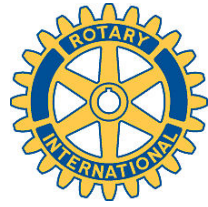




THE AXLE

Oswego Rotary's Weekly Newsletter



Founded March 29, 1927

Make Dreams Real

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Terry Gorman, President
Dr. David Granoff, President Elect
David Welsch, Vice President
Fred Cholet, 7150 District Governor

Shawn Seale, Past President
Ann Seifried, Treasurer
Mark DuFore, Secretary
Joette Deane, Area 8 Ass't. Governor

John Kenny, Rotary International President (Scotland)

NEXT MEETING

When: August 25, 2009
Where: King Arthur's Steakhouse
Program: Fred Cholet, District Governor

Today's Meeting Date: Aug. 18, 2009

Welcome and Call to Order: 12:15 p.m.
Patriotic Song: America the Beautiful (led by Randy Zeigler)
The Pledge: Dave Granoff
Invocation: Vern Tryon
Second Song: Mary's A Grand Old Name (led by Randy Zeigler)
Current Club Membership: 42

Visiting Rotarians: None today
Honorary Rotarians: None today
Guests: Dr. Anthony Licatase (today's speaker)
Birthdays: Tom Kearns (Aug 2), Ann Seifred (Aug 3), Diane Dillon (Aug 6), Cora Brumley (Aug 18), Corte Spencer (Aug 18), Sue Witmer (Aug 23), Pete Colucci (Aug 31) and Randy Zeigler (Aug 31)
Anniversaries: Tom Ingram (2001)
Fines/Happy Dollars: Rick Tesoriero and Paul Heins collected several fines and happy dollars today.
50-50 Raffle: Melanie Trexler won \$3 but was unsuccessful in drawing the Ace of Spades and winning the grand jackpot of \$53.
Meeting Adjourned: 1:05 p.m.

We were pleased to see those of you who attended today's meeting: Pete Colucci, Bill Crist, Joette Deane, Diane Dillon, Mark DuFore, Dave Granoff, Paul Heins, Tony Henderson, Joe Hutchinson, Tom Ingram, Deana Masuicca, Frank Sayer, Shawn Seale, Rick Tesoriero, Melanie Trexler, Vern Tryon, Stephen Wise, and Randy Zeigler.

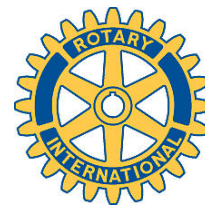
Reporting Make-Ups: Please report make-ups for missed meetings by sending an email to the [Attendance Committee](#). Be sure to include the place or activity being used for the make-up, its date, and the date of the missed meeting. Absences from Rotary meetings may be made up by attending meetings of 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 a [Rotary eclub](#).



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Job Well Done Recognition Award: None today

Rotary Minute: Dave Granoff shared with us a most interesting description of the history of Rotary's "4-Way Test."

Calendar:

August 25 Visit by District Governor Fred Cholet to the Oswego Rotary Club
September 13 Eastern Cities Fellowship Dinner (Rochester Riverside Convention Center)

Announcements:

- ❖ Dave Granoff announced that our club's "theme" for this August is membership.
- ❖ The GSE (Group Study Exchange) Team from Japan will be arriving in early October.
- ❖ Ed Caraccioli was proposed as an Honorary Member of the Oswego Rotary Club and was then unanimously elected.
- ❖ President Terry Gorman reminded members that the Eastern Cities Fellowship Dinner will be held Sunday, September 13, 2009, at the Rochester Riverside Convention Center. The keynote speaker will be R. I. President John Kenny. Registration and social hour will begin at 4 p.m., with dinner and fellowship at 5 p.m. and the program at 8 p.m. The early bird price for the dinner is \$42.00 per person until August 14th. The cost of the dinner will be \$46.00 per person beginning August 15th. Anyone interested in attending can contact Terry.
- ❖ The Oswego Salvation Army has recently created an "I Believe" team aimed at planning, coordinating, and conducting small fundraising projects. Interested Rotarians are encouraged to contact Vern Tryon.
- ❖ 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 Sue Witmer, Dave Welsh or Dave Granoff.

