



FRIDAY, MARCH 26, 2021 ~ IN-PERSON/VIRTUAL CLUB MEETING

GUESTS

Dr. Jeffrey Smith, Smith Chiropractic Health Care, Elmwood Park – our speaker.

GOOD NEWS

- 1) Wrongly convicted of murder, Juan Rivera used settlement money to open a barber college in Rogers Park with his former prison guard.
- 2) Andy Kim put the Lego Star Wars Millennium Falcon on their wedding registry ten years ago. However, he promised his wife he'd wait until they had kits to build it. The fun begins now!
- 3) President Wes announced that he and Caitlin are expecting twin BOYS.

HAPPY DOLLARS

Ted Gross is proud of his 9-year-old son's pitching record.

Nanette Sowa's friends were in town and celebrated their son's tenth birthday at several Cubs games. Nanette's husband went along even though he is a die-hard Sox fan.

Darrell Moon said the 90 degree Arizona temps are sending he and Debbie back to IL – they return in time for the 5/21 club meeting.

Tom Gosche is happy that his three kids return home, but not happy about the grocery bill.

Samantha DeMaria was happy about something to do with her husband (sorry, audio faltered on Webex).

Brian Berg and wife Julie leave for Hawaii on Thanksgiving Day.

Pat Groenewold is happy about the Bears' draft.

Bruce Dopke and wife Linda return to the road; this time to celebrate Mother's Day with 94-year-old mom.

Holly went biking with Bruce D. and Conant is planning to start an Interact Club.

Jean Schlinkmann enjoyed being at an in-person meeting and thanked Wes and Tom for the Webex meetings all winter.

Bill Kelley and wife Jeanne are travelling to St. Louis to visit Jeanne's brother.

Wes Crocket was proud of his Pfizer vaccine t-shirt.

ANNOUNCEMENTS

Wes Crocket encouraged all members to come to Chandler for in-person meetings. Next week will be our Scholarship Luncheon.

QUEEN OF DIAMONDS

The spin landed on Gayle Vandenberg's name. She chose #25 which was the Four of Hearts. Sorry, Gayle. Pot rolls over.

FINE MASTER ~ Allen Gabe

Anyone wearing a t-shirt under an unbuttoned shirt.

Late – no pin – no Rotary attire – leave early.

Anyone who did not order a club hoodie.

All Packard's fans.

All Bears' fans.

No guest at your table at Chandlers.

Samantha DeMaria – I guess she knows why.

Cubs' fans who did not stay up till the end of the game.



Not going to the TopGolf fellowship event.

Not going on vacation or a road trip in the next month.

All those at Chandlers who were glad they could not see Allen on the Webex.

If you hadn't paid a fine yet, that was \$5.

No vaccine – shame on you – no fine, but shame on you.

PROGRAM ~ Dr. Jeffrey Smith ~ Stress Management with Humor



Dr. Jeffrey started with a plug for his book, *Laughing, Loving, Living Your Way to a Stress Free Life*. A member of the Wellness Team for the Chicago Police Department, Dr. Jeffrey stated that one in three will have a serious mental breakdown during their adult life. This past year has created more stress in our lives than ever before.

Causes of Stress

- Negative emotions caused by tragedies
- Excessive Change - Hostility / Anger
- Sadness / dissatisfied personal life
- Loneliness / overwhelmed / frustration
- Lack of control / Lack of appreciation
- People who disagree with you
- Retirement
- Red light photo enforcement

How Stress Makes You Sick

- Too much of 'Fight or flight'
- Adrenaline Cortisol / Sympathetic N.S.
- Misalignments
- Toxic people may 'slime' you
- Drugs & Surgery create stress response

Stress Resilient Activities

- The body's 'feel good' chemicals
- Endorphins (runner's high) – Serotonin
- Dopamine – use natural talents
- Hobbies – help people – outdoors – nature – fresh air
- Sunshine

- Do enjoyable activities – shopping - music
- Singing – dancing – loved ones – pets - hugs
- Laughter – massage – spirituality – chocolate
- Alcohol – Sex – Focus on what you want
- LifeCoach – balance
- Presentations – spinal realignment

- Relaxation response – Parasympathetic N.S.
- Sleep – 8-10 hrs. – acupuncture – yoga
- Meditation – breathing – bath
- Have fun – read – audio books – golf – Zumba
- Sports – fishing - hunting