

# PORTALES ROTARY CLUB MEMBERSHIP

2016 - 2017

- ◆★ Anderson, Charles (Tommye) ..... Adoption Agency
- ◆★ Baker, Wayne (Jo Anna) ..... Peanut Growing & Distribution
- ◆★ Bartl, Noelle (John) ..... University Relations
- ◆◆ Cooper, Eldin (Sherry) ..... Appraisal Service
- ◆ Corbin, Dr. Deborah ..... Asst. Prof. of Accounting
- ◆ Davis, Scott (Janet) ..... Retail Furniture Active
- Gamble, Steven ..... Honorary
- Gormley, Mark (Shannon) ..... Portales High School Principal
- Haney, Matt ..... Professor of Management
- Hildebrand, Lindsay (Zachary) ..... Property Management
- ◆ Hunton, Matt (Sara) ..... Insurance
- ◆ Jenkins, Grady (Celia) ..... Farm Management
- ◆ Martin, Joey ..... Plant Manager
- ◆★ Moore, Thom (Cozetta) ..... Printing Equipment
- ◆ Nickles, Don (Julie) ..... Printing Production

- ◆ O'Rear, Glen (Tammie) ..... Investment
- ◆★ Partin, Jerry (Karla) ..... Utilities, Electric
- ◆★ Rankin, Randy (Cathy) ..... Child Care Administrator
- Roe, Darrell ..... ENMU Prof. of Communications
- ◆★ Sanchez, Antonio (Layle) ..... Electrical Engineering
- Sanchez, Layle (Antonio) ..... County Office
- Schneider, Bob (Leticia) ..... ENMU
- ◆ Self, Jack (Jan) ..... Christian Children's Home
- ◆ Smith, William ..... Chiropractor
- ◆ Stockly, Sue ..... Education
- ◆ Terry, Karl (Carol) ..... Chamber of Commerce
- ◆★ Thomas, Don (Suzanne) ..... Ministry
- ◆★† Thomas, Leroy (Gaynelle) ..... Sr. Act. Printing
- ◆★† Wilson, Buck (Roberta) ..... Dentist
- ◆★ Wood, Chris ..... Mortgage Broker

### PAUL HARRIS SOCIETY RECIPIENTS

- |                 |                   |                  |
|-----------------|-------------------|------------------|
| Tommye Anderson | Carolyn Edwards   | Charles May      |
| Bill Calton     | Dennis Edwards    | Bob Matheny      |
| Christine Davis | Jack Greathouse   | Howard Melton    |
| Holly Davis     | Gordon Greaves    | Cozetta Moore    |
| Leslie Davis    | Gordon Hatch      | L.W. McGuffin    |
| Otis Davis      | Jan Hauptmann     | Janet Shearer    |
| Susan Davis     | Rick Hauptmann    | Billy Smith      |
| The Portales    | Estella Huybregts | Florence Wilson  |
| Rotaract Club   | Sharon King       | Bobbie Woodul    |
|                 | Dessie Langston   | Parker Woodul    |
|                 | Dewey Langston    | Jack Williamson  |
|                 |                   | Jim Williamson   |
|                 |                   | Nancy Williamson |

- Past District Governors: ◆ Past District Governor ◆ Paul Harris Society  
 Dennis Edwards ★ Past President ‡ Benefactor  
 Floyd Golden  
 Dewey Langston  
 Parker Woodul



## Opportunities to Make-Up Rotary

- Hi Plains Rotary Club  
Tuesday - Noon - Clovis Civic Center.
- Melrose Rotary Club  
Monday Evening 7:00 p.m. - Melrose School
- Farwell Rotary Club  
Wednesday - 12 noon (CST) - Farwell, TX Community Center
- Muleshoe Rotary Club  
Tuesday - 12 noon (CST) - Muleshoe Convention Center
- Clovis Noon Day Rotary Club  
Thursday - 12 noon - Clovis Civic Center - Esperanza Room

