**THE VALE NEWS**

Mar. 19, 2014

Vol. 38 Issue No. 31

Rotaract &  Interact Month -an opportunity to promote services to youth and young adults

**Club Calendar & Speaker Assignments**

Mar 19  Amy Todesco - Pathways for Veterans

      26  Catherine Hamilton -  Blue Cross/Blue Shield of Vt.

Apr  2  Amy Schram - Better Business Bureau - Scams & Fraud

      9  Honduras Team Report

    16 Gov. Schumlin

       23 William Carrigan - Vt. Dept of Financial Regulationtion-Fraud Prevention

    30 Jim Reagan re: Senior Housing

May   7 Will Flender - Exec. Dir. - MR Path Assn.

       14 Rob Williams - Vermont Public Bank

      21 Jeb Spaulding - VT Sec’y of Administration

      28 No meeting - Rotary Person of the Year Dinner

**Birthdays**   Dave E.     3/25;    Ken F.  3/24

**Anniversaries**     none this week

**Meeting News**

Since breakfast was delayed today, Manny started the meeting with the program and introduced our speaker Amy Todesco, the director of Pathways for Veterans, located at Hartshorn Farm.

Amy told us her theme for today “Female Veterans Reclaiming Their Power & Re-purposing Their Lives.”

A govt. study found that “Women veterans are 3 to 4 times more likely than non-veterans to become homeless. These women suffered from sexual assault during military service, are unemployed, disabled, in poor health, post-traumatic stress disorder, etc., are unemployed.

Pathways for Veterans wants to help these women reduce their risk factors, heal their body/mind/spirit from the wounds of war, develop healthier lifestyle practices, create new skills and go from just surviving to thriving.

There are 3 main components to this program: 1) learning agricultural skills for future employment and entrepreneurship, 2)developing a daily mindfulness meditation practice, and 3) experience a life changing equine assisted life coaching event.

Secondary program: we will also have a large community gardening plot for local area female vets and their families (free of charge to them) to create fellowship and gardening skills.  Produce will be sold at the farm stand, farmers’ market and local area restaurants.

These women will learn all phases of farming from planting to marketing during this 8 week program.

There are 1,500 female veterans within commuting distance of the farm. 12 - 15 have signed up for the program.  Honey bees, fruit trees and work with horses are also included in the program

Finances come from fundraisers, state grants, and donations. They have a relationship with UVM and there is a group in Burlington who helps female veterans.

She ended her talk by answering questions from the audience.

 \*Bolton Ski Race

The Bolton Valley race results (Friday, March 14th, 2014)

Best in age group:

Dave Ellison

Monk Bancroft

Oldest participant:

Henri Borel

(We sold $40 worth of YBYI tickets while at Bolton)

\*Chez Henri Ski Race - Sat. Mar, 22nd   10 AM. sign-up Fri. nite. Cost $40 Donation - Money goes to the local Health Center. Sat. afternoon - Prize awards.  All who signed up are eligible for prizes.

\*To be voted by the club at next meeting:

Elect board members for local Rotary Foundation:

Doug Stoehr - President

Dave Ellison - Treasurer

Bob Holden - Agent/Secretary

Manny Appiigian

John Hale

\* Still looking for more proposals for our Rotary-Person-of-the-Year candidate.

 YBYI Raffle  Team  have collected almost $10,000.  Sale is over but some more member money may come dribbling in.

BOD meeting today

The Intreract group at Harwood are having a fund raiser. They will perform Spring cleaning jobs and with the money they raise will be donated to the school.  They are asking us to help out by giving them jobs on April 4th. Change to April 15th - 16th. Email your requests to Manny.

**Mini Bucks**

Surprise - Doug Stoehr drew the joker and won the $137 pot!!!

**Happy Bucks**

Betty - New eyeballs, next on list - new ears then new wheels

Gordon - sold 60 tickets to dog at Warren Store

Karen W. - beautiful weather finally yesterday

Jim Groom - So cold at sales venue, his wet socks froze to his boots

Doug - obvious reasons - won the 50-50 raffle

                         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?

**The Vale News**

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**Club Officers**

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