

Beverly Rotary Club Sprocket Newsletter



FIRST TO GO IS THE MIND

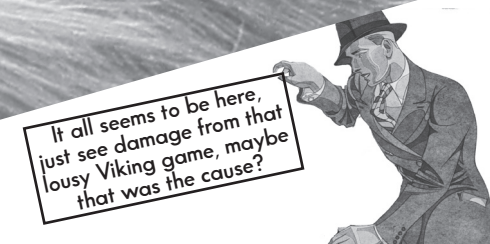
Last week President Maureen didn't have a What happened today quiz, forgot a few housekeeping items, is this the end? Is it stress or just normal wear and tear? We'll keep a keen eye on the upcoming weeks..

Events Coming Up

- 1.25 Mini Auction, save that swag noon sharp, GADZOOKS that's today
- 2.3 Polar Plunge-Long Beach Gloucester, Sarah's plunging
- 2.4 Super Bowl Patriots? Vikings?
- 2.7 GBCC 7th Annual Business Awards
- 2.8 Chin Friction at Cabot Raise a Glass for Pete Frates
- 2.10 Valentine's Dance-Back Stage Bistro
- 3.23 No. Shore Perfect Pitch BIG Fund Raiser

Speakers Coming Up

- 2.1 John Keenan - Salem State President
- 2.8 Jim Bauer, Beverly Compost Program
- 2.15 Anna Langstaff and Tara Whelan - Classifications



Talk Like Your President

If you ever wanted to get on the good graces of your President, then you need to speak her lingo. We offer these tips to get you in the inner circle

SPACIAL: A sale or good deal. Example: "John Deere is having a spacial on snow blowers." or "At Lena's restaurant, her spacial of the day is venison stew."



Last weeks Speakers

George Beiln who has a new book out called "How to Reduce Your Chronic Pain" Since George gives us a certain amount of pain it was a fitting topic. believe it or not well spoken and not too far off the grid of humanity. Available a George beiln email near you



Limerickish Thad S

1/18/18
Now, George wrote a book about pain My shoulder hurts but I won't complain I'll take his fine tome and read it at home And all this time we thought him insane

There once was an Adonis named Herman I think he's Irish, not German? He's a captain it's true, he'll sail on Sunday with you More fun than a Julie flowers Sermon

There was a short Italian defranza About whom I could write a whole stanza Terrorizing small towns it seems, is the stuff of his dreams With Hamilton, he's hit the bonanza

There once was guy michael jones Who eats all his food to the bones Insurance he sells, I guess he excels But his sgt routines cause big groans

We have a club elder named jim He's very sharp, I say he's not dim He hears very well, no need to yell But still I can't help myself JIM!!!

And now onto matt piaker Always a giver not a taker He runs with such firmament our annual golf tournament It's turned into a big money maker

New Member Corner

In the event you haven't met some of our newer members here is a cheat sheet.(more to come)



Bill Weihs - United Way Loves Feral Cats



Tara Whalen - Appleby Wyman 1600 on SAT's



Dylan Jones - Peoples United Welsh/Scottish Mafia



Jen Freedson - Chive Caterer Tree Hugger/Black Belt Judo



Lauren Belmonte - Change is Simple/Superhero



No Whining - Motto One precentor

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Last week at the Beverly Rotary Club

Rotary Meeting, Thursday, January 18, 2018.

Meeting was called to order by (a somewhat confused) Madam President Maureen Trefry at 12:15 pm..

The Pledge of Allegiance was led by Almiris, followed by Diane and Freddie leading us in the WOOOOODY (not Arlo) GUTHRIE song, "This land is my land."

The invocation was delivered by Neil Berman-oops-Bernstein. Neil opened with, "With a nod to Sergeant Thad, "I will offer 4 words [and, Thad-like, he counted them off on his fingers], 'I have a dream'. Everyone knows the reference to this individual of Biblical stature. Let us offer a moment of silence in memory of the contribution and sacrifice made by Martin Luther King, Jr." Neil received a robust response to his call for, "Hallelujah!"

Trivia test: Maureen forgot to prepare a trivia question! And it's only January. How will we possibly survive the next 5.5 months?

"Happy Birthday" was sung for Jim Davies, Bill Weihs, and Alex Ushakoff.

The following were the individual guests and guests of the Beverly Rotary club, and visiting Rotarians: (Quite unusually: none)

Announcements:

Thursday, January 11: Great attendance by 5 out of 7 new members. Thank you!

Tuesday, January 23, 11 am - 2 pm, packing 12 - 2 pm: Multi-Club Food Packaging Event, Sheraton, Wakefield. Beverly Rotary will be donating \$500 for 200 meals. We need 10-12 volunteers that day. Snow day: January 30. Please volunteer. More details to follow.

Thursday, January 25, 12 pm (Note: the earlier start): Mini-Auction, Danversport
February 2, 6:30 pm: Chin Friction, for Pete Frates and family, \$20 per person, or \$50 VIP tickets

February 3, 10 am (time?): Polar Plunge. (Burrrrrr!)

Saturday, February 10, 7 pm: Valentine's Day Dance at the Back Stage Bistro, at NSMT, \$45 per person. With a whole lotta love!

