

11 JANUARY 2006

IMPROVED PROGNOSIS

Bob Bowden reports continued improvement in Christina's prognosis, for which we are all thankful. She recognizes people, "holds" her baby and was able to give him a kiss.

Baby "Trooper" — now over to 5½ pounds — has gone home to Pennington in the care of his father and maternal grandparents. His name is Connor William Bowden.

Our prayers are with Christina, Jonathon, Connor and the Bowdens.

FOOD PANTRY, HUNTERDON YOUTH FACILITY

For the holidays, our club adopted 3 families from the Food Pantry. Our thanks to Gwen Williams, Karen Widioco and Catherine Langley for doing the shopping.

The kids at Hunterdon County Youth Facility received gifts contributed by a number of our members. And the club purchased a treadmill for them. Thanks to all!

WE HAVE OPENINGS!

Please volunteer to host a First Friday in the next few months. Talk with Chris Venditti.

EXCELLENT SINGING!

Some of the basses in the club have been taking secret voice lessons, and it shows. Our rendition of "My Country, 'Tis of Thee" is on an upswing.

AL PRESSLER SPEAKS ON HEAD TRAUMA

Al Pressler, a mentor and partner of Bob Chittenden at J.A.R. Engineering and past president of the New Jersey Brain Injury Association, gave an educational presentation on head injuries.

He began by stating, "On April 26, 1985, I got the most bone-chilling phone call that any parent should ever get."

His daughter was involved in a serious automobile accident, one in which the driver didn't survive.

"My daughter was in intensive care for 45 days. She was in a recovery unit for a week after that. Then she spent the next seven months in a brain trauma unit at John F. Kennedy Hospital. And then three years as an outpatient. Even to this day, there are still certain deficits and we still utilize various programs.

"Right now she lives alone in a condo in Highland Park. She works as a volunteer at Robert Wood Johnson, working in health records and the gift shop. She participates in activities of support groups, etc., and generally can pretty much live on her own.

"Her deficits include a short-term memory problem. There are some speech and motor problems. But she works out almost every day in the gym. She's very trim. She understands concepts and she writes well. But we have to keep trying to work on the deficits. For instance, she is very trusting. You could sell her anything!

"There are also social problems associated with head injury and the often slow recovery involved. For example, all of my daughter's old friends disappeared. But family and her new friends are extremely supportive. Short-term memory problems can be annoying. A supportive social environment is crucial.

"One of the things we did for two years was to send her to New York City. My wife lived there with her while she went to a program at the Rusk Institute with Dr. Yehuda Ben-Yishay, one of the world's leading experts in brain injury and recovery, who got his initial experience with brain injuries in Israel during the '67 war.

IMPORTANT DATES

Jan 17 – Rotary Board Meeting, 5:45 pm

Feb 3 – First Friday Fellowship

Apr 24 – 11th Annual Golf Outing

1st Wednesdays – Food Pantry Collections

3rd Tuesdays – Board Meetings

"There's always hope!" Al said repeatedly. "No head injury is too large to give up hope! You can never tell the prognosis in a given case until the patient has a chance to recover."

"The 'Central Park Jogger' is a good example. In 1989, she was severely beaten, suffering massive head injuries, and lost 85 percent of her blood. Doctors were able to save her, largely because she was in exceptionally good physical condition from jogging. Now she has written a book called, 'I was the Central Park Jogger.'"

The Brain Injury Association was founded about 25 years ago as a mom and pop operation. It has grown to 17 full-time employees, 6 staff and a board of about 18 people. Al has been on the board since 1992, serving as president at three different times. This gives him an opportunity to talk to people about head injuries.

"It's something that people don't understand," he emphasized. "There are over a million people suffer head injuries every year. About 50,000 of those people die. Two hundred thousand are hospitalized.

"It's very preventable," he said. The association lobbies for helmet use by bikers and motorcyclists. His daughter would have died had she not had her seat belt on.

Head injuries are devastating financially as well as physically. For example, Al's family spent over a quarter of a million dollars on their daughter's recovery in the first 18 months.

Al outlined the efforts of the New Jersey Brain Injury Association, including support groups, newsletters, mentoring, advocacy, referral services, employment services, and a "buddy" system.

One question from the club involved auto side air bags and other safety features. Al's answer was, "Anything that keeps the brain from being jarred is helpful.

"Often brain-injured people appear to have only mild bruises or no injuries on the outside of their head, but the brain has been extremely traumatized."

Follow-up is extremely important, since some people "walk out of the emergency room, and a week later they can't sign their own name."

The association also works to educate the public about sports head injuries — how to avoid them; how to recognize them; how to treat them.

Head injury statistics vary greatly by the demographics of the area. High crime areas produce a great number of crime-related head injuries. More suburban areas tend to show a greater number from auto accidents.

Al's main point: Never count anybody out. With the good work of the New Jersey Brain Injury Association, that's much less likely to happen.

