

THE DUBLIN SHAMROCK

VOLUME XLV Issue No. 3 SEPTEMBER 16, 2017

The Rotary Club of Dublin, California 2017-2018
"The Home of Rotarians in Action"



**ROTARY:
MAKING A
DIFFERENCE**

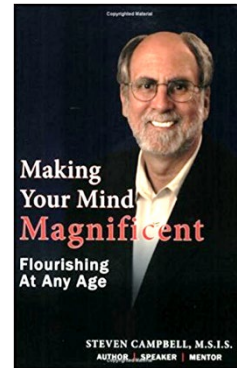
Your Amazing Brain

Recent speaker Stephen Campbell brought us a message about our brain. He says our brain believes everything we tell it, without question. When we say to ourselves that this is too hard for me, the brain says, "OK!" and then actually makes it hard. On the other hand, when you say, "This is so easy!" your brain simply says, "OK!" and then makes it easy. But what if we are telling our brain something that isn't even true? Your brain doesn't even care.

Here is how he concluded his interesting talk:

"I am concluding my message by sharing what I think are the three most exciting psychological breakthroughs in the history of psychology.

1. Your brain believes what you tell it. When you say, "I cannot do this!" your brain believes you and then makes sure you can't! However, when you say I CAN do this, your brain believes you just as quickly, and then does everything it can to make sure you do.
2. Your feelings follow your beliefs. Another way to say this is that your feelings don't come 'willy nilly' from somewhere out in the ozone...they are coming from your beliefs. More specifically, they are coming from what you are saying to yourself about yourself...and your life.
3. You can change the way you think. This is the most exciting one. You are only a victim of your circumstances if you say you are! However, you can change that thinking...right now. And your brain



will say, "Ok!"
It what you are saying true?
"Don't care! All I care about is what YOU.... TELL ME!"

Thanks to Mr. Campbell for sharing his talk and for sharing the text of his talk!



President

Patty Pringle

Treasurer

Parvin Manuchehri

Secretary

Don Price

President Elect

TBD

Membership Chair

Rich Boschetti

Club Service Chair

Ron Mazur

Community Service

Mona Dunlop

International Service

Richard Bennett

Youth Services

Bryan Benton

RI Foundation Chair

Kamal Della

Immediate Past President

Rich Boschetti

Program Chair

Bo Carvacho

Website

Shamekka Marty

Newsletter

Chris Kinzel

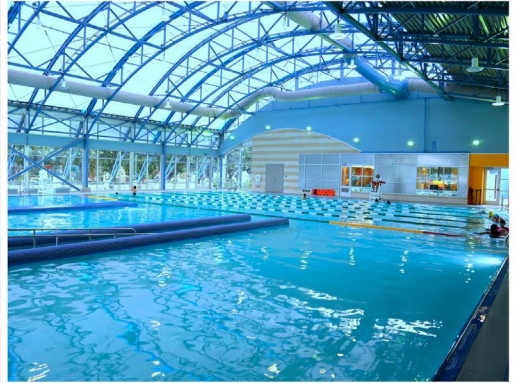
Social Chairs

Stephany Jenkins

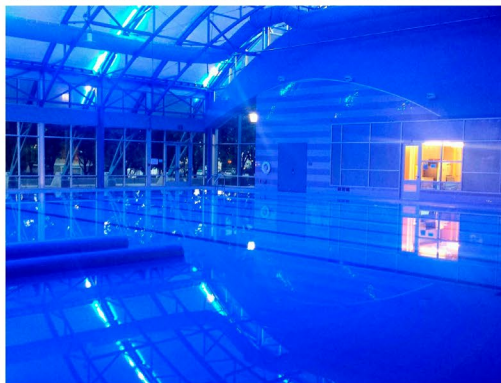
Beverly Herrera

School Vocational Liaison

Kevin Grier



September 7, 2017



WHY WE SEE FOOD THE WAY WE DO

I will never be on a diet



THIS IS THE MESSAGE THAT MY MIND RECEIVED FOR MANY MANY YEARS:

You have to "like" the food that you have in front of you and you have to finish it.
 You have to "like" the food that you have in front of you and you have to finish it.
 You have to "like" the food that you have in front of you and you have to finish it.

