

# TUESDAYS

ROTARY CLUB OF THE BRONX, NY, INC.

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MEETS EVERY TUESDAY AT 12:15PM

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Rotary Theme 2009-2010:  
**"THE FUTURE OF ROTARY  
IS IN YOUR HANDS"**  
Volume 94 • Number 4  
July 20, 2010

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

## LOOKING AHEAD

8/10 - Club Assembly & Board Meeting.  
9/14 - Club Assembly & Board Meeting.

## OPENINGS...

President Barry Fitzgerald opened the meeting and led the Pledge of Allegiance. Maurice Nwokolo gave the Invocation.

## CHUCK-A-BUCK

Frank Arcuri won \$22 in the 50/50.

## DR. HAPPINESS

Miguel Santiago collected \$50 from happy Rotarians and guests.

## MAKE UPS

None today.

## VISITORS & GUESTS

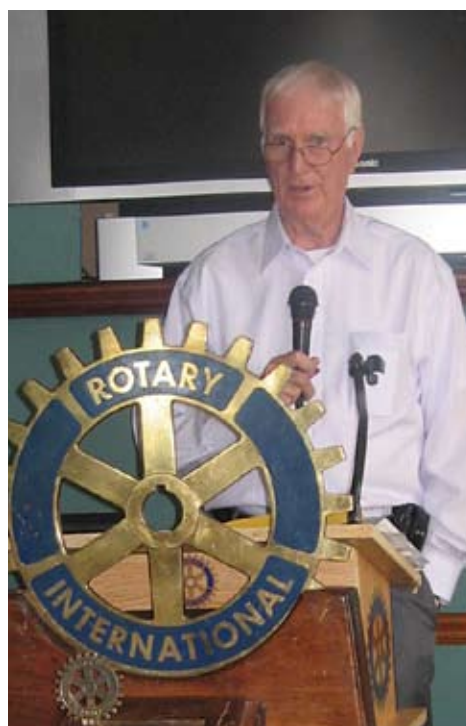
Catherine Biemkpa was a guest of Mark Ahaneku.

## Birthday Babies

JULY

Dorothy A. Henderson - 10th  
Demetrio (Jim) Romeo - 12th  
Valerie Kalaidjian - 13th  
Geoffrey O. Ukekweh - 16th  
Donald Arthur ~ 25th

## REPORT ON THE JULY 20, 2010 MEETING CLUB FELLOWSHIP



Photos courtesy of Jim Romeo

President Barry Fitzgerald

President Barry Fitzgerald announced that the Central Bronx Rotary Club will have its Installation Dinner for Incoming President Shakawat Ali on Sunday, July 25 at the J&K Restaurant, 1439 Unionport Road in the Bronx. Tickets are a very reasonable \$25.

Miguel Santiago took the podium to announce that the \$1,000 the Bronx Rotary Club donated to the Foundation for Sight and Sound is already being put to good use. On Sat., July 31st, from 10 a.m. to 2 p.m., the Foundation will be at Montefiore at 3400 Bainbridge Road in the Bronx to distribute hearing aids to 40 children.

The InterAct Club with Samuel Gompers High School students has had its charter approved and will be starting in September. Miguel Santiago and Cheryl Simmons-Oliver had originally gone to the school to meet with the students about a mentoring program. When they described the InterAct Club



Miguel Santiago spoke about the InterAct Club.

to the students they were more than willing to get involved and start one.

Miguel urged Bronx Rotary members to participate or at least attend one of the meetings because he said the students are so enthusiastic that they will draw you in and you will want to be involved. So far Miguel, Cheryl, Rick Sherman, Bill Gouldman and Adeyemi Oloruntoba are on the committee.

At the most recent Board meeting, Amir Asadi was appointed as Sergeant-at-Arms and Adeyemi Oloruntoba is the Assistant SAA.

