



Rotary Club of Pearl River, P.O. Box 824, Pearl River, NY 10965
District 7210 - Region 8 - Zone 32 - Club #4982 - Charter Date December 12, 1935
www.rotaryclubofpearlriver.org
George Westphal, President 2014-15

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The Four Way Test

Is it the truth?

Is it fair to all

concerned?

*Will it build good will
and better friendship?*

*Will it be beneficial to
all concerned?*

Meeting of March 12, 2015 ***Aqua Terra Grille***

Pledge: Ed Fisher

Invocation: Frank Neeson with beautiful Irish Blessings

Guests: Susan Wilmink from Keep Rockland Beautiful; Mike Fidlow who will present today's program

Visiting Rotarians: Tom O'Connell from South Orangetown

Birthdays: Jean Acocella – 3/13; Joyce Irizzarry – 3/14; Nancy Bellush – 3/16/15

Anniversaries: None

Announcements: President George announced that, as of the last Board meeting, the club's bank balance is \$8,725.00.

With little more than three months remaining in the Rotary year, nine members have yet to pay their dues.

Tom O'Connell announced that the South Orangetown Club will present, as a fundraiser, a talent competition to be held in the TZ High School auditorium on Saturday, 4/25, 4pm. Details: \$50 per entry; entry deadline is 3/21; auditions are scheduled for 3/22. There will be prizes for winning participants and cash for their sponsoring Rotary Clubs. Email entries to: kenyatta@ready2mov.com. For more info call Kenyatta at 845-558-1969.

Susan Wilmink from KRB announced that there are some wonderful sponsorship opportunities available for this year's Great American Cleanup. In addition to traditional sponsorships, they are offering co-branded cleanup essentials such as work gloves, litter grabbers, and safety vests. Clean-ups will take place throughout the county in April & May. Please contact Susan at 845-

548-0232 or Susan@keeprocklandbeautiful.org for further information.

Please mark your calendars:

Fri., 3/15 – St. Patrick's Day fellowship at Noonan's, 7-10pm. \$40 pp.

Wed., 3/25 - Our annual Re-gifting Party to benefit PolioPlus, 6pm at Aqua Terra. Please contact Barbara Kohlhausen

Sun., 4/26 – Our annual Fishing Contest.

Sun., 6/14 – Dorothy's Installation Dinner at The Old Tappan Manor, \$85pp, includes open bar.

Reminder: Evening make-up meetings are held the 2nd & 4th Thurs. of every month. Tonight's meeting is scheduled for 6pm at Aqua Terra.

Queen of Hearts: Lenny Nathan, the winning ticket holder from two weeks ago, picked the 3 of Diamonds. Cesar Tejeda picked the King of Spades for his table today. The pot grows.

Happy \$: Jonathan Bellush collected for the club today. Many Happy St. Patrick's Day, weather, & birthday \$. Thankful \$ for our troops. Happy & not-so-happy (Stefan Munno lost his voice) \$ for the Rangers. Mike Seidnfrau is happy about the Jets picks. Frank Ripa's son will be visiting him☺. Lenny Nathan will be wearing shorts soon. Mark Griffith is happy about the view from his seat (we know he means the ladies!) and for his son's participation in the Penguin Plunge ("like diving into a giant Slurpee"). Alan Trugman had happy \$ for his brother's new business. Susan Wilmink had thankful \$ for the wonderful job our Highway Department does in helping with the Great American Cleanup. Lauri Craig is imbibing a little early for St. Patrick's Day...with a church tea. Bob Craig suggested our club meeting be entered into the SORC talent show. Ben Shifteh is happy for his son's upcoming wedding☺. Mike Fidlow had happy \$ for his son's birthday. Ed Fisher reports that Raselle had two very good visits from doctors upon return from Antigua. Please keep Ed & Raselle in your prayers.

Program: Mike Fidlow opened this powerful presentation by sharing the details of the frightening incident, his "rock-bottom moment," that gave him cause to seek help for his alcohol addiction and led him to become a Recovery Coach. Recovery coaching is a non-clinical form of support for individuals seeking recovery from addiction. The coach also provides support for the families of their clients. The group of coaches who makeup InRecovery come from a variety of backgrounds, allowing them to help their clients identify the plan for recovery that best supports their individual needs. Mike stressed the importance of having a choice in deciding upon one's own program of recovery. The recovery coach helps the individual find the most appropriate option for recovery by listening and empowering. Support is given in helping the individual identify habits that heal and replace the addiction, which is not considered a disease. The principles of the program follow.

Recovery is self-defined
Recovery is a choice
There are a wide array of tools and options for recovery
Recovery is self-directed
Recovery is centered on healing
Recovery requires support
Recovery is holistic
Recovery requires personal transformation
Recovery involves relationship
Recovery empowers a satisfying life

To become certified, a recovery coach must go through 60 hours of training followed by a test. One does not have to be a recovering addict to be a coach. Mike is married with two children. He is proud to be a recovery coach and to now have a fulfilling life with his family.

Four-Way Test: Jim Shepard

Submitted by: Carol McGrath