Love for food is a learned behavior

MY SON AND CHOCOLATES



THINGS THAT AFFECT THE WAY WE SEE FOOD

- Friends and family
- Marketing
- Cultural Expectations

HOW I WAS TAUGHT TO LOVE FOOD

At other people's houses

THE AUSTRALIAN FAMILY



WHAT'S HAPPENING TO OUR MINDS?

"Say 1000 lies and it will become the truth"

MY GRANDMA



Your mind learned to associate sweets with fun, love, soothing, party, rewards and hugs

THEREFORE I REALIZED THAT MANY OF US LEARNED THAT

"A way to look good is to eat the food they serve us." (even when we didn't feel like it)
 "A way to look good is to say that the food is delicious." (even when we didn't like it)
 • And the **ULTIMATE** way to look good was to get another serving." (even when we didn't feel like it)

You said or heard words or ideas
 Those words created a feeling
 Those feelings created a behavior

WHAT TO DO NOW?

The best way to change a behavior is to change your words

WHAT SHOULD YOU DO NOW?

Reverse the process

Stop paying attention to the conversations and articles that say that diets are hard.
 Allow yourself some **FUN TIME**, think about those non food indulgences that help you feel happier.
 Stop saying how much you love sweets
 Stop saying how much you love fried food
 Stop saying how much you love bread
 Stop saying that you are fat
 Stop saying how much you love chocolate
 Stop saying how much you love fried tarantulas

Can we go around the room without words? Lets try it!





DUBLIN ROTARY MEMBERSHIP

*Ackley, Dennis '97•	Sheet Metal	*Kyle Michael E. '75•	Attorney
Anyosa, John '14	Advocate	*Leuchi, Jeff '96•	Printing
*Bennett, Rich '95•	Pension Consulting	Lewis, Lucricia '16	Education
Benton, Bryan '13•	Restaurant	Manuchehri, Parvin '11•	Financial Planning
Biddle, Don '05•	Retired	Marty, Shamekka '16	Life Coach
Boschetti, Rich '12•	Barrel-busting	*Mazur, Ron '85•	Real Estate
Brown, Alan '13	Business & Security	*Miller, Dennis J. '79•	Chiropractor
Brown, Tinarsha '16	Realtor	*Moy, William '89•	CPA
*Carvacho, Bo '08•	Sports	*Price, Don '09•	Recreation Vehicles
Ceizler, Harold '69•	Dentist	Pringle, Patty '13	Tax Advisor
*Damaser, Larry '09•	Insurance	Raney, Ed '96•	CPA
*Delaporte, Tim '09•	Financial	Rouse, Megan '14	Financial Planning
Della, Kamal '11•	Real Estate Investments	Ruhullah, Yusuf '14•	Medical
Denlinger, Lee '04•	Educator	*Shurson, Stacey '90•	Insurance Broker
*Dunlop, Mona '94•	Travel	Smith, Linda '12	Economic Development
Fisher, Gary '16	Retired	Stanford, Athena '06	Sales Manager
Grier, Kevin '16	Education	Strah, Melissa '13	Dental
Hanke, Steve '12•	Education	Sullivan, Don '84•	Retired
Haubert, David '13	City Council Member	Tan, Larry '16	Insurance
Herbstman, Cliff '68•	Telephone Wizard	*Thalblum, Janine '09•	Insurances
Herrera, Beverly '15	Realtor	*Tucknott, Bob '73•	Electrical Contractor
Hodsdon, Daniel '16	Family Law	Watanabe, Jerry '72•	Orthodontist
Ichiuji, John '83•	Dentistry		
Jenkins, Stephany '11	Real Estate		
Johnson, Pamela '07•	Retired		
*Kinzel, Chris D. '87•	Traffic Engineer		
Kulick, MC '09•	Content Marketing		