

Guest Speaker: Brian Baldia, a chiropractor based in Johnson City, spoke to us about the benefits of chiropractics. He said one of its primary benefits was relief of the physical side effects of stress such as back pain, neck pain, headaches and the like. He recommends a regular "tune-up" as a good way to maintain health He feels that chiropractic teams well with traditional medicine, each having its own strengths.

Guests:

Dave Goulding – Binghamton Noon Brian Baldia – Guest speaker

50/50: \$18 won by Rick Pedro, next week's finemaster.

<u>Upcoming Speakers:</u>

01/18 Rocky Martinez – JC Rotary about heroin 01/25 Gina Curcio – Curcio Printing about a new office building

Upcoming Events

01/17 Willow Point Nursing Home

02/08 Valentine Party at Kampai, 7-9 pm

02/14 Willow Point Nursing Home

02/15 Board Meeting – 11:30 – 12:00 Noon at California Grill

03/12 St. Patrick's Day Party 6 to 11 pm

Fine Master:

Ali and Andy collected \$42 (I think) for various infractions including not attending the board meeting held prior to the regular meeting.

Announcements:

- White elephant auction raised \$422 for Polio Plus
- We are sponsoring a team for Trivia Night at the VHS Foundation event but not fielding a team.
- Upcoming- a mixer for new members details to follow.
- California Grill donated \$400 to our Foundation

 For more information visit our website: http://www.vestalrotary.org/

January Celebrations:

Member Birthdays

January 1 – Roy Cordero and Mike Mercincavage

January 7 – Neil Guiles

January 22 – Lori Welch

January 23 – Kim Myers

Don's Joke Corner (Pardon another priest

A priest was invited to attend a house party. Naturally, he was properly dressed and wearing his priest's collar. A little boy kept staring at him the entire evening. Finally, the priest asked the little boy what he was staring at. The boy pointed at the priest's neck. When the priest finally realized what the boy was pointing at, he asked him, "Do you know why I am wearing that?" The boy nodded his head yes, and replied, "It kills fleas and ticks for up to three months."

Quote of the Day:



VESTALROTARY 2015-2016 Leadership Team

President Teri Mahonski

1st VP/Fund Raising George Schwarztrauber

2nd VPDan BarkerTreasurerCarol BelvaSecretaryMark CapobiancoProgramsMark CapobiancoSgts-at-ArmsMike Mercincavage

International Service Steve Day/Siobhan Davey Community Service Aaron Martin/Art Pavelski

Vocational Service Andy Papaleo
Club Service Jim Ward
Rotary Foundation Danielle Bulger
Interact Club Rob Flanders
Vigilant Editor Dan Barker

Dick's Open Roy Cordero & Andy Papaleo

Holiday Food Drive
Membership
House Committee
Public Relations
Member Relations
Club Historian
Coats for Kids

Carol Belva
Pete Griffiths
Roy Cordero
Andy Papaleo
Ed Budnikas
Club Historian
Mark Capobianco
Rob Flanders

Webmaster George Schwarztrauber

Immediate Past President Roy Cordero

Vestal Rotary Foundation George Schwarztrauber

ROTARY CLUBS FOR MAKE-UPS

MONDAY

Hillcrest 12:15- Villa Tuscana in Chenango

Bridge (Red & White/Lower Level).

Vestal 12:15 – California Grill

Conklin 7:00 PM – Maines Community

Center

TUESDAY

Binghamton 12:15 – Terra Cotta 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 – Varries

Colesville 6:15 pm – Hitchin' Post Rt. 7

THURSDAY

Endicott 12:15 – Elk's Lodge, Route 26N

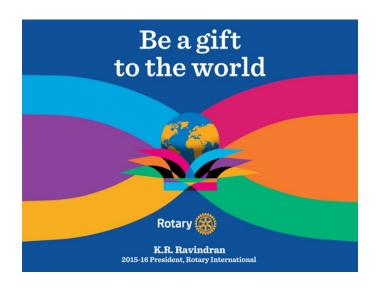
Johnson City 7:30 am – Davis College

Whitney Point 6:15 pm –Northern Broome Senior

Center, 12 Strongs Place

FRIDAY

Nimmonsburg 12:15 – Chenango Town Hall



2015 -2016 Theme The Vigilant:

News, Notes and Nonsense of the Vestal Rotary Club Club # 4903

www.VestalRotary.org

Monday, January 18, 2016 Reporting: Dan Barker

Guest Speaker

Rocky Martinez – JC Club Heroin Problems



SERVICE Above Self

District 7170: District 7170

District Governor -Doug Larison

International Zone # 29

National Rotary: www.Rotary.com