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## ADVICE PHARMA BILL

Dear Pharma Bill,  
From reading your column I gather you're an educated man. I'm stumped what to get my wife for Christmas this year. I was thinking a new iron or a frying pan (she loves frying up chicken!). What would you suggest?  
- Stumped on Sohier Road

Dear Stump,  
I would suggest in addition to those gifts you consider getting yourself a helmet. More than likely when she opens your gift her appreciation will be completed with a smash to your head. She may like frying chicken, but your goose will be cooked if you give her either of those. May I suggest Desjardins Jewelers for a traditional gift or a Larry Herman massage, for untraditional pampering. Good Luck.  
Diddly - doo, Dr Bill

## Salvation Army Bell Ringing

That time of year is upon us when we gather the club together for some Holiday Cheer and ringing of bells for the Salvation Army. 3 Locations: Shaw's, Henry's and Stop and Shop North Beverly are the choices. Starting at 9am it's always a crowd pleaser. Sign up sheet were passed around last week and will again this week. Look for the sign up sheet at a Rotary Meeting near you. Many good spots left. You may partner with someone, bring a dog or even a friend if they like standing. Shifts are typically one hour long. Date will be December 17th 2016 if you aren't sure. Bells, aprons and hot toddys will be provided. Long term forecast, light with a chance of darkness starting around 4:30. Please try not to have holiday party on the 16th if you are truly wise.



A few photos of our friends to the north in Halifax, Canada. Don Chisholm speak of the connection between our cities going back 100 years (next year) Did you know we pressed and cleaned our banner so we made a nice showing. Did you know local mucky mucks, PDG John Hall, Peter Simonsen and a few ADG were present as well. Did you know the Halifaxian flag is based on the Scottish Flag where many of their forefathers came from. Did you know Haggis is the preferred snack of Halifaxians! Gosh no, I didn't know Mr. Peabody.

# Beverly Rotary Club Sprocket Newsletter



Club No. 6605 Zone 32 Rotary District 7930 Beverly, Massachusetts Organized February 24, 1921 Issue 25

# GRINCH WHO STOLE ROTARY

You're a three decker sauerkraut and toadstool sandwich for taking away our Dec. 29th meeting



This holiday season treat, I'm drinking Kool-Aid with Arch Klump!

**That's right boys and girls we will NOT be meeting on the 29th as that evil lurking Grinch took it away. Good for us we can spend time with family, sleep late or still show up at NYC., but without the club. Enjoy the extra time.**

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# Last week at the Beverly Rotary Club...

Meeting called to order at 12:15PM by President Beckman

Pledge Allegiance led by the lovely Jo Broderick

Songs: "Oh Canada" and "Star Spangled Banner" led by the mellifluous Diane Palter Gill and our visiting Canadians

Invocation led by Rev. Mike Duda

### Visiting Rotarians:

John & Ruth Moldon, Marg & Don Chisholm, Shirley & Tom McCaughey, Gail & Ron Zwaagstra, Gail Adams, Karen Willemse, Stella Ray, Ross Bartlett, Peter & Diane Simonsen, Mary Lee, John Hall, Jim Cox, Terry Curran  
Guests: Jim Healey, Nick Bianucci, Aaron Thomas, Dan Grappi, Elizabeth Pearson

### Announcements

Jack Good – 12-17-16 Bell Ringing – 3 locations – please sign up

12-7-16 Brian Murphy "Gaggle" art show being held at the Sterling Gallery 306 Cabot Street 5:30-7:30. Portion of proceeds will go to Rotary Foundation

Don Kelley – Visitors turn into members – please ask if you have any questions

Diane Palter Gill – would like the club to make a donation to an individual – President Bill stated he would send out an email this week for a decision

### Presentations:

President Bill presented to each of the 14 visiting Rotarians from Halifax the Beverly Rotary Banner – they in turn presented to him their Canadian Rotary Banner and the 1658 First Flag of Canada

Don Chisholm – the visiting Halifax Rotarians were here for the Christmas Tree Lighting in Boston – the tree is from Halifax – it represents thanks for the relief efforts from Boston for the December 6, 1917, explosion of a munitions ship in Halifax Harbor

### Happy Dollars

Kelly Knox started the bidding with \$20 to entice us to purchase a Gloucester Rotary Raffle Calendar which cost \$20  
Lee Yaffa - \$20 for mixed emotions  
Sue Gabriel – former Bootstraps location finally sold  
Don Kelley – daughter is taking the torch and will be hosting next year's Thanksgiving celebration  
Scott Dougherty – has a new puppy  
Freddie – happy the holidays are over  
Jim Davies – happy to see "Nova Scotians"  
John Hall – Happy 70th  
Pres. Bill – bought a new home

### Sergeant of Arms – Tim Wear

Fines:  
All those who resembled the "Seinfeld Cast"  
Matt Piaker for not playing golf with him even once this year  
Jamie – not enough sushi?  
Don Kelley – for not buying him any Manhattans this year  
President Bill for not beating Tim's batting average this baseball season  
Derek Maxfield for not ever going to be any taller, no matter how long he works out

### Guest Speaker –

Linda Stacy, LivingBluPrints, is a Productivity Specialist who helps hyper-busy professionals take strategic control of time, space, and energy for high performance and well-being.

# ...Thursday, Dec, 1, 2016

Linda conducted an interactive discussion about what would you do with 10 extra hours, what would you do, what gets in the way and what does it cause? Linda then presented key information for:

Processes to reduce the impact of overwhelm, procrastination, and stress, Clarity of priorities, tasks, and responsibilities to understand where and how to spend your time, Methods for your sustained productivity and organization, More time and space for creativity, hobbies, exercise - whatever brings YOU joy

Linda raffled off 2 of the books she has written: The Whole Package – Professional

### Raffle

President Bill held the winning raffle ticket – alas, not a winner

Meeting was adjourned at 1:35PM

Submitted by Weenie Duggan

## Upcoming Special Meetings

15-Dec BHS Jazz band rocks the joint  
Ugly Sweaters welcome  
Ugly people welcome as well

25-Dec Festivus airing of grievances

26-Dec Carlton Fisk birthday 1947

29-Dec NO MEETING



Linda Stacey, last weeks speaker, gave us tips on how to be more productive, and get more pleasure out of life.

1. Don't take train into Cambridge
2. When making lists, make a list
3. What would you do with 10+ hours extra a week.
  - A. Drink more
  - B. Drink Less
  - C. Spend time playing Yahtzee
  - D. Spend time tossing Yahtzee out
  - E. Hobbies could include teaching a second language to squirrels.

We're all busy and she presented ways to keep your mellow on. Good advice thsi time of year.

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