



SpinoFF

ROTARY CLUB OF WEST OTTAWA
Jean Bégin, President
August 8, 2017 Editor: Don Butler

Program Aug 8: Linda Hay "Impact of hypnosis on health"

Gathering

Arriving at this 5th meeting of the Rotary year we were greeted by **Doreen Ide** and **Carol Bell Thomson**; **Denzil Feinberg** on Reception recorded visitors and guests, **Suren Gupta** sold Past President's Draw tickets and **Hadi Mortada** collected lunch payment and noted attendance. At noon President **Jean Bégin** reminded us to take our lunch tickets to the buffet and at 12:30 she began the meeting with a word of welcome and an overview of the meeting's program following which she asked us to rise for O Canada with a sprightly accompaniment by **Rob Shaw-Wood** on the keyboard. **Joseph Redhead** then gave us a thoughtful invocation. **Denzil Feinberg** asked visitors Alan Fyke from RC Kington and Jill Yarnell from RC Quinte Sunrise to tell us a bit about themselves and said we would later be told more about our Guest Speaker, Linda Hay. Led by **Rob** on the keyboard we sang them our Welcome Song.

Invited by **Suren Gupta** our Guest Speaker now drew the winning PP Draw number which awarded \$25 to **Pardeep Ahluwalia**.

Announcements

President Jean

- Happy Birthday to **Andrew Young** on the 10th and **Ken Murray** on the 12th.
- Please pay membership dues if not yet done. Club has now received invoice from District and for the first instalment to RI. As **Marcia Armstrong** was absent **President Jean** would receive dues payment after the meeting
- **Carol Waters** thanks for well wishes; neck is painful but pain meds "marvelous"
- Had received thank-you notes from West Carleton Secondary School and from Kenny Huynh for the Dr Eric Pallister Award.
- Polled members on date for Club BBQ 2018 given Changeover will be June 19 and the RI Convention in Toronto June 23-27. Choice for BBQ was June 16th 2018
- Asked members to consider whether to have Christmas program in an evening (at greater cost) rather than at lunch. At meeting end voting on question was about even so accepted

Graeme Fraser's suggestion to go out (by e-mail) to all members as many were absent from this meeting.

- **Don Butler** called attention to the folders circulating the tables for people to request Mums order forms. Members should please submit their own orders and to persuade business contacts and friends to order as well. Planning to help with Mums delivery? Tell **Joseph Redhead** where, which days and how many plants they could deliver.
- **Brett Brooking** called for volunteers to join another sorting session for Shoe Bank Canada. Look for his email with details.
- **Cam Ross** also asked our Guest Speaker to draw the winning registration for the RCWO-Mulligans Aug 28 Golf Tournament to get a night at the Fairmont Montebello sponsored by the Arbique and **Ahde** law firm. **President Jean** was the lucky winner

Speaker

Gaye Moffett introduced Linda Hay as a friend going "way back". Linda is an RN and a consulting hypnotist certified by the National Guild of Hypnosis and has skills in NLP. She had worked in palliative care for 25 years and had helped with palliative care for **Gaye's** mother.

Linda thanked us for the invitation and started by saying what she does is not like stage hypnosis. A hypnotic state is like our immediate braking when the car in front of us stops without warning even though we are thinking of something else. As a palliative care nurse, she had a lot of experience with pain management and had been impressed at international conferences with reports of the effectiveness of hypnosis in pain control and so had taken training in it herself. She told us that the critical faculty of the conscious mind interprets how we understand the world to work based on all the subconscious has learned rightly or wrongly. As a hypnotist, she works to change errors held in the subconscious on which bad habits, phobias etc. are based. She had treated over 450 clients for smoking and 90% had stopped after the first session. She guides her patient to a relaxed alpha

state best for hypnosis. There the patient can deal with bad habits and phobias and pain etc. While helping her sister with Parkinson's disease she found that hypnosis is also effective in dealing with the loss of muscle control. Linda went on to find that she could also help patients with MS and with lupus. These treatments need to be repeated as it takes three weeks to establish a new habit.

In this video, another client tells of how Linda helped her deal with Parkinson's
<http://lindahayhypnosis.com/linda-hay-hypnosis-testimonial/> .

Came time for questions. Declining **Suren Gupta's** question on dreams as outside her training and answering **Don Butler** on memory loss and **Bob Harrison** on music Linda told about helping her sister with Parkinson's disease. By taking her sister back to a memory of when she could swallow and taste Linda enabled her again to do both. She offered to work with **Sucha Mann** on hearing loss to see if she could help. She had helped a patient stop tremors and a wheelchair-bound stroke sufferer to become functional again. She had treated a client subject to panic by dealing with a childhood memory.

Debra Wyatt, impressed by the presentation, thanked our speaker warmly and gave her our little gift and told her of the donation to End Polio Now to express the Club's appreciation

Happy Dollars

Norm Thomas was this week's 'random pick' as collector and received from

- **Cletus Peters** happy about his holiday in Stephenville NL and with a banner from that club
- **Ginette Thomas** adding her thanks to the speaker for a "fabulous talk"
- **Joan Heyland** reporting that the Global Grants scholar had arrived July 23 with his family and was settled into a house. She hoped he would

soon come to a meeting and would be invited to speak to us later.

- **Bill Rolph** whose granddaughter Eunice, exchange student, is happy with her Rotary host family in Brazil
- **Don Butler** to mention another Mums folder circulating for members to sign up to enter manual orders into electronic system and/or to work on the routing team.
- **Pardeep Ahluwalia** delighted to report that all 12 banner ads for the Cash Calendar had been sold plus a 13th which they now had the happy problem of fitting onto the Calendar. Also, he had his winning PP ticket by accident. Reason to donate his PP Draw winnings. Well done, **Pardeep!**
- **Bill Morris** happy that his wife was coming home on Thursday
- **Joseph Redhead** \$10 happy to have inherited a cell phone charger from **Susan Diening**

Meeting Close

President Jean went over the August 15 meeting program, reminded us that we are Rotary Making a Difference and closed the meeting with her reminder that, if we would like to spend more time with someone, to invite them to Rotary.

Cash Calendar

Here are the winners of the Cash Calendar draws for the period, Aug 9-15, 2017. All winners are from Ontario.

3269 \$25 Geoff Joly, Kemptville
2360 \$20 New Edinburgh Community and Arts Centre, Ottawa
3132 \$50 Tops Car Wash Co Ltd., Ottawa
4123 \$25 William Robertson, Metcalfe
3546 \$50 Ali Price, Oxford Mills
4966 \$25 Josie Meekins, Kanata
732 \$50 Joan Johnston, Ottawa

Tuesday, August 15, 2017

Richard Hinchcliffe: Ornamental Gardens at the Experimental Farm- 1866 to the present

Intro: **Marilyn Letts** Thanks: **Jack Troughton**

Greeters: **Norm Thomas, Larry Chop** Reception: **Bob Harrison**

Grace: **Deborah Wyatt** PP Draw: **Doug Heyland**

Ticket Sales/Attendance: **Hadi Mortada** Editor: **Jack Troughton**

Tuesday, August 22, 2017

H.E. Wilmer Omar Barrientos Fernández, Ambassador of Venezuela to Canada

Intro: **Wilmer Pulido** Thanks: **Don Butler**

Greeters: **Ed Balys, Joe Parkinson** Grace: **Claudette Léger-Paillé**

Reception: **Fred Sirotek** PP Draw: **Joan Heyland**

Ticket Sales/Attendance: **Linda Flynn** Editor: **Cam Ross**