

The Spoke

Rotary Club of Danbury

www.danburyrotary.org ,

District 7980

April 11, 2018

P.O. Box 788, Danbury, CT 06813

From the Editor's Desk:

The District Conference is fast approaching. It will be held June 1st through the 3rd, and it is the big event of the year. We need to put together a group to drive to Burlington, Vermont for this seminal event. Let Pres. Frank know if you plan to go.

Also, this is the 50th year of Rotaract. We need to inform our Rotaract members at WestConn so they can celebrate this passing.

The year has raced along, and we will have a new Board and president, soon. Dr. Fred Kayal will be in charge. We know he will do a great job.

Again this month R. I. President Ian H. S. Riseley reminded us that he would like each club to plant at least one tree this year. Several weeks ago, in response to the April Rotarian and its emphasis on the value of trees, I mentioned my admiration of my late forester father-in-law who developed a program allowing 90% plus survival of new plantings. I should have mentioned that his son, Melvin Arthur Coonrod III, has continued the tradition as the CEO of EIS, a land reclamation firm. His company is responsible for planting more than a million trees a year. His father's legacy continues. Paul Harris and President. Riseley would be pleased.



Mel Coonrod III

Yours in Rotary Service, Ralph

Tary's Rotary Minute:

After my Rotary minute last week about attendance, I have been informed that we have a member who has thirty one year's of PERFECT attendance. I think this is a very special undertaking, and we have to make this person aware of how much this is appreciated. The Board will come up with some form of just recognition for an effort few of us have been able to accomplish.



Area Make-ups-

- Mon. 12:15 pm, Norwalk, Norwalk Inn
- Mon. 6:15 pm, Newtown, Newtown Country Club
- 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

Amber Alert:

4/15 10 am to 2 pm, Hawleyville Fire Dept, Newtown

Luncheon: 4/18 Tara Galand, Send out cards

Getting Carpel Tunnel Syndrome and a Bad Back at Work? Call our Speaker, Marion Lynott. She has the Solution:

Our speaker this week was Marion Lynott, a Certified Office Ergonomic Evaluator and Health Coach. Her firm, Max Your Wellness is located in Bethel, and specializes in making your workplace environment a healthy place to spend your day.



Ms. Lynott is concerned with those factors that can contribute to musculoskeletal disorders. Her main emphasis is on workplace adjustments to minimize the above. They involve 6 workstation adjustments, proper equipment placement, comfortable keyboards, and an



The Editor, caught in the act. Image courtesy of Steve Kahn



appropriate number of breaks. She was asked about the desk that allows standing, and she heartily endorsed it.

One of the key behaviors is to place the feet flat on the floor when working and place the tools and telephone conveniently on the desk requiring minimal effort to access them.

The speaker's ideas make a lot of sense. As I type this, I realize how inappropriate my own work space is—but alas, I think I am too old and lazy at this point to change. The rest of you should. MYWs email is marion@maxyourwellness.com.

Another Visit from WestConn’s Rotaract Club:



We were more than pleased to host for lunch another member of the WestConn Rotaract Club, Suohatra Chelladucii.

We are showing two images of her due to the ironic image of the Editor being seen in the wall mirror. Caught in the act twice at one meeting! The shame of it all. Who would have thought?

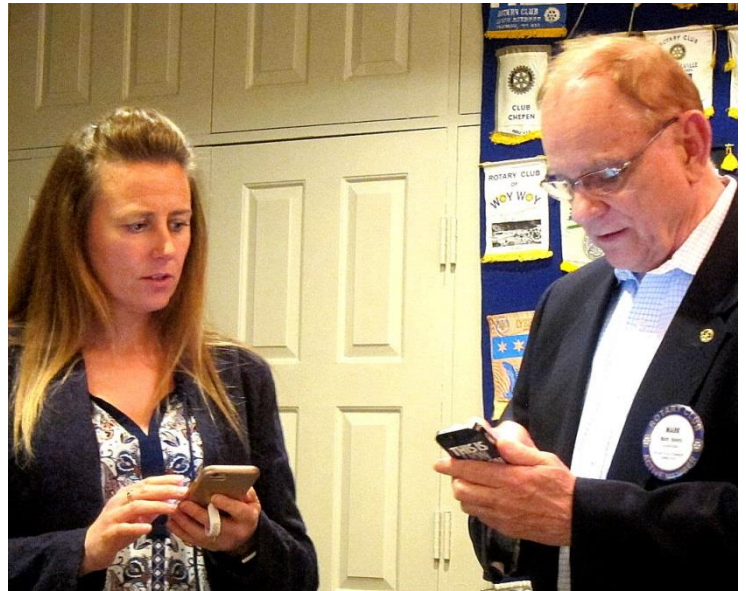
Mark Havira Holds the Winning Ticket, but pulls the Losing Card:

Oh well, Mark, you still won \$10.00 worth of 7 tickets to win the big one next week, and you made a contribution to your club. That’s what the drawing is about, anyway.



The Speaker had our attention.

Again (maybe) We Caught Two people Texting Each Other, Side by Side—our Speaker, and Dr. Mark Havira. Where have the face to face conversations gone, or did we read this wrong? Probably.



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

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|--------------------|--|
| President- | Frank Scahill |
| Pres. Elect: | Dr. Fredrick Kayal |
| Vice Pres. | Tim Seibert |
| Secretary- | Dr. Mark Havira |
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| Dr. Mark Havira | Tim Seibert |
| Tary Tarlton | Dr. Fredrick Kayal |
| Allison Fulton | Dr. Ralph S. Welsh |
| | John Murphy |
| | <i>No Spoke issues missed since 1/4/06</i> |
| | Spoke Editor: Ralph S. Welsh |
| | 203-938-2820 / rswelsh@mail.com |

Our Student of the Month, Reed Lynell:

Reed is an outstanding student at Danbury High, a member of the Honor Roll, athlete, jazz musician and involved in so many school activities we are just unable to list all of them. Great job, Reed. You are one of our best.



Photos: (L to R) Reed Lynell, Dan Lynell, Ellen Lynell, Pres. Frank, Peter Dittmar DHS, and Reed, again.