

# The Spoke

## Rotary Club of Danbury

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

District 7980

February 13, 2019

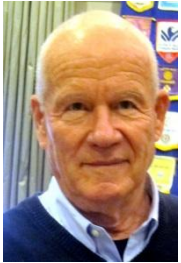
P.O. Box 788, Danbury, CT 06813

### From the Editor's Desk:

I would like to invite each of our members to become Editorial Writers for a day. I may pass out assignments at the luncheon if this message fails to garner a response. We need more input from our club members, and I know there are countless stories of intrigue, humor and pathos our members could relate to the club. Everyone has a story they often relate at meetings and social gatherings---and a joke or two would be fun to print. I feel we are losing out on a lot of potential material just waiting to be heard.

Yours in Rotary Service, Ralph

### Tary's Rotary Minute:



In 1947 our newsletter was called The Hat City Spoke, and our luncheons were held at the Hotel Green. My father was president of the club at that time, and we had a Rowboat Committee that provided sail boats for the Girl Mariners. The Hotel Green has long gone, and so has the sail boat committee. I suspect the boats are toast now, too.

Yours in Rotary Service, Tary

### Speakers-

2/20/19 Carl Bailey on his humanitarian medical mission to South America

3/6/19 Carol Freud Spiegel : use of the Palace Theatre as a fund raiser

3/13/19 Caitlyn Landry on Guiding Eyes for the Blind

### Area Make-ups-

Mon. 12:15 pm, Norwalk, Norwalk Inn

Mon. 6:15 pm, Newtown, Newtown Country Club

Tues. 12:00 pm, Wpt, 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

**SERVICE  
ABOVE SELF**

**Rotary**



Happy  
Valentine's  
Day

### Wayne Leiss, Wellness Advocate, Tunes the Club into the Value of Essential Oils: Who Would have Known about Them?



Our speaker today surprised the club with information we suspect few of us knew much about—the value of various oils which seem to be limitless in their many applications and uses. He passed around several small bottles containing

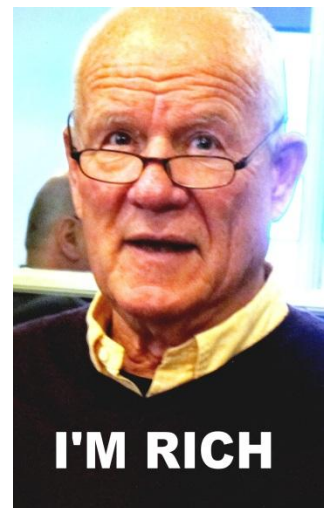
powerful scents that he promised were just a small number of oils designed for a multitude of use. Apparently there are oils to: bust germs, improve the immune system, relieve stress, ward off household threats, increase energy, keep one alert, help the muscles and joints, and to use in cooking just to name a few of their uses. They are natural aromatic compounds found in plants, and have been used for eons, including the biblical oil, Frankincense. We all had a sniff of two of them—and they indeed have staying power. A few drops generally does the job. If you are interested in purchasing a set of the 10 most “essential” oils (Peppermint, Melaleuca, Oregano, Lemon, Lavender, Frankincense, Deep Blue, Breathe, DigestZen, and on Guard) you can contact Wayne at [wayne@coltllc.com](mailto:wayne@coltllc.com).

### Tary Won the Big One:

Tary just won \$370 in the weekly raffle. He not only had the ticket, but he pulled the King of Clubs out of the deck. What a lucky guy.

### The Four Way Test:

- Is it the truth?
- Is it fair to all concerned?
- Will it build good will and better friendships?
- Will it be beneficial to all concerned?



**Generosity is His Name:**



Dr. Jack Fong, well known as a giver to various community causes, has done it again. After winning the grand prize in our Raffle, he has returned \$500 of the \$2,000 he won. This is a first, and quite unexpected. Dr. Fong—you are the best.

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

- |                   |                    |
|-------------------|--------------------|
| <b>President-</b> | Dr. Fred Kayal     |
| Pres. Elect:-     | Michele Geffert    |
| Vice Pres.-       | Tim Seibert        |
| Secretary-        | Dr. Mark Havira    |
| Treasurer-        | Frank Scahill, Jr  |
| Sergeant at Arms- | Edward Walsh       |
| <b>Directors-</b> |                    |
| 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  
203-938-2820 / rswelsh@mail.com

**Paper Shredding Fund Raiser:** We will be shredding paper from 9 am to Noon May 4<sup>th</sup> in the parking lot of Chuck's. Bring your own boxes to be shredded, and tell all of your friends. It should be a productive morning as well as a fine fellowship event.

**Ed Walsh of Leahy's Fuel has lots of oil/oils. You can't take them internally, however, but they can keep you warm.**



**More than an item to fry your burgers in:**

These oils have staying power. Two drops is usually all one needs, and Mark Havira has used one of them to rid his house of mice. Who knew?

