

### ROTARY OFFICERS - 2018-2019

Barry Rassin	International President
Sandi Schwartz	District 5240 Governor

### Rotary Club of Paso Robles - Officers and Directors - 2018-2019

Gail Tannehill	gailtannehill@yahoo.com	President
Pat Sayne	Pjsayne@hotmail.com	Past President
Nicolette Harley	nicolette@theharleygroup.net	Pres Elect Nominee 2019-20
Jessica Fullerton	Jessicafullerton60@gmail.com	Secretary
Ann Hansen	ahansen@americanrivierabank.com	Treasurer
Jennifer Sorenson	jsorenson01@gmail.com	Club Service Director
Joe Irick	joe.irick@yahoo.com	Vocational Svc Director
Julie Opheim	Jopheim@placertitle.com	Community Svc Director
Katy Wetterstrand	katy@westernquartz.com	International Svc Director
Steve Gregory	Steve.gregory@att.net	Director-at-Large
Randy Kohn	randocommando@sbcglobal.net	Director-at-Large
John Fisher	winehorse63@gmail.com	Membership Director
Linda Midkiff	Lmidkiff105@gmail.com	Youth Service Director
Bob Fonarow	bobfonarow@att.net	Club Awards Chairman
Brian Maxted	brian.maxted@hmgypsum.com	Public Relations Director
Bob Fonarow	bobfonarow@kw.com	Pres Elect Nominee 2020-21
Larry Ward	lpwardrb@gmail.com	Finance and Investments
Tom Taylor	ttdford50@gmail.com	Sergeant-at-Arms
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Cynthia Anthony	cynthia_anthony@hotmail.com	Family of Rotary
John Hamon	john@hamonohd.com	Programs Chair
Nic Mattson	publisher@pasomagazine.com	Webmaster
Bob Vilhauer	rjvilhauer@gmail.com	Bulletin Editor

### The Object of Rotary

#### THE FOUR WAY TEST: OF THE THINGS WE THINK, SAY, AND DO

1. *Is it the TRUTH?*
2. *Is it FAIR to all Concerned?*
3. *Will it build GOOD WILL and better Friendships?*
4. *Will it be BENEFICIAL to all Concerned?*

## The Paso Oak Leaf

Rotary Club of Paso Robles, California

94 years of service to the Community

Charter granted January 15, 1924

[www.pasoroblesrotary.org](http://www.pasoroblesrotary.org)

September 13, 2018

### Jeanne "Bean" Murdock Satirist and Author

While Jeanne Murdock promotes herself as a comedian who happens to be a health and fitness expert, her presentation was to discuss a serious issue, amyotrophic lateral sclerosis (ALS). ALS is also known as motor neurone disease (MND) or Lou Gehrig's disease. Her recently published book, *My Guardian Angel Wears Antiperspirant*, was co-authored by Carole Breton, who suffered from ALS. The book was published on February 13 of this year. Sadly, Carole died the next day.



Jeanne was introduced by Denise Wakefield. Jeanne grew up in Cupertino and was given the nickname Bean by her next-door neighbor simply because it rhymed with Jeanne. She studied physical education at Cal Poly. She then started BeanFit Health and Fitness Services in 1992. Three years later, Jeanne was diagnosed with celiac disease, a condition that she included in her teachings. While Jeanne spent 22 years as a health and fitness professional, she now spends more time writing books and speaking.

ALS is characterized by stiff muscles, muscle twitching, and gradually worsening weakness due to muscles atrophy. This results in difficulty speaking, swallowing, and eventually breathing. Most people with ALS have a 2-5 year life expectancy although a few, like Stephen Hawking, beat the odds and live much longer. There is no cure for ALS, but a medication called riluzole may extend life by about 2-3 months. The cause of ALS is currently unknown, but genetics and environmental factors both play a role. About 20,000 Americans have ALS at any time. There is a higher incidence of ALS in males, smokers, and those serving in the military.

As demonstrated by her book with Carole, Jeanne enjoys working with people who have an interesting story to tell, but need help with writing and publishing. She provides a free consultation for those interested. She can be reached at (408) 203-7643.

