

# Today's Program

## January 2, 2007

Happy New Year!!!

Many regions in the U.S. celebrate the New Year by eating their lucky black-eyed peas and ham. Pork is considered lucky because it symbolizes prosperity. Cabbage is another "good luck" vegetable that many consume on New Year's Day as the leaves are considered a sign of prosperity.

In some places, rice is the lucky food on New Year's, but I suppose Holland is the place to be, as they believe that eating donuts on New Year's Day will bring good fortune—  
Now on to those New Year resolutions...

## In The Future

Need to make up a meeting? [http://www.rotaryclubone.org/makeup\\_how.htm](http://www.rotaryclubone.org/makeup_how.htm)



### January Birthday Wishes

Mark Kimball	Jan 10
Tiffany Blakely	Jan 24
Ron Eckert	Jan 18
Jake Young	Jan 31

### January is Rotary Awareness Month

Expand your knowledge of Rotary and its activities among our membership and throughout the community

### Top 10 New Years Resolutions:

- Lose Weight
- Pay Off Debt
- Save Money
- Get a Better Job
- Get Fit
- Eat Right
- Get a Better Education
- Drink Less Alcohol
- Quit Smoking Now
- Reduce Stress Overall
- Reduce Stress at Work
- Take a Trip
- Volunteer to Help Others

*The early Babylonian's most popular resolution was to return borrowed farm equipment.*

### Rotary Roster 2006-2007

Bhupen Agrawal, Stock Broker, PH ♦ Clayton Alexander, Trust Officer, PH,PP ♦ Dianne Anderson, Fund Raising, PP PH, ADG ♦ Ed Anderson, Oil & Gas Atty ♦ Sandra Armendarez, Education Administrator, PH ♦ Chris Aycock, Attorney ♦ Larry Beltran, Health Care ♦ Darpan Bhakta, Hotel-Motel ♦ Tiffany Blakely, Commercial Insurance ♦ Steve Burke, Land Management, PH ♦ Scott Britton, Boy Scouts of America ♦ Jack Campbell, Abstract, PH ♦ Joe Campbell, Abstract, PH ♦ Steven Castle, Oil & Gas Exploration & Production, PH ♦ Sparky Clark, Funeral Director ♦ Martha Cowley, Packaging & Shipping ♦ Michael Cowley, Oil Transportation ♦ Lee Culver, School Admin., PH, PP ♦ Luther Dobbins, Non-Profit ♦ Michael Dobey, Computer Networking, PH, PP ♦ Ron Dunn, Private Club, PH ♦ John Dzubinski, R E Property Mgmt, PH, PP ♦ Marvin Eastman, Pianist, PH, PP ♦ Ron Eckert, Attorney ♦ Sarah Edgell, Computer Technology, PH ♦ Harold Fuller, Baseball Promotion, PH ♦ Greg Frost, Insurance Agent ♦ Steven Garcia, Convention Mgmt. ♦ Hill Glover, Accounting, Private, CPA, PH, PP ♦ Linda Guererro, Medical Spa ♦ Paul E. Guerrero, Insurance Agent, PH ♦ Doris Graham, PH ♦ Wes Graham, PP, PH ♦ Les Hinds, Investments, PH, PP ♦ Jeb Hughes, Bank Management, PP, PH ♦ Charles Johnson, Gymnastics ♦ Peggy Jones, Water Sales & Marketing, PH ♦ Mark Kimball, Telecommunications, PH, PP ♦ Jim Mauldin, Oilfield Manuf., PH ♦ Steven Marzett, Oil Industry ♦ Macon McDonald, Land Survey, PH, PP, PADG ♦ Jim Morris, Accounting, PH ♦ David Nash, Pastor ♦ Roy Nelson, Family Insurance, PH ♦ Raymond Nicholas, Geology, PH, PP ♦ Jay Norris, Retail Banking, PH, PP ♦ Dr. Arrel Olano, Internal Medicine, PH ♦ Ellen Pate, Emergency Mgt., PH, PP, Past ADG ♦ Mel Pate, Gen'l Dentistry, PH ♦ Jack Powers, Honorary, PH ♦ Pat Powers, Honorary, PH ♦ E.V. "Vance" Scott, Insurance, PH, PP ♦ Gene Spires, Dentistry, PH, PP ♦ David Theobald, Certified Financial Planner ♦ Bobby Trimble, Non-Profit Org, PH ♦ Jeremy Warren, Sales ♦ Kendall Warren, Real Estate ♦ Bob Watkins, Oil & Gas Investments, PH, PP ♦ Pam Welch, Economic Development, PH ♦ Johnny Woods, Oil Industry ♦ Tom Wurster, Business Consultant, PP, PH ♦ Jake Young, Automobile Industry

PH=Paul Harris Fellow      PP=Past President

[http://www.ridistrict5730.org/midland\\_west.htm](http://www.ridistrict5730.org/midland_west.htm)

Sticking to resolutions are hard. Here are some things you can do to stick to your resolution:

**Don't try everything at once.** You'll have better luck fulfilling one or two goals than you will a list of fifty. You can always add new resolutions to your list later. Take one thing at a time.

**Word your resolution carefully.** Let's say your resolution is to relax more in the coming year. Word this carefully. Try not to think of it as "This year I am going to relax." That's a stress-inducer waiting to happen. It forces you into thinking of the resolution as something you must do, not something you want to do. Try to make it sound a little gentler: "This year I'm going to explore different ways of relaxing." It also suggests more of a resolution plan—you'll be keeping the resolution by experimenting with relaxation techniques. The first resolution sounds as if you're going to force yourself to relax by sheer willpower

**Make a plan.** Once you know what your New Year's resolution is, try to break it down. Nobody accomplishes anything of significance by trying to do it all at once. This doesn't have to be a complicated resolution plan; just brainstorm enough to give you a place to start.

**Write your plan down.** Stick it up on the fridge, on your mirror or wherever you know you'll see it. That way you'll have a constant reminder, which helps in keeping resolutions. You may want to change the wording as time passes and your goal changes.

**Get help.** You don't have to be the only one to enforce your resolutions. You may want to ask a friend or family member to help you through this "trying" period. You might even be able to help your friend stick to his or her resolution. It's sometimes easier in groups than it is alone.

**Forgive yourself.** You're not perfect, so it's unreasonable to think that you won't make a mistake. When you do, don't be too hard on yourself and don't give up. One mistake isn't the end of the world (or the end of your resolution). Keep at it. You'll be glad you did.

### Learn more about Rotary

- What was the first service project?
- What was the original club emblem?
- What year saw the admission of women to Rotary?

Be always at war with your vices, at peace with your neighbors, and let each new year find you a better man. ~Benjamin Franklin



Last year's scholarship recipients, Virginia Hymel and Paras Gupta, gave us an update on their college life



### Show Your Colors Rotary Advertising

Spotted recently in West Midland was this truck with a Rotary sticker on the back window. Don't drive a Naked Truck.

Have you put a Midland West Rotary link on your Website?

Answers: Donating a horse to a minister, a wagon wheel, 1989

# HAPPY NEW YEAR!