



"What's Up?"

Your Napa Sunrise Rotary Bulletin

<http://www.rotary5130.org>

Up Coming Speakers

4/6/2017 Movies, Media, and Money Odysseus Andrianos

4/13/2017 Napa Historic District Signage Program Amy Linn

4/20/2017 Furaha School, Nairobi, Kenya Paul Oseso/Kevin Corley

4/27/2017 NCOE Science Fair Seana Wagner

Welcome: President Mark Lesti gave welcome to members and guests at Silverado Resort.

Pledge & Thought: Howard H "The fruit of Silence is prayer. The fruit of Prayer is faith. The fruit of Faith is love. The fruit of Love is service. The fruit of Service is peace" Mother Teresa

Song: Tom lead us with "The More we get together"

Guests of Rotarians: Bruno Bradette Paul's Guest; Elizabeth Silva guest of Jason D; Bella Patricia's niece.

Visiting Rotarians: NA

Rotary Minute: NA

Three Minute Rotarian: N/A

Announcements: Elizabeth Silva vintage high school need panel for senior project judging....Ron 161 people served at the Table...Rotary after dark first wednesday of the month...4th of July parade on 4th of July we need volunteers

Happy Dollars: Danny \$25 skied in Canada... Ken \$100 happy South Carolina trip...Colleen spent 2 weeks in Portugal and Spain...Hugh \$50,\$25 happy went on trip to Mexico and ran into Mr.Walker... Jim B \$100 done with infusion and great result...Doris \$100 Jim B. volunteered the Beazley house for the main speaker regarding the fight against child traffic....Cathy \$25 happy...Jason \$20 happy for the Rotary training.... Mark Lesti \$100 welcomed a grand-daughter

Rotary Joker: No one won \$1490.00

Speaker Program: Ody's Gym Odysseus Andrianos

Our system is pretty simple, allowing you to work at your pace to develop the habits and rituals to guide your self, transitioning into the life you have always desired. This website grants you exclusive access to our members only video section where you can view our library of transformational videos. The problem I find in the world is that most people are operating from what I call their lower self or "Elf" self. Elf is actually the root of the word sELF... and this is a problem because it holds people back from reaching their fullest potential. When I say Elf self I'm talking about the people who are insecure, depressed, suffer from anxiety, they are constantly worried about what other people think of them. They are playing small in the game of life, and this is what I mean by lower self, they are not operating to their highest potential.

Now, what happens when you operate from your higher self? You start playing a much bigger game in life, you begin to see your dreams manifest in front of you, and to put it simply things begin to get a whole lot easier. It's easy to get your diet right, to exercise, and perform at a high level mentally. You have a passion for life and feel renewed each day as you wake up because you know that what you do fulfills you completely.

Most people have the necessary skills to change their life, but simply need a little guidance to get them in the alignment with their true path in life. Join our online

Birthdays

Joseph Fischer

April 07

Michael Parness

April 07

Stephen D Potter

April 12

Gary Lieberstein

April 15

Paul Oseso

April 27

Michael L Lundstrom

April 28

Cathy L. Dickey

May 01

John Cordeiro

May 02

community today and get the tools you need to perform at your best.

<https://odysgym.com>

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