NorthStarMastFinal

May 2, 2013

Editors: Tammy Broderick and

Char Luttrell

Meeting Thursdays

at Noon at the

Holiday Inn

Near the University of Michigan

Service Above Self

RCAAN Board

of Directors

*President:*

Laura Van Steenis

*President Elect:*

Keith Krings

*Past President:*

Matt Copeland

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*Treasurer:*

Mary Gyorke

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*Rotary Foundation:*

Bob Overhiser

*Director,*

*Public Relations:*

Tamra Ward

*Director,*

*Service Projects:* Manish Mehta

*Director,*

*Membership:*

Bryan Schindel

Poker Rakes In about $2,200

Fundraising Chair and Immediate Past President, Matt Copeland, announced that we made about $2200 to fund our club’s good works at our four-day poker party at The Heidelberg last weekend. Many thanks to everyone who helped out. Mike, Lisa S and Kelly even stayed to do a double shift Saturday night. Thanks, guys! Don’t forget, our next poker weekend is coming up in early June.

High Tea at the F.L.Y. Art Center

Mike Vanover invited us all to stop in at the F.L.Y. Art Center’s event 1 to 4 p.m. this Sunday, May 5, at the F.L.Y. Art Center, 40 North Huron Street, Ypsilanti. The “FLY High Tea” features a silent auction to benefit the mobile art center. Tickets are $3 or $5 at the door. F.L.Y nurtures creativity by brining open-studio experiences and teacher-artists to underserved children. Mike is president of the organization’s board of directors.

Website Quote

Kudos to Virginia Nordby, who knew this week’s website quote.

Mystery Night at Milan Grill

Mark your calendar for May 9, Mystery Night at the Milan Grill, a fundraiser for the Rotary Club of Milan. The Milan club supported our 80s party; we need to show our support for them! Stay tuned for details …

50/50 Winner

Well, the sick kids and their families staying at the Ronald McDonald House were our “winners” this week, because President Laura forgot the 50/50 tickets and donated a stack of bills instead!

Rotary District Conference

Pictures from our District 6380 Conference are on our website. President Laura reported that a great time was had by all and that RCAAN had a great turnout of members.

No Noon Meeting May 23

Pizza Night at Pizza House

John Arenz has arranged a pizza party at the Pizza House 5-7 p.m., on Thursday, May 23, just for fun and fellowship. (Pizza House is on Church Street.) Remember: no noontime meeting that day.

UPCOMING PROGRAMS

May 9 Legal Shield

Jacquie & Jim Harkema

May 16 Heart Disease; Early Detection

G. Alfred Dodds, M.D.

May 23 No Noon Meeting

May 30 Montatip Krishnamira

US- Thai Relationship

Program Recap

Margie Farnsworth, a certified hypno-therapist, was our speaker. Margy explained that she uses hypno-therapy to help her clients achieve stress relief without medical intervention. Margie described hypnosis as a natural state of concentrating on one thing, such as being deep in thought while driving and missing your exit, or being engrossed in a television program and not hearing when someone is speaking to you. Hypnosis can help with pain management, addictions, weight management, sports performance and phobias.

A subject cannot be forced into a hypnotic state and cannot be forced to do anything he or she does not want to do.

Margie explained that the therapist’s role is to point out the reasons that your subconscious mind is keeping you from succeeding at smoking cessation, or weight loss, or whatever challenge you are facing. Hypnosis induces a state of relaxation of the conscious mind, so that the therapist can make suggestions to the subconscious mind.

Songs

With Scott’s leadership, we sang the national anthems of the USA and Canada, plus “Oh What a Beautiful Morning” from Oklahoma, in honor of today’s gorgeous weather!

Happy Dollars

Don Patterson happy that his wife’s knew replacement surgery went well

Kelly Mendenhall happy that she no longer works for a bully, happy that Mike and Lisa kept her laughing at poker night last Saturday. Kelly said her sides still hurt from laughing.

Gail Scott Jim Jessnick, a Rotarian who is also a polio survivor, will speak to our club about Polio Plus on June 13

Bob Greenough happy to have survived a T.I.A. episode

Laura Van Steenis enjoyed the district conference and her hotel room with a terrace!

Don Broderick apologies for being late for poker shift Sunday night and congratulations to Eric Tindall for maintaining our great RCAAN website!