

November 6, 2017

WHAT'S HAPPENING? - The Weekly Newsletter of Northlake Mandeville Rotary - Vol. 1 No. 7

REGULAR MEETING CANCELLED!! - Things will be very different this week. NO FREE LUNCH!

*That is unless you are a member of Beau Chene Country Club, and unless you join the group of Mandeville Rotarians at 11 a.m. who will be playing in the "**Mandeville Rotary Club Golf Tournament**" (that might be a stretch...) Thursday afternoon, 11/9/17.

*Golf will be in preparation for the Wine Tasting Event at Impastato Cellars at 6:30 p.m. (more details are on the website, or call Cindy Raymond).

AND HOW ABOUT OUR SPEAKER!! - Last Thursday's speaker was Dr. Brian Murphy, a psychologist who titled his talk "Humor and Mental Health." He said all we have to do to be happy is pay attention!

Dr. Murphy said we can find things to laugh about all the time, right in front of your eyes. Fats Domino saw it, sang about it, and became famous, according to our speaker. That is because laughter causes the chemicals in our body such as dopamine and serotonin to increase. We really don't need drugs to be on a runner's high most of the time. It turns out that laughter is the best medicine! (Who knew?)



Psychologist Dr. Brian Murphy told Mandeville Rotarians and their guests last week that research has proved laughter releases endorphins and provides good feelings similar to a "runner's high." His advice: Look around, find all the funny stuff that surrounds us all the time, and enjoy life!! At right is President-Elect Steve Saux with the speaker. He presided last Thursday in President John Allen's absence.

IN OTHER NEWS:

***BUCK DODICK SAID** the **Alzheimer's Walk** is set for Sunday, 11/19/17, at Fountainbleu State Park 9 a.m. until noon.

***GREG CANNIZZARO SAID** it is time for Mandeville Rotarians to begin work on the **Snow Village and Train Display** that will have its **FIRST SHOWING** on Saturday, Nov. 18, 2017. There is a lot more on this very special event on the website, and Greg provided a very detailed handout.

AND FINALLY - Knowledge is knowing a tomato is a fruit; wisdom is not putting it in a fruit salad!

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