

# The Spoke

## Rotary Club of Danbury

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

District 7980

August 9, 2017

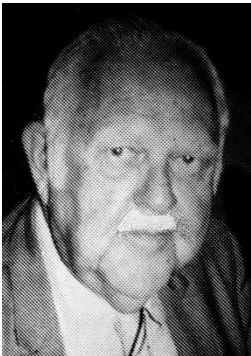
P.O. Box 788, Danbury, CT 06813

### From the Editor's Desk:

When I visited the Key Largo Rotary Club in July, I discovered that the incoming president was Jennifer McComb. It reminded me that over my 50 years in Rotary, the admission of women to our club actually happened during my years of membership. In June of 1977, the Rotary Club of Duarte, Calif. Inducted 2 women into their club. Rotary International quickly responded, and revoked their charter on 3/27/78. The Duarte Club sued, and the suit ended up in the US Supreme Court, which unanimously decided that RI could not discriminate against women, and that was that—for then. Now 52% of all clubs in the world have women, 7.5% of District Governors are women (including our own, Trish Pearson) and the organization is richer for it. One of our members concluded that adding women to Rotary has changed its collective I.Q. by 30 points.



When the issue was being debated before the Supreme Court had made its decision, we had a straw poll, and 95% of the club members were against women in Rotary. After the decision, an elderly icon of the Club, Ted Baruch, brought in the first women, the CEO of a local Charitable Organization. When I asked Ted, "Why did you bring the first woman into our club; you were so strongly opposed to it?" He laconically replied, "Ralph, she is more manlike than a woman." Who can argue with that. Ted was the man to break the ice.



Ted Baruch

Ted studied engineering in his youth, then finished up at Columbia Law School. He was an advisor to FDR, and designed a camp stove that literally saved thousands of lives during WW II by heating without producing large amounts of CO2. Later Ted became an executive at Pepsi and increased their sales substantially worldwide. He later found Heli-Coil a major company on the stock exchange, and was on numerous boards throughout the city. While serving as president of our Rotary Club, Ted founded the Danbury Rotary Trust for Charitable Purposes and funded

it with a substantial gift to the organization—but Ted was best known for his bawdy humor. Only an elderly, paunchy gentleman with unlimited credentials could get away with his jokes; some guests were in total shock at his off color punch lines. Still we miss Ted. He died in Ft Lauderdale, in 2005, at 97. Yours in Rotary Service, Ralph

### Our Speaker today was Chiropractor Michael T. Murphy, who Spoke on Maintaining Your Wellness:

Our speaker this week was Dr. Michael T. Murphy, who practices chiropractic Medicine in Brookfield.



Dr. Murphy emphasized the importance of good nutrition, eating a diet low in fats, and specified a number of vegetable particularly helpful in maintaining good health (i.e., vegetables were specified as health food for the adrenals). But his primary emphasis was on stress reduction, insisting we can use sheer will power to reduce our stress load. For example, when we have

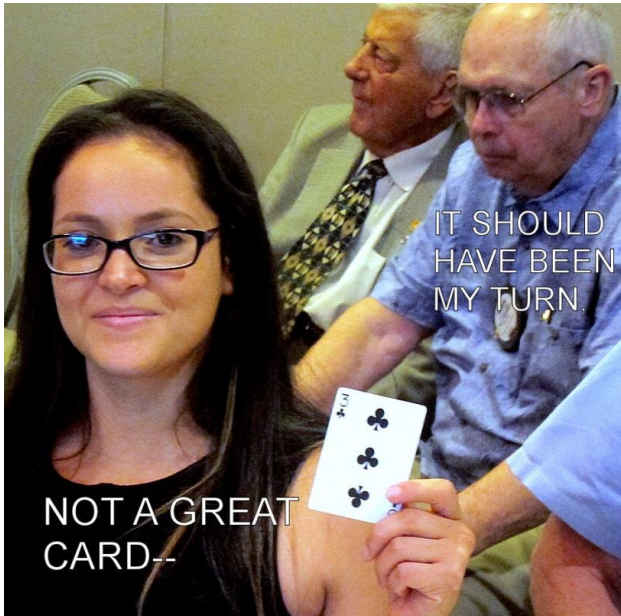
pleasant thoughts, our heart rate goes down, and when we get angry, it shoots up. The club cracked a collective smile at his term Assitude which involved shaking or applying pressure to the gluteus maximus muscles, which he insists is a major reliever of stress. Having a positive mental attitude appears to be the key at controlling stress—which is a major cause of headaches.

If you need an 'adjustment' contact Dr. Murphy at 203-948-9344.

### Tary's Rotary Minute:

For many years, our club rented the Bennett Park in Bethel for a picnic. We always had a large turnout and fun was had by all. Well, this year the picnic will be at my home, August 23<sup>rd</sup> replacing our traditional evening at Chuck's. Drop by at 4 pm. Food will be served 5:30 to 6 pm. Anticipate a wonderful time, and by the way bring your bathing suit for a dip in our pool. My home is at 97 Wellers Bridge Road off of Rt 133, in Roxbury. I hope to see all of you there





**Our Winner of the Weekly Raffle Was:**  
 Delia Espinal. She couldn't have pulled a worse card for the big prize, but the ticket was still worth \$10.00. We notice a disgruntled Marvin Page in the background. He fully expected to win today.

**Guest and Future Rotarian:**  
 Peter Maier will join the club, soon, Get to know Peter. He will be a valuable addition to our organization



**We Have a New Member!**



President Frank reads off the obligations of being a Rotarian to **Steve Cunningham**, while his sponsor, Bob Vetter, looks on appreciatively. Steve is an executive with the YMCA and will be a valuable member of the club. Welcome aboard Steve. We have a lot of things for you to do.



**Our Sgt at Arms, Nels DeAlmeida,** extorts additional cash from Ray Kish. A master at

pulling teeth, he is also good at extracting cash.

**Area Make-ups**

- Mon. 12:15 pm, Norwalk, Norwalk Inn
- Mon. 6:15 pm, Newtown, Newtown Country Club
- Mon. 6:00 pm, Housatonic Valley Bkfld Town Hall, Rm 129
- Tues. 7:15 am, Ridgefield Sunrise, Prospector Theatre, 25 Prospect St. Second Floor
- Tues. 12:00 pm, Westport, Branson Hall at Christ and Holy Trinity Church
- Wed. 12:15 pm, Danbury, Ethan Allen Inn, Danbury
- Wed 6:15 pm, Ridgefield Dinner Club, Stonehenge Rest., 35 Stonehenge Rd (off of Rt 7) Ridgefield
- Fri 7:30 am, Westport Sunrise, The Westport Inn
- Fri. 12:15 pm, Wilton, Marly's Bistro

**Rotary Club of Danbury**  
 Officers 2017-18

<b>President:</b>	Frank Scahill
Pres. Elect:	Dr. Fredrick Kayal
Vice Pres.	Tim Seibert
Secretary-	Dr. Mark Havira
Treasurer-	Tary Tarlton
Sergeant at Arms-	Dr. Nels DeAlmeida
<b>Directors-</b>	
Anita Ragona	Kristen Keil
Dr. Nels DeAlmeida	Robert J. Vetter
Mark Havira	Tim Seibert
Tary Tarlton	Dr. Fredrick Kayal
Allison Fulton	Dr. Ralph S. Welsh

John Murphy  
*No Spoke issues missed since 1/4/06*  
 Spoke Editor: Ralph S. Welsh  
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