Saturday, March 23: North Shore Perfect Pitch, Fundraiser

Jamie Engel: For the first time in 3 years, Beverly is sending 2 students overseas, one

to Belgium and one to Taiwan. One is sophomore. One is taking a gap year.

Sergeant-at-Arms: Thadeus Siemasko

A pleasure mumble-mumble-mumble Walt: \$5 for that, whatever it was.

Late-comers: Machine-gun Siemasko shot out the names so fast, the Sprocketeer could not catch them all. Those we caught: Jim Davies, Andrew DeFranza, Bob Murphy (ye protest too much, Mr Murphy), Rick C (regardless of whether he was actually late).

.Neil Berman-Bernstein: \$5 fine for the invocation. Neil jumped up and protested, "Hey, what about HAPPY DOLLARS?" Neil continued, "I HAD A DREAM that, for once, Sergeant Thad would not fine me for my invocation. I will, under duress, pay the fine. However, I will offer an additional, thankful \$5 for the opportunity to celebrate Martin Luther King, Jr's life."

Sue thanked everyone for the many gift cards for the Bootstrap kids. And she got to see Svenja.

George was \$7 happy for visiting with his family in Minneapolis (where's that?). He hopes that the Superbowl will offer another opportunity to discuss Minneapolis.

Bill Beckman is celebrating wife Becky's successful sale of her gourmet food business. Becky is part time on some projects, including helping Bill's work on the development of non-opiod pain meds.

Russ Queen, after visiting Ipswich Rotary for breakfast, never more thankful for Beverly Rotary. It was a small group, as in one table, mostly of the age of a certain corner table in Beverly. (G'faw, g'faw, and a bit of harumph!)

Thad was thankful for his part in keeping Cabot alive, but he did not envision Chin Friction: \$5 fine for Rick.

Brian D'Apice wanted to be fined: \$5, so it was doubled to \$10.

Bill Beckman offered a 5-finger balloon that reminded him of Thad. Whatever Bill paid it was not enough!

Thad is celebrating 30th year anniversary

of S+V. Thad is now working on Al Temkin's stinkin' bathroom. How stinkin' low can it go?

Thad invited Bill Scanlon and Lauren Belmonte to celebrate the "plaid" Beverly Rotary Polka Band.

Thad offered up a limerick. (See separate entry).

Last year, Thad bought the beer-can-sailboat for Jamie's office. She paid to return it to him. Once again, Thad offered up the perpetual beer-can-sailboat. And, again, Jamie offered \$25 for the sailboat to go elsewhere. And it ain't even the Mini-Auction yet! (That's next week..).

Guest Speaker / Program: George (aka William Faulkner) Beilin

How to reduce pain. (Short answer: Hold out until 1:30 pm. You will probably feel much better then! - Sprocketeer)

George was chief psychologist for something or other at Lahey, and, overall, has helped a wide range of patients deal with pain. He had also been a strong athletic supporter (only George laughed at his own joke it quite Rotarian, really): running a couple of marathons, biking, hiking, playing tennis, etc.

A case of dorsopathy, in 2016 [Does that mean he thought he was Dorothy, and he was still trying to find his way back in Kansas?], forced George to stop running and tennis, and most other athletic activities. [It obviously did not prevent George from talking.]

George mourned the lost abilities.

Recently, George was almost paralyzed after sitting in a full-powered shiatsu chair somewhere. DON'T MAKE GEORGE'S MISTAKE. [How about a half-powered shiatsu chair?] We will skip MOST of the serpentine story of George's treatment for stenosis plus other good stuff. [Does anyone think that George would make a successful stenosisographer? Not this Sprocketeer.]. Some surgeries and spinal fusion sorta fixed the problem.

10 facts about chronic pain:

· it is not new
· the intensity is new

Thursday Jan 11, 2017

· pain is good [WHAT??!!]
· too much pain is not good (can we quote you on that?)

· neuroplasticity is the attempt to repair the injury.

· The well-known pain scale of 1-10 is fantastic, because it is so personalized

· pain is multi-dimensional [Quantum theory he brings us?]: emotions, thinking errors, lack of fortitude

· phones [??] are scary times
· you may, in fact, probably will always have pain

· you have to let go of your previously-lower-pain status

· requires a grieving process
· there are vast differences in motivation, and there are vast differences in treatment compliance

· pain management lifestyle
· I am blessed to be here

· there is no single "cure"; also the cure is multi-dimensional. [more quantum physics. Is the cat alive?]: drugs, rest, go through mourning

· 40 different scales, rate yourself: physical, life stresses, emotional: anxiety, happiness, fortitude

· then work to lower the levels across the areas

· money is no guarantee
· ["Mommy and daddy, when are we gonna get to 10?"]

Brian's graphics are brilliant.

Buy the book!

Q from Dianne (Palter-Gill or Howard?): how about combatting loneliness, supporting connectedness? George: Do it!

Jenn was the Raffle Winner, but since she left, Russ Queen pulled a card for her. He did not pull the Russ Queen of Hearts. He pulled [Kim's] Ace of Diamonds. We all FELT the PAIN! We all FEEL the PAIN!

Answer to Prez Maureen's quiz: Next week, if she somehow remembers to have a quiz!

Meeting Adjourned at 1:31:25

Scribe of the week: The Reverent-Snail Bernstein. HALLELUJAH!

Who never met a word he didn't like

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