

THE VALE NEWS

Feb. 16, 2011

Vol. 35 Issue No. 30

World Understanding- a time to highlight our goal of world understanding and peace.

Club Calendar & Speaker Assignments

Feb.	23	NO MEETING- INN NOT AVAILABLE (BOOKED SOLID)
Mar.	2	Bob Holden - Taxes
	9	David Babic - Classification Speech
	16	Wini Thorsen -Salvation Army
	23	Joe Klimek
	31	Vickie Walluck
April	6	Joe Goldstein - Aaron Locker and Suzanne Slomin of Kingsbury Market Garden

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: Wini 2/19/23, Caryn Crump 2/27

Anniversaries: Dave & Judy Ruane 2/19/62 ; Walter & Mayra Brink 2/29; Leon & Ellen Bruno 2/23

NO MEETING NEXT WEEK

Meeting News

Cold but no snow today, only guests: Benjamin and Anna White, plus our speaker Tom McDonald, the pharmacologist from Waterbury.

Announcements

BOD meeting following regular meeting today.

We received thank you notes for our club donations from: The Horse Assisted Therapy Org.; The Interfaith Council and The Shelter Box Org.

The Williston Rotary Club is running their 16th Annual Rotary Invitational Ski/Ride Race at Bolton Valley Resort on Friday, March 4th, 2011.

Registration 3:00 PM, Race begins 5:30, Dinner 6:30 at the Main Lodge.

Awards 7:30. Net proceeds to benefit Vermont Heating Assistance programs.

Lift ticket, race fee & dinner \$47 per adult entrant, Kids package \$32, Adult dinner only \$30.

Enter a new team of 4 skiers & 1 team member is free.

Heli needs one more skier for our 2nd team. It is a good time for our members to sell YBYI tickets both at the bar and during dinner.

Our No. 1 team usually wins the award for the oldest team. This year David Babic is joining them, may lower the average age level. Both the racers and the diners usually car pool from the parking lot at Mad River Green. The diners can leave a lot later than the skiers.

Al Molnar gave us the destinations for our outbound exchange students:

Marly Cohen to Spain; Tara Walluck to Denmark and Takoda Edlund to Ecuador. All 3 are excited and looking forward to their adventure in a foreign country.

In the meantime our club has to look for 3 families to host the incoming exchange students for the next school year.

Wini's comments; When my husband was alive, we hosted 7 students: 3 from Norway, 2 from Sweden, 1 from So. Africa and 1 from Argentina.

It was a lot of fun. The school bus picks the kid up from the end your driveway at 7+ A.M. and returns the kid around 4 PM. Boys are easy to feed and are always hungry. Most make friends quickly and get invited out on weekends to parties. We usually had to drive them to a party but one of the guests would bring them home. If no sober driver was available, the student would call and we would pick them up.

The easiest way for them to get acquainted is to join a team. Then you may have to drive them to their races and you can root for them. They really appreciate that. Sugarbush often gives them a free pass and free skis/boards during the season. The main problem in this valley is lack of public transportation. Their parents give them an allowance, you don't have to give them any money.

If you have problems, call the Rotary District and they will come and talk with the kid and explain what is expected of a visiting student.

The GSE team from Turkey will be in Central Vermont from April 25 until April 30. We need to find hosts for these 5 people and to plan their days/evenings for the 26th and 27th and daytime of the 29th. The Northfield club will be planning their day on the 28th ending with attending the Northfield Club's meeting on the 28th.

People may host 1 or more team members. I understand that all of the team members speak English very well. Team members and their occupations are listed below.

Host families are generally responsible for breakfasts and one or two dinners depending upon what is scheduled for the team members, and some of the logistics.

The team members and their occupations are listed below:

Ozlem Sekin - Team leader - Female - 24 years old - Othodontist and professor - would like to visit Othodontic Departments of a dental school or an orthodontic office.

