

Sam Pennisi 1/6/12 New Years Resolutions

Community Comment

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Almost a week into the New Year. Happy New Year everyone. My family is not unhappy to see 2011 come to an end. I know it's only a number on a calendar but it has always seemed to me that we all get a fresh start on the First. As in most things in life, attitude has much to do with how we get along at work, in school, or in life in general. The tradition of making resolutions indicates that this idea of mine is not new. Resolutions become kind of our wish list for how we want the new year to go. Most resolutions have to do with losing a few pounds, exercising more, managing money better, getting along better with those to whom we are close and the like. These are the big ticket items and we would do well to live up to these resolutions.

But as in so many situations in life, it is easy to overwhelm ourselves with big and unrealistic goals. My suggestion is think big in idea but small in the doing. You may have as a goal to exercise more so you think that this is the year you will run a marathon. So you start training. You buy a mileage meter and 90 dollar running shoes. You get up two hours early to go run. Three weeks later most of us are done with this nonsense because life's routine gets in the way. Work, our mate, kids, car trouble gets in the way of this big new idea we are trying to fit in to an already busy life. It's probably better to schedule 30 minutes of walking every day. Maybe combine it with that chubby little dog that needs to get out more too. Do it at lunch if that happens on a regular basis. You might even eat less. Or maybe after dinner and have a child become your walking partner. Fit it into your life rather than create a whole new element to account for. Walking may turn into running and you might create the environment and schedule over time that you need to be ready to run 26.2 miles. Let it happen naturally and your exercise time will become a natural part of your daily routine.

When I became a Rotarian, the thought of a weekly meeting, Wednesday at noon, would be impossible to do. But I connected to the work Rotary does at home and around the world and wanted more and more to be a part of something this important. I was running my Inn full time, teaching part time, and was on the City Council at the time. I found within about six months that my lunch meeting on Wednesday became part of my routine because I wanted it to be. Soon, I looked forward to seeing my new friends and working towards common goals. Rotary, and my fellow club members became important, like family. An hour and a half for meetings once a week became a welcome habit.

This is what I want for my resolutions; to build them into my life to make my life better.

Speaking of resolutions, mine are few and not grand.

I want to take better care of myself. This is selfish. My wife and children mean the world to me and my two grandchildren have made life incredibly rich. I'd like to be around for as long as possible and in good health. I'll do better to do my part.

I'd also like to be more open to political ideas wherever they may come from. We have serious problems and we need good ideas. No party, no religion, no ethnic group, or race has the answer. We will have to work together to rebuild this economy.

Have a happy and prosperous new year.

This has been Sam Pennisi for community comment.