ONLINE  
www.rotaryclubone.org

FORWARD MAKE-UP INFORMATION TO ELDIN AT:  
cooperappraisal@yucca.net

TRAVELING  
Check the Rotary Web Site for Club Meetings wherever you are traveling. Just enter the name of the city you are visiting - it will do the rest!  
www.rotary.org

Paul Harris Society Members	
<i>The following have multiple Paul Harris Awards.</i>	
Charles Anderson	+2
Wayne Baker	+1
Noelle Bartl	+1
Eldin Cooper	+4
Deborah Corbin	+10
Don W. Davis	+1
Scott Davis	+1
Randy Fowler	+1
Gerry Huybregts	+3
Matt Hunton	+1
Grady Jenkins	+1
Sharon King	+1
Thom Moore	+1
Jerry Partin	+1
Randy Rankin	+1
Antonio Sanchez	+1
Jack Self	+1
Jimmie Shearer	+1
Sue Stockly	+3
William Smith	+3
Don Thomas	+2
Leroy Thomas	+1
Buck Wilson	+1
Chris Wood	+1

### UPCOMING PROGRAM SCHEDULE:

- |        |                    |
|--------|--------------------|
| May 10 | Jerry Partin       |
| May 17 | Cindy Miller       |
| May 24 | Lindsey Hildebrand |
| May 31 | Thom Moore         |

Portales Rotary Club, No. 1317 Portales, N.M., U.S.A., 88130

Meets Wednesday at 12:15 p.m.

# ROTARY YAM

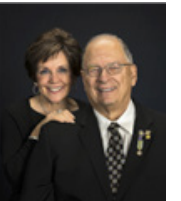
ROTARY INTERNATIONAL FEB. 23, 1905 PORTALES ROTARY CLUB FEB. 5, 1935

### Four Way Test

Is it the **TRUTH**?  
 Is it **FAIR** to all concerned?  
 Will it build **GOODWILL** and **BETTER FRIENDSHIPS**?  
 Will it be **BENEFICIAL TO ALL** concerned?



Glen O'Rear  
President



Dave Anderson  
District Governor

VOL. 28 - No. 38

THOM MOORE - EDITOR

Wednesday, May 3, 2017

### PROGRAM TODAY:

*Darrell Roe has invited Icasha Sanderson an ENMU student to present the program.*

### PROGRAM NEXT WEEK:

*Jerry Partin will be presenting the program.*

### PROGRAM LAST WEEK:

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### PROGRAM ALERTS:

*Check with Don Nickles about your upcoming program...let's REALLY publicize them and know what the programs are so we can invite friends! Rotary IS FUN-show that to your friends!! If you know what your program is,*

## ATTENDANCE REPORT

Membership	Attended	Attendance Percentage
29	26	89.66%

### MUD LIST - Did Not Make Up!

DAVIS • HANEY  
PARTIN

### MISSING - - - SECOND CHANCE

DAVIS • PARTIN • SCHNEIDER

### MISSING LAST WEEK

DAVIS • PARTIN • SCHNEIDER

### MAY BIRTHDAYS

Wayne Baker	16
Leroy Thomas	25
Randy Rankin	20

Portales Rotary Club Web Page:  
<http://portalesrotary.yucca.net/>

IF YOU MAKE UP, THE PORTALES ROTARY CLUB GIVES YOU CREDIT FOR THE MEAL YOU MISSED.  
 IF YOU DO NOT MAKE UP, YOU ARE CHARGED FOR THE MEAL YOU MISSED PLUS A \$1.00 FINE.

# 6 Reasons Why Laughter Is the Best Medicine

By Tamara Lechner



Have you ever been in a tense or difficult situation when you suddenly burst into a fit of giggles? Or feel a release or rejuvenated after watching a side-splittingly funny movie?

It turns out there's some scientific veracity behind the old adage "laughter is the best medicine."

"Laughter activates the body's natural relaxation response. It's like internal jogging, providing a good massage to all internal organs while also toning abdominal muscles," says Dr. Gulshan Sethi, head of cardiothoracic surgery at the Tucson Medical Center and faculty at the University of Arizona's Center for Integrative Medicine.

