



The Rotary Club of Wellington



www.wellingtonrotary.ca

District 7070

Chartered: November 22, 2002

Rotarian of the Year 2017-2018

Trudy Brown

January 2/2018

Club #60346

Today: Suzanne Latchford - Heal with Horses Therapeutic Centre

President's Remarks

So, here we are in 2018! Associated with the new year are of course resolutions people tend to make on New Year's Eve. The top five resolutions for Canadians are:

1. Living a healthier lifestyle
2. Focus on the positives
3. Spend more time with family and friends
4. Be true to one's self
5. Learn something new

The biggest mistake is that many people identify what they want to achieve but do not think about how to do it. Here are the key steps to take in ensuring you create an effective New Year's resolution plan:

1. Is it specific?

Bad goal: I want to save more money this year.

Good goal: I will save \$5,000 this year.

2. Can it be measured?

Bad goal: I want to lose weight.

Good goal: I will lose 10 pounds by summer.

3. Is it realistic?

Bad goal: I want to fit into my old jeans.

Good goal: I am going to get into my old jeans by June 30.

4. Is it exciting?

Bad goal: I want to save money.

Good goal: I will save money so I can take my grandkids to Disneyland.

But most importantly remember: one big decision is not going to do it, neither does change happen in one big moment but in thousands of little moments. So keep your resolutions but go easy on yourself!

Alex

Last Week: Christmas Party

Howard has the most traded gift



Rotary Grace
O Lord and giver of all good We thank thee for our daily food May Rotary friends and Rotary ways Help us to serve thee all our days.

FOUR WAY TEST
Of the things we think, say or do: 1. Is it the TRUTH? 2. Is it FAIR to all concerned? 3. Will it build GOOD WILL and better FRIENDSHIPS? 4. Will it be BENEFICIAL to all concerned?

Monthly Set-Up Teams	
January Team #3	February Team #4
Karen Selick(TL)	Art Sinclair(TL)
Liz Bosma Donovan	Colin Fredericks
Ted Nash	John Inwood
Margot Langford	Dick MacArthur
Howard Ziedenberg	Sharon Armitage
Brent Insley	Dawn Cutler
David Baldwin	Phyo Kyi
Mike Lattner	Alex Mayeski

Birthdays/Anniversaries		Date
Birthdays	None	
Anniversaries	None	

Bottle Duty Schedule for January		
Date	9-11:00AM	11-1:00PM
Wed Jan 3	Michelle K. Trudy B.	Colin F. Phyo K.
Sat Jan 6	David S. Karen S.	Bill M. Howard Z.
Mon Jan 8	Mike L. Tim C.	
Wed Jan 10	Sharon C. Dave R.	Parker G. Barry D.
Sat Jan 13	Howard Z. Alex L.	Bill M. Liz B.
Mon Jan 15	Tim C. Dick M.	
Wed Jan 17	David B. Pierre L.	Colin F. Phyo K.
Sat Jan 20	Alex L. Ted N.	Bill M. Dave R.
Mon Jan 22	Mike L. Tim C.	
Wed Jan 24	Geoff T. John I.	Parker G. Charles L.

Future Meetings & Events	
Jan 09	Fletch - Quinte Sailability
Jan 16	Scott McCrory- Head Coach of Wellington Dukes
Jan 23	Club Forum
Jan 30	Mike Hurley- Highway of Heroes Living Tribute

Margo is about to discover Kleenex



I think I heard Brian say huh!



The score board installation



Photos by Kristen Nash
Bulletin Editor: Past President Art Sinclair