Baker extraordinaire Debby Appel made a gorgeous cake for the July

*Continued on page 2*

## YOUR SUGGESTIONS URGENTLY NEEDED

Do you know someone who would make a great guest speaker? Please approach them and ask them if they would like to speak to us. Then, please contact Marguerite Chadwick-Juner to arrange a date on the schedule. (m.juner@verizon.net or 718-885-0933)

## CLUB FELLOWSHIP

Continued from page 1

Birthdays Babies. It was topped by edible decorations of sea turtles making their way across a beach from the marsh grasses to the sea.

Discussion ensued about putting the updated by-laws into the pocket roster, but it was ultimately determined not to do so. Barry suggested that we dedicate a meeting to reviewing the new by-laws instead. This would provide an opportunity for Q&A and for new members or ones who haven't attended recently to get up to speed.

President Barry has been pursuing the idea of a Casino Night fund raiser, but via discussion with the Board it was determined that unless we can attract 100-200 people to attend, it will not be successful. He met with Mike Fix of the Eastchester Rotary Club which held a Casino Night earlier this year to discuss their experience. There were apparently a few glitches, but Barry suggested that by teaming up with the Eastchester Club, these could be avoided and we could pool resources, draw more attendees and split profits, making for a more successful event for everyone.

An alternative idea is a boat cruise on the Klondike or a similar boat that would do an evening cruise to NY Harbor and the Statue of Liberty. We would need to fill the boat to its 150 person capacity to make it profitable. The Klondike does a 5 hour cruise from 7 to midnight. The boat costs \$4,000 and there is a 10% gratuity. Other costs would be food, beverages and music. This is another event that could be co-produced with another Club. Jim raised the possibility of contacting former member Capt. Mike who runs a cruise boat out of the Marina Del Rey.



Birthdays cake à la Debby Appel. Yum!

Cheryl brought up the possibility of doing a 50/50 raffle ticket offering again as it was relatively inexpensive for the Club to do and reaped a nice profit.

Cheryl also reminded members about the 55th Annual "On-to-Bermuda" trip to the Fairmont Southampton on October 24—31, 2010. This year it is a 7 night 8 day trip. The focus will be "End Polio Now" with Honorees who have made great strides toward that end. Registration forms can be downloaded at <http://www.rotary7230.org/ourdistrict/otb/otb2010.htm>.

## WISHES FOR THE NEW ROTARY YEAR FROM PAUL HARRIS

In 1916, Rotary founder Paul Harris shared his thoughts about the organization in an article titled "The Future of Rotary," published in *The Rotarian*.

Addressing the Rotary world, Harris concluded the short piece with wishes for the new year. As the 2010-11 Rotary year begins, consider his words:

I wish you all of the prosperity which your good deeds merit.

May all things you ought have be yours.

May your charities rank among your necessary expenditures.

May you not fall into the popular error of thinking that happiness is to be found in outdoing your neighbors.

May it always be yours to look beneath the veneer of life to the solid substance which lies beneath.

May you be builders, not mere climbers.

May you be able to appraise life's blessings at their real worth.

May you be free to act in accordance with the dictates of your own conscience and good judgment.

May you not be slaves to meaningless customs, social or otherwise.

May you shun the groove followers.

May you have vision to discern the right and health, strength and will to do it.

That is to say, I wish you a happy New Year.



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Andy Pane '02

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RAM P. GUPTA '87

Rotary Theme 2008-2009:  
**"MAKE DREAMS REAL"**  
Volume 94 • Number 5  
July 27, 2010

## REPORT ON THE JULY 27, 2010 MEETING GUEST SPEAKERS ~ JESSICA BURNS & JULIA BRIGGS

### OPENINGS...

President Barry Fitzgerald opened the meeting and Rick Sherman led the Pledge of Allegiance. Adeyemi Oloruntopa gave the Invocation.

### CHUCK-A-BUCK

Mary Springman won \$21 in the 50/50.

### DR. HAPPINESS

Mark Ahaneku collected \$32 from happy Rotarians and guests.

### MAKE UPS

Ed Hicks had a make up at the Central Bronx Rotary Club.

