**THE VALE NEWS**

July 30, 2014

Vol. 30  Issue No. 5

Literacy-International Service- a time to highlight and emphasize World Community Service

**Club Calendar & Speaker Assignments**

July 30th – Laura Armesen - Mayo Healthcare for seniors

Aug. 6th - Andrea Cohen, Exec. Dir. - Vt Business for Social Responsibility

      13th - Kinny Perot - Friends of the Mad River (what we do)

 20th - Henry Erickson - Vt. Cancer Survivor Network

 27th - Barbara Gavin, Exec. Dir.  – Hannah’s House

Sept 3rd - District Governor Bruce Pacht - Dist. News

     10th – Jeff Lynn – Bridge Street Butchery.

      17th - Candidate Forum - Heidi Spear & Adam Greshin

      24th - Candidate Forum - - open Maxine Grad and Ed Read

 Oct. 1st - Chris Mattrick, Forest Ranger - US Forest Service

        8th - Liza Walker,Vt. Land Trust

      15th - Robin Morris - MR Food Hub

      22nd - Kurt Gruending WCVT Communication Update

       29th - open

**Birthdays:**    Leo Cohen 8/5,  Marv Ginzel 8/3    Audrey Witschi 8/5

**Anniversaries:**  Art & Barbara Conway 7/29; Mary & Bob Holden 8/5

**Meeting News**

Small crowd on this cool, cloudy morning.  Guests were: Susan Snider, who is interested in becoming a member, John Daniell and Laura Arnesen from the Mayo Health Care in Northfield, Vt.

**Announcements**

Rose-Marie won Megabucks today!!!!!!!!!!!!!!!

\*Senior Center (Evergreen Place) is serving breakfasts on Mondays & Thursdays 8 - 10 AM in addition to lunch on Tues. & Thurs. Everyone is welcome. The breakfasts are Meals-On-Wheels Fundraisers.

\*Gordon (Big Duck)    reported on another big Duck Race sales - weekend- $1,000,  with the Warren Store hotter than the Farmers Mkt.

Lots of out-of-towners shop at the Warren store.

He said the duck necklaces and the little ducks boost sales.

He displayed a blackboard created by Betty, showing our goal of $11,500

We have 5 more weeks before the race to meet our goal.

He also asked the members to turn in the ticket stubs and money for their assigned tickets.

\*Manny is hoping for suggestions to change our fundraising efforts to something that does not require selling raffle tickets especially in the winter.

\*Jim Reagan came up with several ideas including a “Penny Sale”

Look for Leo’s email on the Duck Race activity scheduled for Aug. 29th

**\* Mega Bucks**  $374.

Rose-Marie pulled the joker from the deck and will receive a check next week for $374 from Dave Ellison.

**Happy Bucks**

Jim Leyton - just happy

Rose-Marie - very happy to win $374.

Dave K. -  Clan get-together in N.H.

Stan - 1 tomato harvested so far

Ken Amann - now can see with both eyes

Jack Mansfield - large num. of large family going to gather in Me.

Dave E. - successful visit with friends & family

Laur A. - 1)Craft Fair only a month away    2)at Rotary today

Ken Friedman - now a member of MRV Tennis club

Betty - going to Saratoga

Ken Nadolny - grandchildren here

Al B. - visiting old friends in Conn.

Bob Holden - 2 best children 1) job in Philly  2)in Italy with Yestermorrow

Larry - grandchild into bike racing

**PROGRAM**

The Mayo Healthcare is a small, award-winning, non-profit organization with a 70 year history of caring for people within the Central Vermont community.  Their campus comprises two facilities: Residential Care and Rehabilitation & Continuing Care.

Residential Care costs $4,000/month,  Nursing Care costs $9,000/month.

Since reimbursements do not cover costs, they are able to maintain high standards thru generous donations of cash, real estate, stock, retirement plans etc..

The Valley Reporter is running an article “Planning for getting older” in the July 31, 2014 issue.  It explains long-care policy, compares costs for private rooms and semi-private rooms.  The national average cost for assisted living was $41,124 for one year.

Editorial: The   Mayo Healthcare sounds ideal, but personallly I believe there is no place like home.  Take good care of yourself, exercise, eat whole foods, have goals.  Hire what help you really need.  Heallth Care is a misnomer - it is really Sick Care.  If you are healthy you need very little care.  Wini

                            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**

PO Box 267, Waitsfield, Vt. 05673

**Club Officers**

President                                        Gary Plewak

President elect                                Chris Pierson\*

Past President                                 Manny Apigian

Vice President                                 Wayne Foster\*

Secretary                                        Bob Grant

Treasurer                                        Dave Ellison

Community Chair                             Dinsmore Fulton

Club Chair                                       Al Barillaro

International Chair                           Joe Goldstein

Vocational Chair                               Leo Cohen

Rotary Foundation Chair               Jim Leyton

Membership Chair             Clayton-Paul Cormier,Jr

Sergeant-at-Arms                    Ken Amann

Editor Wini Thorsen