

THE VALE NEWS

11/11/09

Vol. 34 Issue No. 20

Foundation- a time to highlight our commitment to the work of the Rotary Foundation

Club Calendar & Speaker Assignments

Nov.	18	Audrey Witschi
	25	no meeting (day before Thanksgiving)
Dec.	2	Wini Thorsen- Jim Parker - Scuba Diving & Cave exploration
	9	Christmas Party at Timbers 6 PM
	16	Restaurant Raffle Drawing

Editor's Note: Please inform Wini (496-6710) of the name of your speaker at least 2 weeks in advance. If you can't get a speaker for that date, please try to trade with another person on the list.

Birthdays: Rich Reisner 11/14; David Ruane 11/11

No anniversaries this week

Membership anniversaries - none

It was so good to be back at the Inn this morning. It is a cozier environment and there was a improvement in the food. There were almost 50 people attending today's meeting including guests: Susan Goodyear, Sharon Kellermann, Sherry Rhynard, Vickie Walluck (a prospective member) and Anna & Benjamin White.

Meeting News

Announcements:

Dave said there would be a quick BOD meeting at the end of the regular meeting today.

Restaurant Raffle- tickets

Ralph was happy to say we are ahead of schedule in sales but needed volunteers for the Fri.& Sat. evening sales. Vickie volunteered.

Sissy asked that members turn in their stubs and cash to Len Rubin at meetings. She said the total so far is \$954. Sissy has been working alongside of Ralph every week, but Ralph has done most of the talking.

Rotary convention in Montreal: It is necessary to register before Dec. 15th (you can do it online). Also Tom Byrne has made reservations for hotels. After that prices will go up. Also daily bus trips are planned from Burlington to Montreal during the convention.

Holiday Party reminder: Give your reservations and payments to Al Barillaro ASAP. This is our big GALA of the year. You don't want to miss it !!! Dec. 9th; 6 PM at Timbers Restaurant. It is only 4 weeks away!!!

Kathy Friedman asked more of us to attend the Senior luncheons at Evergreen Place on Tuesdays and Thursdays \$4.00; breakfast on Mondays for \$3.00 They need more attendance in order to receive a full subsidy from the Council of Aging. Attendance goes down during the cold months of the year. Just call Evergreen Place and make a reservation at least one day in advance as they prepare meals for the number on their list.

Wini was so upset over the death of her dog, that she forgot to bring in the Rotary Christmas card and get more signatures today. So far, 31 members have signed.

Jim Leyton told us about all the grants available from the Rotary Foundation for worthwhile projects. If you wish to apply for one of these grants discuss it with a member of our BOD.

2) He has forms available for anyone who wants to join the EREY group

3) He had us all stand and read the 4 Way Test.

Some members asked if they could go home now, but they had to wait until the rest of the Rotary business was finished for today.

Mega Bucks - Lorraine announced that the pot contained almost \$1,000 for the winner. Bob Grant had the right ticket but the wrong card - ace of diamonds.

Happy Bucks

Karen - Happy to be here on Veterans Day

Ralph - Just happy

Kathie Friedman - Wonderful time with grandchildren

Bob Cummiskey - Lunch at the Warren School today with his son

Jim Leyton - Glad to be back at the Inn

Betty - 3 special women here today from the Vt. Cancer Survival Network

Bob Holden - Saw Eli for 1st time since August - sad that school bond failed.

Monk - Hasn't left yet for Florida.

Joe Koch - Unhappy that he did not win

Jack Simko - Thrilled that son got teaching position at Boston College

Joe Klimek - Happy to see snow still on top of the mountain

Tom Byrne - Had 2 great weeks in Italy

John Mansfield and John Hale - 2 happy fellows

Judy - going to see daughter in Brit. Columbia

Ken - Happy that his wife is here this morning

Dinsmore - Youngest son did something to make her happy

Dave Koepele - happy 2 jobs taken

Program

Betty introduced 3 special ladies - Sharon Kellermann, Sherry Rynard and Susan Goodyear, from the Vermont Cancer Survivor Network. They give comfort not only to the patients, but their families and caregivers as well.

Sharen Kellermann gave us a little background on how the idea started. She was diagnosed with ovarian cancer 4 1/2 years ago and went thru surgery and chemo. She found that dealing with cancer was quite

daunting. However she knew lots of people in our wonderful Valley and received calls from friends, acquaintances offering help. She wasn't sure what kind of help she needed, but whatever it was - physical, spiritual, emotional or psychological, it would help her concentrate on getting well.

She found the most help came from women who were cancer survivors themselves. Her oncologist and nurses in his office were wonderful, but it was so much more comforting and easy to talk with people who were her peers and who had been thru it.

With this in mind, she tried to do the same for others. She talked with a number of people who had been diagnosed with cancer, but realized there was a need for a more structured group and a single point of contact for those needing help.

She was fortunate to have lived in the Valley a long time and knew a lot of people, however, this was not the case for many people who did not know whom to contact. Also she was hearing from so many who were diagnosed with cancer that it was overwhelming.

She mentioned the idea of starting a cancer support network to other cancer survivors and were as enthusiastic about the idea as she was. Then she turned to Sherry Rynard who had Kindred Connections, an organization that matches a support volunteer with a cancer patient, caregiver, relative or friend - anyone whose life is affected by cancer.

Sherry help Sharen organize our local group as an umbrella under Kindred connections.

Kindred Connections provide peer support for all those touched by cancer from diagnosis thru treatment and beyond. There are many people who want to help and give back as well as many people who need help. Sherry trains volunteers how to adjust to the needs of the cancer victims.

The Vermont Cancer Survivor Network (VCSN) is now a statewide not-for-profit organization dedicated to improving the quality of life for anyone living with, through or beyond cancer.

Susan Goodyear said the last time she was here it was with a GSE group. She says communication is important. Their group tries to match up volunteers with victims. Help comes in many ways - transportation, just listening to a cancer patient, grocery shopping etc.

She finds it is easier to find helpers than people willing to ask for help. Ultimately they support each other, everyone benefits with the result that survivorships are on the increase.

The Vale News
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Club Officers

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