### VISITORS & GUESTS

Guest speakers Julia Briggs and Jessica Burns were guests of the Club and Catherine Biemkpa was a guest of Mark Ahaneku. Nigel Bailey visited from the Tortola Rotary Club.



Photo courtesy of Jim Romeo

Jessica Burns (l.) and Julia Briggs from the Juvenile Diabetes Research Foundation.

President Barry Fitzgerald introduced Julia Briggs and Jessica Burns from the Juvenile Diabetes Research Foundation.

Ms. Briggs works for JDRF specifically to organize the walks in an around the New York metropolitan area. There are several, but the one in the Bronx will be at the Bronx Zoo. It is a 5k walk, but she also said that doing the entire walk is not necessary, and that many families come out, do a short walk and then go on to all the activities offered for the day to participants. Registration can be done in advance online or by mail, or one can register the day of the event starting at 8:30 a.m. The actual walk starts at 10 a.m.

Every year, thousands of corporate teams all over the world come together to walk at over 200 sites for a diabetes cure; raising dollars and hope, one step at a time. When an organization or company walks with JDRF, they partner with some of the most well-known and respected local and national companies, dedicated to finding a cure. Participation in the Walk will also serve as a terrific team building event for employees; it is inspirational and encourages collaboration, coop-

eration, and general team spirit which reenergizes employees and increases productivity. Most of all, it will demonstrate to everyone watching that, as a business leader, you give back to the community.

Ms. Jessica Burns who is a summer intern with JDRF and has type 1 diabetes herself, explained that the mission of JDRF is to find a cure for diabetes and its complications through the support of research. JDRF funding and leadership is associated with most major scientific breakthroughs in type 1 diabetes research to date. The Foundation remains a global leader in driving type 1 diabetes science forward by funding more type 1 research than any other charity. Since its founding in 1970 by parents of children with type 1 diabetes, JDRF has awarded more than \$1.4 billion in research funding. JDRF is committed to working tirelessly to develop new and better treatments to improve the lives of people who have the disease and keep them as healthy as possible. More than 80 percent of JDRF's expenditures directly support research and education about research.

Ms. Burns said that she was first

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# JESSICA BURNS & JULIA BRIGGS

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diagnosed with diabetes when she was 13 years old. Her symptoms were lethargy, weight loss and insatiable thirst.

She was fitted with an insulin pump about 1 month after she was diagnosed so that she does not have to worry about injecting herself several times a day. The pump does the work for her. She calculates what she is going to eat, programs that number into the pump and it will automatically release the proper amount of insulin into her bloodstream.

Type 1 (insulin-dependent or juvenile) can occur at any age, but most commonly is diagnosed from infancy to the late 30s. In this type of diabetes, a person's pancreas produces little or no insulin. Although the causes are not entirely known, scientists believe the body's own defense system (the immune system) attacks and destroys the insulin-producing cells in the pancreas. People with type 1 diabetes must inject insulin several times every day.

Type 2 (non-insulin-dependent or adult-onset) diabetes typically develops after age 40, but can appear earlier, and has more recently begun to appear with more frequency in children. In this form of diabetes the pancreas still produces insulin, but the body does not produce enough or is not able to use it effectively. Treatment includes diet control, exercise, self-monitoring of blood glucose, and, in some cases, oral drugs or insulin.

A healthy pancreas produces insulin, a hormone that the body uses to change glucose in the blood into energy. Glucose in the blood comes

from the food and drink a person consumes. A person with type 1 diabetes doesn't produce any insulin. Without insulin, the glucose builds up in the blood, causing high blood sugar, or hyperglycemia. Blood sugar levels that are too high and untreated for long periods of time can lead to ketoacidosis, a very serious condition. Very high blood sugars for an extended period of time can eventually lead to coma and death.

In people without diabetes, the pancreas maintains a "perfect balance" between food intake and insulin. When a person eats, the pancreas puts out the exact amount of insulin needed to turn the glucose into energy. If the person eats a lot, the pancreas puts out a lot of insulin. If the person eats just a little, the pancreas puts out just a little insulin.

