



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

John Buonadonna - President - 2012-2013
"Peace Through Service"

Rotary Club
Of
Pearl River

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Rotary Meeting
Greenhouse Cafe - Pearl River, New York
Date: September 27, 2012

Pledge: Mike Kelly

Invocation: Andy M.

Visiting Rotarians: Sandi Jannette (New City)

Guests: Eileen Stenzler(Tony's first lady), Mike Piccolo and Doug Ward

Birthdays: Rick Irrizary 9/25, Nancy Bergerman 9/26, Cesar Tejeda 9/27,
Jonathan Levitt 9/27, Frank Neeson 9/30, Gene Erickson 10/3, Tony
Stenzler 10/3

Anniversaries: Jaya and Anjan 9/29



Announcements:

Mr. Legs with the North Rockland Club, Sept 27th from 5:30-7:30 at the Water Club in Haverstraw.

October 6th, Pearl River Day (volunteers needed)

October 7th, Team KJ Mickey Sullivan Duathlon Benefit for Huntington's Disease, contact Barbara Kohlhausen.

George Bouton Golf Outing nets \$23,446.00 this year.

Carol McGrath won last weeks pool. No winner this week.

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?

Save the Date: Friday, October 26th, Halloween Party, details to follow.
Thursday, October 18th, Program and Bulletin Committee Meeting at 11:00 a.m. before Rotary Meeting.
Spring Valley Club to hold Motor Cycle Poker Run on November 3rd, registration from 8:30 to 9:30 a.m.
Printing of new flyers for Share Christmas and the Holidays were donated by Phyllis Schweitzer.

Queen of Hearts: George W. drew the 6 of clubs.



Happy Bucks: Congratulations to Laurie Craig on receiving her third sapphire for her support of the foundation.

Happy Birthday and Happy Anniversary to all.

Special thanks to Jim T. and Jim S. for their work on the golf committee.
Hanns 50th anniversary in America.

Program: Sandi Jannette presented her last official program on behalf of Good Samaritan Hospital about STRESS



Stress is your body's response to change. Different individuals respond differently to stress. Not all stress is bad. Life would be dull without some stress. The key is to manage stress properly, because unhealthy responses to it may lead to health problems.

Stress can make you feel angry, afraid, excited or helpless. It can make it hard to sleep. Cause aches in your head, neck, jaw and back. Lead to unhealthy habits like smoking, drinking, overeating and drug abuse.



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Exercise helps you let go of stress. It makes you feel stronger and healthier. It helps you control your weight and makes your heart pump well.

10 healthy habits to fight stress

- Ø Talk to family and friends
- Ø Engage in daily physical activity
- Ø Accept things you cannot change
- Ø Remember to laugh
- Ø Give up bad habits
- Ø Slow Down; Try to pace not race!
- Ø Get enough sleep
- Ø Get organized
- Ø Practice giving back
- Ø Try not to worry

Four Way Test: Mark Griffith