



Wilton Rotary Drummer
March 14, 2008 **Vol. 27, No. 35**
Editor: Mark Kolier



Guests: None

Announcements

- With Immediate Past President Frank Spencer presiding (and dressed quite nattily as well) the Craft fair report was offered by Richard Kent that 25 or so crafters are on board so we are about 1/3 of the way there and on par with where we would expect to be at this point in the calendar.
- There will be a Board of Directors meeting Thursday 3/20. Location TBD. All are welcome.
- Amber alert event was at the Wilton Family YMCA last week and Ray was given kudos for arranging all the events and hauling the heavy equipment around as well.
- Mark mentioned that he is looking for any interested people that would want to help format criteria for the (2) \$ 500 Rotary scholarships that are given to WHS students at the awards presentation in June. Contact Mark if you would like to be part of the informal committee.
- Mark also reported that Bob Mills narrowly avoided what could have been a serious situation by noticing he had tightness in his chest. He went to Norwalk Hospital this past Monday and then was taken to Bridgeport Hospital where a stent was inserted into a heart-bound artery replacing one that was 90% blocked. Bob went home as of Thursday the 13th and will be at home this coming week and happy and perhaps eager to receive visitors – as long as you call first! 761-0614. He should be back at work soon.
- Bill Glass reported that former exchange student Dani Jaramillo is doing well, working in Ecuador and also going to college. She may be in the area later this year and perhaps will be able to visit.
- Frank noted that the GSE participants (4 women and 1 man) will be in the area this spring (dates TBD) and that he may ask for assistance from club members in transporting the students. Please let Frank know if you are able to help.
- Today was webmaster Ed Ashway's birthday. No further details were offered.
- Sad note that Chris Hetz son of Helmut and Romaine had passed away recently after a long illness.

Program:

Elaine Abrams Certified Health Educator and Community Health Coordinator, Nursing & Home Care introduced Stacy Hutchins a nutritionist who offered a quiz and talked with us about available choices in healthier living.

Highlights included encouragement of eating more Omega 3's and Omega 6's (and canned salmon being a terrific source for Omega 3's was noted), portion control, regular exercise as well as adding more fiber to your diet. A BMI (body mass index) chart was handed out to everyone and it seems if we all got just a few inches taller we would be in great shape. As tempting as it sounds the 'rack' is probably not the way to go.

See you next Friday at the Silvermine Tavern..... Mark