



The Accelerator



WEEKLY NEWSLETTER – THE ROTARY CLUB OF PITTSFORD, NY

Meets every Wednesday - Hicks & McCarthy @ 7:15 am

June 18, 2003

This Week's Reporters: Joy Bennett & Bob Thompson

Publisher: Marilyn Martin

Editor: Rick Haverty

Editor Emeritus – Ray Robbins

Photography: Helmut Albrecht & Rick Haverty

TODAY'S ROTARY TEAM Presiding: Lou Christakos

Invocation: Beans Bement

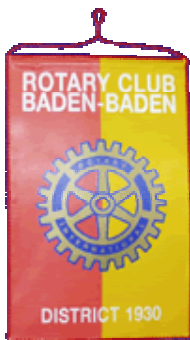
Musical Coordinator – Lynn Freshman

Sergeant-at-arms: Frank Burns

June Private-at-arms: Jackie Swift (Bill Pieper filling in)

JUNE IS – "ROTARY FELLOWSHIPS MONTH"

Shape Up Rotarians! Physical Fitness Expert Kevin Useldinger Gave us Tips to a Healthier Life - story below



VISITING ROTARIANS / GUESTS: Peggy Albrecht and Helmut's brother Gerhard who is visiting from Germany. Gerhard brought a banner to us from his home club. Sam Fedzele from Perinton Rotary, and guest speaker Kevin Useldinger

ATTENDANCE: 24 Pittsford Rotarians (many more at the LPGA) and four guests.

Speaker Kevin Useldinger (right)

MEMBER NEWS

Please forward any member news to Rick Haverty – email, phone, and napkins all work.

For those of you who always thought Ray Robbins had a lot of gall – you were right! He'll be having gall bladder work done later this month. Good luck with this Ray, we hope everything comes out all right!



PDG Bill Butler

Right after the Change Over Dinner Jackie Swift will be leaving a joint behind. She's opting for one of those bionic knees – yes a full knee replacement (with genuine GM parts we hope). We'll have the trampoline ready when you get back Jackie.

All this and Beans is still looking for sympathy for his sore toe. Would someone please lend him a pair of size 12 steel-toed boots?

Past District Governor Bill Butler was killed in an auto accident while visiting Australia. He was Governor of our District for the Rotary year 1992-1993 under the slogan, "Real Happiness is Helping Others." Our sympathies to Bill's family and a great loss for Rotary in our area.

ANNOUNCEMENTS

UPDATED CALENDAR:

JUNE 16-23 (Monday-Sunday) – LPGA Volunteering – Club and individual
JUNE 25 (Wednesday) – Change-over Dinner at Locust Hill
JUNE 29 (Sunday) – Pittsford Founder's Day
JULY 23 – 27 (Wednesday-Sunday) Monroe County Fair
JULY 26 (Saturday) – Doug Emblidge / Pittsford Rotary Golf Shamble
AUGUST 5 – Fireman's Band at Camp Haccamo
AUGUST 6 – Camp Haccamo Carnival (?)

CHANGE-OVER DINNER: Remember next Wednesday there is no morning meeting at Hick's & McCarthy. We will be at Locust Hill Country Club for the change over dinner. Always a nice treat, bring your spouse or significant other.

LPGA WEEK: Don't forget to show up! In case you didn't get the notice Bill Pieper sent out, you should park at one of the off-site lots (like MCC) and go to the Wegmans tent at the bus loop to get your credentials. Our work spots are on the same side of the street at the fun zone and the 10th tee.

CARE TO SHARE AT BON-TON: It looks like we pulled in about \$400. Not a bad first try for our club. The Bon Ton management – through our inside connection in the not-to-be-named Mallery family (oops – sorry Pat) said that Pittsford Rotary was the best organized of all the groups represented. Think about how bad those other groups must have been! If this event is held again in the fall you can count on us being involved again.

FOOD CUPBOARD / POST OFFICE DRIVE: Pete Crooker gave a big thanks to Ken & Jan Smith (what's the last event they didn't attend??), Matt Wahl, Jim Murphy, Billy Peiper, Gavin Hurley, Harry Womeldorf and Jim Cameron for helping with the post office food drive. The club thanks Peter for his outstanding level of involvement in this and many other events. About 11,000 pounds of food was collected which is great, but unfortunately less than half of last year's drive. The folks at the Food Cupboard are trying to plan ways to keep the shelves stocked through the summer months.

