

**January 31, 2008**

Thayer Hotel  
West Point, New York  
Thursday, 7:30 am



Todays Greeter – Phil Brillante

Today's Prayer -

Today's Program – LTC Brian Hilferty –  
x3808, USMA PAO. PAO in Afghanistan.

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### Last Weeks Meeting

The Ancient Spartans' long run with the notification of the result of the battle of Marathon had little over the program presented by Christy Mulyca, Marathon trainer. She outlined a program for fitness, health and well being for all. This included proper exercising throughout the week during which body muscles are utilized for their maximum benefits and development. (Unfortunately, that ancient runner passed away shortly after delivering his message. If Christy had been his trainer, the outcome may have gone better for him.)



### Phil Brillante's safety tip.

Once again, Phil emphasized Winter roadway conditions and safe vehicle operations. Wet & Icy roads called 'black ice' Prevail and are HAZARDOUS! Use caution at all times. Temperatures rise during daylight, but drop to freezing after the sun sets! (Note- If you have to pull to the roadside for any reason, BE CAREFUL. It is sometimes difficult for an oncoming driver to see a person standing alongside the road in the darkness.



### Jerry's Pushcart - Jerry says: "

Jerry says "listen to Phil's great words",  
I won't sell my shoits to roadside 'nerds.



The Holy Innocents food pantry, 2nd & 4<sup>th</sup>  
Wednesday of the month. Sacred Heart Food  
10am – 2pm. (Money will supplement food  
donations.)

### Visiting Rotarians & Guests - None

None

### 50/50 Drawing Jan 17<sup>th</sup>.

Shirley Bonsell – Drew the 3 of spades.



### Happy Birthdays -

None



### Brag: January 24<sup>th</sup>.

Bill Higgins, Bill Stone, Cathy  
Kelly, Phil Brillante, Dave  
Monroe, John McLellan, Jerry Sheehan, Roy  
Spells, Kate Squicciarini, Jeanette McMahon,  
Steve Scott, & Dave Weyant

### Upcoming Programs

February 7<sup>th</sup> – LTC Ahn from Korea.

Korean Armed Forces Medical Command.

February 14<sup>th</sup> – Col. Jim Knowlton – CEP

Wounded Soldier Program.

February 21 – Business Meeting.

February 28 – Renee Stephenson –

Ambassadorial Scholarship Program.

### Attendance January 24, 2008

?Attendees – ? percent.

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Note: The dictionary program  
proceeds nicely! (Dave  
Monroe & Jeanette  
McMahon).