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April 2009 Newsletter - District Governor Elect Paul Frey

Plan Ahead!

by DGE Paul Frey

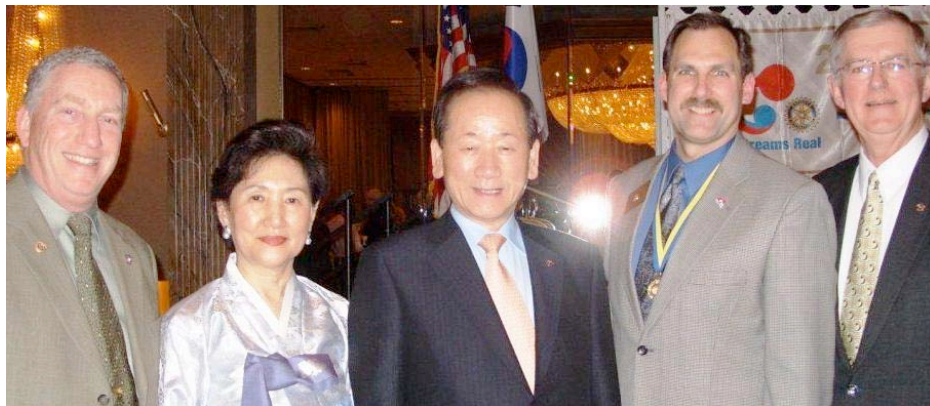
"Hard work is just easy work not done at the right time." This quote, I believe, is appropriate as we (hopefully) are planning ahead for the coming Rotary year. It is critical for the success of any organization (or Rotary club) to create a plan. I found the following article about creating a plan in a restaurant trade journal. I paraphrased it for the purpose of my newsletter:

There's a saying that it's not the plan that's important, but the planning. It sounds odd at first—that the creation of a plan is more important than the plan itself. The point is that as you



begin to make a plan, you gather your thoughts, do some research, answer some questions, look at your budget, look at your finances, and talk to your board and club members—all in preparation of making a plan.

Those are valuable activities. What's more, the process of planning focuses your attention to the task at hand. Instead of letting the events of the day push you through until the end of each day, take time to



plan—you'll end up knowing more about your club and the direction it is headed just by going through the process.

I look forward to seeing the positive results of your plan as the new Rotary year starts—it is right around the corner. Are you ready?

Life After PETS: Preparing for the District Assembly

RI News - 10 March 2009 [Edited]

Club presidents-elect receive formal training at the presidents-elect training seminar (PETS) and district assembly.

Presidents-elect training seminars cover roles and responsibilities. District assemblies cover topics such as public speaking and leadership and build leadership teams. The district assembly builds upon what is

Photo above: DGE Paul with RI President DK Lee and his wife at the Rotary Foundation dinner on March 30. Past District Governor Andy Baum is on the left and Assistant Governor Dave Miller is on the right.

covered at PETS by using goals established during PETS as guidelines (continued on page 2)

BE THE BEST YOU CAN BE
Register Today for the
Rotary 7620 District Assembly
Saturday, April 18, 2009
7:30am to 11:45am

Keynote Speaker Michael Caruso
"Leading Rotary in Today's Economy"



Michael Caruso has made 1500 motivational presentations to clients all over the world. He has delivered programs in 40 states, Africa and the Middle East. Michael is the author of the 5 Cool Ideas and the FastLearnerAudio series.

See Over 30 Exhibitors at the Rotary Programs & Projects Showcase
Eight Parallel Breakout Sessions with Club Leadership Training Seminars

Centrally Located in the District:

Interstate 95 Exit 33B - Holiday Inn Laurel West

\$25 pre-registration includes Full Breakfast Buffet!

First 100 registrants receive a gift. To register online click on "District Assembly" at www.Rotary7620.org





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to be finalized with other leaders during the district assembly.

As presidents-elect return from their PETS, they should prepare for their district assemblies by finalizing committee chair assignments and distributing the materials in the Club Officers' Kit. This is also a good time to meet with the incoming club leaders to discuss annual goals and develop or revise your club's strategic plan. Presidents-elect can also begin talking to district leaders to discuss ideas for service projects and strategies for achieving club goals.

