

News Both Fit and Unfit!

HAPPY THANKSGIVING TO

ALL!!

Guest Speaker:

Our very own Christine Day, Vegan Consultant and Lifestyle Coach, was our speaker today. Christine's presentation was very MOoving. Veganism is not only a food choice, but a way of life. Some common questions are what to eat? – From an animal, no, if not from an animal, yes. No eggs, Why? – Because of deplorable conditions on Egg Farms, also a source of high Cholesterol. Males are ground up or suffocated, no word if that is where mcnuggets comes from. Why no dairy? It contains Casein which has been known to turn on cancer cells. Why no meat? - A world health organization study shows a possible link to cancer as well. Farming practices are also cruel as well. Regarding protein, 6.4 grams of protein are in 100 calories of Beef. Broccoli has 11.1 grams per 100 calories. Animal agriculture is also responsible for 91% of the destruction of the Amazon. It also takes 660 gallons of water to make 1 hamburger, the equivalent of 32 showers. Vegan lifestyle has also been shown to help prevent heart disease. Christine mentioned there are 5 ways to help everyone become more healthy and to help stop the farming cruelties. 1) Look for others forms of obtaining your protein, i.e. beans, Lentils. 2) Consider giving to a farm sanctuary. 3) Help Christine spread the word. 4) Commit to "Meatless Mondays". 5) Just go vegan. Consider the 30 day vegan challenge, work with Christine and got to the following website for more information. <https://getwaisted.com/>



Guests:

No Guests today

50/50

Ali was the winner of a grand total of \$14 today, Congrats!!

Upcoming Speakers:

11/30: Carole Coppens YWCA
12/7: Club Business Meeting
12/14: Robert Murphy - Binghamton Economic Development
12/21: Ken Fernald & Jenn Small - Assoc. for Vision Rehabilitation & Employment

Upcoming Events

11/30: Can Collection #1 – **MEAT PRODUCTS**
12/7: Can Collection #2
12/13: Willow Point – S. Day, C. Day, & Fabian
12/14: Can Collection #3
12/14: Board Meeting @ 11:30
12/16: Can Packing – Town Water Barn

Fine Master:

\$51 in fines collected today. George stepped in at guest fine master. Most but not all included – Neil has new gutters from Peter. Peter spent the profit in Hawaii. Peter because the weather was too hot in Hawaii and Neil's new gutters. Mark – all 18 students arrived home safely from France. Steve Day, - has found a host family. Christine day – 12 days in the Caribbean coming up. Andy pays to salute the Mets second place finish in the World Series. Aaron is going to Disney World and Ted is not sure where he is going after spending much time at Epcot center for the Food and Wine Festival

Announcements:

- Tickets for St. Pats fundraiser (March 12) have been handed out. Please sell or buy them, or BOTH!!
- Holiday Party at Siobhan's house on 12/12 – looks like a start time of 7:30 pm
- 12/7 – 11:30 a.m... Wrapping gifts for nursing home residents, details available from Aaron
- **FOOD DRIVE – STARTS MONDAY NOV 30th** Meat products please plus protein, protein, protein **TRUCK LEAVES AT 12:15 pm.** Please arrive with goods before that
- For more information visit our website: <http://www.vestalrotary.org/>

November Celebrations:

Member Birthdays

28th – George Schwarzauber

Anniversaries

None – bad month to get hitched!

Don's Joke Corner

QUESTION: Why can't you take a Turkey to Church?

ANSWER: Because they use such **FOWL** language

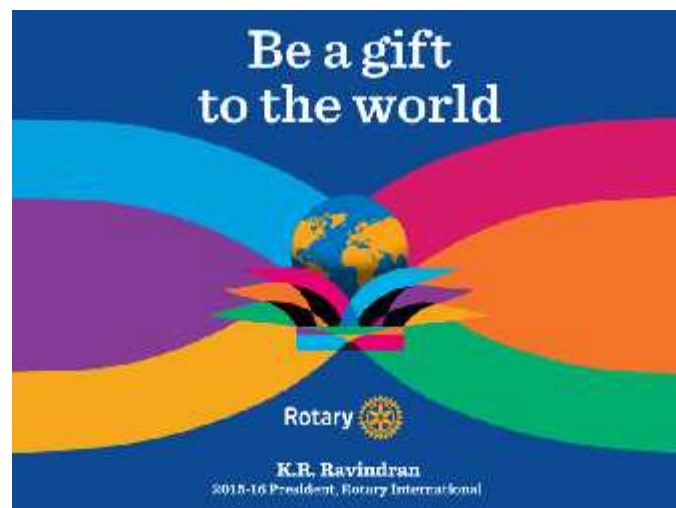
Quote of the Day:

“You can always tell when a man's well informed. His views are pretty much like your own.”

H. Jackson Brown, Jr.

VESTAL ROTARY
2015-2016 Leadership Team

President	Teri Mahonski
1 st VP/Fund Raising	George Schwarztrauber
2 nd VP	Dan Barker
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	Jim Ward
Rotary Foundation	Danielle Bulger
Interact Club	Rob Flanders
Vigilant Editor	Dan Barker
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	Sue Fabian
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, November 30, 2015
Reporting: Rick Pedro

Carole Coppens - YWCA



SERVICE Above Self

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