I also wish to remind everyone about the importance of our scholarship program to the community and the Club, and encourage you to bring guests with you to our luncheon June 3<sup>rd</sup>.

Remember that our Visionary meeting is scheduled June 23<sup>rd</sup>. Here is the chance for each and every Club member to provide input into how the Club can re-invent itself, and chart a future for us that will make the Club attractive to new members, and those who are all ready a part of our fellowship.

In addition, I encourage all of you have yet to attend and Amber Alert session to do so. You will not regret it, and Bob needs you to help out. Amber Alert is one of our most important Club fundraisers, so please support it.

Finally, the \$100 Sustaining Foundation Member contributions are way behind in Club participation. Please become a Member. The Foundation is a critical part of the Rotary experience.

I look forward to seeing all of you next week, and wish all of you a happy and enjoyable Memorial Day.

### Some dates to remember:

5/26 GD Chamber of Commerce Annual meeting luncheon, Amber Room

6/13 Westerners Golf tournament, The Golf Club, Oxford Greens; \$190 a golfer, \$40 dinner only

6/15 Ann's Place Ladies Golf Classic- \$175 person for foursome, Richter Park

6/22 Hanahoe Clinic Dinner honoring Dr. Hines, Amber Room, cocktails at 6:30 pm. **IT IS IMPORTANT WE SHOW OUR SUPPORT FOR THIS MOST REMARKABLE WOMAN!**

6/20 Great Duck Race, Wpt Sunrise, 11 am to 3 pm-2,500 ducks launched into Saugatuck River, at Parker Harding Plaza, \$20.00 a ticket—can win \$5,000! [www.westportsunriserotary.com](http://www.westportsunriserotary.com)

6/23, Visionary Meeting, Pamela Burdette-Miller, Chair. Note Change. Place is yet to be determined.

### Speakers-

6/3 Scholarship luncheon, Ethan Allen

### Amber Alert-

5/31 Brookfield Fire Dept, 11 am-3 pm

6/6 Teddy Bear Family Craft Fest, N.Mfd, 10 am-3 pm

6/13 Stony Hill Fire Dept, 10 am-3 pm

6/14 Burnum School, Bridgewater, 2 to 6 pm

6/20 Westerners, Rogers Park, Dbry 9 to Noon

7/24 and 7/25 Village Fair Days, N Milfd.

10/10 Trumbull Mall TBA

10/17 Reed School, Newtown, 10 am to 4 pm

### May 20th Meeting-

### Scott Caldwell, Massage Therapist and Personal Trainer on How to Look and Feel Your Best, and How to Manage Stress:

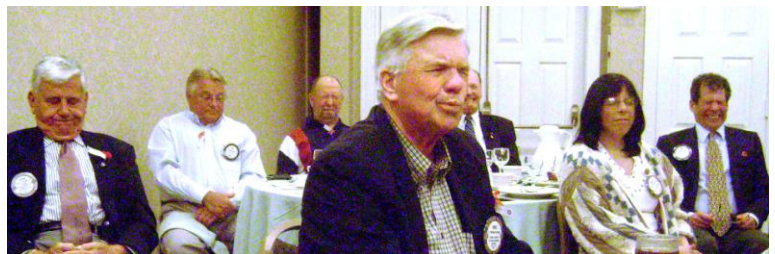


Scott Caldwell created the ultimate in audience participation which was an integral part of his presentation. Of course, the roving Spoke photographer was there, and we were able to capture some of the most interesting pictures taken during a luncheon presentation. When people respond, the camera clicks.

Initially, Mr. Caldwell put our president, Carol G in front of an imaginary computer desk showing the

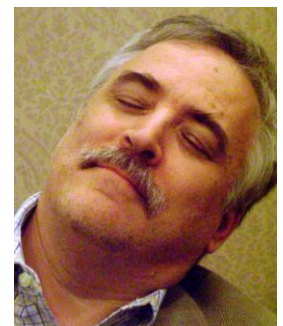
problems one is likely to have, physically, if the monitor is too high or too low. The photo of Carol typing away into thin air was quite special.

