

# Rotary



## **Wilton Rotary Drummer**

**Wilton, Connecticut**

[www.wiltonrotaryclub.org](http://www.wiltonrotaryclub.org)

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**Editor: Paul Burnham**

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Today's attendees: Boucher, Brown, Burnham, Dulberg, Goldman, Hansen, Johnson, Lavin, Russo, Sharlach, Tai-Lauria, White, and our speaker, Esther Blum. Too nice a day for the rest of you to join us?

No meeting next week due to the long weekend. Someone may want to make an early start

Coming events –

Nordstrom opening event at the Norwalk Mall - 10/10 – 7:00 to 10:00 PM. Go to [Norstromsvp.com/norwalk](http://Norstromsvp.com/norwalk) to purchase tickets. \$100 but it all goes to charities.

Hazmat Collections – 10/12. 9:00 AM to 1:00 PM at Miller Driscoll

Rise against Hunger – 10/19 at WEPCO – We decided it is a little late to organize a Club event but feel free to show up for a two hour shift. On the odd hours starting at 9:00 AM.

World Polio Day – 10/24

Thanks to Jay no one will pick the seven of clubs this go-round with the 50-50 raffle.

Program – Esther Blum is a certified dietician specialist, helping people enjoy losing weight. Start the day with celery juice. Drink lots of water. End the day with carbohydrates. (If you prefer scotch, skip the potatoes.) During the day eat plenty of protein. Red meat is not bad for you – it is the only nutrient that turns off one's craving for more. Don't go to bed on a full stomach. A good night's sleep tonight is essential for a good day tomorrow

Esther is available for private consultation – one approach does not work for all. If you or your significant other would be happier if your wasteline were less, Esther's weighting for your e-mail. [Hello@estherblum.com](mailto:Hello@estherblum.com)

See you Friday.

Paul