Taylan Zeyrek - Team member - Male - 31 years old – Training Consultant/Education - would like to visit some training companies specialized in personal managerial development and coaching. He also speaks chinese.

Ertugrul Yildiz - Team member - Male - 34 years old - Automotive industry Ratio/Change Management - Would like to visit some purchasing offices and production plants.

Umran Bicen - Team Member - Female - 31 years old - Veterinarian – would like to visit veterinary clinics, wild life areas, zoos, and go whale watching.

Secil Yagci - Team member - Female - 27 years old - Customer Service Coordinator in the Container Shipping Industry - Would like to visit container terminals and meet people who are in charge of container business and logistics. Also speaks Spanish.

YOU BET YOUR ICE PROJECT

Ralph reported that the outhouse was a little wobbly after the warm weather last week and it sank a couple of inches. They need a battery operated saw to cut off the bottom of the door so it can be entered and the wires (connecting it to the alarm system) checked out.

Gene told us that there were not enough volunteers to sell tickets last week and several volunteers were stuck for 2 hour shifts. 24 people are needed to sell tickets for one hour each, otherwise some people are stuck out in the cold for 2 hours. Several people suggested that we limit the Warren store sales to Sunday afternoons from 1 - 3 PM, that is when the tourists buy sandwiches before leaving for home.

Ticket proceeds last week were: \$275 at Mehurons; \$235 at Shaws; \$95 at the Warren Store Total = \$603

All the paraphernalia needed by the ticket sellers can be found in Jim Leyton's office vestibule. He asked for 24 volunteers to spend one hour each during the weekend at our usual locations. At the end of the meeting he was still short a couple. If you haven't signed up, give Gene a call (496-6342) or escarps@gmavt.net)

Mega Bucks - \$449 to the winner. Betty drew the 5 of spades, for \$5.

Happy Bucks

Betty- happy to get \$5

Gene- Grandson performing with a band In Carnegie Hall, NYC this Sunday.

Vickie - Youngest Daughter becoming an exchange student to Denmark, oldest daughter going to Rwanda with Harwood students.

Dave Ruane - Glad to be reminded of anniversary

Jim Leyton - First business Expo to Greece.

John Mansfield - going to NYC

Al Barillaro - Just happy

Brian - new grandson

John Hale - Get man out of the Rotary outhouse

Monk - going to Colorado

Dave Ellison -Headed for B.C. - Heli-skiing

Dave K. headed for Florida

Ralph - 4 sons w. families coming to visit

Tom Byrne- Play a success

Stan - Sad to hear club shy of one member on 2nd team

Ken Amann - Kudos for Tom's performance in play

Bob Holden - looking forward to his talk on income taxes in March

Sissy - Karl and Tom outstanding

PROGRAM

Dave Ruane introduced Tom McDonald, the pharmacist from Waterbury. Tom came from Conn. where he earned his MBA. He will explain the differences between prescription, over-the counter and generic drugs.

Tom said his main job is with the pharmacy in Waterbury and the State Hospital and he moonlights at the drugstore in Waitsfield.

He tries to promote the understanding of the medication to his customers. He asked us not to be shy in asking questions. Even vitamins can affect your medications as well as the interaction of medications.

Bring a list of everything you take, including supplements to the doctor and the pharmacist before filling your prescription. The more you tell the professionals, the better they can help you. This is especially important if you have more than one doctor.

He can also explain what insurance companies will pay for. Sometimes they will offer the doctor a substitute, such as a generic instead of a brand name drug.

When Tom fills a prescription, he may call your doctor and ask if a more cost-effective drug may be substituted. He says he spends a good part of his day checking with doctors before filling prescriptions. Also he believes that pharmacists are more aware of the side-effects of drugs.

He was asked about how the new medical bill will affect us. He thinks it will not change medicare or medicaid policies only the formerly uninsured or underinsured.

THE FOUR WAY TEST

of the things we think, say or do:

- 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?

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Club Officers

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