## News You Can Use

- **Rotary Social** - There will be a Rotary social **tomorrow night, Sept. 14 at 6 PM** at the home of Lee and Gail Wilson. Their address is 1675 Cumbre Road, Paso Robles. Please bring an appetizer and beverage to share. Club service director Jennifer Sorenson also notes that fall is a great time to consider hosting a social. Please contact Jennifer if you would like further details on hosting an event.
- **Peace is Possible** - The Sunrise Rotary Club of Paso Robles is hosting this event on **Sept 14 from 8 AM - 4 PM** at the La Quinta Inn Conference Room, 2615 Buena Vista Drive. The keynote speaker is West Point grad and Iraq war veteran Paul Chappell. In addition to local & international speakers, there will be a conflict resolution workshop. Tickets are \$45 (includes breakfast & lunch). Go to [pasoroblessunriserotaryforpeace.org](http://pasoroblessunriserotaryforpeace.org) for tickets or more info.
- **Sex Trafficking Summit** - President Gail encouraged members to attend this important conference on **Sept 15 from 8:30 AM - 2 PM** at the **Morro Bay Community Center**, 1001 Kennedy Way. The event is hosted by the Rotary Club of Morro Bay & St. Timothy's Women's Guild. Tickets are only \$15 that includes lunch. Register at [www.sloagainsthumantrafficking.evenbrite.co](http://www.sloagainsthumantrafficking.evenbrite.co)
- **Wine Country Theatre** - Come see *Moonlight & Magnolias*, a fast-paced, screwball comedy centered around the last-minute re-write of the now-beloved "Gone with the Wind" movie script. Evening and matinee shows run **Friday, Saturday & Sundays from Sept 21-30**. Get show times and tickets at [WineCountryTheatre.com](http://WineCountryTheatre.com) or (800) 838-3006.
- **2018 Rotary District 5240 Conference** - President Gail asked that members consider attending the district conference held at the DoubleTree Hilton in Bakersfield **October 5-6**. Conference registration is \$95 per person and includes Saturday breakfast and lunch. Hotel rooms are only \$99 per night. Please contact Gail if you want further information or plan to attend.
- **Paso Robles Youth Arts Association** - Mark your calendar for the *Le Cirque Des Arts* benefit gala to be held **Saturday, Nov 3, from 5:30 - 9 PM** at the **Berg Auditorium**, 3201 Spring Street. Event includes dinner, champagne, student entertainment and auctions. Tickets are \$95 pp. Go to [www.pryaf.org/tickets](http://www.pryaf.org/tickets) or (805) 238-5825

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## Coming Programs

- Today: Art Kuhns Certified Hypnotherapist, *Empower Your Subconscious Mind***
- Sep 20: Leon Tackitt, Ambassador, Explosive Ordnance Disposal (EOD) Wounded Warriors Program
- Sep 27: George Poulakos, Rotary Club of Ventura, *The Grace Centre Global Grant*
- Oct 4: Nita Belles, Founder and Executive Director, In Our Backyard, *Human Trafficking in America and What We Can Do to Stop It*
- Oct 11: Pioneer Day Old Timers Luncheon at Event Center

## Birthdays in the Next 30 Days

Megan (Ryan) Tannehill	Sep 14	Susie (Tom) Apkarian	Sep 27
Koene Graves	Sep 19	Mary (Pat) Sayne	Sep 27
C.R. (Ashley) Wilken	Sep 19	Aeri (Tom) Taylor	Sep 28
Harry Ovitt	Sep 22	Debbie Lorenz	Oct 3
Tanya (Jeff) Railsback	Sep 25	Linda Midkiff	Oct 5
Gary (Kathy) Tucker	Sep 25	Heri (Lars) Jorgensen	Oct 7
Jennifer Sorenson	Sep 26	Mary Ann Burke	Oct 9
Brian Stack	Sep 26	Tom Apkarian	Oct 11

## Anniversaries This Week

Scott & Beth Brennan	Sep 13	Jan & Frank Jensen-Pyeatt	Sep 13
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## Humor Corner



This woman is 51 years old. She is TV health guru Gillian McKeith. She advocates a holistic approach to nutrition and health, promoting exercise and a vegetarian diet which is high in organic fruits and vegetables. She recommends detox diets, colonic irrigation and supplements.



This woman is also 51. She is TV chef Nigella Lawson. She eats meat, butter, chocolate and desserts.... all washed down with copious amounts of wine.

**I REST MY CASE**