



# FARMINGDALE ROTARY CLUB

NO. 5051  
DISTRICT 7250  
CHARTERED:  
JUNE, 13, 1928

P.O. BOX 575 FARMINGDALE, NY  
**MEETS EVERY WEDNESDAY 12:10 PM at Terry G's**  
354 MAIN STREET FARMINGDALE NY 11735

**80, Issue 36 | 79 YEARS OF "SERVICE ABOVE SELF" April 2009**

## OFFICERS

- President  
Prakash Pisipati
- Vice President  
John Cuccia
- Secretary  
Willis Carman
- Treasurer  
Kathy Firetog
- Bulletin Editor  
Stuart Sinclair
- Sergeant-At-Arms  
Yasuo Usui
- Historian  
Bob Callahan

## DIRECTORS

- Chairman.  
Roert Diaz  
2008-2009  
Ruth Betz  
2008-2009  
Yesh Purandare  
2008-2009  
L Constantinopoli  
2008-2009  
Nancy White

## Honorary Members

Gregory W.Carman, Sr.  
Pastor, Diane Dunne

## Inside this issue:

- Announcements 2
- Calendar 2
- Meeting: General 3
- RI / District News 3
- Avenues of Service 4
- Paul Harris Fellows 5
- Tidbits / RI History 6

## PROGRAM : MEETING ON WEDNESDAY, April 15, 2009

President Prakash Pisipati introduced today's speaker, Dr. K.V. Krishnasastri who is chief surgeon of North Shore-LIJ's vascular and endovascular program. He advised the Rotarians to get a lipid profile blood test to determine the levels of their good and bad chlolesterols. The doctor stated that in addition to high chlolesterol, other risk factors for heart disease are heredity, smoking, lack of exercise, poor diet, high blood pressure and obesity. Some tests useful in diagnosing heart disease are electrocardiograms, stress tests and carotid artery ultrasound tests. Pain in the legs can be a sign of plaque having built up in the arteries of your legs. Exercise is a good way to improve your cardiovascular health and walking in particular is excellent. Dr. Krishna-sastri also treats aneurysms and said that recently there have been some good, minimally invasive procedures for treating them. Dentist Eric Chimon

responded for the Rotary. He thanked the doctor for taking time from his busy schedule to enlighten the Rotarians about heart disease.

## Upcoming Programs

DATE	SPONSER	SPEAKER	Title/TOPIC
4/22/09		Robert Dilbert	Single parenting
4/29/09		GSE team	
5/6/09		Erik Neil	Hecksher museum



## Announcements

### Announcements!

Ted Firetog has been proposed for District Governor 2011-2012.

The GSE team from Germany is here 4/27-5/2/09.

There will be a party for the German GSE team at Bob Nostrand's home on Friday, May 1.

### .Proposed officers '09-10:

Pres.-John Cuccia  
VP-Kathy Firetog  
Sec.-Larryetta Frasier  
Treas.-Mother Christine Petersen-Snyder  
Bulletin-Stu Sinclair  
Sgt. Arms- Yasuo Usui  
Historian-Ben Giminaro  
trustees: Yesh Purandare, Len Constantinopoli, Ted Firetog, Ruth Betz

**Andrea Greenberg collected happy bucks. Sunita Pisipati was happy Dr. Krishnasastry was present. Yesh enjoyed his son's wedding in Cancun. Stu Sinclair was happy tax season was over. Some Rotarians take an extension until October 15 however.**

## Fund Raisers

Food Drive June 6 and 7th.  
Yasuo Usui is the chairman.

.Len Constantinopoli announced that the membership committee is seeking new members for the Club. Please bring in one if you can.



## Calendar

May 15-17 District Conference Skytop, PA.  
June 6,7 Food Drive

### Calendar

## Rotary Club Meeting: General

The Farmingdale Rotary Club held its weekly luncheon meeting at Terry G's. Sal Nicosia provided an eloquent invovation. President Prakash Pisi-pati presided..

..

### ATTENDANCE

Kathy Firetog calculated attendance at 61%. Sunita Pisipati was a guest.

The next board of directors meeting will be on Monday, May 11 at 6:30PM at Prakash's office.



