

# News Both Fit and Unfit!

## Guest Speaker:

Christina Crawford – LAC, Dipl. OM was our speaker this afternoon. Christina practices Acupuncture and Traditional Chinese Medicine at Crawford Acupuncture, Endicott, NY. Her background includes a Bachelor of Social Science. After working as a practice manager, Christina decided to pursue a Master of Science, Acupuncture and Oriental Medicine. Christina's experience includes working with our Veterans at the Canandaigua VA.

Acupuncture and Oriental medicine has been shown to decrease the usage of pain medications. Acupuncture is the oldest continuously practiced medical system that seeks to balance the imbalances in our bodies, which can lead to problems. Our body is an electrically charged network of fascia, known as "Qi" – "chi" – the body's energetic system. This is based on our body's ability to heal itself. Acupuncture points have a higher density of micro-vessels and contain a large amount of microvascular structures. It may be thought of similar to clearing a traffic jam and helping the traffic move smoothly. This procedure helps smooth out your Qi, Blood, Yin, Yang, Jin, and Ye. The needle insertions are quick and gentle, with sensation, (not too much though). The Pillars of Chinese Medicine are: Acupuncture, Body Work, Qi Gong, Herbal Medicine and Dietary therapy. The approach is the whole body perspective. Acupuncture improves digestive complaints, musculoskeletal pain, weakness, numbness or tingling, dry eyes and mouth. Pulse and tongue diagnosis applied. Each session lasts about an hour. Thank you Christina!



## Guests:

Christina Crawford – LAc, Dipl. OM

## Fine Master:

\$48 was were assessed in fines today. Varied reasons from no collared shirts, Arnold palmer's nickname and those who have not bought Rotary hats. Please order your shirt. Many happy Rotarians as well, thank you for being happy.

## Upcoming Speakers:

October 3 - Club Assembly – No Speaker  
October 10 - 2015-16 Outbound-Exchange Students  
October 17 – Jon McNamara - Renovus Solar  
November 7 – Club Assembly – No Speaker  
November 14 – No Meeting-Chamber Lunch on Nov. 15  
November 21 – Amelia LaDolce – Binghamton Urban Farm  
November 28 – Denise Johnson – Director of Vestal Rehabilitation and Nursing

## Upcoming Events

**FOUNDATION DINNER, NOVEMBER 13, 2016 - THE MCKINLEY.** Checks Payable to VESTAL ROTARY - \$42.50 Danielle has sign-up sheet and it is in a yellow folder circulating again today.

**5/4/2017-5/7/2017 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!!

Nursing Home:

10/16 – Bulger, Capobianco, Conlon

11/20 -Cordero, Constantino, Warholic

Chamber Thanksgiving Luncheon - 11/15/16 –no exchange of money, the cost will show up on your bill. **No meeting on the November 14th**

## Announcements:

- Any questions or suggestions regarding the lunch menus, facilities, etc. should funnel thru Teri Mahonski, House Committee Chair – Pasta with chicken and cheese today, not bad, more chicken would be good. Chocolate chip cookies good.
- Siobhan and Matt met with the Interact Club this past week and the members are very interested in helping out with community projects.
- Perhaps a hosting of a wine and cheese art exhibit on the horizon at the Vestal museum. Aaron cooking this up
- Shirts are ready to be purchased, those who have purchased, thank you. Those who have not, hope that you will soon – See Steve M.
- District Conference – 5/5/2017 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.
- St. Patrick's Day party date coming soon!
- For more information visit our website: <http://www.vestalrotary.org/>



**1000 sold so far!!!!!!!!!!!!!!**

## August Celebrations

**Birthdays:** - ZERO

**Anniversaries:**

Robert Flanders - Kathy 48 years Oct 05 1968

Siobhan Davey - Alan 16 years Oct 07 2000

Bill Scannell - Pam 32 years Oct 20 1984

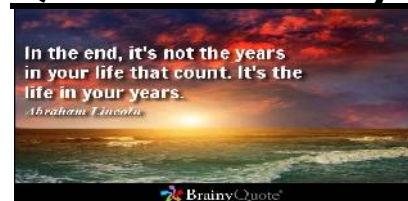
## 50/50

Steve Day held the winning numbers today and walked off with \$16

## Don's Joke Corner:

*Save Regularly in our Bank. You'll never regret it.*

## Quote of the Day:



## ROTARY CLUBS FOR MAKE-UPS

Hillcrest  
Vestal  
Conklin

**MONDAY**  
12:15- Villa Tuscana in Chenango  
Bridge (Red & White/Lower Level).  
12:15 – California Grill  
7:00 PM – Maines Community  
Center

Binghamton  
Endwell  
Owego

**TUESDAY**  
12:15 – Holiday Inn Arena  
12:15 – Brother's 2  
12:05 – Owego Treadway Inn

Binghamton B-fast  
Greene  
Colesville

**WEDNESDAY**  
7:15 am – The Binghamton Club  
8 am – Varies  
6:15 pm – Hitchin' Post Rt. 7

Endicott  
Johnson City  
Whitney Point

**THURSDAY**  
12:15 – Nirchi's Washington Ave.  
7:30 am – Davis College  
6:15 pm –Northern Broome Senior  
Center, 12 Strongs Place

Nimmonsburg

**FRIDAY**  
12:15 – Chenango Town Hall



## 2016 -2017 Theme

### *The Vigilant:*

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

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

Monday October 3, 2016  
Reporting: Rick Pedro

*Club Assembly Meeting*



**SERVICE Above Self**

District 7170: [District 7170](#)  
District Governor – Richard Matsushima  
International Zone # 29

National Rotary: [www.Rotary.com](http://www.Rotary.com)