

# News Both Fit and Unfit

## Guest Speaker:



Our guest speaker was Ralph Garnuto from Binghamton University, and the topic he spoke on was Lyme disease. Ralph brought up many interesting facts about Lyme disease because he thinks one of the most important things is awareness. A lot of people think they can spot where a tick bit them by a rash, but only 20% of people actually get a rash. So don't depend on that. Some other interesting facts are that you can get Lyme disease multiple times, only one species of tick carry the disease, 20% of people have symptoms post treatment, and after getting bit you have to wait 2-3 weeks to get tested in order to know if you have Lyme disease.

## Guests:

Dave Gouldin  
Laura Martin  
Lucia Nezelek  
Bart Bozzi

## 50/50

Aaron Martin - \$20

## Fine Master:

Siobhan stepped in for Kevin Webb as Fine master and raised \$35.

## Upcoming Speakers:

8/21 Melanie Pandich – American Red Cross

## Don's Joke Corner:

Q: Did you hear about the Italian chef that died?  
A: Yea, he pasta way!

## Quote of the Day:

*A single sunbeam is enough to drive away many shadows.*  
- Francis of Assisi

## Announcements:

- No Meeting August 28<sup>th</sup>
- No Meeting September 4<sup>th</sup>
- Andy – heavy security this year at DSGO, please arrive early for your shift thank you for your cooperation – you WILL NOT get in without the badge that Andy has or has given to you. Talk to Andy
- Dues reduced to \$155/quarter
- 10/2 – Visit form our DG Zoe Van Der Meulen
- 10/14 – Halloween costume exchange
- IF YOU WANT AN ANNOUNCEMENT IN, contact Rick - thank you
- President Ted applied and was awarded a \$2000 grant for coats for kids form the District!!!!
- Our exchange student was due to arrive Thursday 8/17 at 3:40 p.m. Siobhan has the details.
- For more information visit our website:  
<http://www.vestalrotary.org/>

## Upcoming Events

- 8/26 – CLUB PICNIC, George and Heidi's place, 3pm – thank you for hosting – please bring a dish to pass.
- 9/16 - Day of caring. Aaron arranged at Kopernik. His email of 8/7 has the details. If you deleted, please talk to Aaron. If you retained, please talk to Aaron
- 10/2 – Visit form our DG Zoe Van Der Meulen
- 10/14 – Halloween costume exchange
- 10/16 - 60<sup>th</sup> Anniversary of Vestal Rotary at Vestal Elks – 60's party, costumes, finer foods, beverages. Etc... Details on the way

## August Celebrations

### Birthdays:

Carol Belva – Aug 11  
Ted Wolf – Aug 11

### Anniversaries:

Ted Wolf (Judy)– 46 years – Aug 7  
Mike Mercincavage(Joyce) – 55 years – Aug 11

Teri Mahonski(Steve) – 34 years – Aug 20  
Kim Myers(Tim) – 37 years – Aug 23

### ROTARY ANNIVERSARIES:

Rob Flanders – 35 years – Aug 2  
Carol Belva – 5 years – Aug 27  
Kim Myers – 7 years – Aug 30



**VESTAL ROTARY**  
2017-2018 Leadership Team

<b>President</b>	<b>Ted Wolf</b>
<b>1st VP/Fund Raising</b>	<b>Matt Conlon</b>
<b>2nd VP</b>	<b>Rob Warholic</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>George Schwarztrauber</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>George Schwarztrauber</b>
<b>Vestal Rotary Foundation</b>	<b>George Schwarztrauber</b>



**2017 -2018 Theme**

*The Vigilant:*

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

**Club # 4903**

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

**Monday August 21, 2017**

**Reporting: Michael Costantino**

**Melanie Pandich – American  
Red Cross**



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

District Governor - Zoë Vandermeulen  
International Zone # 29

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