

# ROTARY CLUB OF THE BRONX, NY, INC.

# TUESDAYS

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Marguerite Chadwick-Juner

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Rotary Theme 2010-2011:  
"BUILDING  
COMMUNITIES, BRIDGING  
CONTINENTS"

Volume 94 • Number 26  
January 4, 2011

#### President

Barry Fitzgerald  
530 Riverdale Avenue #6H  
Yonkers, NY 10705  
718-548-7732

## LOOKING AHEAD

- 1/18 ML King -Black History Sunset Meeting.
- 1/25 - Dr. Christine Walsh from Montefiore Hospital.
- 2/8 - Club Assembly and Board Meeting
- 2/15 - Celebration of Dominican Republic Sunset Meeting.
- 3/15 - Celebration of Greece Sunset Meeting.
- 4/19 - Celebration of Persia Sunset Meeting.
- 5/17 - Celebration of Mexico Sunset Meeting.
- 6/28 - President's/Paul Harris Dinner

## OPENINGS...

Past President Cheryl Simmons-Oliver opened the meeting and Dr. Arthur Wolstein led the Pledge of Allegiance. Rev. Susan Chadwick gave the Invocation.

## MAKE UPS

None today

## DR. HAPPINESS

Ed Hicks collected \$40 from happy Rotarians.

## CHUCK-A-BUCK

Sal Mastrocola was the lucky winner of \$24 in the 50/50.

## REPORT ON THE JANUARY 4, 2011 MEETING

### SPEAKER ~DR. JONATHAN KAZDAN

Past President Cheryl Simmons-Oliver introduced Dr. Jonathan Kazdan a Bronx chiropractor.

Dr. Jonathan Kazdan explained that osteoporosis and osteoarthritis are fairly common conditions. He also said that for the most part, they can be avoided or kept under control if they are properly managed or taken care of earlier in life.

Even though the two conditions are related, they are very separate. Osteoporosis is a thinning of the bone, making them more fragile and less strong. Bone is actually closer in make-up to wood than to stone as most people visualize. Bone is actually not a solid mass. The interior has intertwining fibers.

People lose height as they age because of the thinning of the bones and fibers. Each of the structurally supporting vertebrae gets thinner, smaller, and this results in a loss of height.

Osteophytes is a term referring to bone spurs, smooth structures that form on the spine over a long period of time. Bone spurs are physical indications that there is degeneration in the spine and become common with age.

As disc material degenerates, ligaments at the facet joint loosen and gradually thicken in order to continue to hold vertebrae together. These ligaments tend to calcify resulting in bone spurs. Bone spurs do not directly cause back pain but influence the development of other spinal disorders such as osteoarthritis and spinal stenosis.

Degeneration, bone spur development and related disorders result in neck and back pain, radiating arm and leg pain and weakness in the extremities.

What can be done to keep your bones in good shape? Exercise, eat right, take care of health conditions as they arise and keep a positive mental attitude.

Jonathan says that he sees injuries due to accidents and sports that can pre-dispose patients to osteoarthritic changes, but those



Photo courtesy of Jim Romeo

*Chiropractor Dr. Jonathan Kazdan demonstrates the difference between a healthy vertebrae and one affected by osteoporosis.*

*Continued on page 2*

## CELEBRATE BLACK HISTORY MONTH

The Rotary Club of the Bronx is pleased to announce that it will be hosting another wonderful sunset meeting on January 18, 2011 in celebration of Black History Month. Details will be forthcoming, so keep an eye out for a flyer with details in your inboxes and mailboxes!

## DR. JONATHAN KAZDAN

*Continued from page 1*

that have taken care of themselves suffer less, or sometimes not at all compared to their counterparts who have not.

Jonathan also said that 1200 mg of calcium per day is recommended, but most people do not get that much. He encourages modifying the diet or including supplements to reach that level. He also recommends supplement combos such as calcium with magnesium or boron. Another important supplement for keeping connective tissues healthy is vitamin C.

