

# News Both Fit and Unfit

## Guest Speaker

Francess “Myrph” McMahon, founder and Director of Stand With Me was our speaker today. Stand With Me was created to provide assistance dog training programs for our American veterans. Its goal is to teach, coach, and support veterans in the process of training their own dog to become their partner in service dog work. With 35% of returning veterans suffering from post-traumatic stress disorder (PTSD), resulting in roughly 22 suicides per day, the need for assistance of service dogs in veterans lives is important for their mental health. Stand With Me helps to provide an easy and affordable way to give veterans their much needed companions. For more information, please visit: [www.standwithmeorg.com](http://www.standwithmeorg.com)

## Guests:

Francess McMahon

## Upcoming Speakers:

12/3/2018 – NO Meeting

12/10/2018 – Dan Smith – YMCA

## 50/50

Aaron won the 50/50, raking in a total of \$22 today.

## Fine Master:

Jash was the fine master today, going after each table with trivia questions. The happy fines included Kim celebrating her third granddaughter, Aaron who one the 50/50, Art who was happy his son recently in town, and Matt who celebrated his 7 year anniversary.

## Announcements:

12/3 – NO MEETING

- Can packing team totals:
  - Team 1 (JB) - 444 cans
  - Team 2 (Aaron) - 625 cans
  - Team 3 (Andrew) - 678 cans
- We are still in need of a Club Secretary and Vice President for next year

## Upcoming Events

- [12/14 - Christmas party at Siobhan Davey's](#)
- [12/16 - Willow Point Nursing Home \(Aaron, Lori, and Julie\) - 2 - 3:30 pm](#)
- [Can Collecting – 11/26, 12/10, 12/17.](#)
- [12/19 Food Drive and Can Packing – George has the details](#)
- [1/5/19 - Coats for Kids](#)

## November Celebrations

### Birthdays:

George – 11/28

### Rotary Anniversaries:

George – 16 years

Jim Ward – 21 years

Dan Harter – 1 year

Andrew Matsushima - 1 year

### Anniversaries:

Andy and Erin – 1 Year!! Still honeymooners

**CONGRATULATIONS TO ALL**



## Don's Joke Corner:

*Q: What is the difference between in-laws and outlaws?*

*A: Outlaws are usually wanted.*

## Quote of the Day:

*“Great ideas often receive violent opposition from mediocre minds.”*

*- Albert Einstein*

**VESTAL ROTARY  
2017-2018 Leadership Team**

<b>President</b>	<b>Matt Conlon</b>
<b>1<sup>st</sup> VP/Fund Raising</b>	<b>Siobhan Davey</b>
<b>2<sup>nd</sup> VP</b>	<b>Vacant</b>
<b>Treasurer</b>	<b>Teri Mahonski</b>
<b>Secretary</b>	<b>Mark Capobianco</b>
<b>Programs</b>	<b>Kevin Webb</b>
<b>Sgts-at-Arms</b>	<b>Mike Mercincavage</b>
<b>International Service</b>	<b>Siobhan Davey</b>
<b>Community Service</b>	<b>Aaron Martin</b>
<b>Vocational Service</b>	<b>Andy Papaleo</b>
<b>Club Service</b>	<b>Jim Ward</b>
<b>Rotary Foundation</b>	<b>Danielle Bulger</b>
<b>Interact Club</b>	<b>Siobhan Davey</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>Ted Wolf</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>Ted Wolf</b>
<b>Vestal Rotary Foundation</b>	<b>George Schwarztrauber</b>



**BE THE INSPIRATION  
2018 -2019 Theme**

***The Vigilant:***

News, Notes and  
Nonsense of the Vestal  
Rotary Club

**Club # 4903**

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

**Monday, December 10, 2018  
Reporting: Andrew Matsushima**

***Dan Smith***



**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 – Jeff Smith  
International Zone # 29  
National Rotary: [www.Rotary.com](http://www.Rotary.com)