

News Both Fit and Unfit!

Guest Speaker



Eldad Einav, MD FACC – 888-438-6660

Is a cardiologist at Lourdes Hospital, presenting on Medical Weight Loss. Which requires behavioral modification along with physical activity, diet and maybe surgery and medication. Medical weight loss involves 3 phases: Accelerated, Transition, Maintenance. Results include; improved lipids, inflammation, risk of diabetes, reduced symptoms of sleep apnea.

Guests:

Eldad Einav, MD FACC

Upcoming Speakers:

1/14/2019 - Club Assembly

50/50

Kim Myers - \$21

Fine Master:

Neil Guiles & Kevin Webb - \$46

Announcements:

12/31/2018 – NO MEETING

1/7/2019 – NO MEETING

Upcoming Events

- [1/5/19 Kohls for Kids 10:30 North Entrance](#)

Upcoming Celebrations

Birthdays:

12/19 Chambers, Julie
12/24 Conlon, Matt
12/31 Griffiths, Pete
1/1 Cordero, Roy
Mercincavage, Mike
1/7 Guiles, Neil I.
1/12 Costantino, Michael
1/22 Welch, Lori
1/23 Myers, Kim
1/24 Nesbit, Nikki



Anniversaries:

None in December or January

CONGRATULATIONS TO ALL

Don's Joke Corner:

What did Sushi A say to Sushi B???

Wasabi.

Quote of the Day:

“Write in your heart that every day is the best day in the year” – Ralph Waldo Emerson

VESTAL ROTARY
2017-2018 Leadership Team

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

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



BE THE INSPIRATION
2018 -2019 Theme

The Vigilant:

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

www.VestalRotary.org

Monday, January 14, 2019
Reporting: Julie Chambers

Jashraj Chorawala
Exchange Student



SERVICE Above Self

District 7170: [District 7170](http://District7170.org)
District Governor – Jeff Smith
International Zone # 29
National Rotary: www.Rotary.com