Diet is also key to keeping osteoporosis and osteoarthritis at bay. If one eats a diet high in animal proteins, the body becomes acidic. This condition does not let the body incorporate calcium as well and does not build up bone. A diet richer in vegetables, chicken, fish, olives and olive oil is much better.

He also said that vitamin D is important for the absorption of calcium and helping bones stay strong.

The next key to good structural health is exercise. If you stress your bones and give them physical activity, they will respond by becoming stronger. He said that one of the reasons that historically women used to develop osteoporosis more than men was that they were less physically active. This is not as true as it used to be.

Exercising 30 minutes a day is optimal. Jonathan says that patients who exercise first thing in the morning seems to be the most successful at maintaining their routine. Exercise is also beneficial for a good mental outlook and has been found to be a deterrent for depression.

Osteoarthritis cannot be reversed, but physical therapies, chiropractic, medication or a combination of these can result in greater mobility for stiff and painful arthritic joints.

In closing, Dr. Jonathan asks us to keep these conditions in perspective. He says that if you have one of these conditions it does not mean you should let it keep you from being active. Quite the opposite, you should endeavor to become more active as this will go a long way to improving how you feel.

Thanks Dr. Jonathan for opening our eyes to what we can all do to improve our quality of life.



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## Birthday Babies

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Rotary Theme 2010-2011:  
**“BUILDING  
COMMUNITIES, BRIDGING  
CONTINENTS”**

Volume 94 • Number 27  
January 11, 2011

**OPENINGS...**

President Barry Fitzgerald opened the meeting and Dr. Arthur Wolstein led the Pledge of Allegiance. Rev. Sue Chadwick gave the Invocation.

**CHUCK-A-BUCK**

Cheryl Simmons-Oliver won \$22 in the 50/50.

**MAKE UPS**

None today

**VISITORS & GUESTS**

Lynn Karan, President Elect of the Mount Vernon Rotary Club visited. Nan Clark was a guest of Bea Castiglia-Catullo and David Enamorado was a guest of Nancy Wallace.

**DR. HAPPINESS**

Sal Mastrocola collected happy dollars from happy Rotarians and guests.



**THE BRONX ROTARY  
OFFICERS**

President ..... Barry Fitzgerald  
President-Elect ..... Frank Arcuri  
1st Vice President ..... Igina DeMichele  
2nd Vice President ..... Amir Asadi  
Secretary ..... Rev. Susan Chadwick  
Assistant Secretary ..... Mary Springman  
Treasurer ..... Edward Hicks  
Assistant Treasurer ..... Jim Romeo  
Immediate Past President... Cheryl Simmons-Oliver

**DIRECTORS**

Bea Castiglia-Catullo • Dr. Arthur Wolstein  
Marguerite Chadwick-Juner  
Geoffrey O. Ukekweh • Debby Appel  
Miguel Santiago

**REPORT ON THE JANUARY 11, 2011 MEETING  
CLUB ASSEMBLY**

**A Sunset  
Fellowship Meeting  
Celebrating  
African-American  
Heritage**



Presented by the  
Rotary Club of the Bronx



Keynote Speaker: Pioneer of the  
African American Civil Rights Movement  
**Claudette Colvin**  
Entertainment **Bruce Purse**  
by



Tuesday, January 18, 2011  
6 - 8 p.m.  
\$50.00 per person

At the Harbor Restaurant  
565 City Island Avenue  
Bronx, NY 10464  
718-885-1373

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President Barry Fitzgerald announced that the Bronx County Society for the Prevention of Cruelty to Children sent a letter requesting a donation for the coming year. The request has been forwarded to the Bronx Rotary Foundation for consideration.

The African-American Sunset Meeting is on track. Claudette Colvin, African-American civil rights leader will be the keynote speaker and entertainment will be provided by Bruce Purse. Ms. Colvin will also be bringing copies of her book about her experiences for sale and auto-graphing. Barry also said that members of the Bronx Rotary Interact Club will

also be in attendance.

