

**May 25 Speaker – Lenore Farkas  
Professional Vocalist and Laughter Coach**

Stress is everywhere, good and bad. Laughter is the best medicine for getting by on a day that the world is crumbling in front of us. Ms. Farkas is a member of the world laughter club. This club was created by Steve Wilson in 1997 and has been spread all over the world.

In 2008 this organization started the world tour from India to spread the joy of laughter in the world. Ms. Farkas showed us some very funny exercises to bring laughter in our everyday life at work and home.

If you laugh 10 minutes a day every day you can lose 10 lbs. per year. Your quality of work life is enhanced by laughter. It motivates employees, creates a positive job attitude, is an energy booster, stimulates creativity, and makes us happy...so don't forget to laugh!

**Upcoming Joke of the Day**

- 6/8 Earl Tapley
- 6/15 Pete Krulder
- 6/22 Sallie Parks

**Today's Agenda - June 1, 2010**

**Invocation – Dick Pritts  
Pledge of Allegiance  
Joke of the Day – Valerie Lane  
Introduction of Guests  
Happy Bucks and 50/50  
Announcements**

**Speaker: Barry Poppel  
Pure Water**

**Upcoming Speakers**

- 6/8 Leigh Wilson  
Dali Museum
- 6/15 John Watson  
Sinkholes
- 6/22 Keith Long  
Headlines

**Upcoming Invocations**

- 6/8 Deborah Kynes
- 6/15 Need Volunteer
- 6/22 Bob Johnson

## HAPPY BUCKS

**Diane Nelson** is happy to have Armando and his two children visiting

**Sara Kessinger** is going to Williamsburg, Virginia with her granddaughter

**Sally Parks** is sad that **Alden** is not feeling well and will not go on the cruise, but happy that the insurance kicked in and she is getting her money back.

**Melissa McCormick** is happy to see the interact kids rake 68 bags of leaves from her yard.

**Pete Krulder** is happy to be back after his vacation on the Swanee River.

**Jonathan Skinner** can't wait to take the District cruise.

**Ray Kinsbury** is happy that his kitchen is almost ready for a party.

## 50/50 DRAWING

Mark Brandt pulled the 8 of Clubs and won \$8

## ANNOUNCEMENTS

The District Award dinner is taking place on June 10<sup>th</sup>. It will be a Barbeque dinner.

**Bill Francisco** gave us an update on the Triathlon. He needs volunteers, donations for plates, cups, and silverware.

**Lynn Wargo** stood for **Lynn Smeraldo** who is asking the club to buy car wash tickets in advance. This is a fundraiser for the interact students.

## GUESTS

Don and Jodi Shepperd from Bramton, Ontario, Canada

Wendy Bannore – Guest of **Jeff Rhoads**