

June 2016



PRESIDENT: BRYAN GUST

PRESIDENT-ELECT: KEN HEINZ

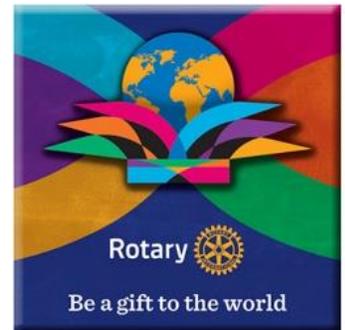
SECRETARY: KEN HEINZ

TREASURER: AL BASKIN

2015-16 Rotary International Theme:

Be a Gift to the World

"All of you have been given so many gifts. And you have now been given this great gift: one year to take all your talents, all your gifts, everything that you are and can become -- and Be a Gift to the World,"



ASSIGNMENTS

	<u>PLEDGE</u>	<u>INSPIRATION</u>
June 2	Jean Heinz	Brent Clous
June 9	Ken Heinz	Jean Heinz
June 16	Danny Kazmarek	Ken Heinz
June 23	Eric Pahlke	Danny Kazmarek
June 30	Mike Van Horne	Eric Pahlke
July 7	Jack Archie	Mike Van Horne

HAPPY, HAPPY BIRTHDAY ... join in wishing Mike Van Horne a very happy birthday on June 6th!

LINKS ... to other Rotary web pages ...

San Diego North Click here to see the schedule of programs and other late-breaking club news.

District 5340 Click here for the DG's newsletter, training schedules, and district and other club events.

Rotary International Click here for professional resources on a wide range of club management issues.

PRESIDENT'S MESSAGE ... Mary and I are in Scotland vacationing – missing all of you terribly! One of the problems with traveling is finding a make-up Rotary Club with a meeting that corresponds to your schedule. Well, I found the perfect solution here in Scotland ... an eClub that offers an eMake-up. It's the Rotary eClub of Southern Scotland. It's a two-step process ... first you spend 30 minutes visiting their website ... second you make a donation to their club in the approximate amount of what you'd otherwise have spent attending your own club's meeting. Your PayPal receipt is proof of your eMake-up. I think this make-up process works no matter where you travel ... the website is make-up@rotaryclubsouthernscotland.org.

Maybe we should set something like this up for Rotarians visiting San Diego. We'd have them listen to 30 minutes of Al talking about Rotary (or horses) or Brent telling jokes and make some money for our service projects too!

See you all in a few days! Bryan

THIS DAY IN HISTORY QUIZ

ROTARIANS ARE CHALLENGED TO CORRECTLY ANSWER THE FOLLOWING QUESTIONS.

THE ANSWERS WILL BE REVEALED AT THE MEETINGS DURING "THIS DAY IN HISTORY."

June 2	On this day in 1835, this showman started his first tour of the United States with his circus production. (Hint: who would ever name their son Phineas Taylor?)
June 9	This Roman emperor married Claudia Octavia on this day in 53 and committed suicide on the same day in 68. (Hint: he was also known for his fiddle playing)
June 16	This automobile manufacturer was incorporated on this day in 1903. (Hint: the company introduced the Model T in 1908)
June 23	Nik Wallenda became the first man to successfully walk across this canyon on a tight rope on this day in 2013. (Hint: the Little Colorado River is 3,000 feet below the top of the canyon at this point)
June30	The first Corvette rolled off the assembly line in this city on this day in 1953. (Hint: was there lead in the pipes even back then?)

FUN FACTS ...

Last month you learned what an idiom is ... as if you didn't know already! This month, we continue with some more common idioms ... did you know all seven last month? ... how many of these do you know?

Armed to the teeth

Meaning: Fully prepared for a confrontation.

Origin: Medieval warriors were often so laden with weapons that sometimes they would have to carry one in their teeth.

Balls to the wall

Meaning: Pushed to the limit.

Origin: It derives from aviation. The 'balls' sat on top of the levers controlling the throttle and fuel mixtures. Pushing them forward toward the front wall of the cockpit made the plane go faster.

Beat around the bush

Meaning: To avoid the issue.