Mr. Caldwell also took us through a series of relaxation procedures, and the face clinching was the most fun. Larry Andrea threatened the Editor/photographer with bodily harm, but the pictures were too priceless to bury.



The Club just before relaxation set in.

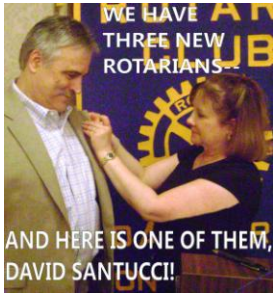
Mr. Caldwell challenged the entire Club to a manifesto of self improvement. It required three legs: 1) You must be motivated to lose weight, work out on a regular basis, and set fitness goals that are achievable 2) If you are currently working out, you need an efficient program which improves your posture as well as your form 3) You should have a program that is individualized; one program will not fit all. You should talk to an expert who can fit the program uniquely to you.



A relaxed David Santucci

Finally, since all of us could profit from a procedure that would help us with our daily stress load, our speaker showed us some simple techniques that would help us deal with that nettlesome daily stress.

Thanks for the animated presentation, Mr. Caldwell. Not only did you reduce the stress-load of the Club, you made this Editor/photographer very happy.



We are happy to report that three new members were voted into the Club by our Board of Directors. They are Marnie Teatro, Susan Almeida, and David Santucci. David received his induction today, holds 3 degrees (a

BS in Business, and 2 associate degrees), has been married for 29 years, is the father of a daughter 27 and a Son 25, and has been in the insurance business for 5 years. He was sponsored by Ralph Welsh.



Marnie Teatro next week.

Marnie and Susan were sponsored by Caryl Luchessi, and will be inducted next week.



Susan Almeida

**Four Way Test Business of the Week:**

Your Editor had some work done on his car at Pamby Motors, in Ridgefield. Upon returning home he was called by one of the office workers there, and told he had dropped two dollars on the floor. Remarkable, isn't it? A call reporting the loss of two dollars cash! Kudos to Pamby Motors. The Four Way Test is such an important Motto for the club, that we should hear about those special folks and businesses in our community that practice the spirit of it, and hear about them on a frequent and regular basis. If any other Club members have a similar personal story, let's all be able to share it.

**And the Small Winner of the Weekly Raffle Was—**



...our new inductee, David Santucci. Congratulations Dave. Don't spend the \$10.00 all in one place.

**Make-ups:**

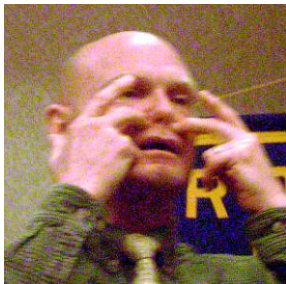
- Mon. 12:15 pm, Norwalk, Norwalk Inn
- Mon. 6:15 pm, Newtown, Inn at Newtown, 19 Main St.
- Mon. 6:00 pm, Brkfld, Mario's Pasta Garden, 174 Federal Rd., Brkfld
- Tues. 12:15 pm, Westport, Inn at Longshore, 260 Compo Rd, So
- Wed. 12:15 pm, Danbury, Ethan Allen Inn
- Wed. 6:00 pm, Ridgefield, Parks and Recreation
- Thurs. 12:15 pm New Canaan, Roger Sherman Inn
- Fri. 12:15 pm, Wilton, Trackside Restr.
- Fri. 7:30 Danbury Sunrise, The Club at WestConn, Westside Campus

<b>Rotary Club of Danbury</b>	
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**Thought for the Day-**

Of sentences that stir my bile,  
Of phrases I detest,  
There's one beyond all others vile:  
"He did it for the best."

James Kenneth Stephen



*Our speaker enthralled us with his body language, while he taught us how to relax. It appears to be the opposite,*

*but the techniques really work. Honestly.*

