

Today's Program

June 5, 2007

Guy McRary

Permian Basin Area Foundation

Installation Banquet

Tuesday, June 26, 2007
Green Tree Country Club

We Will Not have our regular noon meeting
on this day

In The Future

Make up a meeting at http://www.rotaryclubone.org/makeup_how.htm

Rotary's New Mission Statement

The mission of The Rotary Foundation is to enable Rotarians to advance world understanding, goodwill, and peace through the improvement of health, the support of education, and the alleviation of poverty.



June Birthdays

Jay Norris – 7
Mel Pate – 17
Steven Marzett – 19
Ron Dunn - 29



I don't know what your destiny will be, but one thing I do know: the only ones among you who will be really happy are those who have sought and found how to serve.

Albert Schweitzer

Did You Know?

Movie actress Marlene Dietrich (1902-1992) once said that hot dogs and champagne were her favorite meal.

It is said that the legendary baseball player Babe Ruth once downed 24 hot dogs between games of a double header.

Hot dogs are primarily regarded as a fun, summertime food, and most are eaten between Memorial Day and Labor Day.

Rotary Roster 2006-2007

Bhupen Agrawal, Stock Broker, PH ♦ Clayton Alexander, Trust Officer, PH, PP ♦ Dianne Anderson, Fund Raising, PP, PH, ADG ♦ Ed Anderson, Oil & Gas Atty ♦ Chris Aycock, Attorney ♦ Darpan Bhakta, Hotel-Motel ♦ Tiffany Blakely, Commercial Insurance ♦ Steve Burke, Land Management, PH ♦ Scott Britton, Boy Scouts of America ♦ Jack Campbell, Abstract, PH ♦ Joe Campbell, Abstract, PH ♦ Steven Castle, Oil & Gas Exploration & Production, PH ♦ Sparky Clark, Funeral Director ♦ Martha Cowley, Packaging & Shipping ♦ Michael Cowley, Oil Transportation ♦ Lee Culver, School Admin., PH, PP ♦ Luther Dobbins, Non-Profit ♦ Michael Dobey, Computer Networking, PH, PP ♦ Ron Dunn, Private Club, PH ♦ John Dzubinski, R E Property Mgmt, PH, PP ♦ Marvin Eastman, Pianist, PH, PP ♦ Ron Eckert, Attorney ♦ Sarah Edgell, Computer Technology, PH ♦ Harold Fuller, Baseball Promotion, PH ♦ Greg Frost, Insurance Agent ♦ Steven Garcia, Convention Mgmt. ♦ Hill Glover, Accounting, Private, CPA, PH, PP ♦ Linda Guerrero, Medical Spa ♦ Paul E. Guerrero, Insurance Agent, PH ♦ Doris Graham, PH ♦ Wes Graham, PP, PH ♦ Les Hinds, Investments, PH, PP ♦ Jeb Hughes, Bank Management, PP, PH ♦ Charles Johnson, Gymnastics ♦ Peggy Jones, Water Sales & Marketing, PH ♦ Mark Kimball, Telecommunications, PH, PP ♦ Jim Mauldin, Oilfield Manuf., PH ♦ Steven Marzett, Oil Industry ♦ Macon McDonald, Land Survey, PH, PP, PADG ♦ Jim Morris, Accounting, PH ♦ Roy Nelson, Family Insurance, PH ♦ Raymond Nicholas, Geology, PH, PP ♦ Jay Norris, Retail Banking, PH, PP ♦ Ellen Pate, Emergency Mgt., PH, PP, Past ADG ♦ Mel Pate, Gen'l Dentistry, PH ♦ Mark Powell, Banking ♦ Jack Powers, Honorary, PH ♦ Pat Powers, Honorary, PH ♦ E.V. "Vance" Scott, Insurance, PH, PP ♦ Gene Spires, Dentistry, PH, PP ♦ David Theobald, Accredited Estate Planner ♦ Bobby Trimble, Non-Profit Org, PH ♦ Cindy Wagler, Banking ♦ Kendall Warren, Real Estate ♦ Bob Watkins, Oil & Gas Investments, PH, PP ♦ Pam Welch, Economic Development, PH ♦ Johnny Woods, Oil Industry ♦ Tom Wurster, Business Consultant, PP, PH ♦ Jake Young, Automobile Industry

PH=Paul Harris Fellow PP=Past President

www.ridistrict5730.org/midland_west.htm

Did you know that the words you use only have a 7% impact on your communication? Your tone of voice only amounts to another 38%, but your non-verbal body language amounts to a whopping 55% impact on the message you are trying to communicate.

The many benefits of laughter

1. When you make fun of yourself, you disempower those who would make fun of you and disarm possible confrontations.
2. Laughter dissolves tension, stress, anxiety, irritation, anger, grief, and depression. Like crying, laughter lowers inhibitions, allowing the release of pent-up emotions. After a hearty bout of laughter, you will experience a sense of well-being. Simply put, he who laughs, lasts. After all, if you can laugh at it, you can live with it. Remember, a person without a sense of humor is like a car without shock absorbers.
3. Medical researches have found that laughter boosts the immune system. The study of how behavior and the brain affect the immune system is called psychoneuroimmunology. Though still in its infancy, this science is rapidly gaining much attention as mankind strives to understand the mind-body relationship.
4. Laughter reduces pain by releasing endorphins that are more potent than equivalent amounts of morphine.
5. Humor helps integrate both hemispheres of our brain, for the left hemisphere is used to decipher the verbal content of a joke while the right hemisphere interprets whether it is funny or not.
6. Laughter adds spice to life; it is to life what salt is to a hard-boiled egg.
7. Develop your sense of humor and you will find you are more productive, a better communicator, and a superior team player.
8. Everyone loves someone who can make them laugh. The more you share your sense of humor, the more friends you will have.
9. Humor brings the balance we need to get through the turbulence of life comfortably.
10. Laughter is even equivalent to a small amount of exercise. It massages all the organs of the body, according to Dr. James Walsh.
11. A sense of humor can help you accept the inevitable, rise to any challenge, handle the unexpected with ease, and come out of any difficulty smiling.

Some of Rotary's most visible programs include Rotary Youth Exchange, a student exchange program for students in secondary education, and Rotary's oldest program, Ambassadorial Scholarships.

Today, there are six different types of Rotary Scholarships. More than 37,000 men and women from 100 nations have studied abroad under the auspices of Ambassadorial Scholarship, and today it is the world's largest privately funded international scholarships program.

In 2002-03 grants totaling approximately \$26 million were used to award some 1,200 scholarships to recipients from 69 countries who studied in 64 nations. The Exchange Students of Rotary Club Munich International publish their experiences on a regular basis on Rotary Youth Exchange with Germany.

Rotary Fellowships, paid by the foundation launched in honor of Paul Harris in 1947, specialize in providing graduate fellowships around the world, usually in countries other than their own in order to provide international exposure and experience to the recipient