



# HOT POTATO

Number 13, Volume 10

October 17, 2006

Rotary Club of Wayland, New York, D7120

Patrice Lysell, president

Thomas Quinlan, secretary

## Stress Management Tips, No Meeting October 10

Attendance was still pretty good last time with eleven members and two guests. Pat introduced Lisa Spofford. She is the nurse at the Naples Elementary School, and would present the program about Stress Management. Jim Burns from the Dansville club required no introduction any more.

It started with a fruit salad and buns. The dinner was that glorified hamburger they call Salisbury Steak, served with mashed potato, gravy and green beans. It tasted quite good, so it probably wasn't good for us. Blueberry muffins followed for dessert.

Janine confessed to a birthday, which cost her two bucks since she hasn't had all that many yet, compared to some of us, at least.

Roy Robinson volunteered a happy dollar for getting his boat out of that loony lake, reminding Bud StGeorge that he had also accomplished the same from the same waters. He contributed another buck, so we were off to a good start.

Sharon Vogt had a happy dollar for the Redskins, but she also put in a sad one for termites, infesting their home. I think she shouldn't contribute for that, but a bravery in the face of adversity.

President Pat tossed in two happy bucks for having had the opportunity to see her daughters over the weekend.

Bob Oswald gave a happy one for the Livingston County's Tourism Brochure, which had gained a third place victory in a comparison with other counties in the state. Bob contributed several pictures to this brochure. Nice job!

Marty Kimmel had traveled to Cleveland and back in a day to deliver Carol to their daughter's new home. He was now fending for himself and his sick horse in Wayland. I thought two bucks was a stiff fine for this, but Marty didn't flinch.

Then we had a strange situation, involving a very early (in the eyes of a retired Rotarian) "wake-up call," executed by Bud to Bob Radell. Actually, Bud was returning a call from the night before. Since it was all about some tables to be picked up at Saint Joseph's, and said tables couldn't be picked up that morning anyway, and the whole thing was caused by misinformation from Tom Didas, it was decided to have Tom pay any fine, which may be levied for this. Tom was absent, so we'll have to remember this...

## Stress Management

Lisa Spofford is a very dynamic speaker and put on a nicely concentrated program after a somewhat verbose introduction from President Pat.

Some obvious sources of stress are job related. With fewer people in the work force, we have to be more productive to make things profitable. When we can't say no to more tasks, they become overwhelming and cause stress. Stress leads to inefficiency so that we have what engineers call a positive feedback system.

Sources of stress are also found at home. We have to be able to say no to more requests for our time than we can handle from, for example clubs we belong to. (*Editor agrees...*)

Lisa touched on the subject of stress among children. They are perhaps even worse off than adults. Apparently, there is a need to list extracurricular activities on college applications. This is mostly taken to mean sports, and the coaches want to win, so practice is frequent and lengthy. They do have to show academic strength as well, so homework is relegated to the late hours of night. (*Again, the editor has to agree. How lucky I was to grow up in a society where the only thing that counted was academic achievement. Is the U.S. system screwed up beyond help?*)

Throughout the presentation, Lisa's advice was not to take on more than what

you can handle. She talked about some signs you should look for to detect your own stress.

The presentation was followed by a short question and answer session, which was more like a discussion.

Thank you very much Lisa!

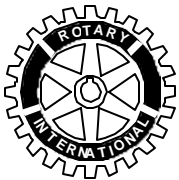


## Business

Tom Didas was absent, so there was not much new about the CFFF. It appears to be well on track. The tent was delivered according to Jim Burns, and we scheduled the transportation of grills and tables for the next day, when chances for rain were 100%.

We received the annual solicitation for our advertisement in the Dansville club's basketball program. Marty Kimmel moved that we take out a \$50 ad, which was seconded by Tom Quinlan, and passed without objections.

We also decided to take the Tuesday October 10<sup>th</sup> off, following the CFFF.



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