



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

Dorothy Filoramo, President 2015-16

MEETING OF Thursday, August 6, 2015

Board of Directors

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Dorothy Filoramo

President Elect

Larry Vergine

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Doreen Buonadonna

Secretary

Kathleen Raffa

Treasurer

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Bob Craig

Rob Magrino

Brian Quinn

Ann Taylor

Past President

George Westphal

President Emeritus

James Murphy

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?

Pledge: Vin Acocella

Invocation: Ed Fisher

Visiting Rotarians:

Guests: Rena Finkelstein (of George Westphal)

Gil Colon (of George Westphal)

Michael Weitzman (of George Westphal)

Valerie Moldow (of George Westphal)

Chuck (of Carol McGrath)

Birthdays: (none)

Anniversaries: Jim & Barbara Trojan 08/07

Doreen & John Buonadonna 08/09

Joe & Nicole Beckerle 08/09

Announcements:

- 1) Evening meetings are at Noonan's (\$15) and are the last Thursday of the month
- 2) District Wine & Food Festival 09/12 (wear your Rotary pins)
- 3) Kate's Angelo is coming home tomorrow
- 4) The Bouton Golf Tournament is 09/17 (see Jim Shepard)

5) Rotary Happy Hour at Aqua Terra Tuesday, 08/18 from 5:30 to 7:00 pm

Queen of Hearts: (with Ed Fisher)

Chuck pulled number 167 (from Jaya's beautiful people table), but she pulled the 2 of spades instead

Happy Bucks:

- Marty & Gene Erickson's dog McGraw has been hired as a Therapy Dog

- Chuck is happy that his son is happy to be going back to school (not entirely accurate)
- Vin A. enjoyed two weeks in DelRay Beach, Florida
- Jim Trojan is happy for the first place NY Mets (and so am I!)
- Evelyn is happy that Carol brought her best friend to the meeting
- Many anniversary wishes
- Dorothy says thank you to Doreen & John for a great picnic

Program: Michael Weitzman (BIP Olar) [George's guest]

- Michael encourages recognizing (coming out) to individuals who are Bipolar (depression/mania)
- 26% of Americans have a mental disorder

Michael had Electro Convulsive Therapy (ECT), and uses a triangle (of psychiatrists, medications and people [social workers]) for effective treatment

The book, "The Power of Now" is part of his toolkit

The BPSA support group helps, too

NAMI – the National Alliance for Mental Illness (a Rockland support group) is another available resource as a support group

Michael promotes, "Compeer New York State Coalition" which is a non-profit organization dedicated to helping people in mental-health care lead happier, more productive lives.

Four Way Test:

Evelyn

Submitted by:

Jonathan Bellush