**THE VALE NEWS**

Aug. 20, 2014

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Membership & Extension - a time to highlight membership & Extension

**Club Calendar & Speaker Assignments**

 Aug. 20th - Henry Erickson - Vt. Cancer Survivor Network

         27th - Barbara Garvin, 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 - 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

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Birthdays:   Doug Stoehr 8/26

Anniversaries:  none this week

• New member proposal: Susan Snider has been proposed for membership in our club by Dinsmore Fulton and the BOD has approved the proposal.  If no written objection to the proposal, stating reasons, is received by the BOD from any member within the next 7 days, upon payment of dues , Susan shall be considered elected to membership.

**Meeting News**

Lovely morning brought out guests: Susan Snider, John Daniell and our speakers Sharon Kellerman and Henry Erickson of the VT Cancer Survivor Society - Kindred Connections.

**Announcements**

Gordon reported on another big weekend for Duck Race Sales - $1,350. We are $3,000 ahead of last year but he believes there are still a lot of people left in the Valley who have not bought a ticket this season.

Both the Farmers Mkt and the Warren store have a high percentage of out-of-towners milling around on the weekend.

The club needs every member to sign up at least once to sell tickets - only 12 days left before the race.

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

Yesterday at Duplicate Bridge, Gordon managed to trade a duck race ticket for a bag of blueberries.  The berries were on our breakfast buffet this morning,

Gordon’s goal is to sell $3,000 more by Labor Day (\*before the ducks go in the water)

Duck counting will be held at Joe Klimek’s on Aug. 21st. Help needed!!!

Ken Nadolny -

Starting today, work begins on the actual race - counting ducks. 20 people needed at least to sign up for teams - Transporting ducks to race site, clear race site, put up starting and finishing barriers, prevent ducks from heading for the weeds .  Make sure there is only one duck designated as No. 1 winner.

\*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.

\* Mega Bucks  $50+ Susan Snider won again drew 10 of spades for another $5..(She won $5 last week)

**Happy Bucks**

Jim Leyton - doesn’t know why he is happy

John Daniell - Another happy one

Tom Byrne - Susanna taking off to work in garden

Ken Friedman - Latin Dance party at Shelburne  Farms will organize car pool

Gordon - Duck Race sales are great

Marv. Ginzel -  going on 3 week Baltic cruise next week

Bob Holden - sitting at a wonderful table

PROGRAM

Leo intro’d Sharon Kellerman & Henry Erickson.

Sharon claims she is the only member of the Valley Players who hates to be on stage.

She was diagnosed with cancer 9 years ago.  Her family sympathized but did not understand what she was going thru. She located a group who had “walked in her shoes.” It was such a relief to know there was someone out there who had been thru it and understood what she was feeling.

After her treatment, she decided to help others by joining the Cancer Survivor network. They match you up with someone who had a similar cancer experience.

Scientists focus on research; treatment centers focus on surgery, chemo, radiation & mediation.

VCSN focuses on the person - what you are going thru, what it is like and what questions you have, insurance issues, workplace issues, prevention ideas, etc.

When Henry Erickson suffered with cancer, his wife set him up with the organization and he found them most helpful.

The organization was founded in 2005 to help people who have gone thru treatment.  It has been growing each year now has 7 groups serving the state of Vermont.  They talk to legislatures about receiving government aid.  They supply survival kits.

The Medical Centers have life-long programs including therapy, exercises, skin care, diets etc. The VCSN will set you up with a person who will talk to you about “How to save your life”

Modern treatments are much more effective but patients still going thru the same process of fear and isolation.

                            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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President elect                                Chris Pierson\*

Past President                                 Manny Apigian

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