Ms. Burns' pump allows her to live a very active and normal lifestyle. It can be removed for showering or swimming without any adverse reactions. It monitors and keeps records of her insulin use so that her doctor can just plug it into a computer and see exactly how she is doing. She no longer has to keep a hand written log

of what she eats because of this. She is excited about the advances that are being made every day in the quality and ease of use of insulin pumps. She is also excited about JDRF's Artificial Pancreas Project which stands on the cusp of a breakthrough that represents the first step toward dramatically improving the lives of millions of people with type 1 diabetes: an artificial pancreas, an automated system to disperse insulin based on real-time changes in blood sugar levels.

Thank you Julia Briggs and Jessica Burns for sharing this information with us.

Those interested in participating in the walk on Oct. 3rd and having a day of fun and full access to all the Bronx Zoo has to offer, all for a great cause, should contact Marguerite Chadwick-Juner. We hope to get a team together to represent the Bronx Rotary Club.

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MEETING TIMES & PLACES of ROTARY CLUBS in DISTRICT 7230		
<b>SUNDAY</b>		
Central Bronx	7:30p	Jol Khabar
<b>MONDAY</b>		
Bronxville	12:15p	Town Tavern
Chappaqua	12:15p	Crabtree's Kittle House
New York	12:15p	Harvard Club
St. George's	6:30p	The George & Dragon
<b>TUESDAY</b>		
Bronx	12:15p	The Harbor Restaurant
Chinatown	1:00p	Hop Lee Restaurant
Croton-on-Hudson	12:15p	Just-In-Time
East Yonkers	12:00p	Luciano's Restaurant
Hamilton	12:15p	Royal Hamilton Amateur Dinghy Club
Hastings, Dobbs Ferry, Ardsley & Irvington	6:15p	Doubleday's
Northeast 1st & 3rd Tues	6:15p	Katonah Memorial House
Westchester 2nd & 4th Tues	12:15p	Katonah Memorial House
Mount Pleasant	12:15p	Casa Rina Restaurant
Port Chester-Rye Brook	12:05p	Villaggio Trattoria
Somers	6:30p	Pinnacle Restaurant
Staten Island	12:30p	Ligreci's Staaten Restaurant
Upper Manhattan	6:00p	International House
White Plains	12:15p	Holiday Inn Crowne Plaza
<b>WEDNESDAY</b>		
Armonk	6:15p	Beehive
Eastchester	12:15p	CIAO Restaurant
Gateway	7:15p	Lake Club
Harrison	12:15p	Emilio's Restaurant
Hartsdale	12:15p	Alaroma Restaurant
Inwood Manhattan	7:00p	Park Terrace Bistro
Metro NYC	7:30p	Trattoria Dopo Teatro
Mid-Island	7:30a	Dakota Diner
Mount Kisco	12:15p	Mt. Kisco Holiday Inn
Mount Vernon	12:15p	Bona Sera Restaurant
New Rochelle	6:15p	Davenport Club
Ossining	12:30p	Isabella's Restaurant
Pelhams	12:15p	Rockwells
Sandys	6:30p	Henry VIII Restaurant
Scarsdale	12:15p	Scarsdale Metro Restaurant
Tarrytowns	12:00p	Kendall on Hudson
Yorktown	12:15p	Murphy's Restaurant
<b>THURSDAY</b>		
Elmsford	12:15p	Rinis Restaurant
Mamaroneck	12:15p	Chef Antonio Restaurant
North Shore	7:00p	LiGreci's Staaten Restaurant
Peekskill	12:15p	Cortlandt Colonial Restaurant
Pembroke	7:30a	Royal Bermuda Yacht Club
Pleasantville	12:15p	Riviera Restaurant
Riverdale	6:30p	The Riverdale Greentree
South Shore	12:15p	Marina Grand
Yonkers	12:00p	Ramada Inn
<b>FRIDAY</b>		
Briarcliff	12:15p	Briarcliff Recreation Center
Larchmont	12:15p	Larchmont Yacht Club
Rye	12:15p	Coveleigh Club