Perhaps that's why Deepak Chopra says the healthiest response to life is laughter.

Studies have found that laughter can have healing properties; and it's contagious. Here are six reasons why you should start laughing today.

## Laughter is Contagious

When you're feeling down finding friends to laugh with can help your brain trigger its own laughter response and foster closeness, both of which contribute to your sense of well-being. Why do you think that sense of humor is such an important trait when looking for a partner? We like the feeling of shared laughter and our body wants as much of this feeling as possible.

## Laughter Reduces the Stress Response

When you laugh there's a contraction of muscles, which increases blood flow and oxygenation. This stimulates the heart and lungs and triggers the release of endorphins that help you to feel more relaxed both physically and emotionally.

## Laughter Boosts Immunity

According to one study done at Indiana State School of nursing, mirthful laughter may increase natural killer cell levels, a type of white blood cell that attacks cancer cells.

## Laughter Increases Resilience

Resilience is the ability to see failure as natural progression to success rather than as a negative outcome. People who are resilient are happier and more successful.

The ability to acknowledge mistakes without becoming angry or frustrated plays an important role in developing resilience.

Laughing at mistakes allows us to recognize that making errors is a part of being human.

## Laughter Combats Depression

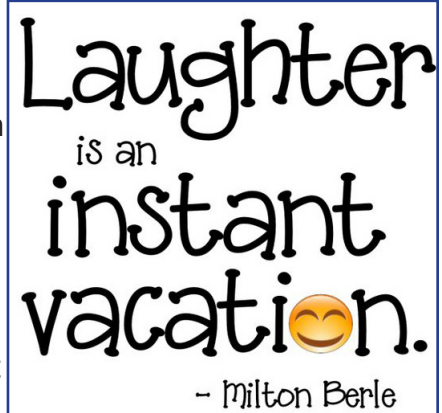
Studies support laughter as a great way to get outside the downward spiral to depression. Being unhappy can become a pattern or mind-set if we don't step outside of ourselves occasionally. By being a witness to our situation rather than allowing ourselves to feel the victim we can find the humor in it and see with fresh eyes. Even forced laughter releases a cocktail of hormones, neuropeptides, and dopamine that can start to improve your mood.

## Laughter Relieves Pain

People who are laughing don't experience less pain, however they report being less bothered by the pain they do experience. It's not about changing pain levels. The amount of pain remains the same, but your perceived pain levels reduce and your belief that you can cope increases. Laughter by itself isn't the solution but it can help a person overcome discomfort.

## Quick Hacks to Bring More Laughter Into Your Life

- Make humor a priority by reading a funny book, watching a comedy, or listening to your favorite comedian.
  - Share laughter with friends. Spend more time with people who have fun.
  - Remember that life is funny. The ability to laugh at yourself makes you attractive to others and can help relieve your own stress. Focus on finding the laughable moments in your day, and then tell a friend your funny story as a way to increase the power of laughter by sharing.
  - Know what isn't funny. Laughing at the expense of others isn't funny. Be discerning about your humor by laughing with—not at—people.
- Your ability to laugh can be cultivated with practice so start by prioritizing fun. Find occasion to be silly. Remember laughter, like smiling, is never depleted when you share it.



"Laughter is the best medicine, but your insurance only covers chuckles, snickers and giggles."

# These are projects that the Rotary Club of Portales is currently involved in:

- Ag-Expo Chuck Wagon
- Honor Students of the Month
- Portales Christmas Light Project
- Support Roosevelt County Literacy Council
- Rotary Park
- Support Christian Children's Home
- Support Baptist Children's Home
- "Power Card"
- Send local students to Camp RYLA
- Adopt-A-Mile on Clovis Highway - 2 times yearly
- Deliver Meals on Wheels
- Scholarship Fund at ENMU
- Donate children's books to Portales Public Library
- Help with ENMU Homecoming Parade
- Matching Grants with Rotary Club of Delicias Mexico
- Every Rotarian Every Year (\$100/member/year)
- Simplified Grants - \$1.00 for \$1.00 match by District 5520
- Rotary Foundation Matching Grants - \$5,000 to \$150,000

