



Wilton Rotary Drummer

Wilton, Connecticut

www.wiltonrotaryclub.org



September 30, 2011__

Vol. _31

No. __13

Editor: ___Carol Johnson_____

Guests/Visiting Rotarians

Twelve Rotarians were in attendance, and two guests; Cathy Pierce, Director of Social Services, and Janeen Leppert, interim Director of the Wilton Chamber.

President, Frank Spencer, presented Cathy Pierce with a check for \$1,000 for the food pantry. Pat Russo thanked Cathy for the remarkable job she did setting up and running Wilton's first ever emergency shelter, during hurricane Irene.

Announcements

1. Patty has ordered 384 dictionaries to be distributed to the third graders at Cider Mill and Our Lady of Fatima.
2. Frank did some calculating, and based on the number of volunteers, and the hours of each shift, each Rotary member contributed approximately \$500 to the net proceeds from the carnival.
3. Pat announced that we are committed for two Thanksgiving baskets, and sign-up sheets will be available at next week's meeting.

4. Frank reminded everyone that our club assembly meeting will be on October 21st, and that our annual holiday party will be on December 10th at the home of Kathy Leeds.

Program

Our speaker today was Michael Kennedy. Michaels' company, Empire Consulting Services was established in 2004, and provides on-sight drug and alcohol testing and background checks for the transportation industry. The focus of Michael's presentation was "Increase your Alcohol IQ." He provided interesting statistics and information regarding the consumption of alcohol, some of which include;

- **Beer, malt liquor, wine, and spirits all have the same alcohol content in a single drink.**
- **"DUI" and "DWI" are the same thing, and the legal limit is .08**
- **How quickly your body metabolizes alcohol depends on your weight and how much you drink per hour.**
- **According to national statistics in regard to alcohol and its effect on your health, 35% of adults do not drink at all, 37% are considered low risk (less than 14 drinks per week) and 28% are considered to have a high risk of alcohol related health issues.**

Additional information regarding alcohol and the result of its consumption can be found on the websites of the National Institute of Health, Alcoholics Anonymous, and Mothers Against Drunk Drivers.

Drink responsibly and ALWAYS designate a driver!

See you next week at Marly's.....Carol

