

S P T H E



SEPTEMBER 2, 2010

THIS WEEK

COACH GIL BISHOP

John Pryor, Rotarian & Risk Management Expert, and **Dr. Jack Schuetz**, leader of KHSC Special Education Programs, will present a program on the far-reaching impact and influence of Coach Gil Bishop on generations of local athletes and the principles that guided his work.

AUGUST 26, 2010 MEETING

CHUCK MICHEL, EDITOR

Our short-haired leader called the meeting to order at 12:22. He called on **John Emery** to do the invocation. **Jim Barker** handled the pledge well. Our talented musician, **Bob**, played "America the Beautiful" for us to sing along.

The pres introduced the head table **Chris Prentiss**, our speaker, his wife, **Lynn**, and **Don Clark**. **Ben Taft** introduced visiting Rotarian **John Pryor** from the West club. **Jay Rosenlieb** had two guests, **Corrine Coats** and **Ian Anderson** who represented the food bank. **Steve Fuller** introduced his father, **Marv**, the founder of their company. **Chet Love** presented his mother, **Margaret**, a retired business woman from Wichita, Kansas. **Yvonne Chambers** introduced **Davyd Morris**, program manager for the March of Dimes in Bakersfield. Don Clark introduced **Doug Hardenbrook**, general manager for Hillcrest Mortuary, **Bob Prator**, Don's partner, and **Angelo Frazier**.

ANNOUNCEMENTS...

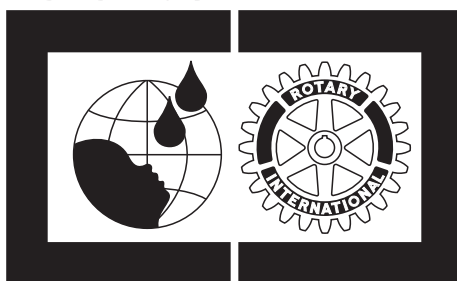
Pres called for 3 volunteers to serve as at large members for the Waterman Foundation board. **Jay Rosenlieb** will be taking over as president of the board. Anyone interested in serving should let the pres know.

Pauline Larwood visited Ohio and did a make up meeting while she was there. The speaker for the meeting was District Governor, **Jim Russell**. He gave everyone in attendance his pin. Pauline presented the pin to **Pres Starkey**.

The Margarita party was a success in spite of the 111° heat thanks to **Sheryl** and **Lou Barbich** hosts, **Tracy Kiser**, **Ben Taft**

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PolioPlus



Rotary International

UPCOMING PROGRAMS

September 9 **Goodwill Industries**
Tammie Reynold

September 16 **Kern County Courts**
Judge David Lampe

September 23 **Vision 2020 Mid Term**
Brook Antonioni

September 30 **"Top Secret"**
Bryce Zabel

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and **Ron Frazee**. Good margaritas, Ron's patented recipe, and plenty of good food, which included tacos with all the trimmings and some spicy guacamole. Several participants cooled their feet in the swimming pool, but no swimmers! A good time was had by all and those of you not willing to brave the heat, you missed a good party.

Pres thought that it was ironic that we had Chris Prentiss here to talk about alcoholism after last night's party. There was a book, authored by Chris Prentiss, at each place setting for all the addicts in attendance. The book was titled *The Alcoholism and Addiction Cure*.

Short hair called on **Evelyn Johnson**, our secretary (of 50 years), for a short craft talk. We found out that she sleeps in her back yard under an oak tree. She normally slept in the nude until the water company came and trimmed the bushes. Pres thanked her for her long and faithful service.

Before Don Clark introduced our speaker, he informed us that he had spent the summer in Jackson Hole, Wyoming and brought us greetings from former member **Ray Bishop** who commented that "we (Bakersfield) are a community of over 400,000 and we have 200 members. They are a village of 8,000 people and have 200 members and 3 other clubs". A side remark heard by the editor was "well hell there's nothing else to do up there." Ray described Jackson Hole as a place where East coast billionaires shoo away West coast millionaires!

