



ROTARY VOTARY

The Rotary Club of West Chester
Bill Boyd, International President 2006-2007

Bulletin #28 www.WestChesterRotary.us January 18, 2007

This Week's Program: January 18, 2007
Fruit Sale
Speaker: Geoff Baker
Arranged by Geoff Baker

Next Week's Program: January 25, 2007
To be announced

MINUTES by Sue Casso

President Annalie rang the bell promptly at 12:30. **Gary Hess** delivered a brief synopsis of the behavior of today's unruly children. To our surprise, the synopsis was written by Socrates in 500 BC! Some things never change....

President Annalie announced that there was a very productive board meeting this morning assuring us that the board works hard on our behalf. The board accepted the resignation of Vic Abdala due to illness and **Dave Rayburn** has agreed to serve in Vic's place. We wish Vic a speedy recovery. Annalie encouraged EACH of us to make a donation to the Rotary Foundation. While not every Rotarian can make a large pledge, it is important that everyone participate with whatever type of donation they can. EVERY ROTARIAN, EVERY YEAR!

Visiting Rotarians were Reese Reynolds from Kennett at Longwood, our own John Saling from West Chester Sunrise, Robbe Healy from West Chester Sunrise.

Guests were Bill Lorenz with **Paul Woodruff**, Allison Decheeco with **Katie Walker**, **Carol Metzker** introduced our speaker, Noah Blumenthal, **Victoria Dow** introduced Becky Cacasae, **Carol Hanson** introduced Jodi Button, **President Annalie** introduced Bruce Beadle, **Joe Cunnane** introduced Mark(?) who was a star player at Clarion and spent 60 days with the Cowboys and (when she finished clapping for the Cowboys), and **Jeannie McGinn** introduced her cousin Megan McGinn.

Gary Hess wished Happy Birthday to **Bob Crow**.

We were a very happy Rotary Club today with the following Happy Bucks:

President Annalie thanked the Road Crew for their hard work on Saturday and made some societal observations about the trash found along the road. **Joe Polito** made observations about 3 young ladies who came to his office for

an injunction. Turns out this was leading up to the announcement of **Brad Barron's** engagement - Brad said "I surrender!" **Duke Evans** was happy that his son, who took a circuitous route to becoming a doctor, is now a Gators fan and happy about the victory over Ohio State. **Rob Rogers** was happy for the 6 lovely ladies with whom he was sitting today, but **Mac Neilon** showed up to change his luck (the ladies were happy with Bob AND Mac). **Carol Hanson** was happy with the recent "assimilation get together" with new members - great job assimilation committee! **Sue Casso** is happy that the Chamber of Commerce is putting together a video about the Rotary Club to be presented at the Chamber annual dinner on Feb 6 when the club will receive the J. Dewees Mosteller Community Service Award. (anyone interested in attending this dinner should see **President Annalie**). And **Cliff DeBaptiste** chimed in telling us that John Featherman is receiving the Citizen of the Year Award at the Chamber annual dinner. **Jeannie McGinn** asked if there was any room on the Eagles "bandwagon" as she is jumping ship from the Cowboys. **John Messersmith** is happy that his daughter is at Lafayette College but is unhappy having to pay for it! **Steve Karp** is happy that his radio show is now 1 hour long and **Carol Metzker** and Noah Blumenthal were his recent guests. **Paul Woodruff** is happy for the great medical care available in this area.

SPEAKERS REVIEW by Victoria Dow

"You're Addicted to You: Why it's so hard to change and what you can do about it"
Noah Blumenthal, President, Leading Principles, Inc.

Noah has worked as a trainer and executive coach and his new book "You're Addicted to You", which forms the basis of his talk grew out of his work. His goal is to help people, to assist

them in making resolutions stick, in changing habits – losing bad ones and acquiring good ones.

His first question was – why do we have so much difficulty making lasting changes in ourselves? We are somewhat like addicts in that we are caught in self-destructive patterns and routines, and are prone to covering up or excusing a mistake. We read books and attend workshops sure we have learned valuable new information to help us make changes, only to forget those lessons as soon as the book is done or the workshop finished. And that is because we don't know how to change.

Noah offered us one concept out of the several key concepts he covers in his book, all of which are important to creating and keeping change, to help us each move forward. First, we should know that change is not just about the negative – patterns to lose – but also about the positive – what new good patterns do I want. He also emphasized that change is not easy, despite what book authors and publishers might wish us to believe (see *Easy Parenting*, available from Amazon for one easy payment of \$9.95). However, changes can be made successfully if we follow a method that works.

Anyone contemplating making a change needs to find a source of power/strength that outweighs the power of the unwanted pattern. We need to surround ourselves with sources of strength: we can raise awareness, build support, and take action.

Noah covered the “take action” source which includes three steps: prepare yourself, act in the moment, and assess your progress. Taking “act in the moment” as the example, Noah stressed that trying harder does not lead to success. Having a strategy or cues that help one make a change at the time, or in the moment, where the unwanted pattern occurs will work. Those “in-the-moment routines” cue the new desired behavior. Noah gave the example of a manager who became angry and critical at any suggestion aired in a staff meeting. Noah's cue for him was to write down any question he had for staff in the meeting before asking the question out loud. This small action helped slow the manager down and gave him time to think about and reflect on what he wanted to say. Noah added that one may need several strategies to help overcome an old ingrained habit and to build a new behavior.

In closing Noah offered club members a copy of his e-book, “Ineptivity.”

SAVE THE DATE

Feb. 6

West Chester Chamber of
Commerce Annual Dinner

Check out the Rotary Calendar of events at

<http://www.westchesterrotary.us/clubcalendar.htm>

Are you planning an event and want Rotarians involved? Get it added to the club's calendar! New member **Ed Malet** (County Lines Magazine) is looking for dates to add onto our calendar. Any event in 2006 is helpful. Send e-mails to: calendar@westchesterrotary.us

THANK YOU

Copies of the Votary are provided at our meeting by and anonymous Rotarian this month.

EXCHANGE STUDENTS

Fiona Baldinger (France) Henderson HS
Host Family - Paul & Peg Eberts
125 E Virginia Ave, W Chester, PA 19380
Ph: 610-430-8111

Counselor - **Cristina Combee**
610-399-5047(H) 610-431-6977(W)

Francois Dellis (Belgium) East HS
Host Family - Claudia and Dr. Gregory Simone
930 Weston Rd., West Chester, PA 19382
Ph: 610 701-5445

Counselor - **Bert Volger**
610 793-1708

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HOW TO GET IN TOUCH

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