District 7170 Newsletter

Rotary | IMAGINE ROTARY

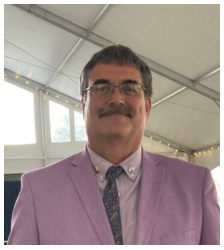
www.rotarydistrict7170.org | www.rotary.org

Rocky Martinez – District Governor 2022-2023
Rotary Club of Johnson City, USA

Jennifer E. Jones – Rotary International President 2022-2023
Rotary Club of Windsor-Roseland, Ontario, Canada

Basic Education and Literacy **September 2022**

Governor's Message



In Rotary, the theme for the month of September is Basic Education and Literacy, one of the six areas of focus.

More than 775 million people over the age of 15 are illiterate. That's 17 percent of the world's adult population.

Our goal is to strengthen the capacity of communities to support basic education and literacy, reduce gender disparity in education, and increase adult literacy. We support education for all children and literacy for children and adults.

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Our joint service week with Kiwanis International, Lions Clubs International, and Optimist International was so successful last year, we're doing it again!

During the week of 11-17 September, we're encouraging Rotary and Rotaract clubs to partner with local Kiwanis, Lions, and Optimist clubs on a service project that will have a long-term impact in your community. (Use the club finder tools to locate Kiwanis, Lions, and Optimist clubs near you.) To get started, work with a local social service organization or with local government officials to learn what your community needs and how you can plan the most effective project.

Tell your neighbors — and us — about your joint service project by sending out a news release, posting on social media with #CelebrateCommunity, and adding the project to Rotary Showcase.

We can do more when we work together. Let's harness the collective power of our four organizations' 3.4 million members and Celebrate Community together.

Let's continue to Rediscover Rotary
Your District Governor
Rocky Martinez

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CNY Rotary News

BACK TO COOL – The ABCs of CNY Rotary

It's September, and throughout our region, students will be returning to school. We want to take this opportunity to help explain the framework of CNY Rotary.

One of the biggest (or smallest) changes in CNY Rotary is the structure of the leadership team. Since our area will be much larger, we thought of ways to make the job of the District Governor less daunting.
Here is what the transition team envisions: CNY Rotary will be led by a board of directors. This board will be comprised of a President (District Governor), President Elect (DGE), President Nominee (DGN), President Designate (DGND, non-voting), Immediate Past President (IPDG), 2 Past Presidents at Large (2 iPDGs), Finance Chair. This board will act in a collaborative manner to run the business of CNY Rotary.

We chose these titles to be more relatable to both Rotary members and non-Rotarians. Rotary International will know our President as our District Governor, just as they will recognize CNY Rotary as District 7180 (or whatever number we are assigned).

There will be additional opportunities for regional service in CNY Rotary. The new structure will have committees you will recognize, such as finance, public image, membership, and the like. We will also include Area Representatives (Assistant Governors) to assist clubs in achieving their goals.

With our combined resources, we hope that clubs feel empowered and supported in the imperative work they are doing in their communities, locally and abroad.

Link to: https://www.facebook.com/cnyrotary

- DG Rocky Martinez

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District News

Membership

Focusing on the comfort and care of our members

Last month was Membership and New Club Development Month. One of RI President Jennifer Jones' initiatives is to focus on the comfort and care of our members, and Membership Month is the perfect time to make sure that your club provides a welcoming experience. Members are more likely to stay if we listen to them and understand what they want out of Rotary.

Here are a few ideas for helping people feel valued and involved:

- Take the Best Practices for Engaging Members course to develop strategies for engaging people at all stages of membership, or the Creating an Inclusive Club Culture course to discover ways to become more inclusive, diverse, and equitable.

- Make sure your members know that they can develop their leadership skills with professional development courses.

- Help your club improve its member experience, service and social events, public image, and operations by taking the Is Your Club Healthy? course.

Remember that for any Learning Center course, you'll need a My Rotary account. Find more membership resources on My Rotary.

