



## Milford Rotary Chat For 11/21/19 Meeting

We will be collecting for Toys for Tots on  
12/19/19 this year

### 11/14/19 Meeting Minutes:

**Visitors:** Brenda Bergami (Mama Rotary), Ashley Volkans of Shoreline Roteract, our speakers Dr. Gobin and James W Broatch, Kieran Broatch, and prospective member Jill McGoldrick

**Fines:** Don "Dan" Wetmore told an Irish joke, Win Jr. told him to not quit his day job just yet. Bob the Builder thanked everyone for doing a great job at Beth-El on Sunday for our Thanksgiving lunch. He also watched the Jets vs Giants game (aka the Pooperbowl). Win 3 was at that game and is sad that the Jets aren't going to advance even though they won because of how the NFL's ranking system works. However, he said that the Jets are terrible, so what does that make the Giants? Carrie was last in and was happy to be here. She spent last week in Sedona for a professional workshop and learned a lot about business management. She also told a story about how Ray brought over his Virtual Reality (VR) headset on Halloween and she, her boyfriend Jim, and Shaileen had a blast fighting virtual enemies, Ray getting beat up in the process protecting furniture. Tad just came back from Cuba and said it was like going back in time 60 years. He said the doctors were amazing but lacked even basic medical supplies like syringes and bandages. Gary passed along from Phil C that Syracuse won their last game, placing them high in the rankings. Yusif is happy to be here! Mike G is happy that Yusif is here too. Lorna had a great time at Beth El and thanked Shaileen, Mike, and Frank for getting there at 6:00AM to put the turkey in. She said come join us on 12/4/19 for our next dinner if you want to have fun!

#### **Announcements:**

The CHF's Arlo Guthrie concert is has sold out. We hope to see you there!

The Connecticut Shoreline Roteract Club is putting on a performance of Joseph and the Amazing Technicolor Dreamcoat on 12/12/19 at the Downtown Cabaret Theater in Bridgeport. Gary had 3 tickets left, but Lorna took two and I took the other, so if you need some tickets more can be purchased online.

The holiday party will be on 12/5/19 at Mark Sandillo's house. Details to come.

Frank Perry is putting together our comedy night.

#### **Speaker description:**

James "Jim" Broatch has served as the Reflex Sympathetic Dystrophy Syndrome Association's (RSDSA) executive director for 15 years and also serves on the board of directors. RSD/Complex Regional Pain Syndrome (CRPS) is a very rare condition resulting from a traumatic injury, nerve damage, stroke, or heart attack. It affects the sympathetic nervous system, resulting in chronic neuropathic pain (which cannot be treated with traditional painkillers like opioids and instead must be treated with dissociative anesthetics like Ketamine), hyperalgesia, circulation disruption, and unmanageable swelling and irritation. There are over 7,000 "rare" syndromes, with 35,000 new cases each year, making it hard to pinpoint if someone has CRPS. There has an annual average recovery rate of 20%. Dr. Gobin, who now serves with the RSDSA, had CRPS due do left peripheral nerve damage of the L5 vertebrae and told her story of how it was worse than childbirth. She used a combination of medication, cognitive behavioral therapy, and physical therapy to recover, although it took her years to finally be able to function independently again.

**Our Lunchtime Speakers: Upcoming Milford Rotary Club Lunch/Breakfast Meetings:**

*Subject to change*

11/21 Bill Asermely/ Northeast Baseball/ Program for Autistic Children (Jorge)	12/19 Club Assembly?
11/28 Thanksgiving (NO MEETING)	12/26 Breakfast meeting @ Kimberly Diner
12/5 Gina Calder/ President Milford Hospital (Esposito)	1/2/20 TBD
12/12 Club Assembly?	1/9/20 TBD

**HOSTS at the door – Plan Ahead, please**

11/21 Carrie Read	
12/5 Phil C.	
12/12 Frank Perry	
12/19 John DaRin	<b>If you cannot fulfill your hosting duty, please find YOUR sub.</b>

**Upcoming Milford (and other) Rotary Club Events:**

- 11/22/19 Charitable Hands Foundation- Arlo Guthrie concert 8:00PM. Tickets sold out.
- 11/28/19 Orange Rotary Turkey Trot 5k run/1 mile walk, 8:00AM
- 12/5/19 Holiday party @ Mark Sandillo's
- 12/12/19 CTS Roteract Club- Joseph and the Amazing Technicolor Dreamcoat. Doors open @ 6PM. Downtown Cabaret Theater
- 12/19/19 Toys For Tots collection

**Beth El Meals Schedule**

Leaders: Shaileen Landsberg and Roger Cox

**2019**

Wed Dec 4 dinner	Sat Dec 21 lunch

**Let Shaileen know** if you are helping: shaileenh@gmail.com or 203-258-0841. And **WEAR A HAT!** per Milford Heath Dept.

**Arrival times: Wednesday Dinner:** 4:30pm arrival; leave 6:30pm. **Weekend Lunch:** Cooks- 9am, Servers -10:30 am. Cleanup is always completed by 1:30 pm. High school age teens are encouraged to come help.

**Who's Who for the 2019-2020 Rotary Year**

<b>Officers:</b>		<b>1<sup>st</sup> Year Board of Dir:</b>	<b>2nd Year Board of Dir:</b>
President – Gary Opín	Sergeant-At-Arms: Cyrus Senttineri	Sam Bergami	Roger Cox
President-Elect – Carrie Reed	Assistant Sergeant-At-Arms: Don Wetmore	Curran Bishop	Richard Persico
Vice President – John DaRin	Treasurer: Mike Granata	Max Case	Tracy O'Brien
Secretary – Don Wetmore	Asst Treasurer: Jeff Wilson	Mark Sandillo	William Parry III
	Win Smith, Jr. (Immediate Past Prez) Bob Bogert		

**Your Rotary Chat Team:** Scribe: Ray Carissimi ~ Circulation: Roger Cox

Board Meeting the second Thursday, 5:30 PM social, 6 PM meeting -- every month unless noted otherwise

**Milford Rotary, PO Box 381, Milford, CT 06460 <http://www.milfordrotary.org>**

***"Love is what binds us all together. Love is the source of all our hopes and dreams. Love is the force that will save us from ourselves, the strength that will propel us into the future. Love is the great equalizer. It is the only thing that can bring us together or tear us apart. The power to love comes from within, from a place of selflessness. It comes from a place of grace."***

*- OpenAI (Artificial Intelligence Program) 1558M, produced 11/14/19 3:04PM*

*Pictures from today's meeting*

