



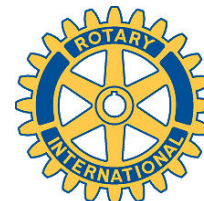
THE AXLE

Oswego Rotary's Weekly Newsletter

Founded March 29, 1927

Service Above Self

www.oswegorotary.org



Shawn Seale, President

Dr. David Granoff, President Elect

Terrance Gorman, Vice President

Larry Calabrese, 7150 District Governor

Bill Crist, Past President

Ann Seifried, Treasurer

Mark DuFore, Secretary

Paul Scott, Ass't. Governor, Area 10

D. K. Lee, Rotary International President (Korea)

NEXT MEETING

When: January 13, 2009
Where: King Arthur's Steakhouse
Program: Shawn Seale -- How is Credit Calculated?

Today's Meeting Date: January 6, 2009

Welcome and Call to Order: 12:15 p.m.

Patriotic Song: America (led by Randy Zeigler)

The Pledge: Shawn Seale

Invocation: Tim Gleason

Second Song: Auld Lang Syne (led by Randy Zeigler)

Current Club Membership: 44

Visiting Rotarians:

None today

Honorary Rotarians:

Valerie Hutchinson

Guests:

Curtiss Smith, Jon Spaulding, Harrison Wilde, Sue Witmer, and Judy Makin (today's guest speaker)

Student Guests:

Henrik Ehrhardt and Sara Molinari (Oswego High School)

Birthdays:

Tony Henderson (Jan 11); Rick Tesoriero (Jan 15)

Anniversaries:

Vic Oates (1979); Corte Spencer (1982); Rick Tesoriero (1984); Terry Gorman (1989); Selma Sheridan (1992); Dave Granoff (2004)

Fines/Happy Dollars:

Bill Crist collected a bunch of happy (and in many cases humorous) dollars today.

50-50 Raffle:

Gary Paricio won \$6 in today's raffle but was unsuccessful in drawing the Ace of Spades and winning the grand jackpot of \$146.

Meeting Adjourned:

1:15 p.m.

We were pleased to see those of you who attended today's meeting: Cora Brumley, Bill Crist, Joette Deane, Mark DuFore, John Fitzgibbons, Tim Gleason, Terry Gorman, Dave Granoff, Tony Henderson, Joe Hutchinson, Sabine Ingerson, Tom Ingram, Rachel Kesler, Deana Masuicca, Gary Paricio, Charles Platt, Deb Robillard, Viv Sayer, Shawn Seale, Ann Seifried, Rick Tesoriero, Melanie Trexler, Vern Tryon, Dave Welsch, Stephen Wise, and Randy Zeigler.

Reporting Make-Ups: Please report make-ups for missed meetings by sending an email to the [Attendance Committee](#). Be sure to include the place or activity being used for the make-up, its date, and the date of the missed meeting. Absences from Rotary meetings may be made up by attending meetings of other Rotary clubs anywhere in the world, Rotary International or District functions, or Board of Directors' meetings; participating in Rotary service projects; attending Rotary committee meetings; or by meeting online at any of several [clubs in the world](#).



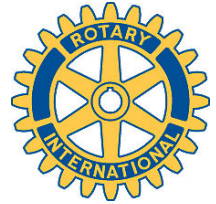
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Job Well Done Recognition Award: None today

Rotary Minute:

"Treat your customers like old friends," says Norma Wright, member of the Rotary Club of Pensacola North, Fla., USA, and president of the Better Business Bureau of NW Florida. "Be nice to your employees, too, because they'll in turn treat your customers that way."

But a good mood can sometimes be hard to come by. Stuck in traffic or in line, you get frustrated, and bad manners get the better of you. You can blame some of this reaction on biology.

Gregory Fricchione, director of the Benson Henry Institute for Mind Body Medicine at Massachusetts General Hospital in Boston, explains how it works: "The brain is outfitted to pursue and protect our basic needs for food, sex, shelter, and control over our lives." That can include trying to make it to a meeting on time or asking for a raise.

