



ROTARY CLUB OF BENICIA



May 22 — Chester Santos — The International Man of Memory

Today, our club was well attended by many guests! Everyone came to hear Chester Santos. Chester is the US National Memory Champion. To begin our meeting, Chester had everyone stand as he had attempted to meet all Rotarians and guests before the meeting began. He then, one by one, said each person's name correctly and asked each one of us to be seated once our name was called — an amazing task as he got EVERYONE'S name correct, even those that he had just met five minutes earlier. Also, Chester represented the US in the World Memory Championships where he had one hour to memorize a 1000 digit number and also 10 shuffled decks of cards. He did remark that the person who actually won that

championship knew the first and last name of the all state representatives, the districts that they came from, plus other various pieces of data about them, such as zip codes — another really amazing accomplishment. Chester talked about how all of these examples seemed like amazing feats of memory, but that we were all capable of improving our memory with some simple techniques: exercising your visual memory, and including additional senses for later retrieval. Chester also remarked that it is always easy to remember things the catch us by surprise. Chester then rattled off these words:

**MONKEY, IRON, ROPE, KITE, HOUSE, PAPER, SHOE, WORM,
ENVELOPE, PENCIL RIVER, ROCK, TREE, CHEESE, DOLLAR.**

He stated them again. We were amazed. But then Chester told a story using these words, and then had several Rotarians repeat the list of words without looking at any list. Success! In fact, some of you still remember these words and the order in which to say them. This was called the STORY method. Chester was showing us ways that we can be perceived as experts in our lives, our jobs, etc. Chester explained, that with practice, memory can improve over time, and that your brain actually

gets trained. For more information about Chester Santos, or classes that he offers, or to watch videos of Chester in action, go to: www.internationalmanofmemory.com.



May 29 — Steve Campbell — The Brain Whisperer

Steve Campbell has studied the brain for years. He spoke to us about how we use our brains. For example, while talking, we use words. However, our brain uses pictures and feelings. We have the ability to change what our brain says about us, by simply switching what you say to yourself. Steve asked that we not take notes about what he was saying and just listen. After our meeting, Steve emailed his presentation information to those that requested it. Here is the essence of his talk:

1. Our brain believes everything we tell it...WITHOUT QUESTION...whether it is true or not! ("Is it true...DON'T CARE! All I care about is what YOU...tell me!")
2. Everything you can do TODAY is primarily based on what you are saying to yourself...about yourself...TODAY.
3. So...you can change what you are saying to yourself...about yourself...TODAY!
4. Our feelings follow our beliefs!
5. We can change the way we think!
6. Wallow in your success...like a pig in slop!
7. When you make your next mistake today, rather than reviewing "The List" of all the dumb things you've done, first learn from that mistake, 'throw away the list,' and then imagine what you will do differently "The Next Time!"

Noteworthy

- * John Blunt is going to have MANY goodies that we can purchase at our next meeting. Remember, John provides these items at not cost to our club. All money raised is a direct donation. So make sure you have a **few extra dollars** to support this great fundraising effort!
- * We have a new Rotarian, Lisa Guerin. Please welcome Lisa!



Photobomb of the month.....

