**THE VALE NEWS**

August 3,, 2011

Vol. 36 Issue No. 5

Membership & Extension - a time to highlight membership development and extension

**Club Calendar & Speaker Assignments**

Aug. 10 Adam Greshin - Jeb Spaulding, Secy of Administration for Gov. Shumlin

17 Monk Bancroft - Beverly Kehoe - Fest. of the Arts update

24 Ron Geren - June Anderson

Sept. 7 Betty Maguire - Cent. Vt. Adult Basic Educ.

14 Assembly Meeting

21 District Governor Visit

28 Clayton-Paul Cormier Jr.

Oct. 5 Leo Cohen - Valley Players rep.

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: Leo Cohen 8/5; John Hale 8/9; Audrey Witschi 8/5

Anniversaries: Bob & Mary Holden 8/5; Dave & Kathie Koepele 8/8

**Meeting News**

The Rotarians are a hearty lot. They kept the doors of the Castle Rock Pub wide open this morning even tho it was only 54ºF outside. The body heat and hot conversations of the 42 attendees warmed up the room. Guests included: Tara Wallace and Takota E. ( 2 of our students going abroad at the end of the month), Marilyn Hilly, our guest speaker and our regular Summer guest, John Daniell.

**Announcements**

After our usual, salute to the flag, song, moment of silence and breakfast, Lorraine announced that we were not allowed to park in front of the pub next week as they are doing some construction in that area.

She gave us the bad news that Nelson Putnam is in a Rehab Center (Alice Peck Day Center, Lebanon, N.H., Rm. 313, Phone 603-442-5913) following an operation. Good news - Monk says that Putt is up and walking around and responding well to a new treatment. Send him a card or give him a call to cheer him up.

Duck Race Report

Doug told us our DR sales crew took in $552 last weekend including $110 from the Warren Store. We are halfway thru our promotion. Please hand in all the stubs and dollars for your assigned 20 tickets at least a week before Labor Day to give the committee time to record all the data before the race starts.

Gary passed around the sign-up sheet for the coming weekend and reminded us to e-mail friends and family to buy tickets. There will be another ad in the newspaper this week.

Duck Race T-shirts will be available for sale at the Farmers Mkt for $20 each. Members can purchase them for $15.

Jim Leyton gave us another pep talk for everyone to join the EREY group. He explained that after a member pays in $500, the club chips in the balance for the Paul Harris membership.

Pat Pinkston told us that the Interact group at Harwood had their last meeting for the school year in June and will e-mail each other during the summer months.

She announced that she is one of the 4 host families registered for 2 of the exchange students. The host family takes a kid for 3 months. She is also hosting 2 kids next weekend, while the other families are out of town.

MRV BBBizBuzz

Wednesday

August 25

3- 10 pm

This is a 3-part event:

1. A community business fair  with the addition of games and activities for family entertainment;

2. The annual Corn Roast that many of you know and love; and

3. A Community Dance with HAYWIRE, a Vermont Blue- grass band featuring Eric Graham.

Location - Lareau Farm Pavilion, Waitsfield, Vt.

**Megabucks** - $950 to winner. - Vickie Wallace - did not dig deep enough and came up with the 2 of spades. The pot has almost reached $1,000.

**Happy Bucks**

Al Barillaro - spent weekend in NYC

Vicky - Happy for the opportunity for daughter to go abroad

Stan - Enjoying lovely weather

John Daniell - left wallet at home - had to borrow from Jim Leyton

Ralph - Intimate breakfast with wife

Monk - Off to Cape Cod - play in member-guest tournament

Jack Mansfield - weekend with 2 granddaughters

John Hale - celebrate another birthday

Tom - stepson became a father

Dave Ruane - Travel with 3rd grandchild

Doug - Happy daughter helped split 2 cords of wood

Art - Back from Utah - beautiful state

Betty - Saratoga Opera

John Crump - Really enjoyed ³Taste of the Valley”

Jim Leyton - glad to be alive

Lorraine - kids off to camp for 2 weeks

Gene - 5 women in house - he was the boss (in his dreams)

**Program**

John Straub introduced Marilyn Hilly, a semi-retired Myotherapist, who works out of her home in Waitsfield. Marilyn was born in Northfield, Vt. and has lived most of her life on the East Coast of the U.S. She has helped his family get rid of pain, sometimes after only 3 sessions.

She has introduced him to many people in the Valley and she was an aspiring Olympic skier before she took up Myotherapy.

Marilyn brought some of her equipment with her in order to give us a demonstration. Her methods are noninvasive. If the pain is from a sports injury or recent accident, she may be able to give the patient instant relief, but if it is a chronic condition, it may take 5 or more sessions.

You should listen to your body and try to determine the source of the pain. Pain may come from any insult to the body - bone, ligament, muscle, etc. Exercise to music will help you to stay fit and is wonderful for the body. After treatment, you need to rest, take a warm bath and give yourself a chance to recover.

Marilyn says she loves helping people and making them well.

She was still working on Ralph when the meeting ended. He will report to us next week on how it worked.

Marilyn Hilly, CBPM

60 Dana Hill Rd.

Waitsfield, Vt.

496 - 2550

    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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