

# The Spoke

## Rotary Club of Danbury

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

District 7980

May 15, 2019

P.O. Box 788, Danbury, CT 06813

### From the Editor's Desk:

Did any of you know that May is Rotary's Youth Service Month? I didn't until I read the message of RI President Barry Rassin in the last issue of The Rotarian. Our small club can be proud of what we have done this past Rotary year in Youth Service, including our scholarship program that has given out more than a million dollars in scholarships over the years, our Amber Alert Program, our support of WestConn's Rotaract Program, our Student of the Month award, support of individual RYLA students, support of Carl Bailey's South American medical teams and his local Grassroots Tennis Academy-- and our support of Family and Children's Aid to name just a few. Our children are our future, and Rotary will be there, for them, worldwide. It always has and it always will.

Yours in Rotary Service, Ralph

### Tary's Rotary Minute:



Every Rotary Club has members that have accomplished remarkable things. For example, one of our members built a 50 foot boat, and had to build a structure in which to build this remarkable feat of engineering. It took 10 years, but was a live-in, remarkable sea going creation. He told us about his purchase of thousands of old rusty, ball bearings he used for ballast which he cleaned with cement mixers ruining two of them in the process. One of the saddest days of his life was his

ultimate sale of his beloved yacht. And who was this man? Our own 50 years-in-Rotary Capt. John Lucchesi.

Yours in Rotary Service, Tary

### 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

### Amber Alerts:

5/19 11:00 am-2:00 Hawleyville Fire Dept, 34 Hawleyville Rd., Newtown  
 6/9 10 am-2 pm, Southbury Ambulance, 68 Georges Hill Rd.  
 7/27 and 28 Village Fair Days, N, Milford, CT  
 10/5 9 am-1 pm Home Depot, Danbury

### Tara A. Clancy Tells Us to Improve our Breathing, and Transform Our Lives:



Our speaker today describes herself as a Breathing Specialist. Her motivation to select her profession grew out of her own breathing problem, and a search to find solutions to it.

Ms. Clancy believes that most nighttime breathing problems have their roots in the way we breathe during the day. The culprit, she insists, is mouth breathing which results in cold, dry, unfiltered air (and the wrong amount) going in. She also outlined 6 ways our sleep can make

us more tired. Even more disturbing was her belief that breathing improperly will ultimately elongate the face, and has been related to Alzheimer's Disease.



Checking out the shnoz



Jeff Kass asks the speaker if he is breathing right



Whether one buys her theories or not, it just gives us another thing about our health to think about—and she may have discovered something of substance we wouldn't normally notice.

Tara can be contacted at: [tara@o2tara.org](mailto:tara@o2tara.org).

**Speakers-**

5/22 Dinner at Chuck's, 5:30 pm  
 5/29 Family and Children's Aid-- Off Site Visit; be there Noon sharp.

**Gavel Dinner Coming Up Soon:**



Wednesday, June 19<sup>th</sup> we will pass the gavel at the Ridgewood Country Club. A tux is optional. Cocktails are at 6:30 and dinner will be served at 7:30. Bring a guest but let **Caryl Lucchesi** know if you do when you inform her of your own attendance. It is the event of the year, so mark it clearly on your calendar.

**Mark Havira Had the Winning Ticket, but Pulled a Losing Card:**

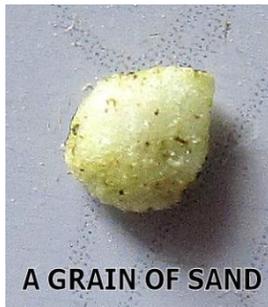
The two of spades is a loser in most card games— unless it is made wild. No such luck for Mark today. It was a flat out loser, but he did win \$10. It sure beats being a total loser. But don't give up, Mark. You have another shot at the big one next week. You will increase your chances, buying more tickets. In fact, this is true for the entire club. Buy, buy, buy.



**WE HOPE YOU ALL HAD A HAPPY MOTHER'S DAY**

**Are There Really More Stars in the Universe than Grains of Sand on All of the Beaches of the Earth?**

Well, according to [www.universetoday.com](http://www.universetoday.com), using careful measurements of the amount of sand on all beaches of the world, there are 5 sextillion (5 followed by 23 zeros) grains. But from known measurements of the stars we know about, lower estimates place them at 10 sextillion. Even more amazing is that there are more atoms in a grain of sand than all of the stars in the universe. Wrap all of that around your mind.



**Rotary Club of Danbury  
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*No Spoke issues missed since 1/4/06*  
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**Frank Scahill Totally Enjoyed the Board Meeting Last Week. Here's How he Topped it Off.**

