



Sertoma Bulletin

The Columbia Sertoma Club

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From The President

We will meet next Monday, January 14, 2008. We will not meet the following Monday, January 21, 2008 (Martin Luther King, Jr. Holiday). The Board will also meet next Monday at 6:00 at Turner/Padgent. Sponsorships will be considered. Get your applications to Joe Hodson as soon as possible so he can evaluate them before the meeting.

Have you gotten used to writing 2008 instead of 2007? I am still working on it.

How many 'F's can you find in the box to the right. Hint: There are six. Dr. Fredric Mau of Watermark Hypnosis spoke to us today. He talked about stress in the work place and burnout, the effects of Cortisol in the body and ways to reduce it, the need for happiness and relaxation, and hypnosis or deep, purposeful relaxation. Hypnosis is used for stress relief, pain alleviation, behavior modification (creating new behavior patterns) and major muscle movement development.

FINISHED FILES ARE THE RESULT OF YEARS OF SCIENTIFIC STUDY COMBINED WITH THE EXPERIENCE OF MANY YEARS

Cameron Runyan accepted a check for \$500 on behalf of Court Appointed Special Agents for Children of Richland County from Joe Hodson.

Tracy Wallace has become our newest member. She was sponsored by Todd Lewis. Introduce your self to her and try to make her welcome.

Speakers & Events

January

14 *Dr. John Safko*
Astronomer &
Sponsorship
Board Meeting

21 *No Meeting*
MLKing Day

28 *City Council*
Candidates

February

4 *TBA*

11 *Freedom Week–*
National Heritage
Speaker to be
announced

25 *Carolina*
Children's Home
Meeting

March

3 *Bob Geolas*
Clemson
International
Center for
Automotive
Research (ICAR)



Dee

The editor was unable to attend this week's meeting, so relies on the recollections of SweetLoretta and Gettis Wood. But then, another version came to me, in a dream last night:

Not reported was who gave the Invocation and led in the Pledge of Allegiance. In my dream it was **Davis Moïse**.

Sponsorship: \$500 was given to **CASA Guardian**, gratefully received by Cameron Runyan. In my dream, Cameron thanked us, but relayed that Mankind had evolved to the degree that protective services were no longer needed. We gave the check instead to Mark, to buy a horse and a studded saddle. He was already wearing his boots and a flashing electric rhinestone shirt. (That part might have really happened).

Tracey Wallace became our newest member. Not reported was the President's adherence to the tradition of the memorized Induction Speech. In my dream, Dee nailed it, but then I rolled over and Dee stumbled.. Immediately, Mark and Joby stood up and recited the damned thing. It was glorious.



"Dr. Fredric Mau, Hypnotist and author of *Chillin' Through the Challenges: Stress Relief for Life and Work* was our speaker." , the notes said. Also from the notes: "supervisors and bosses caused stress, and green tea calms you down. The membership practiced deep breathing, meditation and visualization exercises. Neal became so relaxed he feel asleep"...

In my dream. Dr. Mau stated our bosses were our wives and husbands, and magically our spouses appeared, seeming understanding and remorseful. He said that Jack Daniels calms the nerves and makes you better looking. Dr. Mau then commenced to hypnotize Neal into falling asleep, groping or at least falling over Loretta as he headed toward the floor. Nobody noticed a difference, of course, especially because at that moment Bobby Walker started crowing like a rooster, stuck a nearby feather duster in his — and started prancing around, pecking Bob VanDoren's head. Then, all-of-a-sudden, Loretta....well, it was just a dream.

Oh, and guests? All my old girlfriends.

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SEARGENT @ ARMS REPORT

The Pot was Lost by Hal Haynes, so the Club gave the money to the Bulletin editor. In my dreams.

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