



SERVICE Above Self

ROTARY VOTARY

The Rotary Club of West Chester

Carl-Wilhelm Stenhammar, International President 2005-2006

Bulletin #36

www.WestChesterRotary.us

March 16, 2006

**This Week's Program: March 16, 2006
To be announced**

**Next Week's Program: March 23, 2006
To be announced**

MINUTES by Fran Luft

Annalie Korengel-Lorgus opened the meeting today in Gary Hewitt's absence. The invocation was given by **Frank Reilly**. The Rotary Votary was not ready today for the meeting. **Bud Deaver** enjoys having visitors and phone calls. He has nursing care so his wife Elaine, can do errands etc. Please stop by and visit or call Bud. It would be appreciated.

Jerry Alfano introduced Visiting Rotarians: Mary Mosley, Mark ?, Bill Shaffer, Reese Reynolds and Pat Barron. Guests were Leo Gibbins, Morgan O'Conner, Rodger Baily, Dan Callahan, Jessica Kent, Msgr. Dellman, Shannon Royer, and Matt Ridgeway. **Sue Casso** extended birthday greetings to **Lee Bunting** as did **Irvie Hoffman** to **Joe Cunnane**.

Announcements: **Charlie Lyddane** thanked all the Rotarians for support of the books that were sent to Dr. Johnson. This year Rotary will support a water project in Africa. **Victoria Dow** informed us of the Inaugural Literacy Heroes Breakfast on April 7th. If you would like to place an ad in the program see Victoria. **Rick Dunlap** announced that the Interact Charter Night will be held Tuesday, March 28th at the Elks Club. **Chuck Hawkins** announced that nomination forms are available to nominate a single family dwelling to be repaired etc. Nominations are due 3/16/06. The FRUIT Sale will take place on Saturday, March 25th. Please sign up to assist during the day on the 25th. Sign up sheets are on the tables at each meeting. Please SELL SELL SEL FRUIT! The 16th of March is the last day to hand in sale slips.

Adrienne Masak introduced Jessica Kent. She and her family just returned from a visit to New Orleans. Jessica is making friends and enjoying

hobbies. Erin is going to play softball and has had play dates. Jessica enjoys her job. She plans to stay in West Chester. Thanks for everything.

Happy Bucks: **Mike Alfanzo- Dick Yoder** was on **Steve Karp's** radio show. West Chester has received a top designation as a town for people to reside. **Joe Polito**- Dinner; **Paul Woodruff**-medical science and wishing Morgan will on his career.

Domenic Carnuccio won the 50/50.

SPEAKER'S REVIEW by Elizabeth Guman

Our program today was introduced by **Michael Alfonsi** and given by Dr. Richard Donze from the Occupational Health & Safety Center of Excellence at Chester County Hospital. Dr. Donze began by addressing how challenging it was to provide an overview of their work in the short timeframe of a Rotary presentation, using the analogy that he felt like a gerbil on amphetamines. His sense of humor continued to entertain us as he provided some valuable information for us on health care costs.

The Occupational Health Center offers Corporate Wellness programs designed to promote good health and productivity in the workplace. Dr. Donze explained how many businesses are focusing on promoting employee health by offering programs such as:

Safety Programs (CPR, AED, First Aid, Back Schools)

Health Fairs (Educational Displays & Screenings)
Healthy Living Seminars (Prevention & Health Maintenance Issues)
Lifestyle Modification Programs (Weight Management, Smoking Cessation)

Companies are finding that these programs represent a valuable employee benefit as well as contribute to a healthy bottom line by reducing health care costs. Some of the benefits associated with workplace wellness include:

- Improved employee health & morale
- Increased productivity
- Decreased health care utilization & expenditures
- Reduced days lost to injury & illness

Dr. Donze had some excellent dialogue with Bob Poole about both Dr. Donze's inroads in workplace health and safety as well as other activities that Dr. Donze enjoys including writing poetry and playing guitar in a rock band. Perhaps Dr. Donze will return to provide another enjoyable program focusing on comedy, poetry or music!

MARCH 23 MEETING

Westtown School will host our Club meeting on Thursday March 23.

Directions:

Proceed on Route 202 South to the Westtown Road Exit. At the bottom of the ramp/traffic light, make a left and head east on Westtown Road for approximately 2.5 miles. The Main Entrance will be on the left.

EXCHANGE STUDENTS

Virginie Bregeon (France) Henderson
Host Family – Ellen and Mark Morun
416 Crislena Lane 19380 610-344-0205

Sebastian Velez(Ecuador) East HS
Host Family - Steve and Catherine Burtch
170 William Penn Blvd 19382
610-399-1258

SAVE THE DATE

Mar 23 Meeting at Westtown School
Mar 25 Fruit Distribution
Mar 25 Interact Club Battle of the Band
May 13 Brighter Futures Work Day

YOUTH EXCHANGE

Our club will again be sponsoring a Youth Exchange Student, and we need to have at least one home confirmed, before we can proceed with their paperwork. At present we need homes for three female students, from Brazil, Germany and the Czech Republic respectively, with seven more students yet to be processed. The sooner we can get homes for these students, the sooner we can get them the information they need, in order to get visa's, etc. Please contact Adrienne Masak at 610 738-9792, or email adimasak@hotmail.com, for further information, or if you know of a possible host family.

BOARD OF DIRECTORS – THE ROTARY CLUB OF WEST CHESTER - DISTRICT 7450

P. Gary Hewitt, President; Annalie Korengel-Lorgus, President-Elect; Gary Hess, Vice-President; Steve Quigley, Past President; Patricia Kotsay, Secretary; Victoria Dow, Assistant Secretary; M. Robert Clarke, Treasurer; Steve Karp, Sergeant At Arms; Mike Alfonsi, Assistant Sergeant At Arms. Board Members: Vic Abdala, Bob Frame, Joe Hamel, Rich Kaufmann, Carol Metzker, Bill Ronayne, and Joanne Tadeo.

Bob Lankin, District Governor

Robert Poole, III, M.D., P. D.G. 1980-1981

HOW TO GET IN TOUCH

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Mark Sammarone, Vice-Chair and Web site maintenance. Committee Members: Elizabeth Guman, Seamus Lavin (Web site), Fran Luft, Eric Metzker, Cathy Palmquist, and Joe Polito