



The Spoke



Fill Your Own Love Tank

Donna Marcotte introduced our speaker **Mary Lynn Ziemer** an internationally known Certified Master Life Coach, Business Consultant and Mentor, Motivational Speaker, Co-Author and a trendsetting entrepreneur. She has more than 30 years of experience as a successful, senior executive at two Fortune 100 companies, and has lead multicultural organizations of up to 5,000 employees.



Mary Lynn Ziemer

Mary Lynn says, “Studies show that at least 90 percent of happiness comes from self-love. Loving ourselves is an inside job. It is not to be confused with any form of conceit or narcissism, which isn’t love at all.

“Happiness is so important because love is the most powerful feeling there is. If you want to create the life that you truly desire, you have to feel really, really good. Because love is the emotion that we need to live our lives to the fullest, the more love we feel, the more successful we become.

“Here are seven things you can do to begin filling your own love tank:

1. Be kind to yourself. Love yourself and tell yourself often. Say to yourself, “I love you ____.” See the greatness in you. Say only loving positive and kind things about yourself, to both yourself and others.

2. Communicate clearly with loving words to others. Say what you mean with love. Words are very powerful. Never ever diminish a person while speaking about them to another person, but build them up by sharing the qualities you truly enjoy in them.

3. Take time for “just you” everyday to increase your calmness. Make it a requirement. Reflect and spend time alone through meditation, prayer, yoga or just being quiet.

4. Take inspired and focused action to turn your dreams into reality. Calmness allows inspiration to flow to you.

5. Smile and laugh a lot... all day long. The simple act of smiling is proven to make you feel better immediately. Just imagine how you would feel if you smiled throughout the day!

6. Make choices and decisions that feel good for you. Only you know what is right for you. Don’t make promises you don’t want to make or you cannot keep.

7. Include things you enjoy and are passionate about in your day, every day, even if only for a short period of time.

“As you feel more love for yourself, you will have more love to give to others. It happens effortlessly. The more we see the beauty in ourselves, the more naturally we see the magnificence in others.”

Today's Speaker

Rick Perry will speak to us about RYLA, Rotary Youth Leadership Awards. RYLA encourages servant leadership in youth by recognizing and rewarding deserving 11th grade students who are chosen to attend RYLA as an "award" for their past and present leadership and service activities. Rick is a Rotary Alumni, as he was selected as a Rotary Ambassadorial Scholar in 1985 for graduate studies at the University of Zurich in Switzerland.

Rick has been a Rotarian for 13 years. Five years in Farmington, Mich and eight years at the Rotary Club of Bonita Springs Noon. He is immediate past Assistant Governor for Area 3; Rick chairs the Scholar Search Committee for our Rotary District this year to find Global Grant Scholars and Peace Fellows.

He is also on the District's RYLA committee and serves as a RYLA camp counselor. For his Rotary club, Rick heads up the Wine Fest & Craft Beer Social -- part of the Taste of Bonita.

Last Week Meeting



President **Tom Briers** presided, week 3. **Kae Moore** presented the invocation; **Donna Flammang** led the Pledge of Allegiance, and **Hal Cooper** recited the Four Way Test faithfully.

George Cohan introduced our song leader as, "...illuminating voice and leadership of Mr. **Jim Dati**." Jim led

Mr. Jim Dati



a rousing version of "In the Good Old Summer Time".

Tom announced that the Dictionary Labeling Day would be Saturday morning, September 12th. The distribution to all third graders in Lee County will be October 2nd.

The Alternative Thursday golf lesson, lunch, and golf was postponed due to lack of sign-ups.

The early warning is that the Reverse Raffle will be held on April 30th.



Ira Hawk

George Cohan later self identified as "Cohan the Barbarian Rotarian" was Sergeant-at-arms. He got a check from birthday boy **Ira Hawk** for \$89. Jim Dati led "the whole crowd" in a birthday song to "Dear Wonderful, Ira". George also received a birthday check from **Dawn Colecchio** with the

stipulation that he not reveal the amount. We sang to "Dear Beautiful, Dawn".

George explained that he had been missing for a couple of meetings because many people are out-of-town there are lots of dogs needing a morning walk.

