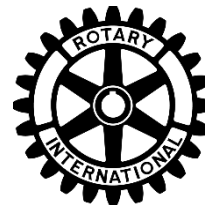


The Peal

Rotary Club of Canandaigua



Meeting Thursdays 12:15 p.m.
American Legion Post #256
454 North Main Street

www.canandaiguarotary.org
Club # 4765, District 7120
Organized Apr. 24, 1919

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Official Newsletter of the Canandaigua Rotary Service Foundation

Today's Program: MK Killeen & Sue Underhill – Light Hill

Next Week: John Baronich – Underground Railroad Quilt

Meeting Notes from: November 20, 2025

Pledge: Kent Gilges

Invocation: Beverly Cartwright

Song: Janet Tenreiro – Rotary 'Imagine'

Guests: Melissa Fiorentino (3rd visit) and Domenic Argentieri (3rd visit)

Announcements: Dick McGavern recapped the influence of former Rotarian, **John Wilcox** and why we do our pass the hat before Thanksgiving and Christmas. All money collected is given to families with school-age children who could use a little boost in their finances. Recipients are selected by school officials familiar with family needs. **Curt Bailey** is still looking to fill Salvation Army bell ringing slots. **Scott Kesel** was recognized for steadfast support of Rotary and having attained Paul Harris +4 status. Congratulations and thank you Scott. **Paul Harvey** announced an estimated \$19,000 profit from the recent Monte Carlo night event and acknowledged his team for their efforts in making it such a success. **President Kent Gilges** recapped recent Board decisions which included donations of \$1500 to the Rotary Foundation, \$1500 towards Polio Plus, and \$1000 to Ontario County Cares. **Kim Tenreiro** announced the slate of candidates for Board elections to be held on December 18.

Alphabetically they are **Cat Barnum, Kathleen Draper, David Hutchings, Margie LaTourette, Adeline Rudolph, and Kyle Sheppard**. One final opportunity to run will be offered on the date of elections. **Rick Hawks** announced and distributed checks to the winners of the recent Jackpot drawing. **Steve Uebbing** stressed that RPO concert ticket sales should be aggressively promoted between now and the concert date. **Preston Pierce** and **Ray Henry** conducted the first Holiday Cheer contribution for 2025. A total of \$1200 was raised. Advanced notice of

the December "First Friday" social was made by **Janet Tenreiro**. It will be on December 5 at Eddie O'Briens on Main Street in Canandaigua. Email notices will be sent beforehand.

Fines: President **Kent Gilges** self-fined for his recent absences citing his impending retirement effective 12/31/25 and the need to personally visit his clients with the news. He did mix some pleasure in his travels golfing at Valhalla Golf Course where he invoked the graces of Odin and was rewarded with six birdies in the round. He further outed co-conspirators **Rocco Pietropaolo** and **Tom Lacrosse** who all golfed together in Florida. Regretfully, Odin's influence deserted President **Kent**, on his later achieving a 94 in a more recent round.

Program: Name: **Jeremy Biernat – Tall Trainer**

In a manner somewhat tangential to what might be expected from a personal fitness professional Jeremy focused his presentation on a much broader topic. His presentation was entitled "My Plan to Avoid 'The Home' and Live Exceptionally". The author would add that this is a hallmark of the 'Tall Trainer' experience whereby one is challenged philosophically as well as physically.

It is possible to delay physical and productive decline by practicing certain 'life principles' which were listed and were surprisingly similar to the various sources cited. Some examples included:

Jack LaLanne – Exercise, veggies, & cut the junk

Charles Eugster – Work, exercise, nutrition

Blue Zones – Make physical activity unavoidable, know your purpose, work less, slow down, take vacations, eat until 80% full, more veggies, less meat and processed food, a glass of wine daily, create a healthy social network, connect/reconnect with faith, prioritize family.

Logotherapy – Have a project or purpose that you need to work on daily that someone will suffer if not done. Take a redemptive perspective on suffering. Have close unconditional relationships with people who accept you as you are.

PERMA – include equal parts of:

- Positive Emotions (feeling good)
- Engagement (finding flow)
- Relationships (authentic connections)
- Meaning (purposeful existence)
- Achievement (sense of accomplishment)

Tony Roberts – The 6 needs

- 1) **Certainty** – that you can be safe
- 2) **Uncertainty** – variety/surprise
- 3) **Significance** – to feel important/unique
- 4) **Connection & Love**
- 5) **Growth** – to improve, learn, develop
- 6) **Contribute** – help others, improve the world

Zig Zigler – The 8 things everyone wants

- 1) **Happiness**
- 2) **Health**
- 3) **Wealth**
- 4) **Security**
- 5) **Friendship**
- 6) **Peace of Mind**
- 7) **Good Family Relations**
- 8) **Hope for the Future**

Maslow/s Hierarchy of Needs

- 1) **Physiological wellbeing**
- 2) **Safety**
- 3) **Social engagement**
- 4) **Self Esteem**
- 5) **Self-Actualization**

The Biernat distillation of all these philosophies comes down to:

- 1) Move your body
- 2) Eat Healthily
- 3) Have a purpose you work at
- 4) Experience the world and life
- 5) Connect with others

50/50:

Joker Draw:

Jeremy Biernat, guest speaker won \$20

Donna Lacourse drew the 9 of Clubs



Upcoming Rotary Events: November 27, 2025 – Thanksgiving – NO MEETING, December 4, 2025 – RPO concert – NO MEETING.