



Milford Rotary Chat For 5/30/19 Meeting

LOBSTER BAKE TICKETS ARE IN.
Pick yours up and *sell, sell sell*

5/16/19 Meeting Minutes:

Visitors: Eric Hudska, the meeting speaker, Hudson Bishop = Rotarian in training, Mama Rotary - Brenda B, Sam Peppi, daughter of Dave E's first coach and now running the BSA's local summer camp.

Visiting Rotarians: None

Happy/Sad Fines: Dr. Greg celebrating his 30 years in his Milford dental practice and 30 years as a Rotarian. Dan, as an Alderman, voted for the 4th year to reduce the city's budget. And Dan has tossed his hat into the ring to run for Milford Mayoral office. Frosty went on about Yale's various sports' teams wins and losses. (Does a Smith family conversation go beyond sports and Yale??) Well, there is always Dan's weekly lame jokes. Tad went biking in Moab Utah and rode 70,000 feet uphill. Marcy has picked up a nice free-lance job which should last for a while. Phil was sad that the Orangemen have blown their lead, and oh, by the way, he mentioned as an afterthought that his son is getting married this weekend.

Speaker: Eric Hudska, local fitness trainer and speaker and triathlete. Eric started life as a cardiac technician, ran corporate fitness centers and a personal trainer since 1995. He has participated in the Hawaiian Ironman (2.4-mile swim, 112-mile bike ride, and marathon (26.2 miles) with a recent time of 9 hours and 16 minutes, ranking in the top 10 for his age group. Eric teaches folks how to delay the aging process. Seven to eight hours are most important plus a healthy diet. Exercise like walking or running is also important but believes some weight training is needed also. Eric is big on setting habits in order to make certain that you exercise. He believes that testosterone and other supplements have become a crutch.

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Our Lunchtime Speakers: Upcoming Milford Rotary Club Lunch/Breakfast Meetings:

Subject to change

5/23 Breakfast Meeting, Kimberly's 7:30 AM	6/20: Paul Mayer, Job Transition and Retirement
5/30 Pam Staneski from Milford Chamber of Commerce	6/30 Tammi Johnson, Milford's Literacy Volunteers
6/6: Gary Johnson, Milford's United Way	7/11: we are hoping for Gary Opin on his plans for Rotary

HOSTS at the door – Plan Ahead, please

5/30: Tom Margius, Paul Mangels	6/13: Shaileen Landsberg, Gary Johnson
6/6: Marcy Mangels, Carolene Mahnken	6/20: Dave Jacobson, Dave Hulme
If you cannot fulfill your hosting duty, please find YOUR sub.	

Upcoming Milford (and other) Rotary Club Events:

6/1: Beth El Gala Dinner – see Bob for tickets. At Mill River Golf Club.

6/4 Lobster Bake meeting at Carrie’s offices, 6 PM 318 New Haven Ave

6/13: Last of Bob’s **board meetings** – at his home, 29 Ridge St, with cocktails at 5:30

6/27: Gary O and new Board Installation Dinner, at Rustica.

7/24: LB Wrap Party at Valley Yacht Club in Devon

July 27, Lobster Bake, 3:30 – 7:30. Please post Save the Date on your Facebook page. Serving dinner until 7 PM.

Beth El Meals Schedule

Leaders: Shaileen Landsberg and Roger Cox

2019

Wed June 5 dinner	Sun July 14 lunch	Wed Sept 4 dinner	Wed Nov 6 dinner
Sat June 15 lunch	Wed Aug 7 dinner	Sun Sept 8 lunch	Sun Nov 10 lunch
Wed July 3 Dinner	<i>No Aug lunch</i>	Wed Oct 2 dinner	Wed Dec 4 dinner
		Sat Oct 19 lunch	Sat Dec 21 lunch

Let Shaileen know if you are helping: shaileenh@gmail.com or 203-258-0841. And **WEAR A HAT!** per Milford Heath Dept.

Arrival times: Wednesday Dinner: 4:30pm arrival; leave 6:30pm. **Weekend Lunch:** Cooks- 9am, Servers -10:30 am. Cleanup is always completed by 1:30 pm. High school age teens are encouraged to come help.

Who’s Who for the 2018-2019 Rotary Year

Your Rotary Chat Team: Correspondent: Sara Cornwall. Circulation: Roger Cox; Photog and Sub: Ray Carissimi

Board Meeting the second Thursday, 5:30 PM social, 6 PM meeting -- every month unless noted otherwise

Officers:	Sargent At Arms: Frank Perry	1st Year Board of Dir:	2nd Year Board of Dir:
President – Robert Bogaert	Assistant Sargent-At-Arms: Cyrus	William Parry, III	Youssef Boutros
President-Elect – Gary Opin	Treasurer: Tracy O’Brien	Richard Persico	Chris Cody
Vice President – Carrie Reed	Asst Treasurer: Jeff Wilson		Win Smith, III
Secretary – John DaRin	Win Smith, Jr. (Immediate Past Prez)		

Milford Rotary, PO Box 381, Milford, CT 06460 <http://www.milfordrotary.org>