



ROTARY VOTARY

The Rotary Club of West Chester
Dong Kurn Lee, International President 2008-2009

Make Dreams Real Bulletin #46 www.WestChesterRotary.us June 11, 2009

This Week's Program: June 11, 2009

Speaker: Bruce Mowday
Topic: The Johnston Gang
<http://www.mowday.com/>
Arranged by Dave Biffen

Next Week's Program: June 18, 2009

Rotary Program
Arranged by President Steve

MINUTES by Paula Ott

President Steve Karp presided over one of his last meetings, as his term ends in June. He said he thought he was doing well as President because he hadn't received any e-mails offering complaints—and then he opened a spam-mail filter file and voila! Ignorance is bliss! Actually, Steve has done a great job as our President.

Frank Helms is celebrating his second cancer-free anniversary, and his invocation was an inspiring reading given to him while he was fighting cancer.

Visiting Rotarian was our BFF, **John Saling**. Visitors were **Terry Webber**, who will be installed June 25, and **Meganne Kenny-Cusato**.

Happy Bucks were offered by John Saling, his wife is at the shore for the week; **Bob Frame's** fiancé's two children were accepted at the Collegium Charter School; **Faith Woodward** is a first-time grandmother, she was a birthing coach to her step-daughter, who had a C-section; **Linda Hicks'** son, Jake, graduated from Unionville High School, **Patty Jefferis** received a book made by grade students she had read to as part of the reading program; **Charlie Lyddane** and **Chuck Swope** were celebrating the formation of a new company, Swope and Lees (**Jim Lees**), a commercial real estate company; **Caroline Comitta's** daughter graduated from Lehigh University and has a job with Ernst & Young in NYC; **David Wood's** son graduated from college, and also has a job teaching at a private school. **Victoria Dow** was celebrating a wedding and a new daughter-in-law, and finally, **Pam Costanzi** was celebrating the purchase of a new home with the assistance of a fellow Rotarian.

The 50/50 was won by **Joe Cunnane**, but he did not pick the queen—we are down to 19 cards left.

Finally, **Jeff Sommers** announced that if

you want to contribute to the Rotary Foundation and get credit for this fiscal year, you must do so before June 30.

Faith Woodward, Votary Publisher, thanked all who had printed copies of the Votary during the past year.

SPEAKER REVIEW by Victoria Dow

Dr. Sonia Paquette, an Occupational Therapist and Ergonomist, provided some valuable and practical information on good office work station design to help us all avoid work related injuries.

Originally from Canada, Dr. Paquette now lives in Downingtown. She advises employers about good work station design, using principals of ergonomics to "fit the job to the worker." She mentioned that the Occupational Therapist side of her work would be concerned mainly with rehabilitation for patients in or leaving a hospital or rehab institution. The Ergonomist is concerned with making the work environment comfortable and safe for the worker, and it's more than about just chairs – car manufacturers, NASA, the military, all use ergonomics to help design dashboards, capsules and jets better suited to the operators of those vehicles. The main goal is to reduce worker injuries, to find ways to improve work conditions and the work environment, and make the worker as comfortable as possible.

The physical conditions that will lead to pain and injuries are rooted in prolonged static loading – a contracted muscle that has no opportunity for movement to relieve that contraction. This can be found in a situation as simple as having to flex the wrist in order to use a keyboard. Office work station changes that can minimize wrist, shoulder and back problems are adjusting sitting posture, and keyboard and monitor height. When seated, we should all have a 90° angle at our knees and at our elbows as we work on a keyboard. Many

people, noted Dr. Paquette, are both seated too high and have their keyboard too high. You should be able to sit back in your chair and relax as you work – remember that thing behind you called a backrest? If you are positioned too high in your chair and/or your keyboard is also too high you risk pain and eventually injury. Finally, the mouse should be right next to the keyboard not located on a different level.

The other critical factor in avoiding problems is actually getting up and moving around on a regular basis. That gets the blood flowing and moves muscles that have been stationary for a period of time. Take the stairs; readjust your work position; get up to file papers; stretch at your work station. All these activities can help relieve stress and strain on the body associated with seated desk and computer work.

Dr. Paquette left a concise handout with 14 tips for an Ergonomic Computer Workstation: adjust your chair; keep monitor casing no more than 2-3" above eye level unless you have bifocals or progressive glasses; keep glare off the screen; sit at arms' length from monitor; keep feet flat on floor or on a stable footrest; use a document holder in line with screen; keep wrists flat and straight in relation to forearms; use wrist support when relaxing not typing but always when mousing; keep arms and elbows close in to body, elbows at 90°; center monitor and keyboard in front of you; use negative tilt keyboard tray with upper or tiltable mouse tray; use stable work surface and keyboard tray; take frequent short breaks to move around; learn how to type without looking at your keyboard. (This correspondent put all this into place, and darn if it doesn't work!)

EXCHANGE STUDENT

Anri (pronounced Anli) Izui at Henderson HS
Hosts: Eric and Susan Aaldenberg
129 Bantery Rd. W C19380 610-436-1615
Anri Cell Phone: (610) 400-7432

SAVE THE DATE

June 4 Blood Drive with Borough
July 9 President's Gala
Oct 11 Chili Cook Off
Check out the Rotary Calendar of events at
<http://www.westchesterrotary.us/clubcalendar.htm>
Add events: calendar@westchesterrotary.us

THANK YOU

Copies of the Votary are provided by **Jeannie McGinn** of McGinn Marketing Works.

ANNUAL PRESIDENT'S GALA

This year's Gala will be held on Thursday July 9 at 6:00 at our regular meeting place, West Chester Golf and Country Club. There will be no lunch meeting that day.

This exciting evening will feature the installation of our incoming President, Dave Rayburn and his Board of Directors. And, once again, we will have a Silent and Live Auction so start thinking now about an item you can donate to the auction. Last year's items included goodies such as: vacation homes, dinners, themed baskets, gift certificates, help with various tasks or chores, boat rides and golf games. Use your imagination and come up with a fun item to auction.

Opportunities to sign up to attend the evening and donate items will be offered at upcoming meetings and through email blasts. We look forward to your participation in this event. Any questions can be directed to Sue Casso Rogers.

THE ROTARY CLUB BOARD of DIRECTORS

President, Steve Karp; President-Elect, Dave Rayburn; Vice-President, Bill Ronayne; Past President, Gary Hess; Secretary, Patricia Kotsay; Treasurer, Rob Feenan; Sergeant At Arms, Katie Decker; Directors-at-Large: Cristina Combee, Elizabeth Guman, Jeannie McGinn, Terry McGrath, Bob Rogers, Mark Sammarone, Bert Volger
Joel Chesney, District Governor
Samantha Kranyak-Ramsey, Ass't District Gov.
Robert Poole, III, M.D., P. D.G. 1980-1981
District 7450

HOW TO GET IN TOUCH

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Bruce Beadle, Vice-Chair and Web site maintenance. Committee Members: Pat Barron, Matt Bradley, Sue Casso, Victoria Dow, Elizabeth Guman, Charlie Lyddane, Fran Luft, Paula Ott, Cathy Palmquist, Joe Polito, and Mark Sammarone (Web site)