



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

Doreen Buonadonna – President – 2017-2018
Rotary: Making A Difference

The Rotary Club of Pearl River Weekly Meeting
Bulletin for Thursday, August 3, 2017

BULLETIN FOR JULY 27, 2017

PLEDGE OF ALLEGIANCE: Rob Magrino

INVOCATION: Lauri Craig

VISITING ROTARIANS: None this week.

GUESTS: Ruth Bowles, Executive Director of The Rockland Council on Alcohol and Other Drug Dependencies, Inc.

BIRTHDAYS: Miriam Beckerle and Bob Zuppe.....AND our guest Ruth Bowles!

ANNIVERSARIES: Ben and Simon Shifteh

ANNOUNCEMENTS:

Annie Taylor reminded us of the role of the Scheduling Committee in arranging weekly assignments for the Pledge and Invocations....and urged all of us to step up when committee members contact us.

Ray Pucci reminded us that August 17th is the collection day for our annual Back to School drive to support People to People in supplying needy kids with backpacks and school supplies.

Mark Griffith reminded us to check the back of the Roster for our meeting program assignments, told us to expect to be contacted by his committee members for reminders....and reminded us that becoming the program ourselves was a perfectly acceptable way to fulfill our obligation since our own members often deliver some of our best programs.....and reminded us that it's the responsibility of the member assigned the program to pick up the tab for the speaker's lunch.

Eddie Reynolds advised that the speaker for the August 3rd meeting would be Rockland County District Attorney Tom Zugibe, or his designee from the DA's office if he develops a conflict

Rotary Club Of Pearl River
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Michael Seidenfrau President Elect
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Joe Beckerle Director
Ryan O'Gorman Director
Ray Pucci Director
Brian Quinn Director
Ann Taylor Director

Quick announcements were made for the evening meeting that day; the Board meeting at Doreen's home on Monday, and dinner at the Black Forest restaurant on Saturday.

Jaya Bhattacharyya chose to read a Joke of the Day.....What do you get when an earthquake strikes in a cow pasture?.....A milkshake.....(groooan....)

QUEEN OF HEARTS.....Eddie Fisher did the honors as usual, our guest Ruth Bowles picked the ticket, the table at the window to President Doreen's right won, Eddie Reynolds picked a card and - Gasp!! - a red Queen!! - of diamonds - Ooof, Ouch!

HAPPY BUCKS

Bob Craig claimed to be gratified to know he was lowering the average age at the Queen of Diamonds table.... Youngster Rob Magrino shouted from the nearby banquette, "Yeah, by five minutes!"Wheeze, drool....

Joe B wished Happy Birthday to his Mom.

Mark G told a puzzling story about being under microscopic examination at the Nathan Kline Institute at Rockland Psych.....even this rough crowd was too polite to press for details.

Cathy Fidlow gave us an advance MLB scouting report on local high school junior Jack Scanlon whom she said is a cinch for the Bigs....fantasy baseball enthusiasts on this distribution are well advised to tuck that name away.....because Cathy is not known to divulge these nuggets lightly.

Dorothy "Jungle Queen" Filoramo told a tale of being mauled by a baby tiger with scars to prove it ROOAR!.....Also told about running into Rotarians from Stone Mountain, Georgia, in the heart of darkest Africa.....what an odd grouping and settingour Sophisticated Lady from Manhattan hobnobbing in the midst dust of a jungle with Georgians downstream from the Venable Brothers.....Google it.....Small World!!

Jaya reported that Anjan was off to see Usain Bolt's final 100 meter sprint.

THE PROGRAM

Expertly and movingly presented by Ruth Bowles to fill us in on the mission and work of the Rockland Council on Alcohol and other Drug Dependency, Inc.

She explained the mission is to increase awareness, to minimize stigma, and to facilitate the distribution on information and referral for help and support to those struggling with alcohol and/or drugs.

She explained that the science proves that addiction is not just a matter of will power, but is actually a chronic, recurring brain disorder requiring treatment and support.....including an emphasis on fitness, nutrition, healthy sleep patterns and reduced stress.

Specific to the opioid crisis, Ruth explained that even a week's dosage of some of the most powerful prescription pain meds can be physically addictive to the point of withdrawal symptoms....and certainly not appropriate for minor procedures like dental extractions.....for which they are sometimes prescribed.



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She told us there were 40 OD deaths in the County last year.....but that on the positive side Senator Carlucci had successfully obtained funding for two recovery coaches who actually meet patients leaving rehab to begin the process of longer term support.

Ruth candidly described alcohol and drug recovery this way: " Most don't make it....Some of us do."

FOUR WAY TEST: Sorry.....no note.....my pen ran out of ink or my brain ran out of focus.

Respectfully submitted,

Jim Murphy
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