



THE PENWHEEL

Volume 63 Number 41

Shadow Lake Golf Club

Tuesday May 10, 2011



THE PENWHEEL

A Weekly Newsletter of
The Rotary Club of Penfield, NY
Chartered Nov. 23, 1948 District 7120
Meetings at Shadow Lake Golf Club, Five Mile Road
Tuesdays, 12:15 P.M.

OFFICERS AND DIRECTORS

President	Charlie Bellomo	381-8889
Past President	Don Milton	336-9666
Secretary	Bill Pethick	388-8546
Treasurer	Mary Ann Mady	388-6197
Ass't Treasurer	Steve Ketch	671-3371
Service Projects	Jack Best	261-0073
Public Relations	Linda Kohl	381-4510
Administration	Bob Smith	217-8906
Membership	Sean Patton	671-4791
Rotary Foundation	Bill Pethick	388-8546

Newsletter editor and publisher Bob Smith

THE 4-WAY TEST OF THINGS WE THINK, SAY OR DO

1. Is it the TRUTH?
2. Is it FAIR to all concerned?
3. Will it build GOODWILL and BETTER FRIENDSHIP?
4. Will it be BENEFICIAL to all concerned?

IF YOU DON'T MAKE UP ... WE ALL LOSE

Mon.	6:00 PM	Brighton	Bagel Bin, Monroe Ave.
Mon.	6:15 PM	Fairport	Green Lantern Inn
Mon.	6:15 PM	Spencerport	Pineview Family Rest.
Tues.	Noon	Rochester	Riverside Convention Center
Tues.	6:00 PM	Gananda	Carole's Country Kitchen
Wed.	7:15 AM	Pittsford	Pittsford Public Library
Wed.	Noon	Victor	The Legacy @ the Fairways
Wed.	12:15	Greece	Ridgemont Country Club
Wed.	6:15 PM	Irondequoit	Murph's Pub
Thurs.	7:15 AM	Pen-Web	Castle Pointe Dining Hall
Thurs.	6:15 PM	East Rochester	The Grapevine
Thurs.	6:30 PM	Webster	Streppa's Bistro
Fri.	7:00 AM	Rochester AM	Golden Fox Restaurant

PROGRAMS and EVENTS

MEETING PROGRAMS

May 17 – Project to collect and fix used bikes
May 24 – Penfield Library, lunch and tour
May 31 – Tribute to our Armed forces
June 28 – Penfield Rotary Moving Up Night

Dan Lill of R Community Bikes
Library building, 1985 Baird Rd.
Shadow Lake Golf Club, 6:00PM
Shadow Lake Golf Club

EVENTS

May 14 – District Advisory Council Meeting
May 21-25 – International Convention
June 6 – Penfield Rotary Golf Tournament
June 29 – District Change-over on Wednesday

New Orleans, LA – Holiday Inn, Superdome
Shadow Lake Golf Club
Ventosa Vineyard, Geneva.

GREETINGS TO YOU

DAVE STUTRZ went out of his way to make sure he greeted all 19 attendees today plus our speaker and guest.

JOE BEST led the pledge as well as said the invocation

GUESTS

Rotarians: Lynn Freshman, our speaker.
Guests: Mike Whittemore, candidate for membership.

SUNSHINE REPORT

No report today.

ANNOUNCEMENTS

NELS CARMAN

- Today was 2+2+2 day. There was more money than food, which is fine, but when you bring food it reduces the shopping load by the food cupboard people.

CHARLIE BELLOMO

- Work on the Adopt-A-Highway project Saturday collected a host of odd pieces of trash as might be expected. Of particular note is that "chewing tobacco" use is apparently on the rise. Who would have thought? Tires were found as well as a working cell phone. People will throw anything from their car windows.
- The VFW Post 820 will be conducting the Memorial Day ceremony at the Town Hall Veterans Area on May 30, 2011. We will be represented by NELS CARMAN. And, Club other members are asked to be present as well. The service will be at 10:30 AM.
- Our last meeting this month, May 31, 2011, will be a special meeting besides being an evening meeting. It will be called "Warriors Salute," and will focus on wounded veterans some of whom work at CDS. It is important that as many Rotarians as possible be there

for the special salute to veterans. The public will also be invited.

- There is a Board meeting this Friday morning at 7:30 AM at Wegmans, Rtes. 250/441. Any Penfield Rotarian is always welcome to attend.

BOB SMITH

- The Golf Tournament is only 3 ½ weeks away and the response for players is very slim at this time. All members are asked to approach anyone they know who plays golf, to promote this tournament. Prizes need to be gathered as well.

LINDA KOHL

- Anyone wanting to attend the Penfield Players' performance on Saturday night had to have let LINDA know as of this meeting day. So far, there are four couples were going.

DAVE STURTZ

- The Camp Haccamo Board of Directors has asked that a list of former campers be compiled. All members are asked if they know anyone who has attended the Camp, please let DAVE know.

JOE BEST

- Don't forget the Rotary night at Red Wings on June 4, 2011. You can also come for a dinner before the game. Watch your e-mail for particulars and log in to Rochester Community Baseball. For each ticket \$1.00 goes to the District Literacy Project. You must make a commitment by May 25, 2011, so that a block of seats can be reserved. It is always great fun. Don't miss it. Let's show Rochester the strength of Rotary.

JACK WETZEL

- IVETH REYNOLDS has joined him on the scholarship committee.

HAPPY DOLLARS

MARY WOJNOWSKI and her children put on a blazing show of speed in Sunday's Mother's

Day race, with her oldest setting a record;
GEORGE GRAY for all the work he finds in his new house;
LINDA KOHL for our Little league team;
JACK BEST for the 200 collected cans that were thrown out instead of cashing them in;
BOB SMITH for all the fun he had Saturday;
BOB GENTLE for the sunshine this week to get the crops in the ground;
CHARLIE BELLOMO for fun on Saturday;
CHRIS KAUSCH for a good day today, appreciated.

PROGRAM

Lynn Freshman of the Pittsford Rotary club spoke to us about the dangers of too much sugar in our diets. There is a book, "Sugar Blues" by William Duffy, that she suggests we read. She suggests we change our relationship with sugar, since everyone craves sugar to some degree. Natural sugar is good, but refined sugar is not.

NEXT WEEK, MAY 17, 2011

Program:

R Community Bikes - presented by CEO Dan Lill. "Bikes" collected, fixed up and gave away 2,500 bicycles last year. Penfield Rotarians and Interactors with help from Alan Hanford and the Penfield Racquet/Fitness will participate in a local drive to collect used bikes this fall.

Volunteers:

Greeter – STEVE KETCH

Reporter – JACK WETZEL

Invocation – BOB SMITH

Pledge – DON MILTON

Pick up Joe – WALLY ASHNAULT

(Please get a substitute if you are not able to accomplish your assignment)

Refined sugars are in most foods produced today. Sugar affects many body functions. Consider low-fat to be better than no-fat because sugar substitutes are used in no-fat products. Comparing a sample of foods she brought with her, from low sugar to high sugar; they are as follows: ketchup, canned peas, protein bar, salad dressing, grape jelly, chocolate syrup and yogurt. Eat healthier!

50/50 RAFFLE

GEORGE GRAY was the lucky winner of \$10.00, but the big money lives on.

UPCOMING MEETINGS AND EVENTS

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May 31 – Possible tribute to our Armed forces

June 28 – Penfield Rotary Moving Up Night

Dan Lill of Community Bikes

Tour and lunch at Library Building, 1985 Baird Rd.

Shadow Lake Golf Club, 6:00PM

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SCHEDULED ROTARY EVENTS

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