



Rotary Club of Pearl River, P.O. Box 252, Pearl River, NY 10965
District 7210 - Region 8 - Zone 32 - Club #4982 – Charter Date December 12, 1935

www.rotaryclubofpearlriver.org

James F. Murphy – President – 2013-2014
ENGAGE ROTARY - - CHANGE LIVES

Pearl River Rotary Club Meeting
Joe and Joe's
December 5, 2013

Rotary Club
Of
Pearl River

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James F. Murphy
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Director

Brian Quinn
Director

Kate Raffa
Director

Ann Taylor
Director

Ex Officio
PDG Jeffrey
Keahon

Pledge: Frank Neeson

Invocation: George (soon to be the President)

Visiting Rotarians: None

Guests: Gita (the better half of Raj)

Birthdays: 12/5 –Sandy; 12/6 –Nancy Magrino

Anniversaries: 12/10 – Michelle and Roy

Announcements: President Jim told of how “old and out of shape” he felt while in San Francisco; Jim Trojan to have a pacemaker placed (we knew he had a heart); bring gifts for the Share Christmas and the Holiday; Trojan then gave a history of the wonderful night of Share Christmas and the Holidays; Sandy gave a BIG thanks to those who worked on the “JEFF TRIBUTE CELEBRATION”; Stephen Munno –reminded us that the recycles will be picked up on Dec 28th to replace 12/25 and Jan 4th to replace 1/1 – this is for people east of Rt. 304; After Santa we go to Aqua Terra.

The **FOUR WAY TEST** of things we think, say, and do: 1. Is it the **TRUTH**? 2. Is it **FAIR** to all concerned? 3. Will it build **GOOD WILL** and **BETTER FRIENDSHIPS**? 4. Will it be **BENEFICIAL** to all concerned?

Queen of Hearts: Barbara picked the number – and Marty picked the heart – but it was the 4 not the queen – next week the prize goes 100 hugs.

Happy Bucks: By Stephen Munno (busy guy) – Lots of Chanukah bucks (sorry you missed the lighting of the Menorah Bucks); birthday bucks; anniversary bucks; Bonnie being honored by Venture bucks; Army/Navy football bucks; Net/Knick suck buck; Hanns photo bucks; Toys for Tots; Marine Corp; Beckerle; sighting of Shelly Singer buck; and lots of “Happy To Be Here” bucks.

**Elections: Tough and hard fought: (like Orangetown)
Prez: George; Prez Elect: Dorothy; Veep: Larry; Sec: Doreen; Treas: Kate; Directors: Raj, Brian, Ann, Joe, and Bob Craig;
Foundation: Vin, Frank N, and Nancy;
Congratulations to all and to all lots of long meetings.**

Program: Raj – “the wonderful” taught us all a special lesson (it is so wonderful to understand some of that we should know) – the following was “TAUGHT” and I hope learned and listened to as we are all vulnerable:

Suicides: Some of the cause and some of the preventive measures that can be taken.

WAR IS NOT NORMAL – THE GOAL TO KILL THE ENEMY IS NOT NORMAL – THE SOUNDS – THE SMELLS – FRIENDS DYING IS NOT NORMAL – HOW CAN WE THEN EXPECT THE ‘CHILDREN’ WE SEND TO WAR COME BACK TO US NORMAL



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1. Veterans are vulnerable all the time and the holiday season heightens their vulnerability;
2. 38-39 thousand men and women take their lives each year – and the attempts are 10 times that number;
3. 1/5 of all suicides are veterans – 2005-2011 the numbers increased and 2012-2013 the numbers are down;
4. What are the causes – (a) Holiday season; (b) the 'sounds' of war; (c) war stories in the newspaper or on TV; (d) fear of surroundings; (e) heighten remembering losses; (f) fear; (g) the five senses cannot process all that is around; (h) drinking and drugs to escape; (i) all issues that are brought up about the experience; and many more.
5. PTSD – part of the 'invisible wounds';
6. Traumatic brain injuries;
7. Protection Against include; (a) supportive family; (b) religion; (c) general health; (d) support therapy – medications and psychology; (e) group therapy. (people magazine, this week, has a wonderful piece on dog companions for veterans – worth reading)
8. Risks Leading to Suicide include: (a) Familial history of suicide; (b) poor general health; (c)

meaning of life (nothing to live for); (d) giving up on life – housing not good – job not good.

9. Treatment Modalities: (a) Team approach (Nurse, Meds, Group, PSY); (b) Debrief of the experience (yet the memories never go away);

10. Care and understanding of the veterans and what they have been through

Four Way Test: Doreen

Submitted by you humbleness Ed Fisher – and so sorry for the delay – see you all tonight and drive safely in the snow