



★ EARLY BIRD NEWS ★

The ROTARY CLUB of CARBONDALE-BREAKFAST

★ Pres. Citations: 1996-97, 1997-98, 1998-99, 1999-2000, 2000-01, 2003-04, 2004-05, 2005-06, 2006-07, 2008-09, 2010-11, 2012-13, 2013-14 ★
★ Governor's Trophy: 1996-97, 2012-13 ★ ★ Bulletin: 1993, 2003, 2004, 2005, 2010 ★ ★ Web Site: 2009 ★
★ District Governors: Blanche Carlton Sloan, Jack Langowski ★ Club #26036

EVERY
ROTARIAN
EVERY
YEAR

27 MAY 2014

Service
▲ Self

◆ TODAY ◆

... Looking Ahead to 2014-15

RI President **Ron Burton** District Governor **Mike Nowobilski**

DATES TO KNOW

- June 1-4 International Convention, Sydney, Australia
- 17 DG Mike Nowobilski - Citation presentation!
- Sat., 28 Dist. Changeover/Foundation Dinner, Mt. Vernon
- Sun., 29 Club Annual Banquet
- July 26 Membership/Foundation Seminar @ JALC
- 25-27 RYLA @ Little Grassy
- Oct. 21 DG Lane Harvey - Official Visit
- November District Conference, Mt. Vernon

May Meetings

Organizer: T Mathias

- 6 Valerie Boyer, SIUC: Autism Spectrum Disorders
- 13 Business Meeting
- 20 Deanna Giacoma, The Hypnotic Effect
- 27 PE Steve: Committees & more

EREY 2013-14 Goal: 100% participation

REMINDERS

Makeups:

- Mon. Noon, Herrin, Civic Center
- Mon. 6:00 pm, Jackson-Williamson Co-Sunset, The Haven
- Wed. 7:30 am, Cartersville, Crab Orchard G.C.
- Wed. Noon, Carbondale, Lakeland School
- Th. 7:00 am, Anna-Jonesboro, Union County Hospital
- Th. Noon, Marion, First Methodist Church
- Contributions: The Rotary Foundation, 14280 Collections Center Drive, Chicago, IL 60693

Meeting Makeups: Mark "M" in the date block on attendance sheet and clip the makeup card to the clipboard.

Banners: Visiting another club? Take a banner—bring one back.

Memorial Day

... was previously known as **Decoration Day**, and the *Columbia Encyclopedia* (6e) cites the origin with General John A. Logan in decorating the graves of Civil War veterans beginning in 1868. Some two dozen cities/states claim earlier dates, as early as 1861.

The *Uniform Monday Holiday Act* (Pub.L. 90–363) is the Act of Congress that amended federal holiday provisions to establish the observance of certain holidays on Mondays. The Act was signed into law on June 28, 1968, and took effect on January 1, 1971. It began observance of Washington's birthday (February 22) as the third Monday in February; Memorial Day (formerly May 30) as the last Monday in May; Labor Day as the first Monday in September; Columbus Day (formerly observed on October 12) as the second Monday in October; and Veterans Day as the fourth Monday in October (but returned to the original Nov. 11 date in 1978). The Act did not officially establish a "Presidents Day," to include joint observance of the birthdays of Washington (Feb. 22) and Lincoln (Feb. 12); yet, by 1998, a dozen states had officially named and had begun observing Presidents Day in February.

By the 20th century, Memorial Day had been extended to honor all Americans who died while in the military service. Commonly, it typically marks the (unofficial) start of the summer vacation season, with Labor Day marking the end.

Assignments: JUNE 2014

| | <u>Greeter & Introductions</u> | <u>Moment of Reflection</u> | <u>Rotary Insight (RI) / Classification Talk (CT) / Getting to Know Ourselves</u> |
|----|------------------------------------|-----------------------------|---|
| 3 | T Ojewuyi | D Becque | S Heyer (CT) |
| 10 | G Petrowich | F Becque | C Hinde (RI) |
| 17 | J Phillips | F Betz | M Johansson (GKO) |
| 24 | K Renfro | J Betz | J Langowski (GKO) |

Early Bird News prepared weekly (Deadline: Sunday, 4 pm). PDF on the club website.