Walk About America

My name's Eric Latham, and I am 27 years old. I was referred to you by

Mary Anne Rishebarger of the Baltimore City Rotary Club. I grew up in Rockville, MD and now live in the DC area. I am the Executive Director of Walk About America a community organization (www.walkaboutamerica.org). A few years ago, I literally walked from Nags Head, North Carolina to San Francisco, CA to raise money for cancer research. By the time I reached San Francisco, I had walked 3,591 miles over 206 days and raised more than \$21,000 for cancer research and related programs. I've written a couple of books since then (www.takestepswithapurpose.com and www.entitledtoanation.com) and

given cancer fundraising speeches across America. I have a 15-20 minute high-energy, inspirational PowerPoint presentation about the cross-country walk, some of the people I met, their cancer stories, and the adventures we shared. [To arrange for a talk at your club, contact Eric at elatham@walkaboutamerica.org].

April is Magazine Month

*Plan club meetings and activities to observe Magazine Month.

*Encourage club members to promote *Rotary World*, your Rotary regional magazine, *The Rotarian*, and *RVM, The Rotarian Video Magazine*.

*Discuss how to use these resources to get project ideas, recruit new members, and renew excitement about Rotary.

DGE Paul Visits Upper Montgomery Rotary Club

DGE Paul presented a banner to President Andrew Einsmann and is pictured with President Elect Heather Ruth at an Upper Montgomery visit.



PAUL FREY District Governor 2009-2010

The Rotary Club of Carroll Creek invites you to the Installation of Paul Frey, Governor of District 7620. The social hour begins at 6:00 p.m. followed by dinner at 7:00 p.m. The installation Ceremony will be immediately after dinner. All activities will be held at the Frederick Elks Lodge in Frederick, Maryland.

Frederick Elks Lodge #684

289 Willowdale Drive
Frederick, Maryland 21701
Phone: 301-662-3301

For More Information:

Bernard Gouin
Email: bernardgouin@comcast.net
Phone: 301-846-4900



Save The Date: Monday, June 29, 2009



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Five Cool Ideas™ for Building Better Relationships

By Michael Angelo Caruso

When we build good relationships, we psychologically help others move closer to us. There are 15 words that will help get the job done. Presented as 5 Cool Ideas for building better relationships, here are the five most important words, the four most important words, the three most important words...

1. People want to hear "I am proud of you."

The five most important words you can use to build a relationship are, "I am proud of you." If you do not use these words every day, you are not telling people what they need to hear. "I am proud of you" is an emotion-



based sentiment, which may be challenging for men to articulate. I had to practice saying this phrase before it was comfortable for me. As the eldest sibling in my family, I often practice on my brothers. One day, I called my brother Rob in New Orleans. "How are you?" I asked. "Good," he answered. "We finally closed on the house, the kids are in school and Kim's still talking to me." I said, "I'm impressed, Rob. You've moved the family twice in four years and kept all the wheels on the wagon. I'm proud of you." There was a slight pause as Rob wondered whether this was a prank call. "Thanks," he eventually said, psychologically taking a step toward me.

2. "What is your opinion?" shows you care.

The four most important words a person can use are "What is your opinion?" If you don't ask people for their opinion, they could think you don't care. Good communicators converse as if they are playing tennis. They hit the ball and then wait for someone to return it. Don't follow the ball over the net. Ask for opinions and listen. My audio book, "Effective Coaching," will help you improve your most important relationships within 30 days.

3. "Would you, please" is still good etiquette.

The three most important words to build better relationships are "Would you please?"

4. Saying "thank you" says a lot.

The simplest way to acknowledge appreciation and honor another person is to look him or her in the eye and say "thank you."

5. My name is my favorite word.

The most important word to use with another person is his or her name. You can maximize the power of persuasion by using the person's name in an imbedded phrase. "Try to do this in the future, okay Bob?" In the previous sentence, "okay Bob?" is an imbedded phrase.

Michael Angelo Caruso has made 1500 motivational presentations to clients all over the world. He is our special guest speaker at the District Assembly on April 18 and is available to present to other groups on April 17 and 19.

Upcoming Events

April 18 - District Assembly - 7:30am to noon - Holiday Inn - Laurel West
Noon - 3:00pm Four-Way Test Speech Contest and Group Study Exchange Team Presentation

May 9-14 - 2009 District Conference - Cruise to Bermuda

June 29 - Installation as Governor - 6pm to 9pm - Frederick Elks Lodge

April 22-25, 2010 - 2010 District Conference - Gettysburg, PA

Plan For Your Club's Future

At the presidents-elect training seminar and the district assembly, incoming club presidents and their fellow club leaders work on the Planning Guide for Effective Rotary Clubs (862-EN) to assess the current state of their club, set goals, and determine the steps needed to achieve them. A copy of the guide is included in the Club President's Manual (222-EN) and is available on the Rotary International website, www.rotary.org.

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Chesapeake
PETS 2009