Today's Program: Dr. Rick Tesoriero introduced Dr. Anthony Licatase, a practicing chiropractor in the city. Dr. Licatase focused a majority of his remarks today on the several misconceptions that currently exist regarding chiropractic treatment. One such misconception is that chiropractors are not "real" doctors. They certainly are, stated Dr. Licatase – they attend medical school and earn a doctorate, not in medicine, but in chiropractic. Another misconception is that chiropractors don't believe in drugs or surgery. That's not true, either. Chiropractors are not licensed to prescribe drugs or perform surgery, but they do understand that drugs and surgery are often a necessary part of life and medicine. Chiropractic is a health care discipline, however, that emphasizes the inherent recuperative power of the body in many cases to heal itself without the use of drugs or surgery. A third misconception is that chiropractors can treat only spine and back problems. Although chiropractors are certainly known for treating back pain, chiropractic is actually a holistic medical approach focused on keeping all of the body's skeletal structures in alignment in order to encourage optimum functionality. A chiropractor may help relieve your child's ear infections or may help to reduce your blood pressure through various manipulative techniques. Many



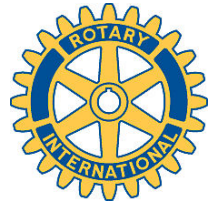
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people seek treatment from chiropractors for headaches, chronic joint pain, sinus issues, and arthritis as well. In closing, Dr. Licatase noted one final misconception – that once you begin chiropractic care you will have to continue treatments for the rest of your life. The truth is, he stated, that many chiropractic patients who seek care for pain relief recover from their symptoms within a relatively short period of time. Chiropractic treatment often produces permanent relief without medication in patients who have suffered from chronic pain for years. That’s why patients choose to continue periodic checkups after their symptoms have subsided – in order to ward off other future ailments. And that’s why Dr. Licatase, as do most chiropractors, strongly recommends “preventive” chiropractic treatment as well as “reactive” treatment. Thanks very much for a most interesting and informative talk, Dr. Licatase!

2009 PROGRAMS

Date	Rotarian	Program
Aug 25	Terry Gorman	Fred Cholet, District Governor
Sep 1	Sue Witmer	Chris Fitzgerald (Stability Fitness)
Sep 8	Dave Welsch	John Karas Smith (“Is this any way to run a democratic election?”)
Sep 15	Dave Welsch	Valerie Edwin (AmeriCorp)
Sep 22	Sue Witmer	Cheryl Anderson (Cayuga Community College)
Sep 29	Dave Welsch	Sue Goodman Coffey (Oswego PD Youth Bureau)
Oct 6	Dave Welsch	George Demass (Titanic Historian)
Oct 13	Terry Gorman	Carl Young (NY Association of Homes for the Aging)
Oct 20		
Oct 27		
Nov 3	Melanie Trexler	Paul Scott (Assistant District Governor)

ASSIGNMENTS FOR MEALS ON WHEELS AND FRONT DESK/BANNER

St Luke’s Meals on Wheels

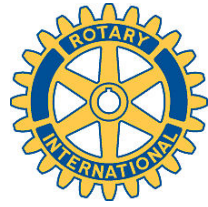
Front Desk and Banners

Aug 25	SUNRISE CLUB		Aug 24	Deane/Crist
Sep 1	Robillard/Sayer		Sep 1	Dillon/DuFore
Sep 8	Sayer/ Seale		Sep 8	DuFore/Fitzgibbons
Sep 15	Seale/Seifried		Sep 15	Fitzgibbons/Ferguson
Sep 22	Seifried/Sheridan		Sep 22	Ferguson/Gleason
Sep 29	SUNRISE CLUB		Sep 29	Gleason/Spaulding



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Oswego Rotary Board of Directors

Dir-10: Diane Dillon	Dir-11: Sabine Ingerson	Dir-12: Joette Deane
Dir-10: John Fitzgibbons	Dir-11: Vernon Tryon	Dir-12: Anthony Henderson
Dir-10: Deana Masuicca	Dir-11: Randy Zeigler	Dir-12: Melanie Trexler

Oswego Rotary Foundation Board of Directors

Dir: Terry Gorman	Dir: David Granoff	Dir: Shawn Seale	Dir: Ann Seifried
Dir: Mark DuFore			

Paul Harris Fellows (Active Members)

+ Benefactor * Multiple PHF

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

Rotary Foundation Sustaining Members

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

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	George Joyce	Monica Ravindra Shah	Neelesh Ravindra Shah
Dennis Jerome	Ruth Sayer (PHF)		