"When your needs are thwarted, there's a tendency to become irritable and frustrated, which can lead to being unkind."

But we're also wired for empathy. "As a species, we've evolved to require social support as a survival strategy, and we also have the capacity to provide it," Fricchione continues. Studies of something called mirror neurons in the human brain have shown that when you see someone in trouble, the neurons in your brain behave in a way similar to those of that person. "This allows you to feel what the other person is feeling," he says, "and potentially respond with kindness and altruistic behavior."

Calendar: No events are scheduled at the moment.

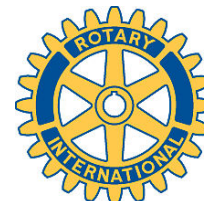
Announcements:

- ❖ Vern Tryon announced that applications are now available for the Charles E. Riley Oswego Rotary Scholarship, the Ralph & Dorothy Faust Oswego Rotary Scholarship, the Manjulah R. Shah Oswego Rotary Scholarship, the Anthony J. Murabito Oswego Rotary Scholarship, and the Oswego Rotary Club Occupational Educational Award. They must be submitted no later than Tuesday, March 31, 2009. For further information, please contact Vern Tryon.
- ❖ Ruth and Frank Sayer have a neighbor, a young mother of a 3 and 4 year old who had a fire. Her name is Miss Greenie, and she is in need for 2 twin beds, sheets, pillows, and clothing for her children. Please contact Frank or Ruth for more information.
- ❖ The District 7150 Books for the World Project is now a reality. The project is designed to be a collaborative effort among Rotary Clubs, their affiliated youth clubs, and other community and service organizations in order to provide surplus children's K-6th grade picture/story and textbooks to regions in the world that are in need of these materials in order to create a opportunities for better way of life. The initial focus and book shipments will go to the Rotary District 9300 Distribution Center in Johannesburg Republic of South Africa to be distributed to countries in the southern regions of Africa, where English is one of the primary business languages. To learn more about the project, its logistics and costs, and the areas of Africa we are currently serving, visit the following web site:
<http://www.d7150booksfortheworld.org/Home.html>
- ❖ If you haven't yet done so, please consider contributing to The Rotary Foundation. All contributions are welcome.
- ❖ Members who have programs to sponsor for any of our luncheon meetings are asked to contact President Shawn Seale, Melanie Trexler, or Bill Crist.



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Today's Program: Shawn Seale introduced Judy Makin from the NYS Attorney General's Office, who spoke to us today about the issue of "identity theft." According to Judy, identity theft takes many forms, but in effect it refers to individuals taking bits and pieces of your personal information to "prove" that they are you and then using this information to obtain your money. This is a significant problem, noted Judy -- approximately 9,000,000 Americans fell victim to identity theft last year. The majority of identity thieves operate by stealing your wallet or purse. Some go through your trash. Others engage in shoulder surfing" (i.e., looking over your shoulder when you are using a credit or debit card). Still others use internet scams ("phishing") or telephone scams by asking you to verify or to provide personal account information. Finally, some identity thieves "hack" into your accounts and then start spending your money. (There isn't much you can do about hackers, said Judy, but fortunately that's not a common practice among identity thieves because not many of them know how to.) What should you do to avoid becoming an identity theft victim? Put no more personal information in your wallet or purse than you absolutely have to. Shred your mail after you've read it. Try to reduce the volume of mail that comes to your house. Go to the Post Office and re-route your mail. Check all your account statements frequently. What should you do if you fall victim to identity theft? Act quickly -- report your problem immediately to the police and to your bank(s). Contact all your credit and debit card issuers. Also, keep a record of the time you've spent dealing with this issue. (If the offender is caught, you can attempt to recover the money you lost plus the value of your time working on the problem.) Judy concluded her talk by admitting that even she occasionally fails to follow her own advice, but she encouraged us nonetheless to take heed. Thanks for a most interesting and informative presentation, Judy. We'll try to follow your recommendations!

