

ROTARY OFFICERS - 2018-2019

Barry Rassin	International President
Sandi Schwartz	District 5240 Governor

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

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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

September 20, 2018

Art Kuhns

Certified Hypnotherapist

Art Kuhns is a certified hypnotherapist and founder of Breaking Day Hypnotherapy in Paso Robles. His passion is empowering people to heal themselves. According to Art, hypnotherapy is a great way to guide one to the natural healing resources located in each one of us. It is all about “empowering the subconscious mind”.

Art grew up in Paso Robles and attended Paso Robles High School. He attended the Hypnosis Motivation Institute (HMI). Prior to starting Breaking Day Hypnotherapy, Art was a business service officer supervisor for the State of CA at Camp Roberts for 26 years.

Art noted that the subconscious mind is like a hidden door in the forest, hard to access, but holding the keys to health, wealth and prosperity. It only takes 10 minutes, twice a day. Art’s personal experience with the powers of hypnotherapy came during a trip to Hawaii with his wife who wanted him to swim with her, but he had a life long fear of the water. Art was amazed that he was able to overcome his 30 year old fear of water after working briefly with a hypnotherapist.

Art starts the hypnotherapy process by having patients think about a dominant thought or belief, identifying whether it is positive or negative, and determining whether it is based in fear. He noted that words have power and we must look at what words we are using. Affirmations are statements we tell ourselves. They need to be stated in the present and be positive. It is best when they are written down and recited often. One should visualize the benefits including emotions and stop any negative thoughts. Be grateful and loving.

Art ended the presentation by providing attendees with a guided meditation demonstration. It is all about relaxing through deep breathing and imagining things to be grateful for. Visualize achieving your goals and do it on a daily basis. The more you do it, the easier it becomes.



Coming Programs

Today: 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

Oct 18: Dr. Jim Brescia, SLO County Superintendent of Schools, *Grizzly Youth Academy*

News You Can Use

- **Rotary Social** - Thanks to Lee and Gail Wilson for hosting the September social and to Jennifer Sorenson for organizing all our socials. Please contact Jennifer if you would like to host an event.
- **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 & matinee shows run **Friday, Saturday & Sundays from Sept 21-30**. Get times and tickets at WineCountryTheatre.com or (800) 838-3006.
- **Loaves & Fishes** - Rick Goree reminded members that our Rotary club is a sponsor for the fundraising dinner on **Saturday, September 29 at 6 PM in the Paso Robles Inn Ballroom**. Members wishing to attend can do so at no cost. Loaves & Fishes is a Christian Ministry providing emergency food to our neighbors in need. If you are interested in attending, please contact President Gail or Rick.
- **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 & auctions. Tickets are \$95 pp. Go to www.pryaf.org/tickets or (805) 238-5825 ext 15.

Follow the Rotary Club of Paso Robles on Facebook!
www.facebook.com/pasoroblesrotaryclub

Birthdays in the Next 30 Days

Harry Ovitt	Sep 22	Sheri (Lars) Jorgensen	Oct 7
Tanya (Jeff) Railsback	Sep 25	Mary Ann Burke	Oct 9
Gary (Kathy) Tucker	Sep 25	Tom Apkarian	Oct 11
Jennifer Sorenson	Sep 26	Ralph Byrd	Oct 13
Brian Stack	Sep 26	Rick Goree	Oct 13
Susie (Tom) Apkarian	Sep 27	Lars Jorgensen	Oct 14
Mary (Pat) Sayne	Sep 27	Leora (Darrell) Eide	Oct 16
Aeri (Tom) Taylor	Sep 28	Deborah (Greg) Jaeger	Oct 17
Debbie Lorenz	Oct 3	Magdalena (Hans) Mumper	Oct 17
Linda Midkiff	Oct 5	Kenna (Paul) Shannon	Oct 19

Anniversaries This Week

Tom & Aeri Taylor Sep 23

Humor Corner

Estate Planning Can Be Challenging

Doug lived all his life in the Florida Keys. He is on his deathbed and knows the end is near. His nurse, his wife, his daughter and two sons, are with him. He asks for two witnesses to be present and a camcorder be in place to record his last wishes, and when all is ready he begins to speak: "My son, Andy, I want you to take the Ocean Reef houses. My daughter Sybil, you take the apartments between mile markers 100 and Tavernier. My son, Jamie, I want you to take the offices over in the Marathon Government Center. Sarah, my dear wife, please take all the residential buildings on the bayside on Blackwater Sound."

The nurse and witnesses are blown away as they did not realize his extensive holdings. As Doug slips away, the nurse says, "Mrs. Pender, your husband must have been such a hard-working man to have accumulated all this property."

The wife replies, "The jerk had a paper route."