Origin: In hunting it's often necessary to beat the underbrush noisily in order to flush animals out into the open. A timid and unwilling hunter will 'beat about the bush', making a show of finding and killing the beast, but not actually doing so.

Cold feet

Meaning: To show reluctance.

Origin: It's a military term. A man who has cold or frozen feet — a common affliction until the late 19th century — can't rush into battle, and so proceeds slowly.

My ears are burning

Meaning: I can hear someone talking about me.

Origin: It goes back to the ancient Romans, who had a strange obsession with burning sensations in various organs. If your left ear tingled, it signaled evil intent from outside influences. If your right ear tingled, you were being praised or were in line for some good luck.

Over the barrel

Meaning: To be under someone's control.

Origin: This dates back to the Spanish inquisition. A form of torture was to suspend someone over a barrel of boiling oil. If you didn't agree to the demands, you'd be dropped in.

Red Herring

Meaning: A distraction from the main issue.

Origin: It comes from fox hunting. A red herring has a strong odor. Hounds chasing a fox could be distracted by the smell of the herring and start following that instead.

START YOUR DAY OFF RIGHT ...

We go to sleep each night and wake up in the morning to a new day with new opportunities - a day filled with the power and freedom to choose. The minute we wake up, we can choose to get out of bed and make the most of our day or press the snooze button, roll over, pull the blankets over our head, and feel dread about the day ahead. This is nobody's choice but ours. Generally, the way we start our day influences how we feel for the rest of the day.

Let's look at 5 ways we can start our day off on a positive note:

- 1. When you wake up in the morning, take a few minutes to check-in (go within).** Take a few deep breaths and find something that you're grateful for (your children, partner, your health, the warm bed you are in, nature outside your window). Take this time to be thankful for all that you have in your life instead of wasting your energy on thinking about what you don't have.
- 2. Instead of pouncing straight out of bed, spend 5 to 10 minutes (or however long it takes) meditating.** Simply observe your breath. Breathe in for a count of 4 to 5, allowing your belly and chest to expand, and breathe out also for a count of 4 to 5 allowing everything to drop away. Notice how your breath enters your body, notice how your breath leaves your body, and notice the little pause between each breath. This will allow you to create a sense of peace within and it will also help get you into a good head space before your feet touch the ground.
- 3. Take a few moments while in the shower and/or while eating breakfast just to be present.** Feel the water on your skin, taste the different flavors in your food. It feels good and it's an amazing way to consciously set your energy and intention towards your day.
- 4. Before breakfast have a large glass of water with half a lemon squeezed into it and you may even like to add some ginger or cayenne pepper.** This will assist with digestion and is effective in body cleansing and detoxification - it will help get things moving. Follow this with a nutritious breakfast to kick-start your metabolism and fuel your body to face the day ahead. You have just had maybe eight to ten hours of fasting - your body needs sustenance and is ready to be refueled, so skipping breakfast is a big no, no!
- 5. Get clear about your intentions for the day.** For example you can intend to have a productive day. You can intend to have quality time with your family and friends with no distractions. You can intend to have a fun and brilliant day. You can intend to have a calm and peaceful day. You can intend to learn something new or be helpful to someone. Whatever it is just be clear about what it is you want your day to be. In order to create, manifest, and attract it, you must first align your heart, mind, and spirit with your intention. In other words, you truly need to feel it!

Thank you to Belinda Anderson for posting these thoughts on the Internet - 5 Positive Ways to Start Your Day.

IMPORTANT INFORMATION

Meeting Location	Broken Yolk Cafe 11630 Carmel Mountain Road San Diego, CA 92128 (858) 675-9655 Thursdays, 7:00 a.m. – 8:15 a.m.
Club Mailing Address	San Diego North Rotary P.O. Box 721986 San Diego, CA 92172
Club Website	www.SanDiegoNorthRotary.org
Club Email	SanDiegoNorthRotary@gmail.com
District Website	www.rotary5340.org
Club Number	29196
Member Number	Refer to the mailing label for The Rotarian
Federal Tax Number	EIN: 33-0566439