



# The Accelerator



WEEKLY NEWSLETTER of THE ROTARY CLUB OF PITTSFORD, NY

Meets every Wednesday - Hicks & McCarthy @ 7:00 am

January 4, 2006

This Week's Reporters: Jim Cameron & Jerry Gambino

Publisher: Jim Murphy

Editor: Jerry Gambino

Editor Emeritus: Ray Robbins

**JANUARY IS ROTARY AWARENESS MONTH**

Today's Rotary Team: Presiding: President Pat Mallery, Greeter and Invocation: Bill Smith, Set up & Take down: Bob Thompson, Money Collection & Attendance: Kevin O'Grady, Sergeant-at-arms: Frank Burns, Happy Dollar Collection: Peter Crooker

## Our Program: Ruth Kramer, Coordinator of Volunteers for Alternatives for Battered Women

Today's Attendance: 33 members and 5 guests, totaling 38 people. Guests: Tom Welgin of Fairport Rotary, André Fairn and host mother Sue Calcagna, Carlie Freshman, and Bob Brown.



## ANNOUNCEMENTS

**IF YOU HAVE AN ANNOUNCEMENT:** If you have an announcement to make at a club meeting please provide the details to the newsletter writers either by paper copy or by email to [bruce@spectors.org](mailto:bruce@spectors.org).

### Announcements:

Our esteemed member Ed Francis passed away this past Thursday December 29, 2005. He was 58 years young. Much of the program today was filled with poignant memories of Ed. President Pat Mallery remembers Ed as a man full of good ideas and always willing to help out. Just a few weeks ago, Pat was overcommitted at work and with Pittsford Rotary, and Ed managed to free himself up from a very busy schedule and told Pat, "I will be there for you." This phrase is a good summation of Ed's attitude toward family and friends, as well as Rotary.

Lynn Freshman continued by playing music inspired by Ed which was a combination of melodies including "Over the Rainbow", "What a Wonderful World", and "Wish Upon a Star". When listening to it, one would feel it was Ed Francis singing it directly to us. Ed never stopped volunteering since the summer of 2003 when he joined the Pittsford Rotary. He would handle multiple volunteer projects on the same day. Ed had a thirst for knowledge. He would always be straight with people but in a gentle way. Ed was gracious about being the brunt of a joke, especially regarding punctuality, but could give it out gently. Lynn concluded with what many of us felt—"Ed, when you were always running so late, why did you leave us so early?"

Fred Kopp spent a lot of time with Ed and his family during the past year. When Fred was in need of guidance and inspiration in his job search, Ed gave him a copy of excerpts from a 2005 Commencement Speech by Steve Jobs (Founder of Apple Computers) at Stanford University. It is listed below near the conclusion of this newsletter. Pat Mallery read a portion of it to us and it is hoped we all benefit from Jobs' words of wisdom, courtesy of Ed Francis.

Donations to the Scholarship Fund at Xavier University of Louisiana in memory of Ed Francis would be most welcome. Please bring them to the next meeting.

## FEATURES



### THIS WEEKS PROGRAM

Peter Crooker introduced Ruth Kramer, Coordinator of Volunteers for Alternatives for Battered Women. Ruth gave a very informative speech about abusive relationships and advice on how to help people who are embroiled in them. She relates that abuse is not just physical but can also be verbal, emotional, neglect, financial, and name calling. Threats, driving recklessly, and threatening suicide are other examples, which ultimately are attempts to gain control of a relationship. It can be sexual by forcing it, withholding it, or using mutual friends to spread rumors. Abuse is not just about anger management because most abusive persons manage it fine during the day with everyone else. Abusers let loose at home with their spouses and children. These people want control over their spouses, often because they are insecure. 85% of the victims are women and 15% are men. The abusers can control themselves, but choose not to. When a person is more relaxed with their family but not their partner, it could be a sign of abuse. A person has a right to be angry, but not abusive.

Abuse is an international problem; it is everywhere, even in places you least expect. Why don't people leave abusive situations? It is often the fear of physical harm from the partner, and pressure from society dictating preservation of family and home. Instead of recommending that a person leaves the relationship, it is better to suggest they obtain a safety plan.

For persons with limited means, the ABW will shelter people from 15 to 90 days then try to find a place in other homes. Unfortunately, people return at an alarmingly regular rate of about seven times. A court advocacy program, preventative education such as dealing with dating violence, and counseling for people living in an abusive situation are all important tools of ABW. If anyone is interested in volunteering, Ruth would welcome them to a great community help project.

