



Wilton Rotary Drummer

Wilton, Connecticut USA District 7980

www.wiltonrotaryclub.org

Our 30th Year of Service!

November 30, 2012

Vol. 32, No. 21

Editor: Bill Glass

President Karen Strickland presiding at Marly's, with 22 Rotarians in attendance.

Guests/Visitors

Lorraine Morlath, WHS Guidance Counselor and Interact Club advisor; WHS seniors and Interact club co-presidents, Donya Sadeghi and Hui Lu.

Announcements/Upcoming Events:

1. **Interact Grant:** I was pleased to present a Wilton Rotary grant check for \$420 to Interact Club advisor Lorraine Morlath and co-presidents Hui Lu and Donya Sadeghi. The funds were approved last week by the Clubs' grant committee and will be used cover the cost of the Interact Club's 2013 sponsorship of a young girl in Haiti.
2. **Memorial for Charles Jones:** About 12 Rotarians attended a very moving memorial service for Charles at Norwalk Congregational Church yesterday. Karen presented his widow Anita with his Rotary badge.
3. **Beatlemania is Here:** Carol reminded us about the joint Rotary / Kiwanis fundraiser tomorrow, December 1st – "Beatlemania" – to benefit Wilton Social Services. It will take place at 8 PM in the Clune Auditorium at Wilton High School. Ticket sales have gone well thus far. Should be a great event. Hope to see you there!
4. **3rd Grade Dictionary Project:** Labels were affixed to dictionaries. Presentation to take place in the next two weeks at Cider Mill.
5. **Another Youth Exchange Candidate:** Karen, myself and Carol interviewed Brian Noonan, a senior at WHS, who has applied to the District for a Youth Exchange to South America after he graduates from WHS next year. We were very impressed and recommended him to the District.
6. **District Rotary Youth Leadership Award Conference (RYLA):** The two WHS students who attended will give us a recap of their experiences at the December 28th meeting.
7. **Thanksgiving Baskets:** The Club assembled and delivered baskets to three Wilton families; Karen thanked all who contributed food items and Pat Russo for his expert coordination. Using additional Rotary funds that were collected, Patrick was able to purchase \$40 Stop & Shop gift cards that accompanied each basket.
8. **Fun and Fines:** From Nov. 30th to Dec. 14th, Fun and Fines collections will go toward the purchase of gift cards for Social Services clients.



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9. **Holiday Luncheon and Secret Santa:** Friday, Dec. 21st. Secret Santa partners will be selected at the Dec. 7th meeting. Gifts to exchange should be in the \$15 - \$20 range.

Future Programs/Events:

- a. Dec. 7th: Annual Meeting for election of 2013-14 Leaders and Board members and approval of amended Club By-Laws. Zelig Pforzheimer of the Wilton Play Shop will also make a presentation.
- b. Dec. 14th: Doug Bogan, Financial Advisor
- c. Dec. 15th : Annual Holiday Gathering, 5-7:30 PM, Burnham's hosting; \$10 p.p. donation requested
- d. Dec. 21st: Annual Holiday Luncheon and Secret Santa gift exchange at Marly's
- e. Dec. 28th: Club Assembly

Today's Program

Dr. Michael Crystal, a renowned Wilton-based psychologist and head of Myriad Development Group, spoke to us about "Managing Human Performance." Michael has appeared before the club on numerous other occasions and his presentations have always been well received. At today's meeting, he focused on taking stock of ourselves and how to maximize our time. Other key highlights:

- Our key asset: our "energy"
- Our most valuable commodity: our time
- 10% of us waste time; 10% make optimum use of our time; and the remaining 80% of us should enhance our use of time and energy
- The benefits to performance of 7-8 hours a day of natural sleep are well documented
- Managing energy, and not just time, is the key to extraordinary results!

Michael recommended Rotarians check out the web site, www.performanceprogress.com, and take a self-assessment. He recommended the book, "Power of Full Engagement." He also pointed out that while he grew up in the same community on Long Island as Billy Crystal, they are not related!

For further information about Michael's practice, visit www.myriaddevelopment.net

See you Friday at Marly'sBill