

## 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
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Jessica Fullerton	Jessicafullerton60@gmail.com	Secretary
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Julie Opheim	Jopheim@placertitle.com	Community Svc Director
Katy Wetterstrand	katy@westernquartz.com	International Svc Director
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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
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John Hamon	john@hamonohd.com	Programs Chair
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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

94 years of service to the Community

Charter granted January 15, 1924

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

September 6, 2018

### Dr. Tige Griffin

#### Doctor of Chiropractic

Dr. Tige Griffin spoke to members about a topic we all experience at one time or another, stress. Dr. Griffin cautioned that we typically cannot avoid stress, because to avoid stress would be to avoid life. Dr. Griffin provided insights on how to identify the onset of stress, potential risks of not addressing the impacts of stress, and, most importantly, how to reduce or manage stress.



Brian Maxted introduced Dr. Griffin who has been living in Paso Robles since 2001. Dr. Griffin founded the Wellness Center on Railroad Street where he practices chiropractic medicine. He graduated from Palmer College Chiropractic in Sunnyvale in 1999. Tige was born on the Central Coast, but spent time growing up in Clovis before coming back to this area. He enjoys an active lifestyle including surfing, skiing, coaching Little League and participating at the First Assembly of God Church in Atascadero.

Dr. Griffin began by identifying the various stages of stress: the *alarm stage* also known as the “fight or flight” stage, the *resistance stage* where one must adapt or resist the symptoms of stress, and the *exhaustion stage* where the body malfunctions. Failure to return to normal can lead to serious chronic medical issues.

Dr. Griffin cautioned that stress can reduce productivity as the body secretes hormones that can weaken the circulation and immune systems. A recent study showed that those under stress are twice as likely to catch colds and have 25 times greater risk of heart disease. Headaches, fatigue, neck and back pain, allergies, and sleep disorders can all be stress related.

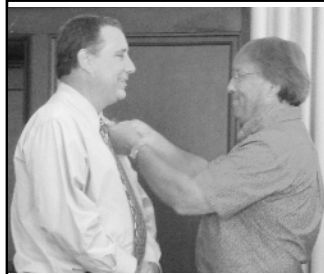
Dr. Griffin has three key recommendations for reducing stress. First, exercise regularly. Aerobic exercise that increases the heart rate is best for reducing stress. Second, eat healthy foods and avoid processed food. Lastly, laugh more! Laughing reduces stress related hormones and increases endorphins, also known as the “happiness hormones”.

## News You Can Use

- **Paso Robles Historical Society** - Bob Latta reminded members that a fundraiser benefiting the Historical Society will be held on **Sunday, Sept 9 from 2-5 PM at the Tooth & Nail Winery**. Wine, music, and appetizers will be served up. Tickets are \$50 (\$25 tax deductible). Our club is a Silver Sponsor. Please contact Bob for further info at (805) 674-2884.
- **Rotary Social** - There will be a Rotary social on **Friday, 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.
- **Sex Trafficking Summit** - President Gail encouraged members to attend this important conference on **Sept 15** at the **Morro Bay Community Center**, 1001 Kennedy Way, from 8:30 AM - 2 PM. 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.eventbrite.com](http://www.sloagainsthumantrafficking.eventbrite.com)
- **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.



**Rotary Supports Paso Robles Youth Arts Foundation (PRYAF)**  
Golf Tournament Chair Rick Goree & President Gail Tannehill present a \$3,000 check to PRYAF Director of Development Emily Jagger (*center*). The Foundation is holding a fundraiser on Nov. 3 at Berg Auditorium.



**New Member Inducted  
Welcome Michael Mayfield!**  
Mike Mayfield (*left*) was nominated by John Hamon (*right*) who helped "pin" our newest member as President Gail presided over the induction ceremony. Mike is executive director of Brookdale Senior Care Paso Robles and lives in Cambria.

## Coming Programs

- Today:** Jeanne "Bean" Murdock, Satirist, *My Guardian Angel Wears Antiperspirant*
- Sep 13: 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*

## Birthdays in the Next 30 Days

Jennifer (Jim) Moffatt	Sep 6	Tanya (Jeff) Railsback	Sep 25
Rick Minton	Sep 7	Gary (Kathy) Tucker	Sep 25
Rick (Gail) Harold	Sep 8	Jennifer Sorenson	Sep 26
Paul Shannon	Sep 9	Brian Stack	Sep 26
Sharon Ross	Sep 11	Susie (Tom) Apkarian	Sep 27
Frank (Jan) Jensen-Pyeatt	Sep 11	Mary (Pat) Sayne	Sep 27
Megan (Ryan) Tannehill	Sep 14	Aeri (Tom) Taylor	Sep 28
Koene Graves	Sep 19	Debbie Lorenz	Oct 3
Harry Ovitt	Sep 22	Linda Midkiff	Oct 5

## Anniversaries This Week

Dannie Tope & Paul McCann Sep 7

## Humor Corner - Signs at Indian Community Center

- Dogs can't operate MRI scanners, but "catscan".
- Our mountains aren't just funny....They're "hill areas".
- Turning vegan would be a big "missed steak".
- Well, to be "Frank"....I'd have to change my name.
- Forget world peace...visualize using your turn signal!
- Life is short. If you can't laugh at yourself, call me. I will.
- Electricians have to strip to make ends meet.
- For chemists, alcohol is not a problem, it is a solution.
- In search of fresh vegetable puns..."lettuce know".
- He who laughs last, didn't get it.

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