



**Wilton Rotary Drummer**  
Wilton, Connecticut  
[www.wiltonrotaryclub.org](http://www.wiltonrotaryclub.org)



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**Editor: Karen Strickland**

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Today's meeting hosted 19 Wilton Rotarians and 1 guest from Wells Fargo Bank. President Paul led the program on a lovely afternoon which happened to be the 2<sup>nd</sup> day of Spring.

**Announcements:**

1. Paul welcomed back Bud Boucher after a short absence due to a surgical procedure.
2. Police Awards are set for Monday night, 6 pm at Trackside. Anyone who can help with food pick up at Village Market should meet Carol there at 5:15 pm.
3. Board meeting last night: a) Paul is recruiting golfers for the New Canaan Rotary tourney on 5/8 which benefits PolioPlus. Let him know if you'd like to play; b) "Tame the Typhoon" raised \$1100+, \$1000 will go to Rotary International's Typhoon Relief Fund, \$200 to Wilton Food Pantry, thanks to all who came to Marly's that night and helped bartend; c) Craft Show program ad mailing went out, 3 responses already, Karen will contact members about business card ads; 5 Wilton Rotarians will go to District Assembly/Conference on 5/3, Paul will submit for club awards; Intention is to apply for DMG in the next Rotary year on behalf of the Interfaith Council's Stop Hunger Now program which will involve club contribution and volunteers; A benefit concert will be held at WEPCO on 4/6, and an Interact Club concert is scheduled at the Library; club will purchase a new felt banner to display "trading flags" with other Rotary clubs, as well as a new white Wilton Rotary banner.
4. Luis announced that due to business demands, he will not be able to attend meetings or volunteer on projects as much as in the past. He will be missed, but we hope to see him as often as he can participate in Rotary events.
5. Thanks from Susan Betsworth and Karen for club members supporting them with donations for the Y Swamp Romp which raised money for outreach programs and financial assistance.
6. Our Marly's hostess Camille announced that she is pregnant, much to the delight of everyone at the meeting.

**Program: Dr. Michael Crystal, speaking on "Mindfulness"**

Carol introduced our speaker and friend, Dr. Michael Crystal, who talked about how we can all be more fully attentive to what is at hand and less distracted by following some basic precepts that include listening more attentively, being at ease and confident, accepting vulnerability, seeing clearly and objectively, rely on personal strength, taming fears, honing skills, practicing patience and humility, being courageous and respectful, promoting civility, developing emotional/social/cultural intelligence, helping others get what they need, and being more focused. Multitasking has been proven to not be an effective way to operate.

***NEXT MEETING: Friday, March 28, look for Andy's stimulating description of the upcoming program coming soon to your email box!***



***Wilton Rotary Guest Speaker Dr. Michael Crystal signing the book to be donated to the Wilton Children's Library with President Paul looking on.***