- PDG Matt Adler

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Rotary Auto License Plates Now Available

Custom license plates bearing the Rotary emblem are now available on the NYS DMV website listed here: https://dmv.ny.gov/plates/rotary-international

If you want personalized plates, you are limited to 6 characters and should check your desired sequence at this website:

https://transact3.dmv.ny.gov/platespersonalized/?_ga=2.127621892.883387748.1659548861-1088569584.1644761751

To order you must submit a DMV application as well as a proof of membership form* (which must be signed by a club officer).

- IPDG Evan Kurtz

*(Please see cost info and proof of membership form at the end of this newsletter. *Edit the form with your Rotary club's name (in 3 places) and mailing address (at the bottom) prior to printing.)*

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Hooray for hybrid programs!

As Covid fades (**Not!**) and clubs are meeting more and more in person, please don't abandon your Zoom capabilities! **Zoom is such a boon to getting programs and we ought to share these opportunities with clubs throughout our District!**

The Dryden club recently had Steve Fine, Founder and President of the nonprofit Melanoma Education Foundation (MEF), Peabody, MA present at their hybrid meeting. He is offering a Zoom presentation on melanoma skin cancer to New York Rotary clubs. The 30-minute presentation, followed by 10 minutes for live questions and answers, is complimentary. There are no contribution requests or advertising during or after the presentation.

The American Cancer Society has predicted nearly 200,000 new U.S. melanoma cases this year. Melanoma is often fatal when detected late but is easily curable without chemo or radiation when found early. The focus of the presentation is on early self-detection. Steve has been devoted full time to this mission for 20 years, focusing primarily on educating high school and middle school teachers and their students. Prior to the pandemic he conducted over 250 in- person melanoma presentations at New England high schools and middle schools; over 1700 schools in all 50 states have used MEF's free lessons to educate their students. Lives of students, teachers, and their loved ones have been saved because of the lessons. The only requirement for Rotary Clubs is to have Zoom access and a member who can act as administrator/host and invite club members to participate.

If you would like more information or to schedule a presentation, please contact Steve by phone (978-535-3080) or email at steve_fine@comcast.net. There is no obligation.

Steve Fine
Tel: 978-535-3080 Internet: https://www.skincheck.org

- IPDG Evan Kurtz

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Club News

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Welcome, New Club Members!

Club	New Member	Sponsor
Cooperstown Rotary	James Howarth	Club
Hancock Rotary	Jill Keller	Club
New Berlin Rotary	Vikki Cates	Club
Sherburne Rotary	Celia Palmiter	Club
Trumansburg Rotary	Patricia Jung	Club

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Cortland Rotary Clubs

On Wednesday, August 3, the **Cortland Noon Rotary** and **Cortland Breakfast Rotary** had a combined outdoor dinner at the house of Breakfast Rotarian Don Richards. Over 60 Rotarians, spouses, and guests enjoyed a chicken barbeque and delicious dishes to pass!

- Conrad Janke (Cortland Breakfast)

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Dryden Rotary

Dryden Rotary will be sponsoring a 5k walk/run & 10k run on October 1st at 10:00 AM Saturday. This is a fundraiser for our Youth Exchange Program. Lucas, our exchange student from Denmark, will be participating.

You need to go to WWW. WILLOWRUNNING.COM to register for the race. Scroll down to Upcoming 2022 Events.

We would love to see every exchange student in the district participate.

-David Traver

(Please see the poster at the end of the newsletter for more information.)

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Endwell Rotary

Endwell Rotary has just purchased a band organ for one of our local carousels.

- Eric Emerick

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Hancock Rotary

Hancock Rotary presented Jeff Smith, Rotary District 7170 Environmental Sustainability Chair, as its guest speaker at it 12:10pm luncheon, Thursday, August 4th, 2022, in the Maple Room at the Hancock House Hotel, 137 East Front Street, Hancock, NY. The public was invited to attend lunch at their own expense or for the talk only at 12:30pm.

Our speaker provided an update on Rotary's Seventh area of focus, "Protecting the Environment" and our District 7170's strategy on Environmental Sustainability. The three major focus areas are protecting our natural assets, bio-diversity, and the climate challenge.

