



### Last Week Meeting

President **Chris Riesen** was at the helm. **Sara McCallum** presented the invocation; **Frank Mazzeo** led the Pledge of Allegiance; and **Joe Murgalo** delivered the Four-way Test flawlessly.

**Mark Generales** eschewed singing the song selected by the editor. Instead, he played a portion of *Come Fly With Me* on his phone much to everyone's relief.

### Blue Badge for Duke Downey

**Kae Moore** presented new member **Duke Downey** with his Blue Badge of club membership signifying completion of all new member requirements. Welcome Duke!



**John Mathes** reported a successful beer dispensing mission had been accomplished at the CREW concert. Rotarians **Riesen, Price, Murgalo, Lombardo**, and **Thomson** were the willing workers.



**Wendy Spivy** reminded us that the 2nd annual EZ-Cash campaign still needs our support. The first drawing of the new year will be this month. Sell your tickets and turn the money in!

The Kentucky Derby **Reverse Raffle** is coming up May 2nd. See **Jim Horein** for more tickets and to return your checks. **Adam Botana** claims there will be no slow down in the Mint Julep line this year.



### Lombardo to PETS



Next President **Bob Lombardo** is going off to **President Elect Training Seminar**. Members have been generous in providing the supplies he requested but only 20 of 85 have responded to the survey he sent out. There are only 4 questions!

**Eileen Tasso** is our *Josh-the-Otter* representative this year. **Jim Burger** rose to volunteer to help her with the presentations. Thanks Jim!

**Roger Brunswick** was Sergeant-at-Arms. Roger gave us Standard Lecture #3 about table talk during the meeting, fined scooter **Joe Murgalo** and introduced visitors and guests. He then organized singing of Happy Birthday to **Jim Renfro** by all the Jim's in the club.

**Gary Price** asked for help with a Zonta Club project of collecting unused costume jewelry to be used by Bonita Elementary kids for **Mother's Day** gifts.

### This is the Rotary Regulars' Meeting



### This Week's Program:

## Fred Fung

New director Bonita Bay Club

### This Morning's Invocation

Dear God, we ask for wisdom and strength not our own in order to make our citizenship and our professional endeavors worthy examples of life lived with integrity and compassion.

We intercede for members of this and other clubs who are experiencing adversity of any kind. Sustain them by Your grace and power. May they be uplifted and encouraged by the support of their colleagues and friends.

We offer thanks for food awaiting our enjoyment in the context of purposeful friendship. For the happy privilege of just being here, we are grateful.

In the spirit, as well as with words of gratitude, we offer this prayer. Amen.

### Song: I've Been Working on the Railroad

I've been working on the railroad  
All the live long day  
I've been working on the railroad  
Just to pass the time away  
Can't you hear the whistle blowing  
Rise up so early in the morn  
Can't you hear the whistle blowing  
Dinah, blow your horn

Dinah won't you blow  
Dinah won't you blow  
Dinah, won't you blow your horn

Someone's in the kitchen with Dinah  
Someone's in the kitchen I know  
Someone's in the kitchen with Dinah  
Strumming on the old banjo

Fee fie fiddle eell o  
Fee fie fiddle eell o  
Fee fie fiddle eell o  
Strumming on the old banjo



### Last Week Program

**Eileen Tasso** introduced her friend and former nursing colleague, **Elizabeth Cheslak**, who was our speaker. She has been practicing meditation for more than 10 years and teaching *beginning meditation* for 3 years. Elizabeth is a director of The Still Mountain Meditation Center, Ann Arbor, Michigan.

Meditation is a practice where an individual uses a technique – such as mindfulness, or focusing the mind on a particular object, thought, or activity – to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state.

Elizabeth says that meditation enhances our ability to choose our reaction to pain rather than reacting viscerally and thoughtlessly.



Meditation requires regular practice just as golf requires practice. It helps to avoid “partial tasking” that prevents us from having full attention on the principal task.

As an exercise, Elizabeth asked us to sit comfortably, close eyes, and concentrate on our breathing. She talked in gentle, hypnotic tone urging full attention to breathing. For four minutes there was not another sound in the room full of 75 people.

Elizabeth says meditation is not a religion. It requires no special equipment, is enhanced by group experience, and gets better with practice.

Several members offered testimonies of their favorable experience with meditation. She concluded with “I think you all deserve the benefits from meditation practice. Let us remember to be kind to ourselves.”



**Rex Sims**  
with his  
*Designated  
Card Picker*  
drew the  
Q♦ for \$5.

The 50/50 is \$1,250±

### Upcoming Programs

March 18, Chante Pemberton, Blue Zones  
March 25, Chuck Von Maur, Von Maur Dept Store  
March 27, Cuban Pig Roast, Bay Water Boat Club  
May 2, Annual Reverse Raffle  
May 7-9, District Conference, Naples Beach Hotel  
May 16th, 2020, Club Installation

**Birthdays (Mar 8 - Mar 14)**

**Len Eckert Mar 9**

### The Rotary Club of Bonita Springs

Chartered November 3, 1978

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### 3 Years ago

**Roger**, “Good Morning, fellow Rotarians”, **Brunswick** was Sergeant-at-Arms. He quickly fined President **Steven Slachta** \$5 for interrupting the Four Way Test. He then attacked the late arrivers. **Rick Barber** begrudgingly admitted with “I suppose so”, while **Morgan Eldridge** claimed, “I was late because I had to stop for cash for the fine.”

**Bobbi Bird** was volunteered to lead the singing of Happy Birthday to **Roger**, **Carl Schwing**, and **Jim Renfro**.

### 12 Years ago

**Sandy Scoggins** offered a comprehensive report regarding her 10 day visit to Guatemala in support of the Water Project. Sandy met with six Rotary Clubs and presented our President with two banners commemorating her visit. Congratulations Sandy for your commitment and dedication to this important project.

### The Four Way Test

Of the things we think, say or do.

Is it the **TRUTH**?

Is it **FAIR** to all concerned?

Will it build **GOODWILL** and **BETTER FRIENDSHIPS**?

Will it be **BENEFICIAL** to all concerned?

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