PROGRAM...

Don mentioned that probably everyone in the audience knows someone or has had a close association with someone who has experienced some kind of addiction or compulsive behavior. Based on his experience at the Rescue Mission, Don feels that there might be a better way of dealing with addiction than the ways that we have known that would produce a better result. He first saw **Chris Prentiss** on television advertising his book and the experience that he had with his son who was an addict. When called Chris was willing to come, at his expense, to speak about the program that he and his son pioneered.

Chris said his son was addicted to several things, including heroin, cocaine and alcohol, and that they tried every program that they could to cure him, but nothing worked. They were told that his son, **Pax**, had a disease and would never be cured of it. He searched for 10 years for a cure without success so he and his son created their own program that is the most successful ever created.

Everyone who is abusing substances has an underlying cause related to their addiction. It is not a disease. There are four possible underlying causes of dependency:

AREA MEETINGS

MONDAY

Bakersfield South - Noon
Petroleum Club

Wasco - Noon
Veterans Hall on Poplar Ave.

TUESDAY

Bakersfield North - Noon
Petroleum Club

Inyokern - 6:00 p.m.
Torres Steakhouse

WEDNESDAY

Bakersfield West - Noon
Stockdale Country Club

China Lake - Noon
Victoria's at Heritage Inn

Shafter - 6:30 a.m.
Shafter Vet's Hall

Bakersfield Breakfast - 6:45 a.m.
Petroleum Club

Taft - Noon
Jo's Restaurant

Bakersfield Twilight - 6:00 p.m.
Bell Tower Club

THURSDAY

Frazier Park Rotary - 5:30 p.m.
Los Pinos Restaurant

Bakersfield Downtown - Noon
Bakersfield Art Museum

Tehachapi - Noon
Kelcy's Restaurant

Delano - Noon
Historical Society

Kern River Valley - 6:00 p.m.
Kern Valley Golf Course

FRIDAY

Bakersfield East - Noon
Veteran's Hall

ROTARY OFFICE

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1. A chemical imbalance. This is present in every addict.
2. Unresolved events from the past from which they have not been able to find peace.
3. Current conditions that they cannot cope with in their lives.
4. Beliefs you hold that are inconsistent with what is true.

When a person has resolved which one or ones these are and heal it, the addiction is over. Chris's son is cured and is no longer an addict. He was an addict for many years, but is no longer an addict and hasn't been for 10 years.

We live in a universe that is alive, conscious and aware. Most people refer to it as God. Every community in the world talks about a spiritual entity outside of themselves. They give it different names, but they are all talking about the same thing.

Chris talked about neutrinos that come from the sun. The sun emits neutrinos, the smallest known particle, in showers. Every second one trillion neutrinos are passing through our bodies. He also discussed peptides that are produced by the hypothalamus. Our bodies are constantly producing new cells. The peptides travel through the body and link with cells to determine the type of cells that they are. If a person is very depressed, the peptides that are released will cause the cells to be receptors for depression until it is corrected. People have a choice of how they will feel. In order to create a body that is happy, you have to feel happy. You are in charge of how you feel. He has written about these principles in many books which are being published throughout the world. As a result of natural law, if you create an environment that is safe and happy, your relationships will thrive. You have to give up being critical to accomplish this.

People abuse drugs and alcohol because they don't feel good. It causes the body to create negative peptides that propogate addiction, depression and bad feelings. It causes a person to crave more alcohol to maintain the feelings. Chris commented that alcohol and ethanol are the same thing. Everyone's major goal is to achieve happiness. The road to happiness is to take control of what you think. You create your body 24 hours a day. By being happy, you create peptides that help to potentiate those feelings. All the circumstances that happen to you, good or bad, are for your benefit. When you look back on your life, your wisdom and strength came from the challenges in your life. Remember that you can't be happy if you hold resentments.

Think good things. Everything that happens to you is for your benefit. The universe is taking care of you wonderfully. It may not seem like it, but when you look back on your life, you will find that is the case.

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