The latest strategy was updated on June 5th, World Environment Day, by ESRAG (Environmental Sustainability Rotary Action Group) to empower members of the Rotary Family worldwide to take actions to sustain our environment, particularly to stabilize our climate. ESRAG provides an organizing point and informational resources to share information with clubs and communities about sustainable practices and the global humanitarian crisis of climate change.

ESRAG identifies environmental leaders within the Rotary world, assists them in initiating environmental service projects that are meaningful to THEM, helps where it can, and acknowledges and publicizes their work. ESRAG has a web site and Facebook page.

District 7170's 42 Rotary clubs are located in South Central New York State. Smith covered the District's position on the Ithaca Green New Deal and clean energy manufacturing opportunities in the Southern Tier.

- Leonard Sienko

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Ithaca Rotary

Ithaca Rotary Club Starts the Year in New Location

The Ithaca Rotary Club found the perfect meeting place after losing its home base in downtown Ithaca. Starting in July, the club began gathering at the St. Catherine of Siena Church Community Center in Cayuga Heights, just outside of Ithaca.

Rotary members can now order their lunches online from Adam's Corners Café, which delivers to the church, or they can bring their own food. The meetings, held on Wednesdays at 12:15, still include a Zoom option, which Club President Mary Kane calls "In-Person Plus."

The first two programs at the church focused on the club's new committee structure. At the second meeting, President Kane organized a "World Café" for club members to visit tables hosted by each committee's cochairs, who explained what their committee does and how members can volunteer for it.

Given the enthusiastic response of members signing up for committee work, the Ithaca Rotary Club seems to be off to a great start for the new year.

Ithaca Rotary Club funds projects in Uganda

A grant from the Ithaca Rotary Club has funded a project in Uganda to produce reusable feminine hygiene kits, allowing dozens of girls to attend school during their menstrual periods. The first set of kits created by a cohort of girls in Gulu, Uganda, was delivered to local schools this summer. The girls began six months of training as seamstresses in May at a women's cooperative in Gulu.

Gertrude Noden, her husband Drew, and a group of teachers in Uganda after attending a workshop on teaching life skills.

The grants were provided by the Ithaca Rotary Club's Dozen Dinner Draw raffle, which this year raised $15,000 for two nonprofits that support the menstrual hygiene of girls in Uganda, South Sudan and Guatemala. An additional $10,000 challenge grant, offered by Backyard Brands, Inc., was provided to the project in Uganda. The project in Uganda has been championed by Rotarian Gertrude Noden, an Ithaca education consultant who founded Words into Deeds, a nonprofit that promotes youth awareness and engagement in local and global human rights issues.

"We are particularly grateful to the community members who supported the Ithaca Rotary Club's annual Dozen Dinner Draw fundraiser," Noden said. "Your ongoing efforts and contributions have had a direct impact on the successful implementation of our organization's youth empowerment projects." Noden noted that the project to create a sustainable model to produce basic hygienic supplies is student-led and includes youth from the UNIFAT Primary School in Uganda and the Abukloi Secondary School in South Sudan, who are helping with both the liquid soap and kit projects. The hygiene kits contain pads, underwear, soap and washcloths and are distributed to school-age girls.

In another project in Uganda, the Rotary Club's Dozen Dinner Draw in 2021 raised money to help install solar power on the campus of a primary school in Uganda that had experienced an almost daily loss of electric power. The Rotary Club has also funded the acquisition of 10 laptop computers at the UNIFAT Primary School in Gulu. Noden visited Uganda last April to lead several sessions of a two-day workshop, "Youth Empowerment for the 21st Century, which was offered to primary school students and teachers, vocational students and teacher candidates at Gulu University.

For more information, contact Gertrude Noden at Gertrude.noden@gmail.com.

- Sherrie Negrea

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Ithaca Noon & Sunrise Rotary

Spring Highway Cleanup!