2005 CENTENNIAL PROJECT: The Village gave us some estimates for the proposed Centennial Projects. To stay within the spirit of the project we'd like to be more involved in any one of these.

- Gateway at Main and Washington Roads \$6,000-\$10,000
- Pavilion at East end of Schoen Place \$20,000
- Drinking Fountain at four corners \$25,000
- Band stand at town park \$50,000
- Having a Rotary club in town willing to do any of these – PRICELESS!

Jim is continuing research on statues and has quotes from several firms. The committee has not yet determined the best choice. Separate fundraisers will be organized to fund the project when decided.

PITTSFORD FOUNDER'S DAY: Pete Crooker passed around a volunteer sheet for two shifts (12:30 to 3:00 and from 3:00 to 5:30) on Sunday June 29th. Five person teams are needed for each shift. The makeshift booth will be on North Main Street near the bridge and the entrance to the Port of Pittsford Park. The Interact club will be nearby with children's games that they are putting together in Pat Mallery's garage. Pat promises a rerun of one of the games from the Halloween Fest and at least one completely new, never before seen game.

MONROE COUNTY FAIR: We could use several more people who are not already on other committees to come forward for this one. We may reduce our coverage to just Friday, Saturday, and Sunday (with Scottsville covering Saturday for us). The event is scheduled for the last weekend in July. Please call Rick Haverty if you want to volunteer – signup sheets for full fair coverage will be circulated soon.

DOUG EMBLIDGE PITTSFORD ROTARY GOLF SHAMBLE: Pat Mallery reported the Golf Shamble is

coming along and now has 110 golfers, already up from the 96 last year. The goal is 128. There are 15 hole sponsors and the goal is 30 - so sign up a hole sponsor today. The \$100 sponsor fee can be split! Charlie Richardson is coordinating hole sponsors this year.

NEXT WEEK'S MEETING: 25 June: < Jim D'Aiello > NO MORNING MEETING – CHANGE-OVER DINNER THIS EVENING

FEATURES

TODAY'S PROGRAM:

MUSIC: Lynn led us in singing, "The Good Old Summertime" (although as Beans noted, we were not in "good ole" voice this morning). The lyrics for this song were written by Ren Shields and the music by George Evans, who was also known as "The Honey Boy." It was copyrighted in 1902. Someday we're going to sing a song from the 60's!

SPEAKER: Today our speaker was Kevin Useldinger, a motivational speaker and fitness expert. He is President of Fitness Motivation Institute and has been traveling around speaking to Rotary groups trying to get us all in better shape. He is from Santa Cruz, California and has four children.

Kevin said that even a moderate amount of exercise three times a week can increase fitness. Most people today do not get enough physical activity since our lifestyles have become more sedentary. We need regular exercise to stay healthy. Consistency and selecting a program that fits your schedule is the key.



He also said drastic diets are not necessary for better health. Try to make it a habit to eat healthier food, don't overeat, and avoid large meals at the end of the day. Over time this will help you loose weight and feel better. Kevin said he lost 50 pounds over a seven-month period some twelve years ago.

You need to get three types of exercise for peak fitness: cardio training, strength training and stretching. Kevin only exercises for 18 minutes a day five days a week, and seems to be in terrific shape. He is an inspiration for all of us to take better care of ourselves. Kevin then took questions and gave a demonstration of isometric exercises following the meeting. For more information, contact him on the web at <http://kevinu.net/index.html> or by phone at **831.234.0929**



HAPPY DOLLARS: Peter Crooker gave for the presentation today and for the Founder's Day sign up – the pass-around sheet was filled up! Peggy Albrecht gave for Helmut's brother Gerhard visiting with us today from Germany. He is a Rotarian in Baden-Baden Germany. Roger Zaenglein gave for his recent trip and bike tour in Italy and Austria. Rick Haverty gave for the club getting through the numerous events in the last few weeks and for the great turnouts by our members. He also mentioned the \$400 we made from the Bon Ton fundraiser last week. Jim Murphy gave for Billy or Lynn transporting the Rotary Banner. President Lou gave for his presidency this year; he enjoyed it very much and had a fun year. Thank you Lou for your hard work and dedication!

50/50 WINNER: Roger Zaenglein won the pot and handed it right back to the club. Thanks Roger!

ROTARY INFORMATION: Avenues of Service...