— AREA ROTARY MEETINGS —

Branchburg Wednesdays 7:30 am, Loukas' Last American Diner

Clinton Sunrise Thursdays 7:15 am, Clinton Holiday Inn

Lambertville-New Hope Mondays 6:30 pm, Lambertville Station

North Hunterdon Fridays 12:15 pm, Beaver Brook Country Club

Somerville-Bridgewater Thursdays 12:15 pm, Bridgewater Manor

Whitehouse Tuesdays 12:15 pm, La Casa Bianca

ROTARY FOUR-WAY TEST

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

*Service
Above
Self*

ROTARY ATTENDANCE REQUIREMENTS

1. Attend at least **60%** of club meetings in each half of the Rotary year, including make-ups.
2. Attend at least **30%** of the meetings in one's home club in each half of the Rotary year.
3. Miss no more than **4** consecutive meetings.
4. Make up missed meetings within **14** days, before or after absence.

President Catherine Langley
President-Elect Bob Chittenden
Secretary Bob Burgard
Treasurer, General Bob Bowden
Treasurer, Lunch Terry Ownes
Assistant Treasurer, Lunch Harry Mazujian
Board Members Ruth Green, Gwen Doremus, Charlie Fisher, Lee Seitz, Chris Venditti
Sergeant-at-Arms Jeff Mattison
District Governor Andy Calamaras
RI President Karl-Wilhelm Stenhammar

Meetings: Wednesday, 12:15 pm, Copper Hill Country Club
 100 Copper Hill Road, Ringoes 08551

Board Meetings: Third Tuesday of the month,
 5:45 pm at president's home

Rotary Club of Flemington

Founded October 3, 1923 • Charter #1529 • District 7510



RI President's Call for Action in 2005-2006
 "Service Above Self"

Our 83rd Year

CLUB SERVICE — Chittenden	DONATIONS Martin, S.Clark, Liebross, Wise, Zullo
FAMILY OF ROTARY McWilliams, Burgard, B. Fisher, Doremus, Harrison, Stess	FOOD DISTRIBUTION (1989) Zullo, Herr, Sivilli, Skowronek
FELLOWSHIP Venditti, B. Fisher, Fuzo, Krieg, Loew, Mattison, Miller, Nastasi, Ownes, Proctor, Shallo, Steinly, Zanetti	FRESH AIR PROGRAM (1931) Doremus, Berkowitz, Bowlby
HISTORIAN Bohler, C.Fisher, Harrison, Langley, Rogow, Stothoff	GOLF OUTING (1995) Loew, Bowden, J.Clark, Cunningham, Ferrari, Lupo, Mattison, Newland, Parente, Seitz, Shallo, Venditti, Wise
GREETERS Mattison, Bowlby, Mazujian, Sivilli, all new members	PANCAKE DAY (1974) Seitz, Shallo, Wenditt, Wise
INVOCATIONS Reinbacher, Mazujian, ODwyerProctor	CUNNINGHAM Brown, Burgard, Chittenden, J.Clark, Kasser, Kraus, Langley, Lupo, Nastasi, Ownes, Seitz, Steinly, Van Gulik, Widico, Zullo
MEMBERSHIP DEVELOPMENT Woske, Randolph, Rogow, Sivilli, Wise	READING WITH KIDS (1992) Angelo, Martin, Mazujian, Proctor, Sivilli, Weinstein
NEWSMONGER (1950) Kasser, S.Clark, Langley, Ownes	RIDE FOR ROTARY (2004) Chittenden, Angelo, Brown, Burgard, J.Clark, Cox, Ferrari, Franklin, Fuzo, Harrison, Kamnitsis, Kraus, Krieg, Langley, Muller, Nastasi, Ownes, Proctor, Reinbacher, Sansky, Van Gulik, Widico
PROGRAMS Schabile, Cox, Ferrari	SCHOLARSHIP (1927) Weinstein, Kamnitsis, Davidson, Morris, Reinbacher, Stess, Woske, Zullo
PUBLICITY Gwidt, Bohler, Kasser	SERVICE ACTION COMMITTEE (1982) Witico, Berkowitz, J.Clark, S.Clark, Cunningham, Doremus, Duncan, Seitz
ROTARIAN OF THE YEAR Sollner, all ROY recipients	TREE LIGHTING (1923) Stothoff, Bowlby, Chittenden, S.Clark, Copeland, Cox, Deardorff, Franklin, Kamnitsis, Lupo, Morris, Ownes, Sivilli, Zanetti, Ziegler
ROTARIAN OF THE YEAR Gwidt, Bohler, Kasser	VOCATIONAL SERVICE — Burgard
WEBSITE (2007) Franklin, Bohler, S.Clark, Duncan, Parente	CAREER NIGHT (1971) Brown, Angelo, Kraus, McWilliams, Shallo, Skowronek, Weinstein, Wright
WEBSITE (2007) Franklin, Bohler, S.Clark, Duncan, Parente	INTERACT (1967) Wright, Davidson, Gwidt, Loew, Skowronek, Steinly
BUDGET & FINANCE Barlow, Bowden, Burgard, Langley, Mazujian, Ownes	ROTARACT (2004) Green, Wright
INTERNATIONAL SERVICE — Green	YOUTH EXCHANGE (1931) Reinbacher, Green, Herr, Liebross, Copeland, Langley

