



# The Cornpicker

Bulletin of Fairbury, IL Rotary Club

"SOW THE SEEDS OF LOVE"

[fairburyrotary.com](http://fairburyrotary.com)

## 2002 - 2003 Officers

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Editor. . .Leroy McPherson

## DATE/TIME/

**PLACE:** October 1, 2002 12:00 noon, Marchelloni's

**ATTENDANCE:** 38

**MISSING:** J. Bachtold, K. Bahler, E. Bellot, C. Borngasser, J. Capasso, T. Casson, K. Ernst  
 P. Hermes, D. Kinate, B. Munz, D. Oelschlager, E. Palen, P. Pogue, M. Prost,  
 D. Roberts, J. Roberts, M. Steffen, K. Stuart, M. White, F. Wing

# ACTION ON THE AVENUES

## CLUB SERVICE:

### Programs:

- 10/08 - Jim Roberts - Judge Rita Garmin
- 10/15 - Leroy - Meet new police force
- 10/28 - Mark Steffen

## QUIPS AND QUOTES:

*You can't try to do things;  
 you simply must do them!*  
 -Ray Bradbury, Writer

### AREA ROTARY CLUB MEETINGS

Bloomington	12:00 Noon	Thursday	Elks Club
Gibson City	6:15 p.m.	Wednesday	Bayern Stube
Gilman	6:05 p.m.	Tuesday	Gilman Lounge
Lincoln	11:50 a.m.	Wednesday	Elks Country Club
Normal	12:00 Noon	Wednesday	Bone Student Center
Piper City	6:15 p.m.	Monday	Azz Izz Tavern
Pontiac	12:00 Noon	Tuesday	Mary's Family Rest.



*If of thy mortal goods thou art bereft,  
 And from thy slender store  
 Two loaves alone to thee are left,  
 Sell one, and with the dole  
 Buy hyacinths to feed thy soul.*  
 by Gulistan Saadi



These two books were made available to Rotarians and guests at the special price of \$10. The Procrastinator's Handbook was published in the U.S. in the Fall of 2000. so far it has: •sold over 100,000 copies, •been discussed in over

92 newspaper, radio and TV interviews, including The Today Show with Katie Couric, •been sold in 16 foreign contracts that cover over 26 countries, as well as Book of the Month Club, •received an award from Digital Palm Media as top selling non-fiction e-book of 2001. (Stephen King was the top selling fiction e-book of the year.), •been covered in Family Circle, the New York Times, Wal Street Journal, The Financial Times and Christian Science Monitor.

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# Blast Away Procrastination: Mastering the Art of Doing It Now.

Rita Emmett

Rita began by introducing her tech man and husband, Bruce. She has been a national speaker for twenty years. In order to have a successful book, you have to release and sell at least 3,000 books. At 10,000 you are a hero. Rita released over 100,000 copies in over 26 countries. She has been on radio, T.V., The today Show, Wall Street Journal and is a "Cosmo Girl". Rita also has the #1 best seller nonfictional E-Book. We find if we do it now we are more productive, happier, healthier, and more energized. You can contact Rita on her web site: **RitaEmmett.com**. Procrastination is to delay. Rita is a recovering procrastinator. You will find you will be better off financially, healthier, have less stress and better in your relationships without procrastination. Don't put off telling someone they are great and spend some time with your kids, and extended family. Don't procrastinate! Rita quoted the poem "Hyacinths To Feed Thy Soul" (see Page 1). Time is scarce and as precious as money We tend to run to keep up; we have no time. We need to "get off the hamster wheel and connect with someone. You have to feel balanced and

centered. Are you putting off life's dreams and relationships? We lose our focus and waste time. Pick a task and do it! The dread of doing a task takes up more time and energy than doing the task. Get yourself a timer and set it for one hour. Then go by these two rules. 1. Ignore everything else that needs to be done during that hour. 2. Take no breaks. Give yourself a reward when the task is done. When we finish this crummy job, there will be another crummy job. Reward yourself. Procrastination is a mind game. Give yourself big rewards for large jobs and little ones for little jobs. Take some time off "guilt free." You have to attack that negative chatter in your mind because the mind has a lot of power and holds us back. We have to address it! You have to reach your mind through your heart. Rita wanted to talk to a favorite author and Pulitzer prize award recipient, but first found she had to walk through the wall of fear. Be careful of those messages the mind puts out of fear - fear of rejection, failure. Rita closed with "I'm not going to put off happiness; we know what will make us happy".

## 12 Tips to Work More Effectively at Your Desk

### The Procrastinator's Handbook

excerpt from chapter 6: "Help! I'm Overwhelmed"

by Rita Emmett

1. Write down your ideas. Do not trust your memory.
2. Set down your priorities before the start of each day's work.
3. Use your high productivity hours for your top priority projects.
4. Tackle time-consuming projects in stages.
5. Do not over schedule. Leave some time each day free from appointments.
6. Concentrate on one item at a time.
7. Take breaks. Walk around. Stretch. Eat lunch away from your desk.
8. Establish a place for everything. Categorize, file, and store items nearby.
9. Keep paperwork moving.
10. Put limits on visits:
  - a. Stack stuff on any extra chairs so uninvited visitors have to stand.
  - b. When chatty people call, as soon as you answer the phone tell them you have only a few minutes to talk. Politely ask them the point of their call right away.
11. Remove from your desk all papers you are not working on. This prevents lost or mixed up papers.
12. Handle each piece of paper only once.