A couple of weeks ago we covered (briefly) Club Service. This week we cover Vocational Services. Vocational Service fosters and supports the application of the Ideal of Service in pursuit of all vocations. Inherent in the Vocational Service ideal are: 1) Adherence to and promotion of the highest ethical standards in all occupations, including loyalty to employers, employees, and associates, and fair treatment of those with whom one has business or professional relations; 2) The recognition of the worthiness to society of all useful occupations; 3) The contribution of one's vocational talents to the problems and needs of society. Vocational Service is the responsibility of both a Rotary club and its members. The role of the club is to develop projects that help members contribute their vocational talents. The role of members is to conduct their professional lives in accordance with Rotary principals and to share in projects that the club has developed.

QUOTE OF THE WEEK: "Look again at that dot. That's here. That's home. That's us. On it everyone you love, everyone you know, everyone you ever heard of, every human being who ever was, lived out their lives," - wrote the late astronomer **Carl Sagan** of a photo taken by the Voyager 1 spacecraft as it left our solar system in 1990.

JUST FOR FUN: Another from Jim Murphy's Dad, Tom (A Rotarian from Providence RI).

A Bad Tummy Ache ...

The cannibal went to the witch doctor complaining of an upset stomach after eating his last meal. The witch doctor queried him about what he had eaten.

The cannibal replied, "I had one of those guys who wears a hooded robe with a knotted rope down the side, and he was carrying a rosary."

"Well, how did you cook him?" the witch doctor asked. "I boiled him," he replied.

"Well, that's your problem, you cooked him completely wrong" said the witch doctor, "you should have known he was a friar!"

OTHER CLUB / DISTRICT EVENTS

JUN 23-27 - RYLA High School Camp

UPCOMING EVENTS AND VOLUNTEER OPPORTUNITIES

On-Going –

- Pittsford Food Cupboard, 2-hour shifts on Tuesdays or Fridays between 10:00am and 2:00pm and special events.
- Verna Hospice needs volunteers, you can volunteer by contacting Linda Eastman at 385-4745.

JUNE 16-23 – LPGA WEEK – Volunteer sign-ups will be passed around at club meetings.

MEETING SCHEDULE & SPEAKERS

Name in <brackets> is the greeter, speakers follow. If you know someone who would be an interesting speaker please contact Pat Mallery for scheduling.

***** **NEXT WEEK** *****

25 June: < Jim D'Aiello > NO MORNING MEETING – CHANGE-OVER DINNER THIS EVENING

2 July: < John Bernacki > A representative from our district's **Share Your Life** Program will be our guest speaker – In 1998, representatives from five Rotary Districts that were actively promoting organ and tissue donation joined forces to create one comprehensive program to present to other districts throughout Rotary International. The Share Your Life - Give of Yourself! program was created by a committee of Rotarians, organ donation professionals, and transplant recipients. You can find out more about the program at <http://www.share-life.org/>.

9 July: < Bill Pieper > Mike Walsh – Episcopal Senior Life Center, Brentland Woods, Henrietta.
<http://www.rahsa.com/episcpal/senior.html#brent>

16 July: < Elthea King > GOLF COMMITTEE – LAST MINUTE DETAILS

23 July: < Matt Ensenat > Boy Scouts

30 July: < Bob Vukosic > Club Assembly

6 August: < Joy Bennett > **Tom Richards** - Monroe County Finances. In the fall of 2002, Jack Doyle appointed Tom Richards, former head of RG&E, to lead a Blue Ribbon Commission review the Monroe County Finances. Tom's committee produced a report that's widely hailed for its thoroughness and insight. Tom will review some of the key findings for us.

13 August: < Ray Cornelius > TBD

20 August: < Gaven Hurley > **Rose Marie Sepos** - RIT Athenaeum Program. Rose, the Athenaeum Program Director, will tell us about the Athenaeum Program that offers a wide range of classes for adults over 50 who thirst for lifelong learning.

27 August: < Jim Cameron > **Bill Nojay** from RTS.

HELPFUL ROTARY LINKS:

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

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

The Rotary Club of Pittsford, New York

1-800-867-0513 extension 388

2002-2003 Club Officers

President - Lou Christakos
President Elect – Rick Haverty
Vice President – John Bernacki
Secretary – Jackie Swift
Treasurer – Roger Zaenglein
Sergeant-At-Arms – Frank Burns
SAA Assistant – Kathy Bills
Recording Secretary – Peggy Martin



2002-2003 Board of Directors

Bob Thompson – Club Service
Jim D’Aiello – Community Service
Jim Murphy – Fund Raising
Pete Crooker – Service Projects
Pat Mallery – Vocational Service
Jennel Clark – International Service
Gaven Hurley – Past President