



This Week

Meeting Date and Place

August 7, 2008 at 12:15p.m.Cameron Park Country Club

Words of Wisdom

Words of Wisdom: **Billy V**; Greeter **Gary Gall**; and **David Tavernetti** on the front desk

Program

The Cameron Park Rotary Community Foundation annual meeting

Last Week



David Greenwood, founder and Director of the **Greenwood Hypnosis and Wellness Center** in Folsom gave entertaining and useful insights to the topic of hypnosis. A certified Hypnotherapist, David has been operating out of the Folsom Center for the last twelve years. He talked briefly about hypnosis as it is used in club shows for entertainment and focused more on the serious uses of hypnosis to deal with real life issues.

When asked if Hypnotists who perform for entertainment purposes are real, David confirmed that they are legitimate hypnotists using their professional skills. He explained that about 10% of the population is particularly susceptible to hypnosis and that there are certain signs that hypnotists seek to identify them. They

attempt to enlist the likeliest subjects for their acts and turn away those who would not respond as well. David observed that participants in such shows who laugh along with the audience are probably not hypnotized while those who are tend to sit and look straight ahead are under hypnosis.

The Greenwood Hypnosis and Wellness Center helps people using hypnosis to improve their physical, emotional, mental and/or spiritual quality of life. On his web site, David describes hypnosis as, "...a trance-like state of focused imagination that allows you to positively change your life by re-educating your subconscious mind. This state of awareness is reached when you bypass the analytical mind, opening a doorway into your creative mind which accepts positive suggestions." Hypnosis allows someone to focus their state of attention to allow access to the inner mind. He cited a number of examples of daily life experiences that are, in effect, a hypnotic state of mind. A person watching television can be so focused that she/he actually does not hear what their spouse is saying. A person experiencing emotions in a movie, while knowing that the events on the screen are not real, has allowed his/her inner mind to take over as though the events on the screen are actually happening.

The Center helps people with a wide range of issues such as quitting smoking, losing weight, learning to relax and pain management. Pain management is a good example of how hypnosis works. David says that the body literally experiences billions of bits of information daily, but the conscious mind can only deal with a limited number. The sub-conscious mind serves as a filter, deciding which information gets forwarded to the conscious mind. At the Center, David and his colleague teach people how to use that filter and, in turn, manage pain. In fact, David says that the main purpose of the Center is to educate people. They educate people to use their minds.

The majority of people coming to the clinic want to deal with issues of self growth or self esteem. David says that all people have a host of negative beliefs about themselves that are not true. Through focusing on the inner mind, they help people dispel those untruths. They try to help people to reach their full potential; to do what they can to the best of their abilities. He works with golfers to visualize and execute shots that they know how to make. He cannot get people to do anything beyond their abilities. He cannot teach someone to hit a ball like Tiger Woods or to play the piano. He also cannot

get someone to say or to do anything that they do not want to do. He can help people to get the most out of skills that they already have.

There is a legitimate place for hypnosis to help people to use the power of their own minds to improve quality of life. People should look for a qualified hypnotherapist who is professionally trained and certified. Most health plans do not cover hypnotherapy, although some progressive insurers do offer coverage. Professionals, such as David, carry malpractice insurance and observe strict requirements of confidentiality. His Center offers many services not covered here. To learn more about the Greenwood Hypnosis and Wellness Center, go to: <http://www.greenwoodhypnotherapy.com/>

Presidents Corner



EL DORADO COUNTY SHERIFF'S POSSE GOLF TOURNAMENT:

Dennis Hamilton announced that the El Dorado County Sheriff's Posse is holding a golf tournament on Monday, November 3, 2008, to raise funds. The Posse's mission statement is, "The members of the El Dorado County Sheriff's Posse, in assembly, do hereby recognize their mission to support members and their families of the El Dorado County Sheriff's Office both enthusiastically, financially, and in any other capacity deemed appropriate in time of need." Originally established to support families of officers lost in the line of duty, they have expanded their mission to provide equipment, such as Kevlar vests, that the county cannot provide within their budget. Dennis announced that the Posse is limited to 100 members and that there are currently memberships open. Anyone interested in more information should contact Dennis.

SHOW AND SHINE:

Former President **Joe Ryan** presided over the meeting in the absence of President Iain who is sampling Guinness in Dublin. Joe is overseeing plans for Show and Shine, the air and auto show at the Cameron Park Air Park to be held on September 20, 2008. Reminiscent of his days as President when everyone was enlisted to serve on a committee, Joe is forming committees to make this event a success. Anyone willing to help should contact Joe.

ANNUAL MEETING OF CAMERON PARK ROTARY COMMUNITY FOUNDATION:

The program this week will be devoted to the annual meeting of the Community Foundation. The election of two (2) directors for three (3) year terms shall take place. The nominating committee has put forth the names of **Dave Sargent** and **Mike Collom** for re-election. Nominations may be made from the floor.

