

ROTARY OFFICERS - 2017-2018

Ian H.S. Riseley International President
John Weiss District 5240 Governor

Rotary Club of Paso Robles - Officers and Directors - 2017-2018

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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

93 years of service to the Community

Charter granted January 15, 1924

www.pasoroblesrotary.org

November 30, 2017

Marjorie Hamon

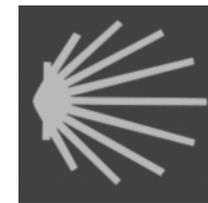
Walking the Camino de Santiago - "The Way of Saint James"

Marjorie Hamon has always enjoyed walking and hiking, but none of her previous experiences compare to the epic journey of a lifetime she and her daughter Jessica experienced in walking "The Way of St. James". Known in Spanish as *El Camino de Santiago de Compostela*, The Way of St. James is a network of routes across Spain and Europe which all lead to Santiago de Compostela, a cathedral in the northwest region of Spain. Since the Middle Ages, these routes have been walked as a pilgrimage to the tomb of the apostle St. James. While there are numerous variations of routes, Marjorie's journey spanned 480 miles across northern Spain - all in three weeks.

A hike of this magnitude required a great deal of preparation beginning with getting the right equipment including a well fitting pair of hiking boots and a backpack that was light enough (18 lbs) to wear daily, but large enough to carry enough clothes and sundries to last three weeks. Accommodations varied greatly. Some nights were spent sleeping in bunk beds in hostels and some nights in hotels or inns where they could enjoy a bit more privacy to take a bath and wash some clothes. Sometimes their walk was on roads



while other times there were steep rocky trails to conquer. Fortunately, the trails were well marked by the scallop shell (left) that has been the symbol of "The Way" for centuries.



Marjorie and Jessica met many interesting people during their journey. According to Marjorie, they undertake the walk for a variety of reasons: spiritual, exercise, or just "the thing to do". But all were friendly and helpful. One of the most enjoyable experiences was sharing a meal and a beer with various fellow "pilgrims" that came all over the world. Marjorie tried to discover a spiritual message each day and noted that "just like life, you are not always sure where you are going". But in this case, they found their "way" and it was a truly memorable adventure!

Coming Programs

- Today: David Cooke, Executive Director, Paso Robles Housing Authority
- Dec 7: Warren Frace, Community Development Director, Paso Robles Planning Commission
- Dec 14: Rotary Christmas Party, Paso Robles Inn, No Host Bar-6 PM, Dinner-7 PM
- Dec 21: No Meeting
- Dec 28: No Meeting

News You Can Use

- **Rotary Christmas Party** - This year's holiday party will be the evening of **Dec 14** at the **Paso Robles Inn**. Music by Route 66. Tickets are \$75 pp that includes wine at the table. **No host bar at 6 PM, Dinner at 7 PM**. Please RSVP to Nicolette Harley-Barth before Dec 11.
- **Thanks for Supporting Honor Flight** - Pac Eye sponsored a Give Back Charity Challenge during the Thanksgiving holiday season. The charity with the most votes wins \$5,000, but total of \$10,000 in prizes will be awarded. Winners should be announced shortly. Honor Flight provides WWII veterans an all expenses paid a trip to Washington DC to visit the WWII and other veteran memorials. Thanks to Rex Thornhill for bringing this opportunity to our attention and for his efforts to secure Honor Flights for local combat veterans.
- **Wine Country Theatre's Gypsy** - Performances of this Tony award winning musical are now underway at Wine Country Theatre through this Sunday, Dec 3. Tickets and performance times are available at WineCountryTheatre.com or 1(800) 838-3006. Please contact Cynthia Anthony for more information.
- **Nutcracker** - The North County Dance & Performing Arts Foundation is presenting this holiday classic **Dec 7-10** at the Templeton Performing Arts Center. Please contact Jim Moffatt for more information.

Paul Harris Service Fellow

Congratulations to Linda Midkiff on receiving a Paul Harris Service Fellow award. District Governor John Weiss announced this award during his visit, but Linda received her award certificate from President Pat Sayne last week.



Birthdays Remaining in 2017

Abe Flory	Dec 9	Linda (Kevin) Will	Dec 29
Terry (Joe) Irick	Dec 13	Susan (Stephen) McAbee	Dec 30
Joyce Ganes	Dec 14	Gisela (Neil) Olsen	Dec 30
Tony Wallace	Dec 25	Jessica Fullerton	Dec 31
Eliana (Randy) Kohn	Dec 27		

Anniversaries This Week

No Anniversaries This Week

Amazing Facts About the Human Body

The human body is a trove of mysteries that confound doctors and scientists. Following are a few things you may not know...or want to:

- The brain operates on the same amount of power as 10-watt light bulb, even while you are sleeping.
- Your eyes are always the same size from birth but your nose and ears never stop growing.
- The human body is estimated to have 60,000 miles of blood vessels.
- Your body has enough iron in it to make a nail 3 inches long.
- Three hundred million cells die in the human body every minute.
- The colder the room you sleep in, the higher the chances are that you will have a bad dream.
- The strongest muscle in the human body is the tongue and the hardest bone is the jawbone.
- Like fingerprints, every individual has a unique tongue print that can be used for identification.
- The tooth is the only part of the human body that can't repair itself.
- Less than one third of the human race has 20-20 vision meaning two out of three people cannot see perfectly.
- On average, people who dream more often and more vividly have a higher IQ.
- Humans are the only animals to produce emotional tears.
- The life span of a human hair is 3 to 7 years on average. Every day the average person loses 60-100 strands of hair.
- By 60 years of age, 60% of men and 40% of women will snore.
- It takes 17 muscles to smile and 43 to frown.
- On average, right-handed people live 9 years longer than left-handed people do.