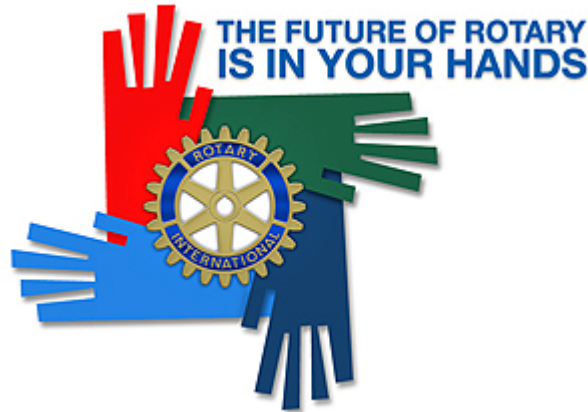


August 19, 2009

The Palmyra-Macedon Rotary Club's Canaltown Crier



THE FOUR-WAY TEST

1. Is it the **TRUTH**?
2. Is it **FAIR** to all concerned?
3. Will it build **GOOD WILL** and **BETTER FRIENDSHIPS**?
4. Will it be **BENEFICIAL** to all concerned?



Entering Erie Canal Lock #29 at Palmyra, NY



Macedon Veteran's Memorial, Canal Park

Palmyra Macedon Rotary Website: www.palmyramacedonrotary.org
Rotary District 7120 Website: www.rotary7120.org
Rotary International Website: www.rotary.org

August 19

Nancy Schrader: RYLA Representative

August 5
Tobi Keefe, Canandaigua VA Hospital

Gary Hopkins introduced Tobi Keefe from the Canandaigua VA Hospital. Tobi is the Operation Enduring & Iraqi Freedom (OEF/OIF) Social Worker/Care Manager at the Canandaigua VA, which means she coordinates and expedites care for the returning Veterans. Tobi left a long career in advertising and computer sales to follow her dream of becoming a social worker. Tobi got her MSW at University at Buffalo and the VA was her first internship, so she always felt the VA contributed greatly to her social work education. Tobi has been employed at the VA since July 2008 where she worked on the National Veteran Crisis and Suicide Prevention Hotline. In February, she started her current position.

Tobi explained that to be classified as an OEF/OIF veteran one must have had orders calling up him/her to active duty after Sept. 11, 2001. These veterans are mostly from Afghanistan and Iraq, but that is not a requirement. The following are a few interesting statistics that make up this group:

- Most are young, but 1 in 7 new recruits for the Army is over 35
- 88% are men
- They come from all different socio/economic and educational statuses
- 50% are 20-29 years old, 20% are over 40
- 92% enlisted, 8% are officers
- 49% are from the Reserves or National Guard

The VA Hospital works to help these veterans assimilate back into society effectively. These veterans have fewer resources when going back to their regular communities, and some are even faced with issues such as no support, no job, and no housing. The most common health problems these veterans face are musculoskeletal ailments, joint and back disorders, and dental problems. They also face sleep disorders, mental disorders, and anxiety. The VA Hospital wants people to know that they are here for these veterans, not just for mental disorders but also for dental, medical, and family counseling. “We know that if we support the family, we support the veteran,” Tobi stated.

Tobi works to link these veterans with community resources. She wants everyone to know that “We are not about creating dependencies. We are about empowering people, giving them the tools so they can do well.”

2009 Wayne County Fair Booth



Leslie Vecchiotti and Cheryl Ford serving with a smile!



Gary Hopkins and Gary Haigh getting caught or selling some cheeseburgers. You decide. ☺



Leslie V. taking an order with the service patrons have come to expect from our booth.

Missing in Action

G. Bassage, J. Bush, E. Chapman, A. Morrell, J. McGovern, M. Clement, M. Courtney, B. Dean, P. Dean, N. Farrell, P. Park, A. Pechler, M. Rutkowski, J. Shaffer, R. Kommer, D. LeMoyne, R. Leapord, L. Vecchiotti, E. VerPlank

Thoughts and Prayers

- Mary Rutkowski's brother past away.
- Bull Unterborn's father passed away.

