

The Spoke

Rotary Club of Danbury

www.danburyrotary.org,

District 7980

September 19, 2018

P.O. Box 788, Danbury, CT 06813

From the Editor's Desk:

We have agreed to sell a number of bird seed wreaths for a holiday fund raiser. They are \$19.95 a wreath, and we will pocket half the cost. If you have no birds around your house, you can use them as a decorative door piece. Any other fund raiser ideas will be welcomed.



Yours in Rotary Service, Ralph

Tary's Rotary Minute:

In September of 1976, we met on a Saturday to cut and split firewood from my property. We then sold it for \$75.00 a cord, using 3 trucks to make the deliveries. Inadvertently, we cut some of wood on the property of a neighbor who was none too happy, but we settled that little goof following a minor lawsuit. It was an arduous but fun day.



Yours in Rotary Service, Tary

Speakers-

9/26 Dinner at Chuck's, 5:30 pm
10/24 Dinner at Chuck's, 5:30 pm
11/21 Lions at Ethan Allen

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, Bernard's, 20 West Lane, Ridgefield
Fri 7:30 am, Westport Sunrise, The Westport Inn
Fri. 12:15 pm, Wilton, Marly's Bistro

Amber Alert Schedule-

10/20 9 am to 3 pm, Meridan Airport
10/20 10 am to 4 pm, Reed School, Newtown

Rotary



A New Approach to Joint Disease: Dr. Daniel Southern Introduced us to Interventional Regenerative Orthopedic Medicine--

When the joints wear out, become inflamed, or a ligament is torn, a common approach to treatment has been steroid injections followed by surgery. Dr. Southern suggests an alternative, using the body's own regenerative powers.

Regenerative Orthopedics is a new field of medicine, and Dr. Southern appears to be on the cutting edge of this technology. He doesn't rule out steroid injections and surgery, but believes they should be a last resort.

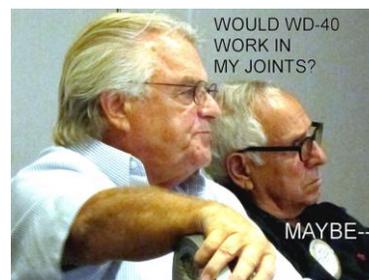
ROM is minimally invasive, lessens post-operative trauma, is less painful and involves a shorter rehab time.

Current alternatives, such as surgical ACL repair surgery, can actually accelerate the degenerative process—and steroids are only a temporary fix, with many bad side effects. Research has shown that ACL tears treated using ROM have an outcome often superior to surgery, and with a shorter



recovery time and joint replacement often has to be repeated. The concept involves the preservation of native tissues and joints using biological material from the patient's own body.

ROM is not a replacement



for other current treatments, but an effective, research proven alternative.

Dr. Southern can be contacted at 203-456-5717.

Weekly Raffle— Not Held. No Bob Today.

The Annual Raffle Tickets are Here; Ask Bob Vetter for Yours. He has plenty to go around:

New Member:

Barbara LiVolsi-Conlin is joining our club as a replacement for Vicki Applegreen who is getting married, and leaving the area. Get to know her, and make her feel



welcome. She will be a wonderful addition to the club—and by the way.

Don't try to prove you have a better car. She has you beat.



**Rotary Club of Danbury
Officers 2018-19**

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|-------------------|-------------------|
| President- | Dr. Fred Kayal |
| Pres. Elect:- | Jeffery Kass |
| Vice Pres.- | Tim Seibert |
| Secretary- | Dr.Mark Havira |
| Treasurer- | Frank Scahill, Jr |
| Sergeant at Arms- | Edward Walsh |
| Directors- | |
| Anita Ragona | John Murphy |
| Robert J. Vetter | Jeffery Kass |
| Dr. Mark Havira | Tim Seibert |
| Tary Tarlton | Frank Scahill |
| Allison Fulton | Dr.Ralph S. Welsh |

No Spoke issues missed since 1/4/06
Spoke Editor: Ralph S. Welsh
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Here Comes Fall--



Heard Around the Room:

