



Sertoma Bulletin

The Columbia Sertoma Club

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Meeting Highlights

New Members Inducted Stephanie Bell & Marie Rumsey...

Are pictured here along with their sponsors.



Chris did a fairly good job memorizing the induction speech.

We're All Members!

Chris Weston (ACRID) informed us that the Club has contributed on behalf of each



member, the required amount to be awarded The Sertoma Foundation Medalion Award/eye patch.

Sponsorship

\$1,000 was awarded to Camp Discovery. Henry Chastine thanked us for our help.



Oh Maxine!



Maxine Deutschen-dorf, Yogi and owner of "Infinite Yoga" was our quest speaker and she taught us some interesting things.

First, it's not a religion, but is of Indian origin, 5,000 years old. Yoga helps fight depression, improves cardio and is a way to become more connected to our "inside", so we aren't as affected by the "outside" – or

February

2	Natalie Brown Delirium Tribal Bellydance!
9	Regular Meeting & GEM Meeting @ 11:30
13	Membership Night @ Gotham Bagel Cafe
16	Regular Meeting
23	~CCH Fundraiser~ Kickoff Meeting at Carolina Children's Home
28	National Heritage Banquet
<u>April</u>	
16	Sertoma Regional Convention In Winston Salem (16th thru 18th)

something like that.

Whatever the Face does, the rest of the Body follows, so, you know, watch out for that.

"Deep Belly Breathing" was next, where we learned to inhale deeply through our noses and exhale four times slower, but check this out: "Alternate Nostril Breathing"

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Meeting Highlights

Breathing through your left nostril relaxes you...



...and breathing through the right nostril boosts your energy.

Helpful note: it's recommended you explain to your friends what you are doing, for example, "I find that sticking my thumb up my nose relaxes (energizes) me."

Surprising to ed. was the number of members who practiced Yoga, particularly at the meeting.



Chuck LaMark booked Natalie Brown from **Delirium Tribal Bellydance** to be our next speaker!

She will speak about the history and meaning of belly-dancing as well as the health benefits. She will also do a small performance to explain some of the moves and their meanings. Here's her website and links:

<http://www.nataliebrown.net/>

Chuck asked her to invite some of her friends and potential business clients. This should draw in a younger crowd for us i.e., membership potential. We should do the same.

Dues invoices were emailed last week. If you have not received your invoice please promptly contact club Treasurer Betsy Delallo. Please pay your dues promptly.

Vice President Karen McGrady will be chairing our **Carolina Children's Home Campaign** this year. We'll be conducting our meeting at the home on February 23.

Make plans for Friday, Feb. 13th. Chuck LaMark is putting together a membership night at **Gotham Bagel Café**. Stay tuned for details!

Please visit our club website www.columbiasertoma.org for updates on club events.

We had a fine meal and a great speaker, but some people are never satisfied.



Sergeant @ Arms Report ed.
Forty members attended and the \$41.26 Pot was LOST! By Karen McGrady, who was there, lookin' good, just not properly pinned.

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