

The Spoke

Rotary Club of Danbury

www.danburyrotary.org ,

District 7980

March 12, 2020

P.O. Box 788, Danbury, CT 06813

From the Editor's Desk:

The corona virua is disrupting virtually everything, and may impact our Wednesday luncheon. Since we follow the schools in closures, we may follow their lead. We hope we see a change in the situation, for the better, but we will operate on the side of caution. Most of our club members are in the highly vulnerable group, so we need to be particularly cautious in what we do. If you have any apprehension about skipping the luncheon, we will fully understand. Regarding our current speaker? We suggest that you wash your hands before touching your face.

Yours in Rotary Service, Ralph

Tary's Rotary Minute:

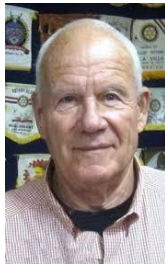
In May of 1978 while I was the club secretary, we had a large influx of exchange students. Ralph Welsh was the Exchange Student Chair, so he had to find homes for all of these folks which was a daunting task. It shouldn't be, but it always is.

Also, in one of the weeks of May, the Spoke reported that the Lucchesi's were playing host to one of John's British friends, Douglas Imre-Brown, who, with his wife Lucy, hosted him in Great Britain the prior year. Talking to Caryl at lunch, today, we learned that Douglas passed away 2 years ago, but Lucy, at 97, continues to be active as a "Rotary Ann" in the Rotary Club Douglas attended. In the U.K.

Yours in Rotary Service, Tary

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Fri	7:30 am	Westport Sunrise (no longer active)
Fri.	12:15 pm,	Wilton, Marly's Bistro



Susan Ahlstrom, M.S., Introduced the Club to a Novel Technique for Handling Stress:

EFT/Tapping--

No one in the club had heard about EFT/Tapping, so we all learned about something new.



EFT is a technique to alleviate stress, and it's a method that is remarkably simple. It involves tapping various parts of the body virtually typewriter style, while verbalizing one's worry coupled with reassurance that everything will work out fine.

The entire club participate in a stress reduction tapping exercise, with Michel Geffert standing in as the stressed client.



Susan is with the Ridgefield schools, and finds 2nd graders particularly receptive the the tapping procedure.

Tapping as a stress reducer has its roots in accupunture/accupreasure. It has been compared to Yoga and various relaxation procedures, and our speaker insists that it is much easier and as effective, and in some case more effective than the



meditation/self hypnosis/Yoga techniques used in the past. She has promised to send your editor a list of research articles backing up her belief in its efficacy.

If you would like more information regarding this novel approach, she can be contacted at 401-232-4514.

Rotary





Rotary Club of Danbury 2019-2020

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No Spoke issues missed since 1/4/06

Spoke Editor: Ralph S. Welsh

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Our speaker proved she had a good sense of humor.



Tary Held the Winning Ticket, but Pulled a losing Card from only 6 Cards. It wasn't even a club.

Speakers—

3/18/20 Bill Guilder, Danbury Westerner

3/25/20 Dinner at Chuck's

4/1/20 Mel Brickman, Long Term Care

4/8/20 Bob Roman

4/15/20 William Starbuck, Cyber Security

4/29/20 Off Site Visit—TBO

5/6/20 G. Kenneth Bernhard, Evolution of the 2nd Amendment

Amber Alert Schedule-

4/11/20 10 am to 2 pm, Prospect Fire Dept., N. Haven Rd. Prospect, CT

4/18/20 11-4 pm, Bankers Life

4/19/20 11-4 pm, Bankers Life

5/3/20 11-4 pm, Danbury Sports Dome, 25 Shelter Rock Ln, Danbury

5/17/20 10-2 pm, Southbury Ambulance, 68 Georges Hill Rd., S'bury

5/31/20 Hawleyville Fire Dept., 34 Hawleyville Rd., Newtown

Board Members with Celebrity Look-Alikes--

Two of our Board Members resemble two Famous People!

Notice how much some people look like celebrities? Jeff Kass and actor Wallace Shawn could be twin brothers. As Shawn repeatedly remarked in *Princess Bride*, "It's inconceivable!" Anita Ragona not only looks like former Rep. Barbara Boxer, their voices are essentially identical. Only one person's opinion, of course.

