

August 17, 2010 Gulf Breeze

Invocation: Fred Gunn

Joke: Diane Nelson

Speaker: Brenda Wendt, District 6950 Secretary, DaCdb

Last Week, 8/10/10

Guests:

- Terry Rejko, Stewart Williams, Andy Nall, Ken Beard, Steve Carlisle, Chuck Warrington

Happy Bucks

- Chuck Warrington welcomed his 5th grandchild
- Bill Francisco was happy about his trip to Lawrenceville, GA where he spent time with his grandchildren
- Carole Owenby survived the Virginia Creeper Bike Trail.
- Martine Stapp just came back from Istanbul, Turkey after meeting with the GSE team

50/50 Raffle:

- \$104 was at stake with Pete Krulder winning \$7 with his pull of the 7 of hearts.

Announcements:

- Chuck Warrington announced that applications are now open for the GSE teams. All positions are open for Australia and there is one position and an alternate positive left for Chile. Team Leader positions are also available for Australia.
- Stewart Williams presented a banner from his Rotary Club in Virginia
- Bill Francisco - the Rays' Day game for Sunday. Bus is leaving at noon from Jeff Rhoads Isuzu
- Wendy Barmore announced that the Dunedin Merchant's Association's Dunedin Wines the Blues will be coming up on November 13, 2010. They need volunteers.
- President McCormick announced that on August 24th our presenter will be District Governor Linda Vinson. Also, Membership Matters! F.E.S.P = Fellowship, Ethics, Service and Peace
- Service Through Giving: Polio Plus was the charity for our Service Through Giving.

Speaker: Dr. Frank Sessa, Stress Management

Dr. Sessa stated that stress is the emotional and physical strain caused by our response to pressure from the outside world, and it is a major cause of disease and declining health. There are 4 types of stress: Emotional, physical, chemical and thermal. Our bodies react to stress by our adrenal glands secreting hormones. Changes that occur in our body because of the overproduction of adrenal hormones are: suppression of the immune system, decreased blood flow to the digestive system, weight gain, formation of arterial plaque, blood clotting, muscle tension and joint pain. Stress can be eliminated by removing chemical stressors, proper nutrition, eliminating caffeine and sugar, eating frequent small meals, eating raw vegetables, nuts and berries and exercising. We can also eliminate stress by not worrying about things over which we have no control, meditation, changing our work situations or looking at those situations from a positive point of view, letting go of the past and reading inspirational books and quotes. Finally, we can eliminate stress through chiropractic care which helps to remove muscle tension, restore proper joint function and range of motion, re-establishing correct posture and muscular balance and learning proper nutrition and exercise methods.

August 24:

Invocation: Sara Kessinger

Joke: Fred Gunn

Speaker: District Governor Lynda Vinson

August 31:

Invocation: Ann Kennedy

Joke: Melissa McCormick

Speaker: Club Assembly – Celebrate our Successful Triathlon!

