

News Both Fit and Unfit!

Guest Speaker:

Dr. Crosby spoke about various geriatric medical issues, from making sure to have colonoscopies as you age, as well as keeping active and have exercise. Dementia was also spoken about, as there is no known cure or prevention, but signs show being active, a good diet, and various other healthy habits show signs of slowing down the process if you have it.



Guests:

Dr. Jim Crosby - UHS Geriatric Medicine
Kevin Webb - KW Fitness (Prosp. Member)
Nicole Sonthivongnorath - Lori's Business Partner

50/50

Siobhan won \$21

Fine Master:

Ted raised \$46 by fining Andy for wearing shorts when running the meeting, Chris D for sneakers, Jim W for lateness without a tie, and various Happy Fines from Steve M. for his kids new house on Almar, Steve D. for his brother's and Vern's birthday, Vern for still being here on his birthday, and Aaron for his getaway with his wife

Upcoming Speakers:

5/2: Club Business Meeting - No Speaker
5/9: District Governor Larison
5/16: Jeff Ahearn – Interim Vestal Superintendent
5/23: Maloney Pipe Band

April Celebrations

Birthdays:

10th – Chris Day

20th – Aaron Martin

Anniversary Congratulations

21st – Candy and Steve Patteson: 32 years

24th – Ed & Monica Budnikas: 13 years



Announcements:

- Please turn in your registration materials for the club golf tournament.
- Foundation ask coming in May
- California Grill return date is May 2nd.
- Memorial Day – Meeting Cancelled
- Pass The Gavel tentatively scheduled for June 29th. This year it will be a club picnic at Arnold Park. Details to follow.
- VUMC BACK DOWNSTAIRS for 4/25 meeting
- Matt Conlon new member induction is 4/25
- Thank you Steve M. and Aaron for volunteering to be Vigilant editors for May and June
- New member mixer at Kampai 4/25 5:30-7:30. Please RSVP to Peter & Richard
- Vestal Rotary Foundation; looking for board nominations for 2016-17 year
- For more information visit our website:
<http://www.vestalrotary.org/>

Upcoming Events

4/25: New Member Mixer at Kampai.
5/2: Return to the Cali Grill
5/9: The District Leadership Team visit. They will hold business meetings before and after our club meeting.
5/15: May Nursing Home: Pavelski, Pedro & Savage
5/21: Club Golf Tournament @ Afton
6/13: Vote on Vestal Rotary Foundation Trustees
6/29: Pass the Gavel Picnic @ Arnold Park

Don's Joke Corner

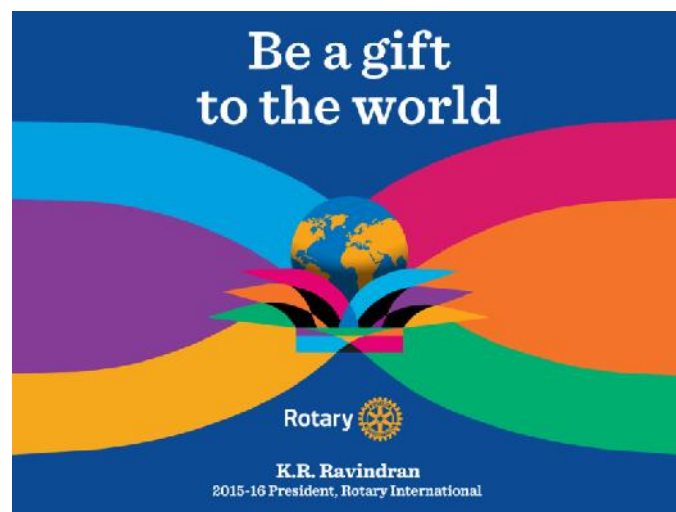
'Politicians make strange bedfellows, but they always share the same bunk'

Quote of the Day:

'Oh No' - E. Budnikas

**VESTAL ROTARY
2015-2016 Leadership Team**

President	Teri Mahonski
1st VP/Fund Raising	George Schwarztrauber
2nd VP	Ted Wolf
Treasurer	Carol Belva
Secretary	Mark Capobianco
Programs	Mark Capobianco
Sgts-at-Arms	Mike Mercincavage
International Service	Steve Day/Siobhan Davey
Community Service	Aaron Martin/Art Pavelski
Vocational Service	Andy Papaleo
Club Service	Ed Budnikas/Jim Ward
Rotary Foundation	Danielle Bulger
Interact Club	Rob Flanders
Vigilant Editor	Vacant
Dick's Open	Roy Cordero & Andy Papaleo
Holiday Food Drive	Carol Belva
Membership	Pete Griffiths
House Committee	Roy Cordero
Public Relations	Andy Papaleo
Member Relations	Ed Budnikas
Club Historian	Mark Capobianco
Coats for Kids	Rob Flanders
Webmaster	George Schwarztrauber
Immediate Past President	Roy Cordero
Vestal Rotary Foundation	George Schwarztrauber



2015 -2016 Theme

The Vigilant:

News, Notes and
Nonsense of the Vestal
Rotary Club

Club # 4903

www.VestalRotary.org

**Monday, April 25, 2016
Reporting: Andy Papaleo**

**Jon Arron
Millennium Pipeline**



SERVICE Above Self

District 7170: District 7170
District Governor -Doug Larison
International Zone # 29
National Rotary: www.Rotary.com

ROTARY CLUBS FOR MAKE-UPS

MONDAY

Hillcrest 12:15- Villa Toscana in Chenango
Bridge (Red & White/Lower Level).
Vestal 12:15 – California Grill
Conklin 7:00 PM – Maines Community
Center

TUESDAY

Binghamton 12:15 – Holiday Inn Arena
Endwell 12:15 – Brother's 2
Owego 12:05 – Owego Treadway Inn

WEDNESDAY

Binghamton B-fast 7:15 am – The Binghamton Club
Greene 8 am – Varies
Colesville 6:15 pm – Hitchin' Post Rt. 7

THURSDAY

Endicott 12:15 – Nirchi's Washington Ave.
Johnson City 7:30 am – Davis College
Whitney Point 6:15 pm –Northern Broome Senior
Center, 12 Strongs Place

FRIDAY

Nimmonsburg 12:15 – Chenango Town Hall