Date: Saturday, October 8th (Rain Date: October 15th)
Time: 9:00 AM - Noon
Meet: Tops Market, 2300 N. Triphammer Rd, Lansing; look for the people with hard hats and vests!
Provided: Personal safety equipment (vests, hard hats, gloves) and supplies for trash pickup
Volunteers should bring: sturdy shoes, water bottle, mask if desired; Volunteers may bring their own large bags (e.g., dog food, garden soil), in place of the highway bags, if desired
Registration and questions: Mary-Lynn Cummings, mlcummings101@gmail.com, 607-227-5790
Note: There are several roles for volunteers who may not want to be involved in direct trash pickup, such as driving the support vehicle, and monitoring supplies and equipment at the gathering point. Please contact Mary-Lynn if you are interested in one of these roles.

- Mary-Lynn Cummings

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Johnson City Rotary

The Johnson City Rotary Club completed the building of the final JC park sign and flower bed as part of their district grant project. The project involved the design, construction, and placement of five combination flower beds and park signs throughout the Village of Johnson City.

Materials were purchased last year, however the building of the flower bed for the Baker Street Park was delayed until recently due to renovations at the park.

Thanks to our members who helped with this project!

- Sue Paredez

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Norwich Rotary

Norwich Rotary Club is delighted to announce its 34 th annual blood screening and wellness program, to be held at the Norwich YMCA on Saturday October 8, from 6.30 to 10am. The cost is just $51 for a comprehensive blood screening, including a $10 donation to Norwich Rotary Club. There are also a number of optional tests available for an additional fee. Please see the poster at the end of the District Newsletter for further details.

Appointments are required and must be made through AMBA at 1-800-234-8888 (Mon-Fri, 8:30am to 5:00pm).

PLEASE NOTE: the optional additional tests require a separate script from your physician. You may also need a script for the standard blood screening. AMBA will advise you regarding what is required.

- Chris Smith

(Please see the poster at the end of the newsletter for more information.)

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Oneonta Rotary

Oneonta Rotary Pass the Gavel

On June 30, Oneonta Rotary held a picnic dinner at Wilber Park in Oneonta to celebrate the Passing of the Gavel from co-presidents Rosalie Higgins and Dan Buttermann to incoming president Carlton Cleveland. Prior to Pass the Gavel, Cleveland hit the ground running by completing a President's Transitional Project to restock the Hygiene Closet at the Oneonta Middle School. The Hygiene Closet serves 100 students and the club's donations were used to provide necessary personal care items to students over the summer.

Finally, this past July, Oneonta Rotary, working with the Oneonta City School District, completed the last of twelve Centennial Celebration projects with the installation of three Free Little Libraries, one at each of Oneonta's public elementary schools. Project chairs John Maine, Marie Lusins and Dave Rowley built and painted the libraries and provided the books. One day after installation, the libraries were being used by the community! The project supports community literacy by locating readily accessible books in walkable neighborhoods.

Photos:

Pass the Gavel: The gavel looks a little different in the hands of incoming president, Carlton Cleveland shown here with outgoing go-presidents Rosalie Higgins and Dan Buttermann.

Little FreeLibraries: John Maine, Carlton Cleveland and David Rowley install a Little Free Library at Riverside Elementary School.

- Lynne Sessions

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The Last Page . . . for reference

Chat with the DG Track

Chat with the 7170 DG Track in the 5th of every month except this month. **This call will happen on Tuesday, September 6th at 7:00 pm.** This is an opportunity for any Rotarian in 7170 to ask questions and talk with members of our District leadership.

https://us02web.zoom.us/j/81125472267?pwd=SzdRY2dMWnh6U01qdjEzczBjN1hrZz09
Meeting ID: 811 2547 2267
Passcode: 291360

Getting club events on our District Calendar is easy!

If your club uses ClubRunner: While creating the event post for your club's calendar, look toward the bottom of the page and you will see a radio button labeled 'Show Event in District Calendar?'. Select 'Yes' to make your event visible on the District calendar! **If your club does not use ClubRunner:** Send an email with all the pertinent information to 7170Calendar@gmail.com. Include title, date, times, location, costs, event description, and a point of contact. If a point of contact is not provided, the default will be the club president. It may be several days before this gets seen and posted, so please allow time.

And remember Social Media!

