



Wilton Rotary Drummer

Wilton, Connecticut USA District 7980

www.wiltonrotaryclub.org



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Editor: Bill Meehan

With the promise of an extended snow melt and a growing sense that winter has run its course, seventeen Rotarians and speaker Loryn Galardi gathered at Marly's for some cheer, good food and advice on how to enjoy better food and better living.

Announcements:

- President Carol announced that the Rotary theme for March is Literacy.
- March 13th - Christene and Susan plunge into the icy swamp this afternoon
- March 17th, Tuesday – the Rotary Club of Galway will hold its annual St. Patrick's celebration at The Hotel Meyrick, Eyre Square, Galway. Tell Carol if you would like to attend.
- March 19th, Thursday, The Chamber 25th Anniversary Celebration is at Rolling Hills.
- March 27th – Deadline for advising Carol whether you are interested in attending the District Conference (also maybe a free lunch).
- Bud announced, coming up in April, Trakside Spring Fling Fundraiser, tickets \$70.
- Please remember to give your annual gift to the Rotary Foundation, if you have not yet done so this year.
- Wilton Memorial Day parade – Unless Karen can manage this from Oregon, Bud is looking for volunteers.
- Paul presented the club with a flag from the Oakland, California, Club # 3 that he recently visited. Oakland # 3 has over 300 members.
- June 25 - Installation Dinner at Rolling Hills.

Program: Loryn Galardi, Clinical Nutritionist – Comprehensive Nutrition

There is plenty of positive nutritional value in the cheeseburger, fries and soda pictured above. Just hold everything but the ice, sesame seeds, lettuce and tomato. Loryn spoke of how, after the birth of a child, she found her calling in nutrition counseling. She shared some of her insights into how different foods affect our health in the short and long term. Loryn described how many common foods can contribute to chronic, low grade inflammation, a condition contributing to serious health problems. On the positive side of the nutrition equation, Loryn mentioned water, brightly colored vegetables, good fats such as those found in cold-water fish, quality protein, such as egg whites and low fat dairy, spices, raw onions and garlic for the root fans, and, for Andy, two fingers of Glenlivet. For additional information go to www.loryngalardi.com.

NEXT MEETING – Friday, March 20 – 12:15 at Marly's