

Rotary Club of Palm Beach Flagler

A 100% Paul Harris Sustaining Member Club

Tuesday 7:45 AM • Chesterfield Hotel • 363 Coconut Row, Palm Beach

www.palmbeachflagler.rotary-clubs.org

January, 2017

Find us on Facebook 

2016-2017 Board of Directors

Pamela (PJ) Layng, <i>President</i>	Fundraising Executive
Mary Rogan*+, <i>Vice-President/President-Elect</i>	Music
Stanton Collemer, <i>Secretary/Pres. Elect-Nominee*+</i>	Fundraising Executive
Charles Contessa, <i>Treasurer</i>	Hospitality
Corey Brown, <i>Director</i>	Financial Advisor
Silvia Evans, <i>Director</i>	Certified Public Accountant
Carl Minardo, <i>Director</i>	Holographic Imagery
John D. O'Neill, <i>Director*+</i>	Attorney: Trusts & Estates
Ozzie Osborne, <i>Director*+</i>	Information Technology (IT)
Frederick Wright, Jr., <i>Director</i>	Real Estate Investor
Graham Whitfield, <i>Sgt-at-Arms++</i>	Orthopedic Surgeon
Daniel Kahan, <i>Immed. Past-Pres*+</i>	Architect

Members:

Al Burlando	Manufacturing
Roy Cacciaguida	Internist: Nephrologist (ret.)
Dusty Dodge*+	Private Banking
Elizabeth DeBrule	Community Leader
Martin Gibbs+	Attorney: Banking
Lee B. Gordon*++	Attorney: Real Estate
Bruce Heyman	Civic Volunteer (Business, ret.)
Richard Hoffmann	Real Estate Investor
Nixon Lajoie	General Contractor
Roberta (Robi) Jurney*+	C.E.O., Not-for-Profit
Jon Roberson	Boutique Manager, Worth Ave.
Mary Rogan	Music
Marvin Rosenberg++	Periodontist
Thomas "Mac" Skelly+	Trust Administration (retired)
Bruce Taylor*+	Computer Consultant



Gail Coniglio	Honorary Member
Jack McDonald*+	Honorary Member
Raymond Wells++	Honorary Member
Philip Whitacre*++	Honorary Member

* Past President + Paul Harris Fellow ++ Multiple PHF

January Speakers – Roy Cacciaguida, Speaker Chair

Tues 3 rd	Mike Burroughs Town of Palm Beach Fire Rescue (Paramedics)
Tues 10 th	Brady Ballard The Ballpark of the Palm Beaches
Tues 17 th	Stanton Collemer Cancer Alliance of Help & Hope
Tues 24 th *	William Hayes Palm Beach Dramaworks
Tues 31 st	Matt Constantine Adopt-a-Family of the Palm Beaches

*Club and Foundation Board Meeting immediately following our regularly scheduled weekly meeting.

Service Above Self Recipients Announced

On Friday, December 16th, we presented three students at Palm Beach Day Academy with Service Above Self recognition awards.

The recipient for October was Maya Patel, an eighth grade student. November was awarded to Jesse Litten, also an 8th grade student. Finally, 7th grader Peyvie Wexler was presented with the award for December.

Maya has volunteered for every service project offered at PBDA since 6th grade! Jesse has been a multiple time volunteer at Quantum House. Peyvie has taken a leadership role in a brand new project: tutoring young students at the YMCA in West Palm Beach.

At the conclusion of our presentation, Cynthia Kanai, head of community service at PBDA showed a wonderful video highlighting PBDA's commitment to local community service. We have asked her to play this brief video to our club when she and all of the recipients for school year 2016-17 visit our club in May for our annual Service Above Self breakfast.



Celebrations

Member Birthdays:

5th – Bruce Taylor
12th – Stan Collemer
28th – Al Burlando



Member Anniversaries:

- None known -



Rotary International (RI) News: Rotary International has designated certain months of the year as times for Rotary clubs to emphasize the involvement of all Rotarians in designated activities or to highlight specific Areas of Focus. Clubs are encouraged to plan special programs on the appropriate topics during these months. **January has been designated as Vocational Service Month**, a time to highlight Rotary’s contribution to the second Avenue of Service. **January 27th is the date on which Rotary founder Paul Harris died in 1947.** This date is used by some Rotary clubs as an occasion to memorialize their own deceased members.

Rotary District 6930 News: Need to “make up”? Try one of our local neighboring clubs: (1) ***Palm Beach*** (Thursdays at 12:15 pm at The Chesterfield); (2) ***West Palm Beach*** (Tuesdays at Noon at Kravis Center); (3) ***Lake Worth*** (Wednesdays at Noon at Brogue’s Down Under); (4) ***Singer Island*** (Fridays at 12:15 pm at Sailfish Marina); (5) ***Northern Palm Beaches*** (Tuesdays at 7:30 am at the Double Tree Hotel, Palm Beach Gardens); (6) ***Jupiter-Tequesta*** (Tuesdays at Noon at Mangrove Bay, Jupiter); (7) ***Royal Palm Beach*** (Thursdays at 7:30 am at Oak Bistro and Wine Bar); and (8) ***Wellington*** (Thursdays at 12:15 pm at the Wanderers Club).

Three Questions to Ask Yourself Before Making a New Year’s Resolution

It’s that time of year again when TV ads have shifted away from buying holiday presents to signing up for gym memberships. Even if you have no fitness goals in mind, if you’re like most Americans, you’ll make a New Year’s resolution...and give up on it by February. If you want to avoid this, there are a few things you need to acknowledge. Be sure to ask yourself the following questions:

1. Who is this for? Only set a New Year’s resolution if you feel that *internal desire* to commit to it. If you commit to a New Year’s resolution because of outside pressure, chances are you’re not going to stick to it. You might feel pressure from the media to get down to a certain weight or you might decide to quit smoking to get your spouse to stop nagging you about it. You should want to lose weight or quit smoking because it’s better for your health, not because the media or your family members pressure you to do it.

2. What are my priorities? You may want to have a stellar career, an impressive physique, and enough time to go to every one of your kids’ soccer games and school plays. While that life might seem amazing, it

(cont.) would be nearly impossible to live up to it. Holding yourself to an unrealistic standard will only burn you out before the year is even close to being over. Be honest with yourself about what you want to focus on this year without feeling like you have to achieve perfection in *all* areas of your life.

3. Do I have the right resources for this?

“Resources” means time, health, and money. If you’re missing one of those three vital things, you may not be able to stick to your New Year’s resolution. Let’s say you want to do a triathlon this year. You may have enough time to train and you’re in great shape, but you don’t have the funds for all that is needed to compete. You may be partway through the year before you realize the cost that comes with all the gear, personal training, physical therapy, entrance fees, and travel expenses needed to keep your New Year’s resolution. You don’t want your goal to be subverted by lack of resources. Be sure your health, finances, and schedule allow for your New Year’s resolution to be a feasible goal for you.

Golden takeaway: Making a New Year’s resolution can be a great way to achieve your goals and improve your life. Be sure you pick the right resolution so you don’t give up on your goal or become burned out. (courtesy of resources to recover – www.rtor.org)

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