🎵 Bird Calls 🎵

Last Meeting

- ★ **Citation:** Our club is one of twelve in D6510 to earn the *RI President's Citation* for 2013-2014.
- ▶ **Thanks** to those who helped with the Adopt-a-Spot highway cleanup last week.
- 😊 **Home Host:** Former Rotarian Christina Voss asked for club members' assistance to host one or two visiting youth from Germany during the 2014-15 school year.
- 🎵 **May Birthdays:** B Fox (15), S Battiste (21), M Sinnott (26), R Osborn (27).
- 📅 **Programs:** June (Board), July (?)
- ✳️ **Reminder:** When you contribute to The Rotary Foundation, please notify Foundation chair, **PE Steve**.
- 💰 **Pig!** Missed a meeting? Please make up your contribution to assure full funding of scholarships.
- ➔ **Roster Updates?** Notify Secretary **Dan**.
- 📅 **Dues:** Jan. 1, Apr. 1, July 1, Oct.1. Treasurer **Shane**.

YOUR NOTES 🏠 🌿 🍷

Hog Wild Again!

T Mathias, F Betz, J Betz,
 S Battiste, M Sinnott,
 D Becque, F Becque,
 C Hinde, C Parker,
 G Petrowich, O Weidner,
 S Carsrud, R Osborn,
 G Waring, J Wides,
 R Sarao, M Cropper,
 S Heyer, T Rogers,
 B Fox, *who's next?*



Yum! Yum! More, please!

Visiting Rotarians & Guests

None

The Hypnotic Effect

Don Benitone and **Deanna Giacom**a shared an interesting and informative perspective on uses of hypnosis and hypnotherapy to enhance everyday living or quality of life.

Hypnotherapy is a form of psychotherapy used to create unconscious change in a patient in the form of new responses, thoughts, attitudes, behaviors, or feelings. It is used to address, for example, weight loss, insomnia, anxiety, addiction, and subclinical depression, and to enhance recovery from non-psychological conditions, such as following a surgical procedure.

Brainwave entrainment (BWE), also known as brainwave synchronization, is the brain's electrical response to rhythmic sensory stimulation, commonly sound waves. By listening to BWE audios, people can alter their brainwave frequencies in order to reach a desired level of consciousness. Brainwave synchronization is possible because the brain has a "frequency following" response, which occurs because the brain naturally changes its dominant EEG frequency to correspond with the dominant frequency of an external stimulus.

The brain cycles through different brainwave frequencies every day, and each frequency corresponds to a different level of consciousness. Manually tuning the brain to different frequency levels can allow easy entry into Alpha, Theta, and Delta states of consciousness associated with deep sleep, deep relaxation, meditation, creativity, and learning. The Beta wave state is everyday consciousness: normal activity, creative thinking, active thinking.

www.thehypnoticeffect.org

2013-14

KEY CONTACTS

***Board members**

| | | |
|---|---|--|
| President* President-elect* / Foundation Cmte Chair Vice President* / International Cmte Chair Past President / Service Projects..... Secretary* Treasurer* Director* / Youth Cmte Chair..... Director* / Bulletin/Programs/Admin Cmte Ch Director* / Public Image Cmte Chair..... Sergeant-at-Arms | Randy Osborn Steve Battiste Martha Cropper ... Kathy Renfro Dan Becque Shane Carsrud Tessie Ojewuyi Terry Mathias Greg Petrowich ... Craig Hinde | randy.o@bgc-cdale.org steve@businessresourcegroup.net mcropper777@gmail.com kato.ren618@gmail.com mdbecque@gmail.com shane.carsrud@oldnational.com theresa.ojewuyi@wellsfargoadvisors.com ... mathiasil@aol.com gpetrowich@gmail.com hindecraig@gmail.com 925-3403 201-7509 201-5688 713-0412 529-3307 457-3741 856-332-5381 924-5655 303-8345 549-5572 |
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