#### **SAD DOLLARS FOR ED FRANCIS:**

Pat Mallery--\$5 for Ed, a great Rotarian

Also from Jim Murphy, Gerry Vesling, Dennis Price, Jim Kubarek, Lynn Freshman, Jerry Gambino, Jack Pickering, and Bill Smith.

#### **HAPPY DOLLARS AND FINES:**

Lynn Freshman—Daughter Carlie was hired by Paychex

Hank Ferris—For Pat Mallery and Penn State

Jerry Gambino—for a great presentation by Ruth Kramer

**50/50 DRAWING:** None.

#### **STEVE JOBS ADDRESS:**

"When I was 17...I read a quote that went something like: "If you live each day as if it was your last...someday you'll most certainly be right. It made an impression on me...and since then...for the past 33 years...I have looked in the mirror every morning and asked myself: If today were the last day of my life...would I want to do what I am about to do today? And whenever the answer has been No for too many days in a row...I know I need to change something.

Remembering that I'll be dead soon is the most important tool I've ever encountered to help me make the big choices in life. Because almost everything...all external expectations...all pride...all fear of embarrassment or failure...these things just fall away in the face of death...leaving only what is truly important. Remembering that you are going to die is the best way I know to avoid the trap of thinking you have something to lose. You are already naked. There is no reason not to follow your heart. No one

wants to die. Even people who want to go to heaven don't want to die to get there. And yet death is the destination we all share. No one has ever escaped it. And that is as it should be...because Death is very likely the single best invention of Life. It is Life's change agent. It clears out the old to make way for the new. Right not the new is you...but someday not too long from now...you will gradually become the old and be cleared away. Sorry to be so dramatic...but it is quite true.

Your time is limited...so don't waste it living someone else's life. Don't be trapped by dogma—which is living with the results of other people's thinking. Don't let the noise of other's opinions drown out your own inner voice. And most important ...have the courage to follow your heart and intuition. They somehow already know what you truly want to become. Everything else is secondary.”

**ROTARY INFORMATION:** January is **Rotary Awareness Month**. Please check out <http://www.rotary.org/foundation/index.html> for more information.

## OTHER CLUB / DISTRICT EVENTS

None noted.

## UPCOMING EVENTS AND VOLUNTEER OPPORTUNITIES

**CHAIRPERSONS – PLEASE SEND THE DETAILS OF YOUR EVENT – Date, Time, & Location.**

JANUARY	ROTARY AWARENESS MONTH	
11	Foundation Board Meeting	
17	Intervol Sorting Party	
TBD	Ronald McDonald House Dinner Preparation	
TBD	PS36 after school	

## MEETING SCHEDULE & SPEAKERS

If you know someone who would be an interesting speaker, contact Peter Crooker for scheduling.

DATE	SPEAKER	PROGRAM	GREETER
1/11/06	Bill Brost	Mercy Flight Central	Bruce Spector
1/18/06	Jim Cameron	Know Your Member	Jeff Staples
1/25/06	Ellen Post	Wild Wings	Jackie Swift
2/1/06	Bill Brizee	Pittsford Planning, Past and Present	Paul Stuart


### HELPFUL ROTARY LINKS:

<http://www.rotary.org/> - Rotary International

<http://www.pittsfordrotary.org/> - Our club's website

<http://www.rotary7120.org/> - Our District

[NAZARETH ROTARACT](#) – Rotaract

The Rotary Club of Pittsford, New York		1-800-867-0513 x-56312
<b>2005-2006 Club Officers</b>		<b>2005-2006 Board of Directors</b>
President – <a href="#">Pat Mallery</a>	 <b>SERVICE Above Self</b>	Club Service – <a href="#">Bob Thompson</a>
President Elect – <a href="#">Lynn Freshman</a>		Community Service
Vice President – <a href="#">Pete Crooker</a>		<a href="#">Peggy Martin</a> – Fund Raising
Secretary – <a href="#">Russ Crook</a>		<a href="#">Bill Pieper</a> – Rochester Projects – Pittsford Projects
Treasurer – <a href="#">Kevin O'Grady</a>		Vocational Service – <a href="#">Mary Alice Price</a>
Past President – <a href="#">John Bernacki</a>		International Service – <a href="#">Bob Vukosic</a>
Sergeant-At-Arms – Frank Burns		

<b>FOUNDATION OF THE ROTARY CLUB OF PITTSFORD (2005-2006)</b>		
Chair – Gaven Hurley (6/30/06)	<i>Other Voting Members:</i>	Don Henderson (6/30/07)
Club President – Pat Mallery (6/30/06)	Jim Murphy (6/30/06)	Rick Haverty (6/30/08)
Treasurer – Roger Zaenglein (6/30/06)	Brian Marcellus (6/30/07)	Ric Juszkievicz (6/30/08)