



ROTARY ELEVATOR

June 30, 2009

Greeter	Gloria Roth
Invocation	C.J. McLin
Music	John Meyer
Sgt. At Arms	John Larock
Minutes	Ron Lewis (MIA)
Program	Todd Reichley

Attendance Winner: Harry Johns

52/50 Winner: We had a Winner- Kevin (aka "Lucky") Sonnycalb who donated his \$350 winning to Xenia School Levy

President Bob's Thought of the Week:

There are two excellent theories for arguing with women. Neither one works. I

Sarge Department.

Sarge for the Month John LaRock dressed in usual summer attire golf shirt and shorts began Thanking Jeff B for his Foundation report moved him to rears. All not giving to the Foundation fined a \$1. Fined all not wearing shorts. John said paid too many fines for wearing his shorts! Reported 4th of July Fireworks spending of \$128 million mostly from china. Also 7.9 million U.S. Flags imported from China. Greene Inc found an interesting shoe box at the Geyer Estate including a picture of Pres Bob and High School Band. Hard to recognize Bob with all the hair. Happy Bucks from Ron Geyer saying they should erect a sign "Boyhood home of Ron Geyer" at John's new place. Joe May's wife a 50 year Cancer Survivor!!! Barb Z for One Year today as Cancer Survivor... I wouldn't give the experience back for anything.

Announcements:

- **Paul Harris Fellow Opportunity!!!**
The Board of Directors is offering a Paul Harris Fellow for 1/2 Price Sale or \$500 to the first twenty (20) people to sign up as a way to raise funds for **End Polio Now!** See Treasurer John LeBlanc for this rare opportunity



- **Relay for Life - August 14, 2009 at Shawnee Park**
Diane Dixon and The Zajbels are Chairing the Xenia Rotary Team. Need Walkers, Sponsors and Volunteers!



- **Dine To Donate - Xenia Rotary Relay for Life Team**
Dine at Xenia Applebee's **Monday July 27** The Rotary Team gets 10% of proceeds for Relay for Life. Carside to Go included. What a deal! **MUST have a COUPON** -See Barb Z. or www.xeniarotary.com. Pass coupons out to friends, family, co workers, etc.

- **Xenia Rotary Foundation Report** by Jeff Brock increased its assets from \$6,900 on June 30, 2008 to \$20,760 June 30 2009. They a gift distribution policy calling gift of 25% of income (gifts & earnings). This year's gift amounted to \$3,250 which will go towards the **Defibrillator Project** partnering with **IHS Pharmacy** and the **Xenia Rotary Club**. Thirty four Xenia Rotary members continue a monthly and/or yearly pledge.



Program: Kent Martin - LAUGHTER!

Our own quiet and reserved member Kent Martin, a *Certified Laughter Leader* by the World Laughter Tour, spoke on the need for more Laughter in the World. There are many medical and scientific studies to prove that **LAUGHTER IS GOOD MEDICINE!!!** It's even Biblical - Proverbs 17:22 *A cheerful heart is good medicine....*



Kent had a handout and pointed out the many benefits of Laughter which include Strengthens the immune system, Improves breathing & blood pressure, Good cardio-vascular effects, People who laugh together get along together better, Relieves stress, lifts spirits, Releases negative emotions such as anger & guilt, Improves enthusiasm for work, Reduces inhibitions & increases self-confidence, Humorous people face life's problems better, Sense of humor is the #1 romantically attractive trait.

After a Medical Warning about Laughter is Exercise (some call it *Internal Jogging* as it releases endorphins just a like a runner's high.) Kent led the club in a series of Laughter Exercises that had the audience on its feet moving around with deep belly laughter each ending in a chant: HO! HO! HA! HA! HA! Yea!



Kent, a Real Clown in another personality, provided Red Noses to all to bring some laughter to the workplace and home. (Sorry, you didn't get to pick your nose.) You just put it on and you do not have to say anything. You will get some laughs. You had to be there to see all the distinguished members in their Red Noses!!! Yes, it was a fun way to end President Bob's last meeting as President.

Words Worth Quoting on Laughter:

"If you ain't laughin', you ain't livin'." *Unknown*

"Laughter gives us distance. It allows us to step back from an event, deal with it and then move on."

~Bob Newhart

"You can't stay mad at somebody who makes you laugh." ~Jay Leno

Alan Alda's speech at his daughter's college graduation in 1980. He decided to talk directly to her as he spoke, hoping the message would inspire all of the graduates.

I want to squeeze things great and small into this lingering good-bye. I want to tell you to keep laughing. I used to be afraid that writing and acting in comedies might be a frivolous occupation, but when I think of all the good that laughing does people, I get the feeling that making people laugh can be noble work. You have a wonderful laugh. You gurgle when you laugh. Keep gurgling. There are people who think that the only thing that separates humans from the rest of the animals is their ability to laugh. I'm not so sure anything separates us from the rest of the animals, except our extreme egotism that leads us to think that they're the animals and we're not. But I notice that when people are laughing, they're generally not killing one another. So keep laughing, and if you can, get other people to join you in laughter."



ROTARY CLUB OF XENIA, OHIO

P.O. BOX 311
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www.xeniarotary.com

**The Board of Directors
2008 – 2009**

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- John LeBlanc Treasurer
- Gloria Roth Assistant Treasurer

- Kent Martin Elevator Editor
- Karl Colón Elevator Deputy Editor

**Upcoming Assignments –
Please Mark your Calendars**

July 7, 2009

Greeter	Gregg Hebrank
Invocation	Adolfo Tornichio
Music	Bill Flaute
Sgt. At Arms	Bart Sheridan
Minutes	Jeff Brock
Program	Club Assembly

July 14, 2009

Greeter	Dick Holmes
Invocation	Randy Overbeck
Music	Rock McColaugh
Sgt. At Arms	Bart Sheridan
Minutes	Cliff Johnson
Program	District Governor

July 21, 2009

Greeter	Bill Flaute
Invocation	Don Anderson
Music	Cliff Johnson
Sgt. At Arms	Bart Sheridan
Minutes	Alan Liming
Program	Gloria Roth

July 28, 2009

Greeter	Neil Fogarty
Invocation	Judy Baker
Music	Kent Martin
Sgt. At Arms	Bart Sheridan
Minutes	Sarah Amend
Program	Ron Roth

Good-Hearted Living by World Laughter Tour

Mondays are for Compliments: Look for the good in others, tell them about it, and you might just end up laughing together. "A kind word often goes unspoken, but never goes unheard."

Tuesdays are for Flexibility: There is no laughter in being stubborn. An open mind lets the laughter in. Tuesday thought: "The tree that bends in the wind does not break."

Wednesdays are for Gratitude: An attitude of gratitude bring serenity and laughter. Wednesday thought: "As you go through life, let this always be your goal: Keep your eye upon the donut and not upon the hole!"

Thursdays are for Kindness: Think of ways to help make the other person's life a little easier. Thursday thought: "The practice of kindness creates healthy relationships and community connections and inspires people to pass kindness on to others."

Fridays are for Forgiveness: Forgiveness means letting go of anger. Releasing anger makes you healthier and opens up room in your heart for more laughter. Friday thought: "I never hold a grudge because while I am being angry the other guy is out dancing!"(Buddy Hackett)

Weekends are for Chocolate: Remember to eat some chocolate or any other favorite food. Remember to take time for leisure, pleasure and relaxation. Weekend thought: "A bad day fishing beats a good day working."