



One Profits Most Who Serves Best

The Wellesley Rotascope

Rotary Club Number 6594, Chartered March 26, 1946

Volume XVIII – 21 www.WellesleyRotary.org December 4, 2018

Next Meeting—December 18, 2018—7-9PM

Holiday Party

At the Anthony home—RSVP at 781-727-8617 or rwa1645@gmail.com

Sunday, December 16, 2018—District Holiday Cocktail Party—5:30 PM—Arturo's Restaurant, 54 East Main St Westborough—\$40

Tuesday, December 18, 2018 - Rotary Holiday Party at the Anthony home.—7-9 PM

Tuesday, January 8, 2019—Michelle Chalmers—World of Wellesley—Wellesley College Club—6-8PM

Tuesday, January 22, 2019—Rick Cram—Plan To Be Your Best—Wellesley College Club—6-8PM

Tuesday, February 5, 2019—Gary Farner—Climate Reality Project—Wellesley College Club—6-8PM

Tuesday, February 19, 2019—Business & Service Meeting - Wellesley College Club—6-8PM



The mission of the Rotary Club of Wellesley is to maximize its member's talents, skills and networks in order to provide service to others, with a focus on strengthening local, national and international communities in the areas of literacy, health and education while fostering leadership skills.

Wellesley Rotary Club
meets at the
Wellesley College Club,
727 Washington Street,
from 6:00 to 8:00 on the first
and third **Tuesdays**
(unless announced otherwise).

A sandwich buffet (at a fixed price of \$30) is offered (\$32 if charged). Parking available. **Signups required so please look for the President's e-mail.**

PLEASE NOTE...

The Rotary *Speaker* meeting is held on the **first Tuesday** of the month and a Service & Fellowship meeting on the **third Tuesday**.

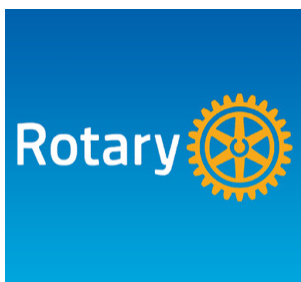
See **Upcoming Programs & Events** to the left or check the Club website.

Keep up-to-date on District Happenings.
by reading your
District Governor's
Newsletter.

Kiwanis annual **Red Kettle drive** for the Salvation Army is taking **sign-ups online** this year. If you would like to participate at Roche Bros please sign up on at <https://www.volunteersignup.org/EDAJA>
Kiwanis always appreciates Rotary's support.

Our thanks to Rotarians **John Adams, Bob Anthony, Amelia Childs, Malini Neramballi, Frank Rowbotham** and **Vin Spoto** for providing "Rotary Awareness" to participants of the **December 2nd Holiday Stroll** sponsored by the Wellesley Square Merchant's Association.

Pres-elect **Bill Westerman** call the December 4th meeting to order and opened with the Pledge followed by **Toby Kell's** invocation. **Happy Dollars** came from **Westerman, Price, Rowbotham** and two visitors. Over 40 crowded into the room along with Wellesley Media to create a small intimate setting with a rising temperature of anticipation. Announcements included a wrap-up view of the Football Banquet, signing up for the Holiday Party on 12/18, and volunteering for the Red Kettle. **Frank Rowbotham** (jokes) and **Don Khoury** (card trick) filled the time before our speaker, **Dr. Andrew Budson** was introduced and spoke. A Wellesley native, Dr. Budson
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SERVICE ABOVE SELF!

The Rotary Club of Wellesley, Inc., P.O. Box 81206
Wellesley Hills, MA 02481

MEETINGS: 1st & 3rd Tuesday Evenings at 6:00 P.M.
Wellesley College Club, 727 Washington St.
Wellesley, MA 02482— 781-283-2700

www.WellesleyRotary.org

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provided us with insightful ways to deal with our memory while promoting his book, *Seven Steps to Managing Your Memory* using key words:

1) **Learn...** 2) **Determine...** 3) **Understand...**

4) **Treat...** 5) **Modify...** 6) **Strengthen...**

7) **Plan...** Each one focused on approaching, assessing and treating one's memory. Beginning with how the memory works from a physical sense and moving to check if one's memory is "normal", Dr. Budson created real-life situations with "Sue", "Jack", "Sam", and "Mary". It is important to understand how our memory works; knowing the difference between dementia & Alzheimer's. He covered medications, traditional and new, and defined "tau" and "beta amyloid". "We can turn the clock back but we can't stop it." *Mediterranean diet* got a good plug and exercise...both help one's life style to good brain and physical health. Social activity, doing novel things, keeping a positive mental attitude also help. But, rest assured, techniques and tactics to keep the mind strong takes work and time. How do you remember names? Repeat one's name, etc. Many interesting Q&A's followed helped explain why memory "protection" is important as humans live longer. "Keep the brain's defense mechanism on overload"...but above all, **Keep Healthy!** ▲▲▲▲▲

Opportunities to promote peace are everywhere

(by Gregg Patterson, Blogger, Tallahassee Democrat
USA TODAY NETWORK—FLA) 4/1/18

(concluded...)

It is our responsibility to communicate that hate and discrimination are not acceptable. This takes action; making calls, personal visits and any other effective communications to elected officials and other leaders. We need to take advantage of our large numbers and take action. It is time for our voice of peace to be heard. Yes, peace is all around us, if we let it.

So I urge you to grab a family member, or friend, go for a walk and talk about what steps you are going to take to promote peace and connect with others. What are you going to do to send your message of peace to others? What action are you going to take to promote peace? You have to believe; Yes, we can turn this thing around.

Are you in?

*For comments contact Gregg Patterson (author)
at gregg.patterson@yahoo.com*



BIRTHDAYS

Ginny Greiman—12/8
Bob Tallman—12/12

ANNIVERSARIES

Don Khoury & Deb Kreutzer—12/27