



Wilton Rotary Drummer

Wilton, Connecticut

www.wiltonrotaryclub.org

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Editor: Pam Lucas

Guests/Visiting Rotarians (Include if any)

Marty and Lee from New Canaan, Sheila, guest of Leah and Lee Hindenhach was back to sya HI!!

Announcements

1. Oct 7 Leadership Institute
2. Food and clothing drive for Norwalk shelter is ongoing—see Frank to make donations.
3. Board approved donating \$2500 to Save-A-Life to help with the driving simulator for the high school.
4. Hoping to put a memorial bench for Steve O'Sullivan at the post office.
5. Dictionary project is moving along—see John L. to help with distributing to the 3rd graders
6. Oldies nite, Nov 11, will feature Charlie Thomas, the former lead singer of the Drifters. See Paul H. for tickets
7. Oct 27 will be our visit from the District Governor, Chip Lewis, so please mark your calendar and plan to attend.
8. Pat is working on Fire prevention "stuff" for seniors and will keep us informed

Program

Today's program was our own Dr Keith Overland speaking about better lifestyles thru healthy eating and more exercise. He was prompted to speak because of the YMCA of the USA new agenda called Activate America and the Wilton Y is trying to Activate Wilton. Keith spoke about the increase in obesity in society since the '90s and how the portion sizes of everything we eat has hugely increased. American's supersize everything and it is not necessarily a good thing

and we all need to work on portion control and on our speed of eating—slow down and smell the coffee!! The other area Keith tried to emphasize was trying to get more exercise—at least take a walk and set small goals for yourself—something you can accomplish. Thanks to Keith for reminding us all to look after ourselves and our health!!

See you next Friday at the SilverminePam