

News Both Fit and Unfit!

Guest Speaker:



Eric Freeman and Kimberly Michalak were here from Hearing Health USA, and they are committed to helping the world hear better. Eric recommends that everyone gets a baseline for their own hearing, so they can better understand how their hearing compares. I thought it was interesting that Eric mentioned smokers and diabetics have a higher risk of hearing loss. Eric also recommends wearing some type of ear plugs anytime you are around sound that is over 85 dbs.

Guests:

Our only guests were the guest speakers, Eric and Kimberly.

50/50

The pot was \$18 – George won
George also won the Kampai gift certificate (You can make your own conclusions there)

Fine Master:

The one and only, Neil Guiles was the fine master. Neil fined Rick for our guests picking George's winning tickets for both the 50/50 and the Kampai gift certificate. Somebody has to pay for the guests. Richard got dinged for being late and being on the phone. Steve Miller got fined for sitting with the young ladies, and since we couldn't fine George and his winning tickets, Ted bit the bullet and paid up. George did throw in a happy fine. He was happy for not all of his ribs being cracked.

Upcoming Speakers:

3/27: Shelbi DuBord, Director, Community Initiatives & Planning, UW and Interact Construction Students
4/3: Club Assembly

Announcements:

- George will re-send link to sign up for district conference
- No March 12th Nursing home, moved to 19th
- For more information visit our website:
<http://www.vestalarotary.org/>

Upcoming Events

3/14 – 3/15: SNOW!!
4/7: Social night - Trivia
4/17: Meeting Cancelled
5/5-5/7: District Conference

March Celebrations

Birthdays:

Mar 1 – Siobhan Davey
Mar 7 – James D Ward
Mar 26 – Arthur Pavelski
Mar 28 – Rick Pedro

Anniversaries:

Mar 13 – Rob & Marissa Warholic - 2 years
Mar 21 – Jim & Beverly Savage – 34 years



Don's Joke Corner

What's a bunny's favorite restaurant? IHOP

Quote of the Day:

Be true to your work, your word, and your friend. –John Boyle O'Reilly

**VESTAL ROTARY
2015-2016 Leadership Team**

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



2016 -2017 Theme

The Vigilant:

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

Club # 4903

www.VestalRotary.org

Monday March 20, 2017

Michael Costantino

**Candace Gregory,
Director, 211, United Way
of Broome County**



SERVICE Above Self

District 7170: [District 7170](http://District7170.org)

District Governor - Richard Matsushima
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