**President Romeo** opened the official portion of the meeting at 7 p.m. following half an hour of fellowship. Our guests were introduced as Anna Hill, our guest speaker; Bassam Rizk a visiting guest of Rod; Martin Ogeng, Tina Mbinda and Richard (sorry I missed his last name!) Grace was said by Ries. Ingrid led us in O Canada, and Sohail was the SAA.

 Rotary Club of Milton

Weekly Bulletin for

Monday December 4, 2017

Attendance: 13 Rotarians, 5 guests

Program: Anna Hill, Hynotherapy

Start time: 6:30 p.m. End: 8:25 p.m.

Club President: Romeo Mitchell

Secretary: Barbara Saxby

Treasurer: Sohail Naseer

President Elect: Rebecca Hunter

Bulletin Editor: Rebecca Hunter

***Rotary International President,***

**Ian H.S. Riseley, Rotary Club of Sandringham, Victoria, Australia**

***District Governor, District 7080***

***Kathi Dick, R.C. of Cambridge North***

***2017 / 2018***

***Rotary International Theme***

***“Rotary: Making a Difference”***

Our Mission Statement

Milton Rotary fosters friendship and self-improvement by working with local and global partners, with an emphasis on youth development.

Our Vision Statement

To be recognized as the premier volunteer, humanitarian service organization in Milton.

Looking Ahead…

Dec. 11: Committee Meetings

Dec. 18: Gina Leyva, Canadian Blood Services

Dec. 25: No Meeting Christmas Day

Jan. 1: No Meeting New Year’s Day

TEAM 1 is in charge of meetings for

December, January & February

Captain – Rod McLachlan

Rubina Ali

Nicole Sylvester

Margaret Hamilton

Carolyn Keyworth

Syed Raza

Madison Twose

**Announcements:** Proposed social night – Attend a Milton Film Fest Showing – Rebecca to arrange.

The net income for the **Web Auction** is $11,660 with sponsorship of $6,600 from which expenses still need to be paid. From 180 bidders last year we were down to 65 many of whom were new. In other updates, we now qualify to apply for a **global grant** thanks to the Foundation Training attendance. The **R.I. Conference** is next year, and prices for registration go up on Dec. 23. Visit the district website to register. **The Dictionary Program** will continue next year however it must be self-sustaining as there are no club funds designated for this program headed by Blanche, who BTW had cardiac surgery last month and unfortunately suffered a recent set back, therefor is at home on bed rest at the moment. **Semi Annual Dues** are due, and can now be paid online for your convenience. **Committees** are being reviewed and a sign-up sheet circulated by President Romeo. Everyone’s involvement is important!

**Program:** Rebecca introduced this evening’s guest speaker, a familiar friend to many, Anna Hill who joined us to talk about Hypnotherapy, some of the myths around it, and some of the uses for it. Hypnotherapy is not the same thing as Hypnosis and Anna explained a little of the difference between hypnosis for entertainment and what she provides as a service. Hypnosis is the practice of making suggestions to your unconscious mind, and hypnotherapy is the practice of using hypnosis as a form of therapy. Anna uses her hypnotherapy to help people with physical as well as emotional pain, however her clients need to be ready and willing to change. Our mind is made up of the conscious and unconscious with the unconscious being 90% of our brain, responsible for things such as imagination, habits, emotions, values and long term memories. The other 10%, the conscious mind looks after such things as willpower, logic, short term memory and critical thinking. Of the three types of therapy for our minds, Behavioural therapy has a 72% success rate after 22 sessions, Psychotherapy has a 38% success rate after 600 sessions while Hypnotherapy has a success rate of 93% after just 6 sessions!! Learning behavior happens in our unconscious which is 30,000 times more powerful than our conscious mind. Anna gave us an overview of how hypnotherapy works within the brain to reach the unconscious during a very focused state of mind, likening a 15 minute session to an hour of good sleep. This process can help with such problems as smoking, addictions, bad habits, phobias, insomnia, pain management and more. In order for this to be of benefit to a client, their desire to change must be greater than the desire to stay the same. While not covered under extended health benefits, Anna does offer a free half hour consultation and rates vary from $97 and up per session depending on the needs of the client.

**S.A.A:** Sohail was our fine master for the evening and collected for missing pins and badges (Martin left his in Kampala – kind of a distance!). John was fined for being late and Carolyn paid an out of country buck for her visit to Bahamas. Lots of happy bucks were also collected around the table.

**50/50 Draws:** In the red, instant win draw, Barb took home $11. The blue draw was for half of $125 and Vino held the lucky ticket, however did not draw the white marble. Better luck to someone in 2 weeks time!

Please check the dates to note below, and as always, your speaker recommendations are appreciated. We have lots of open dates coming up in the new year.

**Dates to Note:**

**Friday Dec. 15 – Christmas Party at Rebecca’s Office**

**Sunday Dec. 17 – St. George’s Lowville Church “A Child’s Christmas in Wales” 7 p.m.**

**Contact the church for tickets**

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*To unsubscribe from this newsletter, email Rebecca at* earlyfuneralhome@cogeco.net

**TEAMS**

**Team One**

Captain – Rod McLachlan Dec. 2017 and Jan. and Feb. 2018

Rubina Ali

Nicole Sylvester

Margaret Hamilton

Carolyn Keyworth

Syed Raza

Madison Twose

**Team Two**

Captain – Vino Khimasia March, April, May 2018

Ries Boers

Kirsti Fry

John Lintack

Rob Rubino

Maitland Spencer

Abiola Akinbi

**Team Three**

Captain – Rebecca Hunter January 2017 Sept. Oct. and Nov. 2017

Bill Hamilton

Sohail Naseer

Barb Saxby

Emmanuel Mensah

Rick Saxby

Each team is responsible for setting up the room (this includes bringing a snack of some description to go along with our wine. You will be reimbursed within reason.), providing a greeter, someone to say Grace, someone to lead O Canada, someone to introduce and thank the speaker and to provide suggested speakers to Rebecca for the weeks that she lets you know one is needed.