

Rotations

PO Box 943
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Meetings:
Thursdays 12:15 pm
Oakwood Athletic Club
4000 Mt. Diablo Blvd
Lafayette, CA

**Official Weekly Bulletin of the Rotary Club of Lafayette, CA
July 8, 2010 | VOL 65 | ISSUE 2**



New President Geoff Zimmerman opened the meeting and Chuck Vogel provided thought for the day

Visiting Rotarians:

none

Guests: Tom Madden Farmer's Insurance guest of Pete





Announcements:

Board Meeting next Tuesday

August 1 Rotary night at the Sacramento Rivercats

August 3 National Night out in conjunction with The Chamber of Commerce and Lafayette Police

Rock the Plaza sign up, dates are August 13, 20, 27

Blue badges were presented to Pete Barbounis, Erin McCoin, Terry Ring and Maurice Williams

Jess Wellen announced some international fund projects: Schools in Afghanistan with Budd

McKenzie, African projects with Mike Barrington

Fines

Maurice Williams for not arriving on time to be greeter

Jess Wellen \$50 for his birthday on the 19th

Happy \$

1. Don Anderson for resting at Lake Almanor
2. Bob Shusta gave not happy \$ for putting unleaded gas in his diesel tank
3. Maurice gave \$5 for Bob's gas
4. Geoff Zimmerman for the article and picture in the Lamorinda Weekly
5. Chuck Vogel for his granddaughter's successful knee surgery
6. Maurice Williams for Bob Shusta's email to the club
7. Pete Barbounis for his Cpap machine and all night sleep and for his daughter's surgery and readiness for her soccer season
8. Larry Blodgett for Geoff typing email at 2am
9. Larry Blodgett for his truck that was in the Orinda parade and for his wife and daughter riding with him
10. Andy for the Moraga Commons fireworks on the 4th and the 2 pictures that actually turned out for him

Speaker

Tom Madden – Mind Theory

1. The "mind" is separate from the "brain". There are two brains the reptilian brain (primitive) and the thinking brain.
2. The cerebral cortex allows humans to separate from the other animals and think in the abstract.
3. There are 4 key levels to the mind: Conscious, Analytical, Subconscious and Instinctive
4. The conscious mind protects us from emotional harm
5. The subconscious mind is the warehouse for storage of prior experiences
6. The analytical mind is the filter and it filters information from the outside, most information is filtered to the negative
7. Human behavior prefers negative knowns vs. unknown even though we know they are

negative

8. We as individuals believe that our feelings and thoughts are 100% right. To allow for communication we need to understand that others also believe that they are 100% right and that their 100% is different than our own.

9. The key to mind theory is understand the 2 types of terms, concrete terms and relative terms, the conversion of the relative terms to the concrete terms is the key for effective communication

10. Two words to listen for in a conversation that are key to understanding mindset of others:

1. The word not in a in a question makes it a statement and no longer a question

2. The word but, a comparative used to make a point that eliminates everything prior to the but, "You did a great job, but..."

3. When you hear these things, start asking questions and take control of the conversation

Rotary International News

Foundation alumni to gather in Cape Town

By Peter Schmidtke
Rotary International News -- 8 July 2010



RI President and former Ambassadorial Scholar Ray Klinginsmith. *Rotary Images/Alyce Henson*

Former Ambassadorial Scholars who studied at the University of Cape Town and graduates of the university who spent their Rotary scholarship year abroad will be able to meet one another and reconnect with The Rotary Foundation during Ray's Rotary Reunions in South Africa, 3-5 February in Cape Town.

Other News:

The Four Way Test

Of the things we think, say or do:

1. Is it the TRUTH?
2. Is it FAIR to all concerned?
3. Will it build GOODWILL and BETTER FRIENDSHIPS?
4. Will it be BENEFICIAL to all concerned?

Officers & Directors

- Ray Klinginsmith RI President
 Karl Diekman Dist 5160 Governor
 Geoff Zimmerman. President
 John Sherry. Past President
 Troy Feddersen. Vice President
 Bob Shusta Secretary
 Greg Vaisnor Treasurer
 Chuck Vogel Club Service
 Troy Winkles. Community Service
 Jesse Wellen. International Service
 Erin McCain Vocational Service
 Andy Scheck. Sergeant of Arms
 Mo Levich Sergeant of Arms

Give Hope - Give A Hand

The Rotary Club of Lafayette donates an LN-4 Prosthetic Hand in the name of our speakers each week.

The LN-4 Prosthetic Hand transforms lives and empowers those who have lost hands and limbs due to land mines, birth defects, and other catastrophes.



Make Up Meetings

and locations of nearby clubs:
<http://rotary5160.org/clubs/where-clubs-meet/>

Club Calendar

Upcoming Speakers

Local & District Events

Rotary International Events

2010 RI Convention, Montreal, Canada

Birthdays

- 07/01 Daniel Baker
 07/03 Polly Bernson
 07/03 Andreas Scheck
 07/04 Chuck Vogel
 07/08 Robert Aguilar
 07/19 Jesse Wellen
 07/26 John Hansen

Anniversaries

- 07/04 Tom Courtright
 07/07 Warren Rupf
 07/16 Chuck Vogel
 07/21 Bud Moulthrop

Greeters

- 7/01 Jesse Wellen
 7/08 Maurice Willimans
 7/15 Troy Winkles
 7/22 Don Anderson
 7/29 Daniel Baker

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Notes by Erin McCoin | Photos by John Sherry