

AREA CLUBS FOR MAKE-UPS

MONDAY	Largo, Noon at Alfonso's Restaurant
TUESDAY	Countryside, 7:30 am at the Countryside Country Club
WEDNESDAY	Dunedin North, 7:30 am at the Dunedin Country Club Palm Harbor, 12:15 at Positano Ristorante Italiano Clearwater, 12:15 at the Belleair Country Club
THURSDAY	Clearwater Beach, 12:15 at the Holiday Inn Oldsmar/East Lake, 12:15 at Alberto's Italian Grille Tarpon Springs, at the Tarpon Springs Yacht Club Belleair, 12:00 at the Belleair Country Club
FRIDAY	Safety Harbor, 7:30 am at the Safety Harbor spa Clearwater East, 12:00 at Cove Cay Country Club
ANYTIME	The E-club, www.rotaryclub34.org

CALENDAR

March is "Literacy" Month

- March 14 – Rotary At the Races – Tampa Bay Downs
March 18 – Rotary Club Board Meeting – Dunedin Country Club
April 16 - Interact Club Breakfast, Dunedin High School
May 6 - Dunedin Rotary Foundation Board Meeting – Dunedin Public Library
May 15-16 - 2009 District Conference – St. Augustine, FL
June 21-24 - 2009 International Convention, Birmingham, England

Make the new Rotary year a great one for

"Making Dreams Real"

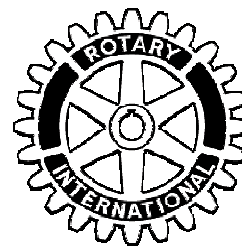


Our **district website** address is www.rotary6950.org,

Our **Club website** address is: <http://dunedinrotaryclub.com>

Past newsletters: <http://dunedinrotaryclub.com/dunedin-rotary-club-newsletters.htm>

THE ROTARY CLUB OF DUNEDIN



Service Above Self

GULF BREEZE



TODAY

MARCH 10, 2009

INVOCATION: Carole Owenby

JOKE: Gus Evans

SPEAKER: Jonathan Skinner and Sara Kessinger

"DaCdb Database: Updating your information"

Last Week's Guests

Paul Schmidt and Jim Ferebacker, Palm Harbor, John Mueller, Monroe MI, Sue Thomas, Tarpon Springs, Matt Hancock, Columbia, TN, Steve Newroth, Ontario, Steve Kuhn, Sycamore, IL, Sid Hatch, Port Hope, Ontario, Bob Wheeler, Goffstown, NH, Sharon Tapley Klodson (Earl's daughter), VA, Roberta Cantor, Salem MA, Mark McCutcheon, Dunedin North Rotary Club

Happy Bucks

Ray Kingsbury is ready for winter to be over, Mark Brandt – the Glen Cairn model is complete and staged. Come by to check it out. Sue Thomas – Happy to be back to her "home" Club Bob Isham – Celebrated his 70th birthday with his family in Costa Rica Jonathan Skinner – that Lily, Lynn's & Jonathan's 19-year-old cat, is home safe after a weekend escape on her own Jeff Rhoads – was happy to hear Lily was home and offered tickets to the group for the Jays game Sallie Parks – she's attending five days of training to

become an “attenuator” for the 2010 Census and will also be a census taker Paul Schmidt – was asked to write a book and just might do it.

50-50 Drawing

Sid Hatch had the winning ticket and drew the 9 of Diamonds

Announcements

Melissa McCormick will send e-mails out on the opportunity to work a Habitat for Humanity build in Largo. This will be a weekday opportunity.

Relay for Life – Interact is in 1st place for fundraising. The Relay is April 24 and 25 and walkers are needed for the beginning and early AM shifts

Bowl for Kids Sake to benefit Big Brothers/Big Sisters is coming up. Kristen Howard will be coordinating the effort.

Rotary Directory – Gov. Russ Miller has asked all Rotarians to consider advertising their businesses in the Rotary Business Directory. Ads are \$25.

Member Spotlight - Julie Linn

When she joined Rotary, Julie was employed by the Florida Blood Services. She now works with Julie Scales at the Pinellas Community Foundation and is also licensed with AFLAC. Her passion is her business, Linn Digital Media, creating DVD’s for weddings, funerals, and family events or doing other creative things. She’ll also put all your old home movies on a DVD. She’s done our Tri DVD and will be doing some Tri advertising spots for this year’s event.

Last Week’s Program – Thinking Outside Rotary

Stephenie Fenton introduced Fiona Potter, a management consultant and professional speaker, whose presentation was “Thinking Outside Rotary.”

Fiona and her family relocated from Canada 2 years ago. Although they love Canada’s weather and outdoor activities, her husband picked St. Petersburg as their new home because it was listed as having 700 consecutive days of sunshine in the Guinness Book of World Records.

She talked about mood enhancements and several studies that showed the positive effect of a 30-minute walk outside which made a high percentage of respondents feel happier, better.

To reduce stress at night, she suggested having a pen/paper at your bedside to capture ideas or solutions you develop during the night. Writing down things, like notes during a lecture, also help you capture more salient content and remember it.



Unclutter your mind with music, exercise, dream teams (Mastermind groups – people you bring around you who energize you, and cheerleaders to encourage you. Change your surroundings to energize your spirit and experiment with smells and color. Plus don’t be afraid to make mistakes.

Some of the colors and their effects on our moods are:

Orange – promotes creativity

Green – reduces stress

Blue reduces stress as well and increases productivity

Red – elevates the blood pressure and stimulates appetite

Pink – reduces aggression

Fiona talked about the lessons we all learn from our mistakes, often more than from our successes. She encouraged us to “find the funny” in things, events and challenges, that laughter makes us feel good and reduces our blood pressure.

We should all put aside some inspiration time, build our dream team of people who energize us, experiment with color, don’t be afraid to make a mistake, and SMILE!