

Rotary Club of Sacramento Breakfast

Meets Tuesday mornings at 7:15 a.m. @
Evans Kitchen, 855 57th Street, Sacramento



Rotary Club of Sacramento Breakfast
2016—2017 [Website](#) [Facebook](#)
District 5180 Make-up [Meeting Locations](#)

July/August 2017

If at first you don't succeed, skydiving is not for you! So says our Prez.

It's the Year of the Mongoose!

The Super Secret Naming Committee has met and after reviewing several possible options, announced that 2017-2018 will be the Year of the Mongoose! There were several contenders for this coveted title, including the blobfish, a truly disgusting creature whose sole purpose appears to be lying boneless on the bottom of the sea, conserving energy. Definitely not what's needed to helm the mighty Rotary Club of Sacramento Breakfast!. Instead, the Committee quite correctly chose a more energetic and

purposeful animal. As anyone who's read *Riki Tiki Tavi* knows, mongooses are quite adept at the difficult task of destroying cobras, and although we certainly don't expect to encounter any venomous creatures at our meetings, it's nice to know we'll have a mongoose around, just in case.

If you missed the meeting, please contact Cass and she can share with you the document she gave us: 6 steps to inputting your speakers into our Clubrunner site!



Figure 1 President Cass Ferranini posing with her new friend

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Guest Speaker August 1

Our guest speaker was Jennifer Robinson from the firm Market Force. Her presentation was incredibly interesting! Did you know that the human brain is always in survival mode? Apparently, we're very good at registering potential threats, and this can interfere with success. But if we can understand that the people we interact with are always in "survival mode", we can help reduce stress and improve our relationships with others. For instance, Ms. Robinson explained that when we meet someone, it only takes about 15 seconds for our brain to draw conclusions about that person's trustworthiness. Our impression of their



Figure 2 Guest Speaker Jen Robinson

trustworthiness is going to be different depending on whether we are motivated by "sincerity" or "competency". We should try to "treat others as they want to be treated". One thing to avoid: asking "Why" questions. These types of questions trigger defensive mechanisms in our brains, making us think we're being judged and found wanting. One hint: if you're dealing with someone who is upset and you want them to tell you what is bothering them, don't look them in the eye – they'll be more likely to be expansive if you're not staring at them. One suggestion – go for a walk with them. People speak more easily to each other when they're walking next to each other.

Another point Ms. Robinson made is that people have a tendency to play either "offense" or "defense". Offense driven people are inclined to want to go go go! They are "creational" -- always looking for new ways to do things. "Defense" driven people are "preservational" and tend to be more inclined to favor the status quo. Organizations thrive with both types of people, but they can drive each other nuts!

I think I can safely say that the whole mongoose colony at the meeting was fascinated by Ms. Robinson, and left the meeting with a lot of new insights into how we interact with others.

RCSB at the State Fair

Every year, District 5180 teams up with Save Mart to pour wine at the State Fair, with all "tips" going to the Save Mart Foundation. This year, we had the last shift of the fair, and 3 members of the RCSB mighty mongoose colony braved the heat to join others from District 5180. We poured tastes and glasses, fetched bottles and popped sparkling wine corks. It was busy, but really fun, and a great way to share our Rotary spirit while serving spirits! Chief

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Grape Brian Moore is working with Save Mart to secure 2 days for us next year! It was a great way to meet some nice folks from other clubs in our district!



Figure 3 Cindi, Alice and Laynie having fun at the fair

A Chance to Serve!!

Saturday, August 19

10 am

Jones House -- 206 Gifford Way,

Sacramento, 95864

***We will make sandwiches for the
River City Food Bank. Fellowship
and frivolity abounds!***

Pub Quiz Fundraiser is September 30!

There's lots to do to get ready for our upcoming fundraiser! Most importantly for now, we need to get our friends to put Sept. 30, 6-9 pm on their calendar, and secure awesome raffle prizes. If everyone can put together 2 teams of 4 players, we'll have nearly 100 guests!

Upcoming events:

August 12 – Youth Leadership training

August 19 – Foundation Seminar

August 27 – District 5180 Picnic (BYOFood)

September 30 – RCSB Pub Quiz

No one pulled the winning card, so there's still \$100.00 waiting for a lucky member of the RCSB Mongoose Colony to claim. But you have to be at the meeting for a chance at the cash, so see you next week!