Barry then brought up the possibility of doing a wine tasting project. The idea was introduced to him by The New York Rotary Club. The event would be handled by Squire Friedel who would provide all the wine and the entertainment. The Club would be responsible for providing the venue and the cheese and crackers.

Jim Romeo reported that the Gift of Life gala would be held on Saturday, February 5th at the Westchester Marriott Hotel in Tarrytown, NY. The gala will be honoring PDG Gilda Chirafisi this

*Continued on page 4*

## CLUB ASSEMBLY

*Continued from page 3*

year. She is the chairman of the District 7239 Gift of Life program, but will be retiring shortly. It is important for the Bronx Rotary Club to have a good attendance at the gala, so please try to attend.

The Gift of Life child hosted by the Pelham Rotary Club got a nice write up in a Westchester paper. Bill Currie wrote a follow-up letter to the editor in response to one questioning why Rotary Clubs sponsor children from other countries and not our own. Mr. Currie stated that he has frequent dialogs with U.S. surgeons and has been assured that U.S. children who need heart surgeries are always operated on regardless of the family's ability to pay. In our country children with these heart defects are operated on before they leave the hospital after birth or with their first year of life. They are much better off and recover faster than those who have their surgeries at an older age.

The New York Shields sent a letter to our Club to inform us that our donation enabled a scholarship for Margaret Fleming, the daughter of John Fleming, a retired New York Police Department officer. The scholarship was for \$1,020.00.

Barry then stressed the importance of "Every Rotarian Every Year". The funds our member contribute become available to us in 3 years in the form of matching funds for our projects. Currently, \$2,000 have been contributed from our members for the Rotary year. He suggested that if \$100 is a tough nut to crack all at once, members should consider contributing \$10 or \$20 at a time, several times during the year.

Finally, Bea Castiglia-Catullo is going to be the subject of a biography written by Nan Clark. She is vowing to contribute the proceeds from the sale of the book towards a mobile food kitchen that she hopes to implement on behalf of the Bronx Rotary Club. The book is half complete and the author is merely waiting until some key events transpire this spring so that she can include them.

## OFFERING PRAYERS

For Igina DeMichele's husband who had a serious injury to his hand from a table saw.

For Bea Castiglia-Catullo's son and daughter, both of whom are battling cancer.

## HAITI STILL STRUGGLING

In the year since a catastrophic earthquake struck Haiti, Rotarians in the country have been using resources and funds donated by Rotary clubs worldwide to rebuild schools, support environmental education, and fund clean water initiatives.

A 7.0-magnitude quake struck Haiti on 12 January 2010, killing more than 300,000 people and crumbling the country's infrastructure. More than a million people still live in tents and under tarpaulins. A deadly cholera outbreak in October slowed the work toward long-term recovery.

Rotary clubs have provided more than \$18 million in aid to Haiti. District 7020, which includes Haiti, raised US\$1.5 million and secured goods and services valued at about \$11 million for immediate help.

The relief effort has involved Rotarians from about 50 countries.

"Rotary has been a major influence in Haiti," Rassin says. Rotarians "have participated in various programs to help those in Haiti who have been seriously affected by the tragedy.

Some of the initiatives supported by the Haiti fund include:

\* A \$50,000 project by District 7020 and the Rotary Club of Cayes to rebuild six classrooms at La Sainte Famille, an elementary school in La Savane, one of the poorest neighborhoods in the city of Les Cayes. The school serves 682 students, including more than 40 displaced by the earthquake.

\* A \$13,700 project by the Rotary Club of Carrefour/Mon Repos, Ouest,

to educate 1,300 students about the importance of reforestation. Haiti lost 98 percent of its trees because of the earthquake. Students will plant and maintain fruit trees, reducing erosion and increasing agricultural production.

\* A \$64,000 project by the Rotary Club of Mirebalais, Centre, to construct 80 rainwater collection tanks, each with a 2,500-gallon capacity, in a section of Mirebalais, where there is no irrigation, potable water, or electricity. Ninety-five percent of the area's residents work in agriculture. The tanks and filters will provide clean water for about 3,000 people.

