

Milford Rotary Chat October 26, 2023



Meeting Minutes: 10/19/23
Kimberly



CREATE HOPE
in the **WORLD**

Welcome:

Acting President: Bill Parry (in the absence to President Tad and the absence of President-Elect Phil and the fact that Lorna was just back to one of her 1st meetings after her struggles, he was pressed into service) started the meeting by turning matters over to the Sargent At Arms, Carrie Reed.

Pledge: Lorna Sura stood and led us in the Pledge of Allegiance (and well done, we might add)

Prayer: Gary Johnson led us in the Prayer

4-Way-Test: Gary Opin gave a moving rendition of the 4-Way Test

Guests:

Ray Guido (who is almost through the application process) and our guest Speaker Shirly Prendergast

New Rotarian Postings:

Second Posting: Ray Guido (retired), Gina Galona-Belinke (teacher), Maria Mrsich (social worker), Dierdre "Gremmy" Dey (insurance), and Dana Mosora (NGO)

Do Good:

Frosty was happy to be back after his recent troubles (he says his pain the back was a pain in the ... well, you get it) and that there have been almost 50 ticket sales so far for the Gold Raffle and a sponsorship of \$1,000 from the Milford Bank;

Bill Parry kicked in for the success of the Shred event this past weekend;

Carrie gave a very restrained happy fine for her Jim's new granddaughter and for the success of the Shred event;

Win Jr. gave a big happy fine for the arrival of his 2nd granddaughter (born to our Rotarian couple Win III and Io) last Friday (all parties are well);

Rena Tsopanides then commandeered the floor and gave a presentation on the nature of grandchildren and a few other topics;

Paul Mangles gave a happy fine to be back again, that Marcie is fine and is back at work already, and that they are expecting their next grandchild (Rena did not have any comment on this announcement, although we were waiting for it);

Dan German gave a happy fine because he dropped his girl friend off at the air port (at first we thought he had shipped her off to parts unknown, but then he told us that she was competing in her 75th Marathon (really? 75? Can a human body actually endure 75 marathons?));

Lorna gave a happy fine for the nice words from Paul and Frosty;

Gary Johnson gave one because he said he was happy to see Frosty (a decidedly minority view);

Speaker: B Well Thermography

Our guest speaker, Shirly Prendergast, grabbed our attention at the outset of her presentation by saying that "she does a lot of men". Her address is 500 Boston Post Road, Orange. (it was only a rumor that



B Well Thermography
Early Detection and Prevention
Infrared Thermography / Smart Thermography / Full body scan

Dan Smith and Steve Cooper left the meeting immediately to go to her office) She then filled us in that Thermography is a noninvasive, noncompression, noncontact, nonradiation method of screening for breast cancer among other things. So it carries none of the risks of Mamograms, MRIs, or other radiation or touching technologies. This technique goes back to 450 BC when it was first chronologied as being used in ancient Greece. The technology has changed a lot since then, but it measures our radiation rather than giving us radiation. It picks up growths that way, that other technologies do not pick up, and much earlier too. Paul Mangels gave an assist on this channeling his experiences going through Marcie's difficulties. Rena Tsopanides jumped in too, as she is a cancer survivor. Shirley's office provide this testing on an inexpensive basis. There was some discussion that the breast cancer moves fast and stealthily, so early detection is key. For many in the room, there was an uncomfortable discussion about the fact that sugar intake feeds tumors and acts as an accelerant for some cancers. It moves fast once it gets established. Dairy products are bad in this regard too. Well, there goes most of the diets for most of us. Anyway, Shirley was clearly passionate about her profession and seemed to offer a new look on a societal problem that is not going away. She provided us with some very interesting case studies that we did not have much time to go into.

Announcements:

- Gold Raffle. Acting President Bill Parry gave an update on the Gold Raffle, following on Frosty's announcement (see above in Do Good), and that it looks to be going well, and we have a great opportunity to turn that into resources for Milford's young people! Paul Mangels has the tickets (which he was distributing at the meeting; so please come to the meetings and get your tickets!). \$100 gets a chance at the \$7,500 grand prize!
- Shredded Cheese Balls. Carrie Reed gave a pitch/update on this, but your intrepid report's notes on this are so unclear that we don't want to misrepresent anything.
- 11/9 - Board of Directors meeting Thursday November 9th. Carrie Reed is going to be our Host for this one (thank you, Carrie). Not sure yet if it will be at her office or her home.
- 11/17 - There is a show called "With One Accord - From Opera to Broadway and Everything in Between" on November 17th. It is in Norwalk at the Symphony and it is to benefit Polio Plus, the CT Burn Foundation and the Symphony. The Gates Foundation will enhance the profits. Reception at 6 and show at 7. It is starring Dominic Mantuano from Stratford Rotary. Tickets are \$50 for show and if want to meet and greet at the reception is an additional \$50.
- 12/5 – Gold Raffle. December 5th, at the Stonebridge. \$100 gives you a chance to win a Million dollars in gold (all right, the top prize is \$7,500, but anytime anyone mentions gold, we think of a million dollars). The permit has been issued and the tickets are available. We need everyone to try and sell the tickets. Mention it to folks and you'd be surprised how many people are interested. A draft flyer put together by Steve Cooper.

Win Smith, Jr

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

Who's Who for the July 1, 2023- June 30, 2024 Rotary Year

Officers:	Sergeant-At-Arms: Carrie Reed	1 st Year Board of Dir:	2nd Year Board of Dir:
President – Tad Smith	Assistant Sergeant-At-Arms: Mike Granata	BJ Frazier	Gary Johnson
President-Elect – Phil Ucci III	Treasurer: Adam Kasowitz	Mike Granata	Dracy Lapp-Rabinowitz
Vice President – Lorna Sura	Asst Treasurer: Tracy O'Brien	Jill McGoldrick	Bill Parry
Secretary – Bill Parry	Don Wetmore (Immediate Past President)		Frank Perry
Club Historian- Ken Hawkins	Beth-El meal leaders- Shaileen Landsberg and Lorna Sura		Don Wetmore (IPP)

Your Rotary Chat Team: Scribes: Greg Schmitt & Win Smith, Jr Setting/Editing/Circulation: Tom Margius

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There are three things I have learned never to discuss with people: religion, politics, and the Great Pumpkin.

– Linus, It's The Great Pumpkin, Charlie Brown