Do you have a large collection of photos to share? Send an email to Sean Lewis (slewis@otsegocc.com) to get them posted to the D717O Facebook page along with your story! And Brian Steele (bzps@icloud.com) will post your news to the D7170 website. Copy 7170newsletter@gmail.com on the message and I'll cross-reference it in the newsletter and include the link!

Submission and publication schedule – Mark your calendars!

Soft Deadline – Send content to 7170newsletter@gmail.com by the 15th of the month if possible.	**Hard deadline** – By noon on the 3rd to last day of the month to allow time for final editing.	**Publication!**
Thursday, September 15	Wednesday, September 28	Saturday, October 1, 2022
Saturday, October 15	Saturday, October 29	Tuesday, November 1, 2022
Tuesday, November 15	Monday, November 28	Thursday, December 1

Published newsletters can be found on the D7170 website on this path after being posted online:
https://rotarydistrict7170.org/ → District 7170 ▾ → District Newsletters ▾

Are you a writer?

Do you like expressing yourself with the written word? Did you attend or participate in a club or district event, face-to-face or virtually? **TELL US ALL ABOUT IT!** Write up a report about it and send it to: 7170newsletter@gmail.com!

Here's what to include for a good story: Who is involved/invited? **What** is the event/activity? **When** did/will it happen? **Where** did/will the event/activity take place? **Why** did/will it happen? **How** did it happen? Other details? Other people to contact?

Remember to include **your name** and **your club** in the subject line! And attach **photos** if you got 'em! 😉

MONTH	NEW ROTARY INTERNATIONAL THEME
July	Transition Month
August	Membership & Extension
September	**Basic Education and Literacy**
October	Economic and Community Development
November	The Rotary Foundation
December	Disease Prevention and Treatment
January	Vocational Service
February	Peace and Conflict Prevention/Resolution
March	Water and Sanitation
April	Maternal and Child Health
May	Youth Service
June	Rotary Fellowships

District Governor: Rocky Martinez
Johnson City Rotary
rockymartinez7170@yahoo.com
Log into ClubRunner for more info.

ROTARY RULE 101
BE THE CHANGE YOU WANT TO SEE IN THE WORLD.

Editor: Christine (Chris) Haase
Ithaca Sunrise Rotary
P.O. Box 6565
Ithaca NY 14851 | USA
7170newsletter@gmail.com

Supplement: Flyers, Registration Forms, Reports, etc.

Rotary International

Cost

The custom plate fee varies if the plate number is assigned by DMV or if you personalize it. Learn more about personalized plates.

Custom plate fees

TYPE	FEE
Initial (assigned)	$60.00
Annual renewal (assigned)	$31.25
Initial (personalized)	$91.25
Annual renewal (personalized)	$62.50

The annual custom plate renewal fee is **in addition** to your vehicle registration renewal fee. You will be billed for the plates every two years when you renew your registration.

Canandaigua Rotary Club

"SERVICE ABOVE SELF"

"THEY PROFIT MOST WHO SERVE BEST"

TAKE TIME TO SERVE

Rotary License Plate Proof of Membership

This for certifies that: _____ residing at

_____ is a member in good

standing of the Canandaigua Rotary Club.

Officer Signature: _____

Officer Printed Name / Date _____ - ____/____/____

P.O. Box 671, Canandaigua, New York 14424-0671

Cruise to Bermuda, September 1-6, 2022
Celebrating Life Below Water

This event is open to everyone – Rotarians and non-Rotarians – interested in having fun and learning more about Life Below Water.

Just announced - speakers during our special cruise to Bermuda!

UN environment programme | 50 1972-2022

Lis Mullin Bernhardt - Programme Officer, United Nations Environment Programme (UNEP)

Currently working with the Rotary Adopt-a-River in East Africa. After the ambitious and holistic 2030 Agenda was put into place, Lis shifted her efforts to add coherence and "wo"manpower to the implementation side, in particular SDG 6 for water and sanitation. In the four years since she joined UNEP,

Lis has been hard at work linking freshwater topics across the house, including to issues such as coasts, oceans, security, forests, and other SDGs. This includes the creation of UNEP's Freshwater Strategy 2017-2021, firmly focused on UNEP's water-related mandated in the SDGs, taking a lead role in the 2018 World Water Day campaign on Nature-based Solutions for Water, acting as lead author for the 2018 World Water Development Report and SDG 6 Synthesis Report for the High-level Political Forum on Sustainable Development (HLPF), and leading on water-related issues at UNEA 3 and UNEA 4. You can read her complete biography at this link.