"It will take years for the country to recover, but by working together on each project and seeing it through completion, Rotary will make a difference in the lives of millions of people," Rassin says.

Richard McCombe, a member of the Rotary Club of South-East Nassau, New Providence, Bahamas, says Rotary is particularly well suited to help in Haiti's recovery: More than 30 humanitarian and educational projects were already underway before the quake.

"We decided that whatever we do in Haiti must help improve sustainability and build capacity," McCombe says. For example, a prosthetic limbs project in Pignon in northern Haiti also provides job training to local workers to produce and fit lightweight, low-cost artificial limbs. The \$500,000 project, supported by the Foundation and Rotary clubs in the United Kingdom, will benefit about 4,000 quake survivors and others in need of prostheses.

### MEETING TIMES & PLACES of ROTARY CLUBS in DISTRICT 7230

<b>MONDAY</b>					
Bedford-Armonk	6:15p	Bedford Presbyterian Church	Inwood Manhattan	7:00p	Garden Cafe
Bronxville	12:15p	Fogarty's Town Tavern	Metro NYC	7:30p	Trattoria Dopo Teatro
Central Bronx	7:00p	Jol Kabar Restaurant	Mount Kisco	12:15p	Mt. Kisco Holiday Inn
Chappaqua	12:15p	Crabtree's Kittle House	Mount Vernon	12:15p	Bona Sera Restaurant
New York	12:00p	Harvard Club	New Rochelle	6:15p	Davenport Club
Northeast Westchester	6:15p	John-Michael's Restaurant	Ossining	12:30p	The Tuscan Grille
St. George's	6:30p	Grotto Bay Beach Resort	Pelhams	12:15p	Rockwells
<b>TUESDAY</b>					
Bronx	12:15p	The Harbor Restaurant	Sandys	6:30p	Henry VIII Restaurant
Chinatown	1:00p	Hop Lee Restaurant	Tarrytowns	12:15p	Westchester Marriott Hotel
Croton-on-Hudson	12:15p	Bella Paula	Wall Street	5:30p	Downtown Association
East Yonkers	12:15p	Luciano's Restaurant	Yorktown	12:15p	Murphy's Restaurant
Hamilton	12:15p	Royal Hamilton Amateur Dinghy Club	<b>THURSDAY</b>		
Hastings, Dobbs Ferry,			Cortlandt Manor	7:00p	Cortlandt Colonial
Ardley & Irvington	6:15p	Doubleday's	Elmsford	12:15p	Rinis Restaurant
Mount Pleasant	12:00p	Casa Rina Restaurant	Mamaroneck	12:15p	Emilio's Restaurant
Port Chester-Rye Brook	12:10p	T&J Trattoria	Mid-Island	7:30a	Dakota Diner
Scarsdale	12:00p	Moscato's	North Shore	7:00p	LiGreci's Staaten Restaurant
Somers	6:15p	Pinnacle Restaurant	Peekskill	12:15p	Cortlandt Colonial Restaurant
Staten Island	12:30p	Ligreci's Staaten Restaurant	Pembroke	7:15a	Royal Bermuda Yacht Club
Upper Manhattan	6:00p	Gran Piatto d'Oro Restaurant	Pleasantville	12:15p	Riviera Restaurant
White Plains	12:15p	Crowne Plaza	Riverdale	6:45p	The Riverdale Greentree
<b>WEDNESDAY</b>					
Eastchester	12:15p	CIAO Restaurant	South Shore	12:15p	Marina Grand
Gateway	7:15p	Lake Club	Yonkers	12:15p	Luciano's Italian Restaurant
Harrison	12:15p	Emilio's Restaurant	<b>FRIDAY</b>		
Hartsdale	12:15p	Alaroma Restaurant	Briarcliff Manor	12:15p	Briarcliff Recreation Center
			Larchmont	12:15p	Larchmont Yacht Club
			Rye	12:15p	Coveleigh Club