JOSH the OTTER



Nancy Ross is heading up the Josh the Otter Literacy and Water Safety Project for the district. The first events will be at the Literacy Council on August 5th, 9-10 AM and August 6th, 1 - 3 PM.

The program will include distributing “Josh” books to moms, tots, and kids from Guatemala. The objective of the program is Water Safety for children. The hope is the kids will share the books with other kids and families.

From the coast of eastern Florida to the shores of Hawaii, the message of Josh the Otter is spreading...quickly. Rotarians across the country and even the world are hearing the life saving message and are excited at the positive changes that a partnership between Josh the Otter and Rotary International can bring to communities everywhere.

Over the past two years, Rotarians have distributed thousands of “Josh the Baby Otter” books and everyday more clubs are starting their own Josh the Otter literacy and water safety projects. With drowning a leading cause of unintentional death for children all over the world, Rotarians are helping to save thousands of lives.

The Joshua Collingsworth Memorial Foundation, which created Josh the Otter, was founded in honor of 2-year-old Joshua Collingsworth who died of a drowning incident in 2008. The foundation, started by his parents,

Blake and Kathy Collingsworth wanted to honor Joshua’s name by saving countless lives through a fun and simple drowning prevention educational program. Water is safe but only when we are all together.



Rotary International and Josh the Otter’s partnership started in Florida in 2010 with the vision of incoming Merritt Island club president, Jim Underwood. As a newly retired Rear Admiral in the US Coast Guard, Jim saw the potential to save children’s lives with the help of Rotarians pursuing this project in their local communities.

Through the leadership and support of Jim, PDG Louis Venuti, and Richard Hattwick, General Coordinator for the RI Literacy Resource Group, thousands of children in Florida are meeting Josh the Otter and learning how to be safe around water.

Josh the Otter was awarded a project booths at the Rotary International Convention House of Friendship in New Orleans this past May. With an attendance of 22,000 Rotarians from around the world, Josh the Otter supporters were anxious to see the response from the booth. Excitedly the Josh the Otter booth remained swamped the entire week of the conference, 10 hours a day!

President Tom said, **“This is a very important project we are involved in. Florida has the highest incidence of childhood drowning and not just in swimming pools.”** Please contact Nancy if you would like to help.



Rotary Club of Bonita Springs, chartered November 3, 1978. The Club may be contacted through its mailing address P.O. Box 474, Bonita Springs Florida 34133. You can reach **The Spoke** through its email BonitaSpoke@aol.com. **Scott Gerrish** issue editor.

President	Thomas B. Briers
President-Elect	Steven Slachta
Secretary	Jon McLeod
Treasurer	Bob Lombardo
Sergeant-at-Arms	George M. Cohan III

Last Week: A Wide-Eyed Adam Botana drew the K ♦ for \$5



The 50/50 is \$930

Rotary Sings: *Oh What a Beautiful Morning*

Oh What a Beautiful Morning
There's a bright golden haze on the meadow
There's a bright golden haze on the meadow
The corn is as high as an elephant's eye
An' it looks like it's climbin' clear up to the sky
Oh, what a beautiful mornin'
Oh, what a beautiful day
I've got a wonderful feelin'
Every thing's goin' my way

The 4-Way Test
of 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?

Your finances. Your future. *Our focus.*

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This Week

Rick Perry
RYLA

Birthdays

Rolando Rivera July 17

Kenny King July 18

Rex Sims July 19

Jim Winemiller (rr) July 22

This Morning's Invocation

Gracious God, in the midst of these summer days we are grateful that your love and grace are not seasonal but continuous.

Having gathered again as Rotarians, we are mindful that our call to service is not seasonal, nor is our commitment to high ethical and moral standard in personal and professional life.

As officers and members alike, guide us in ways which reflect our basic reasons for existence as a club, to serve our community, to show compassion, to act with integrity and to labor with diligence to make peace a reality, here and around the world.

May our gathering here today re-energize us for these opportunities. Bless our food and fellowship not just for our own personal needs but for strength to serve others.

We are grateful for the privilege of so doing. Amen.