



THE ECHO

THE ROTARY CLUB OF HUNT VALLEY WEEKLY UPDATE

Published by the Rotary Club of Hunt Valley

Meeting at the Greene Turtle Hunt Valley first Wednesdays 12 noon. See www.huntvalleyrotary.com for monthly calendar!!

OFFICERS/ DIRECTORS:

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Armington

President -
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Jane MacMillan

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Service -
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and Chair of 4-
Way Test -
Matt May

Chair of Houck
Foundation
and iPast
President-
Bill DePauw

Director of
Public
Relations—
Nick Hood

NOVEMBER 17, 2021

COMING EVENTS:

December 1-- meeting – noon – Important! Topics to be covered **New Club Website!** Coats for Kids distributed, Interact Club news and member induction, 4-Way Test 2022. **Be there!** So much news to share!



December 9 – Happy Hour – 5:30 Christmas Cheer –



Meet in person(!) at Sammy's Trattoria II (just opened, formerly Bar Louie's) at the HV Town Centre -- Bring a bottle of wine or other small gift to exchange (\$10-15)

December 15 – meeting – noon—TBA

January 5 – meeting – noon -- Alipio (Al) De Veyra, Hopkins Toastmasters -- "Why Intermittent Fasting is the Best Choice for Long-Term Health."

THIS WEEK'S MEETING:

President Keith introduced **Toastmaster Jim Book**. **Jim** retired from UPS in December 2020. He has been a member of **Toastmasters International** for over 34 years. He has achieved the level of **Distinguished Toastmaster** and served as District Governor in 2002-2003. **Jim** is a Certified Coach, Teacher and Speaker with the **John Maxwell Team**. His goal is to improve your organizational and leadership skills and to assist people to connect better, grow personally and/or professionally. Today **Jim** spoke about two laws from John Maxwell's book "The 15 Invaluable Laws of Growth". The 15 Laws are 1. The Law of Intentionality 2. The Law of Awareness 3. The Law of the Mirror 4. The Law of Reflection 5. The Law of Consistency 6. The Law of Environment 7. The Law of Design 8. The Law of Pain 9. The Law of the Ladder 10. The Law of the Rubber Band 11. The Law of Trade-Offs 12. The Law of Curiosity 13. The Law of Modeling 14. The Law of Expansion 15. The Law of Contribution Today **Jim** spoke about The Law of Pain and The Law of the Rubber Band and the need for an individual to stretch beyond his or her comfort zone. Every problem confronted introduces a person to his or her self. Interesting talk. **The John Maxwell Program** lasts 5 weeks with three laws addressed each week.

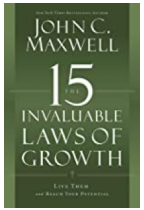
Et cetera: >>YPA (Youth & Peace in Action) Fundraiser: We are sponsoring a new **Interact Club** at Dulaney High School (founded by **Courtney & Kelley May**) for this fall's Youth & Peace in Action on-line peace training program. The goal is \$1,000, matched up to \$500 by the Houck Foundation. Please mail a check to **Lynne** designating "YPA" – thanks!
>>Quarterly Dues were due **October 1**. Please send checks payable to "**Rotary Club of Hunt Valley**" to **Lynne** at her home address, **1208 Dulaney Woods Rd., Cockeysville, MD 21030**.
>>When shopping on **Amazon**, please tag the **Houck Foundation** on **Amazon Smile**, which donates 0.5% of eligible purchases.

THIS WEEK'S VISITORS:

Visitors Katherine Merryman, Kevin Goodnitzsky, Martha Nichols, and James Brasic joined **Keith, Bill, Matt, Lynne, and Jane** for a talk by Jim Book on The Laws of Growth.



Jim Book



OF SPECIAL NOTE! IMPORTANT UPCOMING CLUB EVENTS:

Happy Hours now on 2nd Thursdays.... By ZOOM for now –5:30

Board meetings 2nd Mondays of the month – next one December 13 -- 5:30 🗓️?

Rotary's main objective is service — in the community, in the workplace, and around the globe. The **1.2 million Rotarians** who make up more than **35,000+ Rotary clubs** in nearly every country in the world share a dedication to the ideal of **Service Above Self**.



ROTARY ANNIVERSARIES:

None in December

BIRTHDAYS:

None in December

Do you have a suggestion for a speaker, off-site meeting, or service project? With zoom, speakers can be from anywhere!

The Four Way Test of the Things We Think, Say and Do:

Is It The Truth?

Is It Fair To All Concerned?

Will It Build Good Will and Better Friendships?

Will It Be Beneficial to All Concerned?