

# News Both Fit and Unfit!

## Guest Speaker:

Senator Fred Akshar



Senator Fred Akshar, was our guest speaker this afternoon. His office has made great strides in keeping funding for education and transportation here in our area. He also has done extensive work in getting tax cuts for the middle class, and has worked with the governor to lessen the impact of minimum wage increase to our area. Although the governor wanted minimum wage to increase to \$15 per hour across the board immediately, the Senator was instrumental in getting a gradual increase per year over the next three years, realizing that this will have a major impact on our local economy. He emphasized how important it is for our area to have a voice in the Senate because economics are different upstate than they are downstate. His main focus though has been on the heroin issue - specifically on access to treatment and recovery. He said "There is no room for politics here." Thank you Senator Akshar for all that you do!

## Guests:

Senator Fred Akshar

Jessica Williams, the Senator's Dir. of Comm Outreach

Brendan O'Reilly

Bud Dahlgren (his last week as a visitor)

## Fine Master:

Today's Fine Master Matt Conlon went after all of the "older folks" in the club, fining anyone with grey hair and an AARP membership! Other fines were for certain members discussing their Viagra usage in front of children at the club picnic, Ted for imitating Michael Phelps and drinking beer in the pool at the club picnic, all who participated in the "club jump" at the picnic, anyone with student loan debt and anyone who is thankful for our Rotary Club (everyone should have put a fine in here!). He tried to fine our visitor Senator Akshar, but recanted and put in a \$5 fine himself in honor of the Senator's work on the heroin epidemic.

## Upcoming Speakers:

8/22 - Robin Alpaugh - United Way of Broome County

9/05 - NO MEETING - LABOR DAY

9/12 - Club Assembly

9/19: Elliott Weissmann, exchange student to Poland, 2015-16

9/26: Christine Crawford, Acupuncture and Oriental Medicine

## Announcements:

- Any questions or suggestions regarding the lunch menus, facilities, etc. should funnel thru Teri Mahonski, House Committee Chair
- Sign-ups for publishing *The Vigilant* will be forthcoming. Thank you for all who have agreed to assist so far. If you have never written the newsletter, please consider doing so.
- Tear down of the tent used for the club picnic at Ed's, 400 Meeker Rd. will be on Wednesday 8/24 at 10 a.m. Any leftover beverages from the party may be consumed at that time. Help is needed. Contact Dr. Ed if able to help.

- Tracy Wiles has accepted a new position in Ithaca, NY and will not be with us anymore. All the best to you Tracy! You will be missed.
- Aaron is circulating sign-up sheet for day of Caring, Sunday, 9/10/2016. Email came around also from George as well. Please consider a donation of time. Slots are 9-12 and 1-4, 10 volunteers for each slot requested.
- Our Exchange student, Valentine will be arriving from Belgium on August 20 at 3:45 p.m. at the Binghamton Airport. If you are available, please let Shiobhan know and come and greet him!
- Reminder to let Mark know when and where to apply any make up credits.
- District Conference – 5/52017 thru 5/7/2017 in Canandaigua. Would be terrific to achieve 100% attendance.
- Of course, the DG is ours and the support would be HUGE!  
Dress code casual, families are welcome.
- DG RICHARD's TREE peony project. This should absolutely without any doubt be 100% participation. Let's MAKE Richard's dream Blossom!! \*\*FACTOID BELOW\*\*
- Bud Dahlgren was inducted into our Rotary Club today. He is the 1<sup>st</sup> member ever to be inducted into our club in 2 different centuries; Bud was a former Vestal Rotarian last century. Welcome Bud!
- No meeting on Labor Day 9/5/2016
- For more information visit our website:  
<http://www.vestalrotary.org/>

- Peony. The tree peony is distinguished most noticeably from a herbaceous peony by the fact that it retains a viable above-ground woody stem that remains after the flowers and branches have shriveled and dropped off the plant in preparation for winter: it is actually a medium-sized shrub. This woody stem should not be cut back in fall and should be pruned only if its shape is to be modified. The flower buds are much larger and flatter than those on the herbaceous peony, and are the same color as the leaves. They do not secrete honey on the bud tip. They bloom in late spring and early summer and make an excellent cutflower.



## Upcoming Events

5/42017-5/7/2017 DISTRICT CONFERENCE – Canandaigua, NY. Home club is expected to run the Hospitality room, check-in, etc. Dress is casual, as long as it is microfiber. More to come!!

9/10: Day of Caring on 9/10/2016. Looking for 20 people to build a handicap ramp, 10 in the am and 10 in the pm, Aaron has the details, sign up sheets will go around.

8/24: Tent teardown at Dr. Ed's House, 400 Meeker Rd, 10:00 am start.

9/10: Day of Caring Community Service Project – 807 Broad St. Endicott, NY

9/12: Club Business Meeting

## August Celebrations

Birthdays:

Tracy Wiles – August 17

Carol Belva – August 11

Anniversaries:

8/11 - Mike and Joyce Mercincavage - 54 years, WOW!!

8/20 - Teri and Steven Mahonski – 33 years

8/23 – Kim and Timothy Myers – 36 years



## **50/50**

Roy Cordero enjoyed the winnings of 50/50 today in the amount of \$20.

## **Don's Joke Corner:**

Donald and Hillary go into a bakery on the Campaign Trail As soon as they enter the bakery, Hillary steals three pastries and puts them in her pocket. She says to Donald, "See how clever I am? The owner didn't see anything and I don't even need to lie." I will definitely win the election.

The Donald says to Hillary, "That's the typical dishonesty you have displayed throughout your entire life, trickery and deceit. I am going to show you an honest way to get the same result." Donald goes to the owner of the bakery and says, "Give me a pastry and I will show you a magic trick." Intrigued, the owner accepts and gives him a pastry. Trump swallows it and asks for another one. The owner gives him another one. Then Donald asks for a third pastry and eats that, too. The owner is starting to wonder where the magic trick is and asks, "What did you do with the pastries?" Trump replies, "Look in Hillary's pocket"...

## **Quote of the Day:**

*What we think, we become. Buddha*

### **VESTAL ROTARY 2016-2017 Leadership Team**

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

### **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
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## **2016 -2017 Theme**

# **The Vigilant:**

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

[www.VestalRotary.org](http://www.VestalRotary.org)

**Monday August 15, 2016  
Reporting: Teri Mahonski**

***Senator Fred Akshar – District  
update***



**SERVICE Above Self**

District 7170: [District 7170](http://District7170.org)  
District Governor - Richard Matsushima  
International Zone # 29  
National Rotary: [www.Rotary.com](http://www.Rotary.com)