2008-2009 PROGRAMS

Date	Rotarian	Program
Jan 13	Shawn Seale	Shawn Seale -- How is Credit Calculated?
Jan 20	Shawn Seale	John Kruk (County Treasurer)
Jan 27	Shawn Seale	Jennifer Hill (Chamber of Commerce)
Feb 3		
Feb 10	Randy Zeigler	Randy Zeigler -- Estate Planning

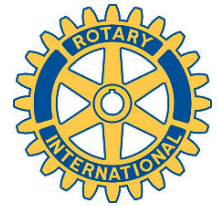
ASSIGNMENTS FOR MEALS ON WHEELS AND FRONT DESK/BANNER

St Luke's Meals on Wheels		Reminders	Front Desk and Banners	
Jan 13	Seifried/Sheridan	White trays are for regular meals and yellow trays are for diet meals. If clients tell you they need to cancel a meal, please inform the manager at the site.	Jan 13	Deane/Dillon
Jan 20	Sheridan/Spencer		Jan 20	Dillon/DuFore
Jan 27	SUNRISE CLUB		Jan 27	DuFore/Gleason
Feb 3	Tesoriero		Feb 3	Gleason/Fitzgibbons



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Feb 10	Tesoriero		Feb 10	Fitzgibbons/Gorman
Feb 17	Trexler/Tryon		Feb 17	Gorman/Granoff
Feb 24	SUNRISE CLUB		Feb 24	Granoff/Wood
Mar 3	Tryon/Welsch		Mar 3	Wood/Henderson
Mar 10	Welsch/Wise		Mar 10	Henderson/Ingerson
Mar 17	Wise/Brumley		Mar 17	Ingerson/Murabito
Mar 24	Brumley/Colucci		Mar 24	Murabito/Hayes
Mar 31	SUNRISE CLUB		Mar 31	Hayes/Hutchinson

Oswego Rotary Board of Directors

Dir-09: Joette Deane Dir-10: John Fitzgibbons Dir-11: Sabine Ingerson
 Dir-09: Tony Henderson Dir-10: Deana Masucca Dir-11: Vernon Tryon
 Dir-09: Melanie Trexler Dir-10: Diane Dillon Dir-11: Randy Zeigler

Oswego Rotary Foundation Board of Directors

Dir-08 Paul Scott Dir-09 Bill Crist Dir-09 Ann Seifried Dir-10 Shawn Seale

Paul Harris Fellows (Active Members)

+ Benefactor * Multiple PHF

Edward Caraccioli	Bruce Frassinelli +*	Anthony Murabito *	Ann Seifried	Richard Tesoriero *
William Crist	Paul Heins	Victor Oakes *	Selma Sheridan	Melanie Trexler *
Joette Deane *	Joseph Hutchinson	Frank Sayer +*	Richard Shineman +*	Vernon Tryon *
Mark Dufore *	H. Peter Kaulfuss	Paul Scott +*	Corte Spencer *	David Welsch
Robert Wood *	Randy Zeigler			

Rotary Foundation Sustaining Members

William Crist	Bruce Frassinelli	David Granoff	Shawn Seale	Melanie Trexler
Diane Dillon	Sabine Ingerson	Victor Oakes	Ann Seifried	Vernon Tryon
Mark Dufore	Thomas Ingram	Frank Sayer	Selma Sheridan	Robert Wood
Sherwood Dunham	Anthony Murabito	Paul Scott	Richard Shineman	Randy Zeigler

Rotary Foundation Sustaining Member:

An individual who personally contributes \$100 or more each year to the Annual Programs Fund. Contributions are cumulative throughout the Rotary year and donors receive a Sustaining Member badge sticker from the club. Contributions count toward Paul Harris Fellow. Our club will donate an additional \$50 for each individual who personally contributes \$50 or more each year to the Annual Programs Fund.

Honorary Members of the Rotary Club: 2008-2009

> Sustaining Member *Multiple PHF

Valerie Hutchinson	Ruth Sayer (PHF)	Monica Ravindra Shah	Neelesh Ravindra Shaw
Dennis Jerome			