



COMING ATTRACTIONS

What is coming up in Rotary? Mark your calendars and don't miss the following "Coming Attractions":

Friday, September 14th-12:00pm-Scarpa's

Retired USAF Major General Jake Polumbo, program to be determined.

Friday, September 21st-12:00pm-Scarpa's

Julius Tobin with the Onbikes group will be speaking to our group about their program and the possibility of future partnerships with our club.

Friday, September 28th-12:00pm-Scarpa's

Amy Wiggins, Executive Director of the Imperial Symphony Orchestra, will come tell us about the upcoming 2018-2019 season.

Friday, October 5th-12:00pm- Scarpa's

TBD

POLIO UPDATE

There were no new cases of Wild Poliovirus this week. However, environmental samples continue to appear indicating sustained transmission in Pakistan and Afghanistan. There have been 15 reported cases of Wild Poliovirus year to date in 2018 as compared to 10 cases at this point in 2017 and an eventual 2017 total of 22 Wild Poliovirus cases. 12 of the cases this year have occurred in Afghanistan and 3 in Pakistan.

OFFICERS & DIRECTORS

R.I. President

Barry Rassin

District Governor

Nick Hall

Asst. Governor

Brad Lunz

Club Officers

President	Matt Mucci
President-Elect	Kevin McWilliams
Pres.-Nominee	TBD
Treasurer	Chuck Brinton
Secretary	Alyssia Totten
Vice President	Steve Carey
Past President	Tim Hoeft
Sergeant-at-Arms	Harold McLeod

Board Members

Lee Earls	2016-2019
Bob Etnensohn	2016-2019
Donna Pearce	2016-2019
Leighann Davis	2017-2020
Luis Rivas	2017-2020
Darren Vogel	2017-2020
Zach Burek	2018-2021
Ron O'Connor	2018-2021
Dan Rich	2018-2021

Rotary



Rotary Club of Lakeland South History and Heritage

The Rotary Club of Lakeland South was led by Larry Libertore, Jr. during the year 1978-1979. Larry traveled to the International Convention in Tokyo, Japan before beginning his year as President. As was usually the case, the club led 10 other clubs in the area in the annual Turkey Shoot to benefit Camp Rotary. The club held an auction for the second year in a row that was highlighted by club member Marty Higginbotham as the auctioneer and was successful in raising funds for area charities. Sports continued to be an avenue for social fun. The club participated in the "Civic Club Sports-a-Rama and took home third place. The team of Ed Jeffries and Lynn Campbell took first in the tennis competition of the event. In addition, the club tried something new by holding a Secretary's Day that was emceed by Marty Higginbotham and the event was well received; boasting a packed house for the special program. Attendance for the year was 87.6% and the club finished the year with 67 members.

IT'S FOR THE KIDS...

Alright Lakeland South Rotary, it is time to deliver those dictionaries!

We are still in need of someone to deliver to the following schools:

Southwest Elementary
Kathleen Elementary
Combee Academy of Design & Engineering

Please sign up if you have not signed up to deliver to a school yet!

Thank you to those who have already delivered the dictionaries!

Club Meeting Information

Weekly: Every Friday, at 12:00 noon

Scarpa's Italian Restaurant

1833 E. Edgewood Drive - Lakeland

Mailing Address: P.O. Box 2602,

Lakeland, FL 33806

An Excerpt from the September 9, 2018 Minutarian

It is very powerful, so take a minute to read.

Early in my research career delving into the links between the brain and immune system, I embarked upon an experiment to determine if a person could alter the progression of cancer by using thoughts. Would simply imagining their white cells snuggling up to a tumor, then injecting lethal chemicals into it enable a person to trigger the demise of their illness?

The rationale was simple. It's long been known that imagining erotic images can sometimes arouse components of the reproductive system. So why shouldn't it be possible to use similar processes to arouse other systems in the body including the immune system? When I eventually published the results, it triggered a large amount of media attention since it was the first time anyone had attempted to link guided imagery, a simple to learn behavioral intervention, with the complex inner workings of the immune system. That media attention included an interview with Diane Sawyer on CBS's 60-minutes program, which resulted in a steady stream of invitations to present my findings during keynotes and seminars.

For some people, guided imagery proved to be a life-saving intervention, and I would justify that conclusion by discussing those patients who lived longer as a result of the process. However, I also spoke of those subjects who had to be prematurely removed from the study when I suspected the detrimental side effects might speed the growth of their cancer. I then discussed the data supporting that conclusion. At the end of one particular after dinner keynote, a lady who had been in the audience approached me and said, I had cancer diagnosed and because of its advanced stage, the doctors gave up on me. They told me there was nothing left in their arsenal of treatments that could possibly help and gave me no more than 18 months to live. Instead of giving up, I read a book about guided imagery and taught myself to do it. That diagnosis was made 6 years ago, yet my cancer is in complete remission. I know it was the imagery that saved me. Thank you for validating the choice I made!

Moments later, another member of the same audience approached me and upon introducing himself as a local Psychiatrist said, I've always known guided imagery is a lot of nonsense, so it was very refreshing to hear a scientist who has done research on the subject agree with me. Thank you for validating that guided imagery is not only a lot of rubbish but also detrimental!

Both were members of the same audience so heard my words delivered in exactly the same way. Yet each formed completely opposite interpretations of what I had stated. One focused upon only those patients who did well, while the other focused upon only those who did not. Had they each kept an open mind, they would have realized they were both partially correct. My closing conclusion was guided imagery is beneficial for some, but detrimental for others.

Throughout this year, club members will likely propose new ways of doing things that may depart from tradition. Some may embrace the proposed change, while others may resist. While forming an opinion, listen to both sides and be mindful of the Chinese proverb, What the eye sees, what the ear hears is what is already in the mind. Seeing is not believing; believing is seeing. Being open-minded is the key to making the correct choice.