



The 4 Way Forum

January 29, 2013

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<http://www.lancasterhempfielddrotary.com/>

Lancaster, Pennsylvania

EVENING EDITION

Rotary's Four Way Test

- Is it the **TRUTH**?
- Is it **FAIR** to all concerned?
- Will it build **GOODWILL** and **BETTER FRIENDSHIPS**?
- Will it be **BENEFICIAL** to all concerned?"

President: Ed McGeehan

Invocation: Jim Eshleman

Guests: Corey Mahoney, Lancaster Club
 Doug Meints, speaker
 Jeff Sussman
 Matthew Daggett



No singing to visitors today!

Membership Attendance Today:

	TODAY	TOTAL MEMBERSHIP	PERCENTAGE IN ATTENDANCE TODAY
Boys	13	29	46%
Girls	5	8	63%
TOTAL	18	37	50%

Good turnout for first evening meeting of the modern era!

Can anyone remember the date our club moved from dinner to breakfast? The editor will pay your happy buck if you can recall the year.

Happy Bucks:

Diane Velletri: Told a fish story about her husband catching a 70lb Mahi Mahi off the coast of Puerto Rico with local fisherman. Of course photos of proof are "promised".

Michele Weiss: Happy to attend the MC Football banquet and watch her big strapping grandson, Joseph, get honors. Unfortunately, now he is being treated for a health condition and needs our thoughts and prayers.

Ed McGeehan: A happy buck for the club members coming out tonight and trying new things!

Bryan Moyer: Happy to be back. Had a torn Retina, but now repaired.

Jim Sheridan: Half of life is just showing up.

Announcements

April 27 is Shop for a Cause in Park City. Mark it down. Currently about 25% of the booths are committed. Start looking for your salesman hat – we soon need sponsors.

99th Annual District 7390 Conference

May 17-18, 2013

Radisson Hotel, 1150 Camp Hill Bypass, Camp Hill, PA

The talents of Rotary District 7390 will be showcased at the NEW and REVISED Conference in our backyard! (Sometimes it's held outside of the district) The Conference will feature the "STARS" of our District...the Clubs & Rotarians! Don't miss it! Early Registration Deadline: March 1, 2013!! Late Registration Deadline May 8, 2013! More details on the [district conference are HERE.](#)

Lynette is collecting door prizes

Program: Doug Mintz, [Thrive!](#) *A Simple Plan for a High Performance Life.*

Doug is a Chiropractor who has transitioned to Human Development and growth,

Doug explained that 5% of our brain does the thinking, and 95% is emotion. His work is to help people use that 95% effectively.

He made us stand in a big circle and hold hands! Yuck! Can you believe it? When everyone was touching, it completed an electrical circuit that made a doll sing Ring Around the Rosy. It was a little freaky.

We watched a video on "Super Stress", a condition brought about by our digital life style. Super stress puts us in a nearly constant state of Fight or Flight, rather than experiencing this condition once a month or so. Doug contends 90% of all doctor visits are caused by stress.

[Thrive Center for High Performers](#) is focused on having Sales people, Business people, and Athletes, achieve their highest possible performance. This is done through 1) Brain wave training, 2) Chiropractic, and 3) The competitive triangle.

The Competitive Triangle is 1) The right fuel (food), 2) Surround yourself with family and friends, and 3) Focus (brain wave training).

Doug suggested a detox of eliminating sugar and eliminating all news and TV. Fran nearly had a heart attack just thinking about it.

The club members asked lots of questions.



Here is a [short video from Thrive's website](#) showing how Devin Hester, wide receiver with the Chicago Bears, trains with Neurofeedback. Ignore the heavy sponsorship by Red Bull, I suppose.

doug@thrivelancaster.com

OUR CLUB GOALS FOR THIS YEAR

Increase membership by 6+
100% participation in Rotary Foundation giving
Become a Vibrant Club

A good time was had by all at this first 5:30pm meeting in the Common Era. These will continue to be the last Tuesday of each month through June.





Member Advertisement:

(Your free ad can go here – email it to me at ajacobs@isaacsdeli.com. If I don't have a compromising photo of a club member for this section, I'll put in a club member's advertisement.) This ad is from [Michele Weiss](#)



WINTER BLAST SPECIAL!

\$79.00

HEATING SYSTEM CHECK

Lancaster Plumbing & Heating will perform a comprehensive heating system check for the following types of furnaces:

- *Gas Furnace**
- *Oil Furnace**
- *Heat Pump**
- *Oil Boiler**

Call 717-393-3630 to schedule

Hurry! This offer ends February 28, 2013!



1184 Enterprise Road
East Petersburg, PA 17520

Not valid with any other offers or coupons