



FARMINGDALE ROTARY CLUB

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

P.O. BOX 575 FARMINGDALE, NY 11735

WWW.FARMINGDALEROTARY.ORG

MEETS EVERY WEDNESDAY 12:10 PM at ANNABELLA RESTAURANT
195 MAIN STREET FARMINGDALE NY 11735. 516-420-0750

Volume 77, Issue 34 | 77 YEARS OF "SERVICE ABOVE SELF" | April 12, 2006

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- Vice President
Ted Firetog
- Secretary
Robert Diaz
- Treasure
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- Bulletin Editor
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- Sergeant-At-Arms
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- Historian
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Stuart Sinclair
2005-2006
Barry Bhasin
2005-2006
Yesh Purandare
2005-2007
L Constantinopoli
2005-2007
Nancy White

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PROGRAM : Meeting on Wednesday April 05, 2006

Today's talk was Road to Healthy Kidneys. Talk was very eloquently presented by Barbara Wrynn, RN, of North Shore Long Island Jewish hospital.

You are at risk of kidney damage if you have 1. High Blood pressure 2. Diabetes 3. Family history of high blood pressure, diabetes & kidney diseases.

It is the Serum Creatinine value that determines if you have damage of your kidneys. The value of 1.1 indicates you have mild damage & the value of greater than 4.5 means severe damage.

The problems associated with chronic kidney disease are hypertension, glomerular hypertension, diabetes, anemia & metabolic acidosis. For staying well, have an annual physical exam, maintain a balanced diet, stop smoking, decrease alcohol consumption, receive preventive vaccines, exercise regularly.

Upcoming Programs

DATE	SPONSER	SPEAKER	Title/TOPIC
Apr 12, 2006	John Cuccia	Tim Farrell	Homeland Security
Apr 19, 2006	Robert Diaz	TBA	
Apr 26, 2006	Frank Bondiotti	Frank Bondiotti	The Unlikely Banker
May 03, 2006	Bill Fanning	TBA	
May 10, 2006			



Announcements

GSE incoming team from India has been cancelled because of unavoidable circumstances. It is very much regretted.

Announcements!

Ford Motor Books...

Yasuo has the history of the Ford motor company books for sale for \$25 Ea. Only 53 books are left. This collector's edition would normally cost at least \$50. More volunteers are needed to sell these beautiful books, which actually sell themselves. We will donate the unsold books to the district book project.

A fund raiser on behalf of American Cancer Society, *Farmingdale Relay for Life*, is being organised from May 5th to 6th 2006 at Farmingdale State University.

It starts at 6pm on Friday the May 5th and ends at 6am on Saturday on May 6th.

It will be a fun filled 12 hour overnight WALK event to celebrate survivorship and raise money for research and programs of the American Cancer Society. Our club has opted for 2 teams for this.



Calendar

Calendar

April 8, 2006 Farmingdale Breakfast club will have Night at the (wooden Races) at Knights of Columbus, 7 PM, \$ 15 Call Tina 516 655 9905 for details. Tickets can be purchase from Moby Drugs, in advance.

April 23, 2006 JFK 5K Run, JFK 7:30 AM.

April 23, 2006 Gold coast –Lake Success Walk 2006, Clinton Martin Park 12PM

April 29, 2006 District Assembly. Mill Neck Manor.

26 May 2006. (Friday) : Our district conference will be held in Montreal, Canada during May 26-28, 2006.

Rotary Club Meeting: General

The Farmingdale Rotary Club held its weekly luncheon meeting at Anabella Restaurant in Farmingdale, New York. President Ruth Betz opened the meeting at 12:10 p.m. A godly Invocation was given by Barry Bhasin, followed by the pledge of allegiance.

ATTENDANCE

Secretary Robert Diaz calculated today's attendance at 78%.

Guests: Margie Sinclair, Margerita Purandare and Catheline.

HAPPY BUCKS!

Pete Yovine collected the Happy Bucks.



Birthdays and Anniversaries: (4/01/2006– 4/15/2006)

Happy Birth day to Lou LoRocco (4/8) and Ed Lucie (4/12).

Happy wedding anniversary to Mike & Louisa Watts (4/8).

Birthdays And Wedding Anniversaries

Rotary International / Rotary Foundation / District 7250 News

2006 RI Convention in Malmö-Copenhagen
97th Rotary International Annual Convention
Malmö, Sweden and Copenhagen, Denmark
11-14 June 2006****

The Øresund Region: easy to get to, easy to get around, and hard to forget.-- Carsten Dencker Nielsen, 2006 Host Organization Committee, Chair***

REGISTER BY 31 MARCH 2006 and SAVE!
WHY Attend an RI Con-

vention?

To be inspired? informed? entertained?
Make new friends? Re-new ties with old ones?

All good reasons, but the most important is to experience that moment of clarity when you not only understand, but also feel the scope and strength of Rotary. During the flag ceremony or even before, you suddenly realize that you are one of 1.2 million persons in 168 regions of the world with

the collective goal of fostering international peace and understanding. Why does this goal seem possible? Because it happens on a small scale at every convention where men and women of all ages, races, ethnicities, religions, educational and economic levels, and political beliefs manage to meet in harmony for four days in the spirit of service to others.



TIDBITS

Dear Internal Revenue Service:

Enclosed you will find my 2005 tax return showing that I owe \$3,407.00 in taxes. Please note the attached article from the USA Today newspaper dated 12 November, wherein you will see the Pentagon (Department of Defense) is paying \$171.50 per hammer and NASA has paid \$600.00 per toilet seat.

I am enclosing four (4) toilet seats (valued @ \$2,400) and six (6) hammers valued @ \$1,029), which I secured at Home Depot, bringing my total remittance to \$3,429.00. Please apply the overpayment of \$22.00 to the "Presidential Election Fund," as noted on my return. You can do this inexpensively by sending them one (1) 1.5" Phillips Head screw (see aforementioned article from USA Today newspaper detailing how H.U.D. pays \$22.00 each for 1.5" Phillips Head Screws). One screw is enclosed for your convenience.

It has been a pleasure to pay my tax bill this year, and I look forward to paying it again next year.

Sincerely,

(...Contributed by Ruth)

Farmingdale Rotary Club
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Pl. send Comments/Suggestions/
News Clips to the editor:
prakash@newprotocol.com

We are on the web
www.farmingdalerotary.org

The Four Way Test

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**