2005 • Committees & Projects • 2006

FLEMINGTON ROTARY CLUB • 2005-2006 • MEMBERSHIP ROSTER

- Angelo, John** 2004Mortgage Services
- Barlow, Frank** 1976 ● ■Public Accounting
- Barrick, Steve** 1981 ■ ▲Program Publishing
- Berkowitz, Max** 1973 ■ ▲Agricultural Mgmt
- Bohler, Herb** 1977 ●Specialty Advertising
- Bowden, Bob** 1973Dentistry
- Bowlby, Don** 1966 ■Dairy Farming
- Brown, Fred** 1997 ●Law Enforcement
- Burgard, Bob** 1992 ■ ▲Ins. Benefts Planning
- Chittenden, Bob** 2003 ▲Consulting Engineering
- Clark, Jim** 2005Retail Hardware
- Clark, Sandy** 1987 ■ ▲Printing
- Copeland, Harrie III** 1976 ● ■ ▲Auctioneering
- Cox, Dennis** 2001State Education Administration
- Cunningham, Tom** 1991 ● ■ ▲Floral Sales
- Davidson, Jim** 2002Rubber Products
- Deardorff, Floyd** 1978 sRetail, Pharmacy
- Doremus Williams, Gwen** 1991 ■ ▲ Purch./Mfg.
- Duncan, Glenn** 2004Public Health Services
- Ferrari, Fred** 1964Orthodontics
- Fisher, Charlie** 1961 ● ■Funeral Services
- Fisher, Bob** 1978Chiropractics
- Franklin, Don** 2000Forensic Psychology
- Fuzo, Frank** 2003Banking Operations
- Green, Ruth** 1995 ●Community Banking
- Gwidt, David** 2003Newspaper Publishing
- Harrison, Jeff** 1996Psychotherapy
- Herr, Cowles** 1959General Law

- Kamnitsis, Chris** 2001Financial Planning
- Kasser, Steve** 2002Real Estate Sales
- Kraus, Bill** 1999 ● sGeneral Dentistry
- Krieg, Joni** 2004Work Force Development
- Langley, Catherine** 1994 ▲Newspaper Publ.
- Liebross, Ira** 1997Family Medicine
- Loew, Darren** 2002Orthodontics
- Lupo, Gene** 1977 ■Food Packaging
- Martin, Terry** 1993 ■Solid Waste/Recycling
- Mattison, Jeff** 2003Commercial Banking
- Mazujian, Harry** 2004Clergy
- McWilliams, Nancy** 1992 ●Psychotherapy
- Morris, Michael** 1984Real Estate Appraisal
- Muller, George** 1964 ● ■Cut Glass Mfg.
- Nastasi, Bill** 1996General Contracting
- Newland, Bob** 1998Insurance
- O'Dwyer Joe** 1988Land Development
- Ownes, Terry** 1987 ● ■Floor Covering
- Parente, Steve** 2004Sports Therapy
- Proctor, Craig** 1975 ●Real Estate Consulting
- Randolph, R. Wayne** 1982Veterinary Medicine
- Reinbacher, Otto** 1997 ▲Clergy
- Rogow, Steve** 1973Orthodontics
- Sansky, John** 1994 ●Adult Education
- Schabile, Mick** 1998Appraisal Services
- Seitz, Lee** 2001High School Administration
- Shallo, Evelyn** 2000Interior Design
- Sivilli, Larry** 2002Financial Advice

- Skowronek, Ken** 1994Family Law
- Sollner, Dick** 1962 ● ■ ▲Air Transportation
- Steinly, Doug** 2002Health and Fitness
- Stess, Marty** 1993Family Dentistry
- Stothoff, Dick** 1966 ● ■ ▲Sanitary Engineering
- Van Gulik, Rich** 2000Technical Education
- Venditti, Chris** 2002Pre-Owned Car Sales
- Weinstein, Ted** 1994Pulmonary Medicine
- Widico, Karen** 1997 ● ■ ▲Public Health Services
- Wise, Bob** 1992Hospital Administration
- Woske, Harry** 1977Cardiology
- Wright, D.J.** 2003Funeral Services
- Zanetti, Ed** 1971 ■Plumbing & Heating
- Ziegler, Joe** 1988 ●Investment Advice
- Zullo, John** 1987 ■Chemical Engineering

HONORARY MEMBERS

- Adams, Marty** 1968 ●Dental Surgery
- Amo, Van** 1970Mechanical Engineering
- Cicccone, Fred** 1988 ● ▲Auto Sales
- Fowler, Kirby** 1971 ● ■ ▲Banking
- Glynos, Nick** 1975 ▲Restaurant
- McIntyre, Bill** 1959County Ag. Services
- O'Sullivan Andy** 1980 ●ComOIArchitecture
- Sorg, Roger** 1960Dentistry
- Weidknecht, Bud** 1970 ● ■ ▲Air Trans.