FOOD PANTRY DONATIONS

While doing your weekly food shopping, why not pick up an extra item or two to donate to one of our local food pantries? A little goes a long way in the lives of people in need.

Guests and Visiting Rotarians

Kathy pray, wife of President Dave Pray
Dave Nagel, prospective member
Elder and Sister Hamblin

Birthdays and Anniversaries

No birthdays or anniversaries!

Happy Bucks and Confessions

Vicky Daly had a three-week vacation during which she and Bob traveled to Michigan for an outing with the entire family. Her grandson was home for 2 weeks, and they traveled the NYC for 3 days.

Rotary Club News

- The September 2 program "HOLOCAUST SURVIVOR {HENRY SILBERSTERN'S} THE BERKENAU BOYS" presented by Pat VerPlank will be held at the Presbyterian Church at our usual time 12:00 noon. Please be there promptly at 12:00 for lunch, and the film will start at 12:15 pm, ending at 1:00 pm. After the film, Henry will be available for questions. Please make sure you have notified Pat of your attendance so she can give Margaret a head count.
- A thank you note was sent by the Brooks family for donations to her son's memorial scholarship fund. If you didn't have a chance and would like to make a contribution, see Gary Haigh.
- If you haven't paid your Rotary dues, please pay them!
- Canalton raffle tickets have been distributed to all members. Please make sure to sell at least the minimum number required of each member.
- September 13 is the Eastern District dinner.
- September 11 is the District 7120 Golf Tournament. See President Dave if you'd like to put together a foursome.

50/50 Winner

Margaret Brooks won again!

Upcoming Programs and Presenters

Aug. 26	Club Assembly, Parkwood Heights
Sept. 2	Pat VerPlank, Holocaust Survivor Henry Silberstern of The Birkenau Boys
Sept. 9	TBD

Please give the name of your speaker and topic to Debbie LeMoyne (986-2625 or email debbie.lemoyne@garlock.com) ASAP. If you are unable to find a speaker on the day that you are assigned either find a replacement or switch with someone. If you are looking for topics, please contact Debbie LeMoyne. Thank you.

The Palmyra-Macedon Rotary Club

101 E. Main Street
Palmyra, NY 14522

Board of Directors
Jim Bush 08-10
Tom Breen 08-10
Gary Haigh 08-10
David Read 08-10
Nancy Schrader 8-10
Bob Yost 08-10
Debbie LeMoyne 09-11
Arnie Pechler 09-11
Pat Ver Plank 09-11

2008 - 2009 Club Officers

President
President Elect
Vice President
Secretary
Treasurer
Sergeant-at-Arms
Assistant Sergeant-at-Arms
Past President
R.I. President
District Governor, 7120
Assistant Governor Area 11

Dave Pray
Cindy Surline
Eric Chapman
Joan Shaffer
Margaret Brooks
Roger Wilbur
Tom Breen
Peter Park
John Kenny
Mark Wyse
Tim King

KEEP UP YOUR ATTENDANCE NEARBY CLUB MEETINGS

Monday

Bloomfield	7:30am	St. Bridget CC
Gananda	6:00pm	Log Cabin Restaurant
Williamson	6:15pm	American Legion
Fairport	6:15pm	Green Lantern Inn
Waterloo	6:30pm	Holiday Inn

Tuesday

Red Jacket	7:30am	Lehigh Valley Family Restaurant (Rt 96 and Rt 21)
Clifton Springs	12:00pm	Clifton Springs Hospital Auditorium
Ontario-Walworth	6:15pm	Ontario Firemen's Exempt Hall
Red Creek	6:15pm	Shella's Pizzeria
Sodus	6:15pm	Steger Haus

Wednesday

Victor-Farmington	12:00pm	Legacy Sr. Citizens Complex
Wolcott	12:05pm	Wolcott Elks Lodge

Thursday

Newark	12:05pm	Newark Quality Inn
Canandaigua	12:15pm	Steamboat Landing
Clyde	6:10pm	Donselaar's
East Rochester	6:15pm	Hawthorne's Restaurant