AUGUST BOARD MEETING:

Acting President **Joe** gave a reminder that the August Board meeting has been rescheduled to noon on August 12, 2008, at Kobe's restaurant in Burke's Junction. Board meetings are usually held on the first Tuesday of each month and all members are welcome to attend.

Noted Rotarians



HAPPY BUCKS

It was nice to see **Bob Laurie** make a rare appearance in Cameron Park. Since his last visit, his youngest daughter was married and Bob likes his new son-in-law to the extent of ten happy bucks. Reporting on the Battalion that the club supported during their duty in Iraq a couple of years ago, Bob says that they are home and well. His niece's husband, **John Tien** has since been promoted from Lt. Colonel to Colonel and is assigned to staff support for the National Security Council. Bob is happy that Col. Tien will be home to see his daughter through high school and offered fifteen Happy Bucks to show it.

Brian Silverthorne sometimes acts surprised that wife **Stephanie** has kept him around. After nineteen years you

would think he'd relax. He is certainly thankful for their anniversary, to the extent of twenty Happy Bucks.

Last week, **Chuck LePere** was a beaming grandfather, showing off his beautiful granddaughter. Unlike other young guests that Chuck has hosted in the past, this one stayed awake and alert throughout the program. Good enough for Chuck to contribute five Happy Bucks.

Not here the previous week, **Chris Moore** was off to Yellowstone with his wife and children. Unconnected to the internet or a cell phone, Chris described it as, "back to nature." He enjoyed it enough to donate ten Happy Bucks.

Sabrina Ho continues to improve the facilities at the **Bass Lake Golf Course**. This week, she repaved the parking lot, painted new parking stripes and showed her satisfaction with the outcome with ten Happy Buckes.

Norm Headley traveled with his bride to Sedona, Arizona last week. When picking up the rental car he found out that they had been upgraded to a Toyota Prius. He was amazed at the quiet ride as they put 1,000 on their rental. The experience was good for five Happy Bucks.

Art Cort told the world that former President **Joe Ryan** had showed up for breakfast after they had stopped serving food at the monthly breakfast fund raiser in Latrobe. Too bad, it was a great event and during the election season, there is plenty of support from local candidates. It's not clear whether either Art or Joe was particularly happy about the event, but both came up with \$5.

Birthdays in August

Max Callaghan

Van Dossey

Chris Moore

Gary Reynolds

-----Spouses-----

Barbara Lloyd

Sally Marshall

Alice Moore

Trudy Neal

Lacey Young

Anniversaries in August

Doug & Dottie Bisbee

Bill & Dianne Ettlich

Dennis & Michelle Hamilton

Iain & Sally Marshall

Gary & Robin Reynolds

Upcoming Calendar

August 7, 2008 - **Bob Clarke** - The Cameron Park Rotary Community Foundation annual meeting.

August 14, 2008 - **Shannon Guzzo** - Travelogue to Antarctica

August 21, 2008 - Annual meeting at **Bob Clarke's** Latrobe Vineyard. **Bill Stephens** El Dorado County Agriculture Commisioner, will speak on the proposed wine ordinance.

August 28, 2008 - **Mike Neal** - Vocational Service

September 4, 2008 - Sacramento River Cats Rally

September 11, 2008 - Patriots Day with **Maj. Ken Ashworth** from he California Military Museum

September 18, 2008 - **Kyleen Cornell** - Boys & Girls Club of El Dorado County Western Slope

September 25, 2008 - **Tammy Mefford** with Cameron Park Community Service District on exciting progress with new Community Center (at Faith Episcopal Church)

Upcoming Words of Wisdom

August 7, 2008 - Words of Wisdom by **Billy V** after a greeting from **Gary Gall** with **David Tavernetti** on the front desk

August 14, 2008 - Words of Wisdom by **Steve Long** after a greeting from **Bob Clarke** with **Ulla Petersen** on the front desk

August 21, 2008 - Words of Wisdom by **Art Cort** after a greeting from **Tom Keating** with **Dee Russo** on the front desk

August 28, 2008 - Words of Wisdom by **Chuck LePere** after a greeting from **Dave Sargent** with **Mike Collom** on the front desk

The Last Word



DATES TO REMEMBER:

August 12, 2008 - Monthly Board Meeting at Kobe`s Restaurant in Burke`s Junction at noon.

September 20, 2008 - Coastal Cleanup Day

September 20, 2008 - **Show and Shine** annual ``Fly in`` Airplane and Auto Show at Cameron Park Air Park

November 13, 2008 - Annual Area Rotary Foundation Dinner at the Cameron Park Country Club

Gear Up is written by **Jim Buckley** and **Art Cort**. Photography and artwork through the talents of **Mike Neal**.