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## Birthdays and Anniversaries: ( 4/1/09-4/30/09)

### BIRTHDAYS

Nancy White (4/3)  
Diane DiLorenzo (4/4)  
Ed Lucie (4/12)  
Mike Muchmore (4/22)

### ANNIVERSARIES

none

**Birthdays  
And  
Wedding  
Anniversaries**

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## Rotary International / Rotary Foundation /District 7250 News

May 15-17 is the District Conference. Skytop Lodge Skytop, PA.

Rotary International Convention, Birmingham, England 6/21/09-6/24/09  
Rotary District 7230 has an AIDS fundraising drive. Ruth Betz will announce details.

District Governor  
Tom Gelsdorf

7250 website:

[www.gateway7250.org](http://www.gateway7250.org)





## THE FOUR AVENUES OF SERVICE

under construction.

see Farmingdale Rotary  
website.

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

**ROTARY  
INTERNATIONAL &  
DISTRICT 7250  
OFFICERS**

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***President of RI***

*Dung Kurn Lee*

***Dist Governor***

*Tom Gelsdorf*



## PAUL HARRIS FELLOWS



***Paul Harris  
Fellows from  
Farmingdale  
Rotary Club***

Charles O. Schmidt *	Charter Pres.		
Halsey B. Knapp *	PP 31-PVPRI	Mildred DeMarco	
Weldon E. Howitt *	PP 1936	James McKenna*	
Charles M. Schmidt *	PP 52-PDG	Alex R. Matera	
57		PP 1969	Charles W. Fed-
W. Ellery Follett *	PP 1937	Bill Fanning	erlin PP
Willis B. Carman, Sr. *	PP 1954	PP1990	1992
Arthur F. White *	PP 1956	William B.Haydu	
David Allee *	PP 1958	Kevin Bagnasco	PP 1994
Fred Hackett	PP 1965	Robert J.Chapman	PP 1993
Robert Stockbridge *	PP 1963	Gregory W.Carman, Sr.	PP 1997
Albert Meyerstein *	not a PP	Wayne M.Muchmore	PP 2003
Willie F. Oxendine *	PP 1987	James R.Corgee	
John O.Wagner, Jr. *	PP 1957	Salvatore J.Nicosia	PP 1973
Benjamin Giminaro	PP 1976	John Allen	PP 1996
Robert M.Callahan	PP 1962	Edoardo Licci	PP 1998
Anthony M. Tonachio	PP 1978	Joseph Trudden	
Howard T.Hogan*		Nancy White	PP 1999
Willis B.Carman, Jr.	PP 1974	Stuart Sinclair	PP 2004
William P.Metzendorf	PP 83-DG 00-1	Leonard Constantinopoli	PP 2000
Gilbert C.Pabst *	PP 1984	Hilda Carman	
Ann E.Metzendort		Margaret Sinclair	
Dorothy Oxendine		Gigi Simonitti	
Rudolph Jahn		Yasuo Usui	pequa PP 1995
Sebastian Albrecht	PP 1955	Eric Chimon	PP 2001
Frank Bondietti	PP 1985	Joseph Meares	PP 1995
Edwin J.Lucie	PP 1975	Lou LaRocco	
Cynthia Pabst*		Marialyce Denauski	
Alfred LiCausi		Jane Muchmore	
Paul A.Erlanson *	PP 1970	Ruth Betz	PP2005
George Truppne		Frank Moore	pequa
Yeshwant Purandare	PP1971	Ted Firetog	PP2006
		Kathy Firetog	
		†Mary Ann Mangels	
		Paul Gatto	

\* Deceased

# TIDBITS

**“If the power to do hard work is not talent, it is the best possible substitute for it.”**

**-James A. Garfield**

**“Be satisfied with your business and learn to love what you were bred to.”**

**-Marcus Aurelius Antoninus**

**“Business is like a man rowing a boat upstream. He has no choice; he must go ahead or he will go back.”**

**-Lewis E. Pierson**

Farmingdale Rotary Club  
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Pl. send Comments/Suggestions/  
News Clips to the editor:  
[stusinclair@yahoo.com](mailto:stusinclair@yahoo.com)

**We are on the web**  
**[www.farmingdalerotary.org](http://www.farmingdalerotary.org)**

Above from “Forbes Success Calendar” 2009

## THE FOUR WAY TEST

:

In the things we say and do:

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



**Farmingdale  
Rotary Club**