

Monday with Mikey: August 15, 2016

Last Sunday, Districts 6950, 6960, and 6890 went to the Rays vs. Twins game at Tropicana Field for “Rotary Rays Day XVI.” Many thanks to PDG Gene Biel, PDG (and DRFC) Jared Brown, Mike & Sandra Fitzgerald, and several other anonymous “givers” who made the day a big success. Together, we raised END POLIO NOW funds of over \$4,500 in base contributions, which becomes, after “the magic of matching,” over \$33,500!

Tomorrow is my birthday. A few years ago, I had an idea that, to live each day fully, it’s important to “**SHINE.**” By that I mean we, each one of us, need to have the right combination of the following elements to make every day healthy – physically, mentally, and most of all spiritually:

- **S - Sleep**
- **H - Hydration**
- **I - Inspiration**
- **N - Nutrition**
- **E - Exercise**

My “SHINE” combination will be different from yours, by virtue of the fact that we are all different metabolically, intellectually, and (as Captain Jack Sparrow would put it) “ecumenically.”

Each of us needs to find the combination – the balance – of these five elements. When we do, our energy level, our mental focus, our endurance, and - most of all, our faith that we can make the world just a little bit better place *today* - all fall into synch with one another. I have to admit that, lately, with the flurry of activity in my life, I have come up lacking in several departments!

But, friends, each day is a new opportunity to “SHINE!” I’m making a few changes and getting back to good habits in the coming year.

My challenge, and I hope yours as well, is to do just that. May the next 365 days SHINE for all of us!

Until next Monday, keep “**Doing Good, Having Fun!**”
Your Friend in Rotary Service,

Mikey

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Rotary District 6950
Citrus, Hernando, Pasco, and Pinellas Counties
Florida's Nature Coast / Suncoast

