



Club #85, founded Oct 2, 1913

October 19th 2010

Attendance: Herman Alves; John Bishop; Bertrand de Cardaillac; Jacques Dénomée; Mikkel Elsborg; Steve Sadler; George Shalhoub; Udo Stundner; Nemo Turner; Bob Velan; Drew Webster; Henry Zalzal; Mike Zivic. Visitor: Lampros Stougiannos, guest of Mikkel Elsborg. Guest Speaker: Liliano De Leo.

President Nemo opened the meeting with a welcome to Lampros Stougiannos, guest of **Mikkel Elsborg**. Mr. Stougiannos is a lawyer with the firm of Heenan Blaikie.

Board Meeting: As announced previously, there will be a meeting of the Board on October 20th at 6pm. The meeting room is on the 22nd floor, at 1100 René-Lévesque ouest.

Club Assembly: The meeting next week will be a club assembly. There is no guest speaker. It will be a time to discuss the business of the club. One of the issues will be to decide how to implement the Membership Committee's recommendations.

UN Day: VP Bertrand de Cardaillac reported on his upcoming visit to the UN in New York. The bus leaves Nov 4 and returns Nov 7. The cost is \$500 plus \$100 for insurance. Rotarians will be received at the UN on November 6th.

Jacques Dénomée spoke of his recent experience with Adventures in Citizenship. He sent a student from his daughter's school. "It's a very worthwhile program".

Udo Stundner introduced our guest speaker, **Liliana De Leo**, founder and president of the Living Laughter Center. She has worked in the field of health and wellness since 1998 and is a certified Laughter Yoga Leader, a Personal Trainer, and a CPR & First Aid Instructor. She worked as Fitness Program Director for the YMCA from 2002 to 2007, and later opened the Living Laughter Centre in 2008.

In her opening remarks, Ms De Leo made reference to the book



"Breaking Stones" by Past President **Herman Alves**. It is to be launched May 1, 2011 and she got her hands on an advance-copy.

"Oh my God", she said, speaking of the humour in it, "what a book". She told us of her career in standup comedy, and then her discovery of laughter yoga. Laughter yoga started in India in the mid 1990's and is

presently offered in 7000 groups across the world . She spoke of the benefits of laughter, such as an increase in blood flow and heart beat and beyond that, such as the altered effect on the mind. "Something happens to the mind. We learn to laugh at ourselves more easily...we move on...we come out strong winning our battles in life". In closing, **Liliana De Leo** invited interested Rotarians to come to a seminar on **"Laughter: It Takes Courage to Laugh in the Face of Adversity"**. She is giving it on Saturday, October 23 at 3pm. Call 514-575-2033 to confirm or email lili@lililaughter.com Her website is www.lililaughter.com The cost is \$5 – \$20 donation.



Mikkel Elsborg thanked our speaker and presented her with a certificate of appreciation. He was joined by **President Nemo** who added his thanks and closed the meeting.

ANNOUNCEMENT:

The Rotary Foundation has developed a unique way to encourage Rotarians to support the Gates Challenge of \$200 Million Dollars. World Polio Day is 24 October. For 18-24 October, in honor of World Polio Day, The Rotary Foundation is offering double Paul Harris Fellow recognition points for online only contributions of US\$100 or more. This is for online contributions only.

Next meeting: Oct 26th at 7.30 am
Location: The St. James Club
Speaker: Club Assembly

For directions to The Saint James Club go to: www.stjamesclub.ca
To view District 7040 website, go to: www.rotary7040.com
For back-issues of Rotary Record, go to: www.rotarymontreal.org