

# Rotations

PO Box 943  
Lafayette, CA 94549  
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Meetings:  
Thursdays 12:15 pm  
Oakwood Athletic Club  
4000 Mt. Diablo Blvd  
Lafayette, CA

**Official Weekly Bulletin of the Rotary Club of Lafayette, CA  
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New President Geoff Zimmerman opened the meeting and Chuck Vogel provided thought for the day

**Visiting Rotarians:**

none

**Guests:** Tom Madden Farmer's Insurance guest of Pete





### **Announcements:**

Board Meeting next Tuesday

August 1 Rotary night at the Sacramento Rivercats

August 3 National Night out in conjunction with The Chamber of Commerce and Lafayette Police

Rock the Plaza sign up, dates are August 13, 20, 27

Blue badges were presented to Pete Barbounis, Erin McCoin, Terry Ring and Maurice Williams

Jess Wellen announced some international fund projects: Schools in Afghanistan with Budd

McKenzie, African projects with Mike Barrington

### **Fines**

Maurice Williams for not arriving on time to be greeter

Jess Wellen \$50 for his birthday on the 19th

### **Happy \$**

1. Don Anderson for resting at Lake Almanor
2. Bob Shusta gave not happy \$ for putting unleaded gas in his diesel tank
3. Maurice gave \$5 for Bob's gas
4. Geoff Zimmerman for the article and picture in the Lamorinda Weekly
5. Chuck Vogel for his granddaughter's successful knee surgery
6. Maurice Williams for Bob Shusta's email to the club
7. Pete Barbounis for his Cpap machine and all night sleep and for his daughter's surgery and readiness for her soccer season
8. Larry Blodgett for Geoff typing email at 2am
9. Larry Blodgett for his truck that was in the Orinda parade and for his wife and daughter riding with him
10. Andy for the Moraga Commons fireworks on the 4th and the 2 pictures that actually turned out for him

### **Speaker**

Tom Madden – Mind Theory

1. The "mind" is separate from the "brain". There are two brains the reptilian brain (primitive) and the thinking brain.
2. The cerebral cortex allows humans to separate from the other animals and think in the abstract.
3. There are 4 key levels to the mind: Conscious, Analytical, Subconscious and Instinctive
4. The conscious mind protects us from emotional harm
5. The subconscious mind is the warehouse for storage of prior experiences
6. The analytical mind is the filter and it filters information from the outside, most information is filtered to the negative
7. Human behavior prefers negative knowns vs. unknown even though we know they are

negative

8. We as individuals believe that our feelings and thoughts are 100% right. To allow for communication we need to understand that others also believe that they are 100% right and that their 100% is different than our own.

9. The key to mind theory is understand the 2 types of terms, concrete terms and relative terms, the conversion of the relative terms to the concrete terms is the key for effective communication

10. Two words to listen for in a conversation that are key to understanding mindset of others:

1. The word not in a in a question makes it a statement and no longer a question

2. The word but, a comparative used to make a point that eliminates everything prior to the but, "You did a great job, but..."

3. When you hear these things, start asking questions and take control of the conversation

**Rotary International News**

# Foundation alumni to gather in Cape Town

By Peter Schmidtke  
Rotary International News -- 8 July 2010



RI President and former Ambassadorial Scholar Ray Klinginsmith. *Rotary Images/Alyce Henson*

Former Ambassadorial Scholars who studied at the University of Cape Town and graduates of the university who spent their Rotary scholarship year abroad will be able to meet one another and reconnect with The Rotary Foundation during Ray's Rotary Reunions in South Africa, 3-5 February in Cape Town.

**Other News:**

**The Four Way Test**

Of the things we think, say or do:

1. Is it the TRUTH?
2. Is it FAIR to all concerned?
3. Will it build GOODWILL and BETTER FRIENDSHIPS?
4. Will it be BENEFICIAL to all concerned?

**Officers & Directors**

- Ray Klinginsmith . . . . . RI President  
 Karl Diekman . . . . . Dist 5160 Governor  
 Geoff Zimmerman. . . . . President  
 John Sherry. . . . . Past President  
 Troy Feddersen. . . . . Vice President  
 Bob Shusta . . . . . Secretary  
 Greg Vaisnor . . . . . Treasurer  
 Chuck Vogel . . . . . Club Service  
 Troy Winkles. . . . . Community Service  
 Jesse Wellen. . . . . International Service  
 Erin McCain . . . . . Vocational Service  
 Andy Scheck. . . . . Sergeant of Arms  
 Mo Levich . . . . . Sergeant of Arms

**Give Hope - Give A Hand**

The Rotary Club of Lafayette donates an LN-4 Prosthetic Hand in the name of our speakers each week.

The LN-4 Prosthetic Hand transforms lives and empowers those who have lost hands and limbs due to land mines, birth defects, and other catastrophes.



**Make Up Meetings**

and locations of nearby clubs:  
<http://rotary5160.org/clubs/where-clubs-meet/>

**Club Calendar**

**Upcoming Speakers**

**Local & District Events**

**Rotary International Events**

2010 RI Convention, Montreal, Canada

**Birthdays**

- 07/01 Daniel Baker  
 07/03 Polly Bernson  
 07/03 Andreas Scheck  
 07/04 Chuck Vogel  
 07/08 Robert Aguilar  
 07/19 Jesse Wellen  
 07/26 John Hansen

**Anniversaries**

- 07/04 Tom Courtright  
 07/07 Warren Rupf  
 07/16 Chuck Vogel  
 07/21 Bud Moulthrop

**Greeters**

- 7/01 Jesse Wellen  
 7/08 Maurice Willimans  
 7/15 Troy Winkles  
 7/22 Don Anderson  
 7/29 Daniel Baker

[read story.](#)





Notes by Erin McCoin | Photos by John Sherry