SATURDAY, SEPTEMBER 17TH

HARDWOOD HILLS GOLF COURSE, ROUTE 8 MASONVILLE, NY

18th ANNUAL PDG

W.R. "Tommy" Tucker

IRONMAN GOLF TOURNAMENT

$260.00 PER TEAM OR $65.00 EACH

INCLUDES GOLF, CART, AND CHICKEN BBQ

PRIZES

1ST $200.00
2ND $100.00
3RD $80.00

CONTESTS

Closest to the Pin
(Mens and Ladies)
Longest Drive
(Mens and Ladies)

RAFFLES

$200 CASH
+ more prizes!
Get your tickets
from Deposit Rotarians
Today!

Mail registration without payment to:

Mark Tucker
P.O. Box 80
Deposit, NY 13754

If you have questions:
(607) 222-9373
marktucker@ezred.com

TEAM FORM

Team Name_____

Captain Name_____

Crew member 1_____

Crew Member 2_____

Crew Member 3_____

Day of Tournament: Check in 8:00 am until Shotgun Start 9:00 am

Sponsored by Deposit Rotary Club

All proceeds to benefit **Rotary Charities**

OCTOBER 1, 2022
DRYDEN, NEW YORK

DRYDEN, NEW YORK

LOOP THE LAKE

10K
5K

Rotary
Dryden, N.Y.

Kick off the month of October with the Dryden Loop the Lake 5K or 10K as we (Willow Running USA) work with the Dryden Rotary Club to help raise money for their international youth exchange program.

All race participants will receive a **custom fall long sleeve shirt, finisher medal and an invite to the post race party** at the Dryden Hotel that will include free food for our runners, beer specials and music.

Sponsored by:

Cornerstone Architects

DRYDEN Hotel

Hopshire Farms & Brewery

Security Mutual Insurance Co.
Established 1887

WWW.WILLOWRUNNING.COM

NORWICH ROTARY CLUB

34th Annual Blood Screening and Wellness Program

Saturday October 9, 2021 6:30 – 10:00 AM

Norwich **YMCA** Community Room

COST = $51.00 plus any optional tests listed below:

Please bring cash and 1 check or 2 checks, 1 for AMBA lab ($41.00 +any optional test fees - *they do not take cash*) Norwich Rotary Club ($10.00)

This screening is not covered by Medicare and most other insurance companies.

INCLUDED TESTS

CORONARY DISEASE
Cholesterol
HDL Cholesterol
Cholesterol/HDL ratio
Triglycerides
LDL Cholesterol

ANEMIA
Red blood indices (MCV, MCH, MCHC, RDW)
Hemoglobin
Hematocrit
Red Blood Cell Count
White Blood Cell Count

KIDNEY DISEASE
Blood Urea Nitrogen
Creatinine
Estimated GFR

LIVER DISEASE
Albumin
Globulin
Albumin/Globulin ratio
AST
ALT
Total Bilirubin
Total protein
Alkaline Phosphatase

DIABETES
Glucose

OTHER TESTS
Calcium
Chloride
Potassium
Sodium
Carbon Dioxide

OPTIONAL TESTS

*These Optional Tests require a **separate script** from your physician.*

Prostate Specific Antigen (PSA) $25.70
Thyroid Stimulating Hormone (TSH) $12.00
Vitamin D-25 $25.50
Hemoglobin A1C $12.00
Insure Colon Rectal Kit $21.00

To make an appt. Call **1-800-234-8888** Mon-Fri 8:30 am – 5:00 pm
(Please provide your Physician name and address at the time of the call)
Personal physician authorization is required