## PORTALES ROTARY CLUB

### OFFICERS

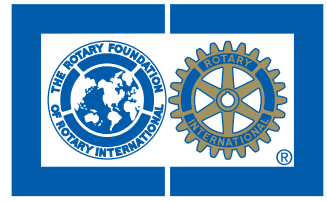
PRESIDENT Glen O'Rear	VICE PRESIDENT Karl Terry	PRESIDENT-ELECT Don Nickles	SECRETARY-TREASURER Eldin Cooper
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### BOARD OF DIRECTORS

Deborah Corbin • Antonio Sanchez • Sue Stockly • Chris Wood

### 2016-17 COMMITTEE APPOINTMENTS

<b>CLUB ADMINISTRATION</b> Don Nickles - CP	<b>PUBLIC RELATIONS</b>  PUBLICITY Don Nickles Noelle Bartl Grady Jenkins Mark Gormley  WEBSITE/Facebook Sue Stockly Antonio Sanchez Matt Haney	<b>MEMBERSHIP</b> Don Nickles - CP  MEMBERSHIP DEVELOPMENT Don Nickles Bill Smith Leroy Thomas Jack Self  RETENTION/MEMBER TRAINING Thom Moore Karl Terry Matt Hunton	<b>MEALS ON WHEELS</b> Sue Stockly Rob Schneider Wayne Baker Leroy Thomas Lindsay Hildebrand  <b>CHILDREN'S HOME OUTREACH</b> Rob Schneider Leroy Thomas Buck Wilson Layle Sanchez Jack Self Thom Moore
<b>SERGEANT AT ARMS</b> Randy Rankin (July - Aug) Chris Wood (Sept. - Oct.) Don Thomas (Nov.-Dec.) Layle Sanchez (Jan.-Feb.) Matt Hunton (Mar-April) Jerry Partin (May-June)	<b>ROTARY INTERNATIONAL AND ROTARY FOUNDATION</b>  GRANTS/PROGRAMS Deborah Corbin Matt Haney Bob Schneider Chris Wood Eldin Cooper	<b>FELLOWSHIP</b> Buck Wilson Randy Rankin Layle Sanchez Joey Martin  <b>COMMUNITY SERVICE</b> Sue Stockly - CP  AG EXPO / FUND-RAISING Scott Davis Wayne Baker Charles Anderson Leroy Thomas Lindsay Hildebrand Buck Wilson Randy Rankin	<b>FOOD ASSISTANCE PROGRAM</b> Leroy Thomas Sue Stockly Jerry Cordova  <b>NEW GENERATIONS</b> Wayne Baker - CP  <b>INTERACT/ROTARACT/RYLA</b> Wayne Baker Layle Sanchez Leroy Thomas John Hilliard Buck Wilson
<b>PROGRAM CHAIR</b> Don Nickles	<b>ATTENDANCE</b> Don Nickles Glen O'Rear Rob Schneider Karl Terry Eldin Cooper	<b>ROTARY FOUNDATION</b> Buck Willson Randy Rankin Chris Wood Noelle Bartl Eldin Cooper	<b>STUDENT OF THE MONTH</b> Antonio Sanchez Layle Sanchez Mark Gormley
<b>SCHOLARSHIPS</b> Rob Schneider Randy Rankin Antonio Sanchez Chris Wood	<b>CLUB BULLETIN</b> Leroy Thomas (July-Aug.) Charles Anderson (Sept. -Oct.) Sue Stockly (Nov.-Dec.) Jack Self (Jan.-Feb.) Don Thomas (Mar-Apr.) Thom Moore (May-June)		<b>4 WAY TEST ESSAY CONTEST</b> Charles Anderson Larry Learning John Hilliard Bill Smith Joey Martin



2017-18 BOARD  
Debra Corbin (President-Elect)  
Antonio Sanchez  
Sue Stockly  
Lindsay Hildebrand  
Noelle Bartl  
Alternates  
Chris Wood  
Mark Gormley