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True to our Communities



We are proud
to support the
Beverly
Rotary Club

Eastern Bank

Last week at Rotary

Meeting was called to order by, Sean at 12:16 Pm.

Pledge of Allegiance was led by Dave Olson followed by Diane lead us in a song God Bless America and reflection led by Lorinda Visnik Depths of the Ocean.

"Happy Birthday" was sung for Diana Paltergil

Visiting from other Rotary clubs were:
Assistant Governor Martha Mauser

Announcements:

Jackie discussed Strut your Stuff...Tables of Ten available, it is expected to support the event. April 12th.... Sponsor, 50/50, beer and wine, silent auction and a poster. Get going!!!

New Member:

Sean needs to INDUCT a new member.... Toyuwa Newton, new addition to club coming from Swampscott, sponsor is Leslie Gloud.. she is not here, so the pinning will be done by Sean. Welcome Nouima to the hamlet of Beverly.

Family activities: reading to children in library..... 5 Rotarians March 23rd....Five people to read

Sergeant-at-Arms
Blizzard of OZ's. Mike Oz

Happy dollars:
Diane two of happy dollars, in Florida for two weeks and Boston Perkins school for the blind, 6 months in hospital,

Almiris: Grand babies year old today

Sue happy she has not been here and glad to be here.

ADG Governor: Beverly cam back to exchange program

Jackie: Hopefully her arm works better

Grumpy dollars: Rich Jones

Late: Kyle Marsh

Old man table?
What time do tables end..1:30...if you did not contribute you get fined.

Fake snow days: Any teachers or school committee members.

Super Bowl: Swifts and mid westerns

Super Bowl squares..

Valentines for going out...
Babysitting....

Rotary Dating game:
Lorinda Visnick and Lee Yaffa
Kyle Marsh and Julie Flowers

Questions:

Shoebert or Entering Beverly
Cabot or Rantoul
Endicott or Montserrat
Shoe factory or Cummings center
Fibbers or Pickled Onion
Gloria's or Henrys Chicken salad
Dane Street or West beach

Guest Speaker / Program:

Jim Gubbins from Salem State University spoke to us on the pursuit of happiness.

Happy life full of purpose!!!!
Happiness and subjective well being....
we can build on that...

Martin Seligman... lets look at flourishing and positive psychology

Book Sonja Lyubomirsky:
The how of Happiness
50/40/10 split.
50% genetic set point
40% of happiness is to our intentional actions
10% has to do with Circumstance.

Physical Beings:

- Exercise 10% minutes in a day..
- Savor the moment!..our minds wonder...
- Savor the past..
- Seek flow... having our skill meet our level of challenge... skiing, running intense conversation....
- Eat healthy, sleep 7-9)

Social beings:

- Good relationships are the most important continuator to a happy life.
- People are happier with good relationships
- People with good relationships are happier and healthier...
- Personal, work,

The GOOD LIFE..Robert Walding..

Best interactions: face to face, zoom, Face-Time, telephone and then test and emails

Facebook/social media tend to hurt mental and physically

Spiritual Beings:

Capable of transcending whatever habits we have....pursue internist goals....
Joining group or club

Create new habits: Flexible, curious, humble, learning coping skills.

We keep changing in our life cycle.
Nurture compassion...provides a sense of

our humanity...
Churchgoers 47% are happier vs 28% who are non church
Build in happiness activities....

Recommended Books

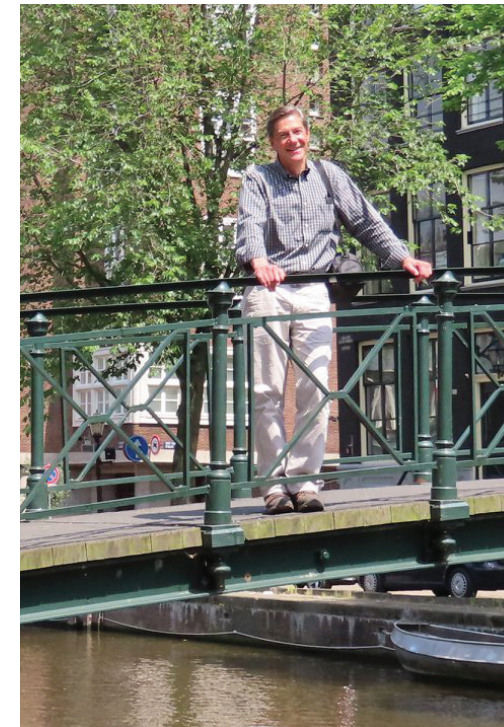
Dale Carnegie, How to Win Friends and Influence People
Sonja Lyubomirsky, The How of Happiness
BJ Fogg, Tiny Habits
Robert Waldinger and Marc Schulz, The Good Life

Raffle

Neil won...raffle.. lost...

Meeting Adjourned: 1:30 Pm

Scribe of the week: Lisa Marciano



Last weeks speaker and yes he does look happy!!



Matthew H. Piaker,
JD, LL.M., AIF®

Tel: 978-927-3123
Email: mpiaker@cfaemail.com
100 Cummings Center, Ste. 207P
Beverly, MA 01915
www.capitolfinancialadvisors.com

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FINANCIAL GROUP, LLC



Alan L. Temkin
Financial Planner
781-876-4175
atemkin@temkinfinancial.com

www.temkinfinancial.com

301 Edgewater Place, Suite 200
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